

Vivalon

HEALTHY AGING CAMPUS

MARIN'S VISIONARY MODERN HUB FOR OLDER ADULTS AND THEIR FAMILIES

THE CHALLENGE: ISOLATION

Studies now show that loneliness is as closely linked to early mortality as smoking up to 15 cigarettes a day or consuming more than six alcoholic drinks a day, and is even worse for longevity than being obese or physically inactive. Yet over 16,000 older adults in Marin are living alone.

**OVER
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THE SOLUTION: CONNECTION

The Healthy Aging Campus will be a welcoming, central hub for all of Marin's older adults and their families – a place to connect, learn, share a meal, attend classes and activities, and experience meaningful engagement.

THE CHALLENGE: HOUSING

Affordable housing specifically for older adults in Marin is a critical need that must be addressed right now. It is estimated that 7,000 of today's older residents need affordable housing.

THE SOLUTION: AFFORDABLE HOMES

In partnership with local nonprofit Eden Housing, Vivalon's new Healthy Aging Campus will provide 66 studio and one bedroom homes for older adults at affordable rents in a central, community-based location. This is the first building in Marin that will feature 100% affordable units specifically for older residents (age 62+).

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THE CHALLENGE: AN INADEQUATE HEALTHCARE MODEL

Medicare was enacted in 1965. But now, thanks to modern medicine, the number of Americans over 85 will more than triple within 30 years. Without a change, Medicare and Medicaid will be inadequate to meet the needs of the aging American population.

**THE
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THE SOLUTION: HEALTHY AGING SERVICES & INTEGRATED CARE

There is growing recognition that non-medical services are as important for health and longevity as medical care. Housing, food, transportation and social connection must be part of a comprehensive health plan for older adults. Vivalon's Healthy Aging Campus will combine desperately needed affordable housing for older adults with wrap-around healthcare services, vibrant programs, accessible transportation and a myriad of programs designed to foster social connection. An integrated care clinic will coordinate Vivalon services with healthcare that is currently available in our community. The Campus will be open to *all* of Marin's older adults – not only those who live onsite.

TIMELINE

The expected completion date is Fall 2023.



The Vivalon Healthy Aging Campus,
99 Third Street, San Rafael.

For information on this project, please contact
Vivalon CEO, Anne Grey at agrey@vivalon.org.

It's time for a community-based solution to a growing community crisis.

VIVALON'S CORE BELIEFS

THE POWER OF HUMAN CONNECTION IS THE CENTRAL INGREDIENT FOR QUALITY OF LIFE

Medical science is now proving what we at Vivalon have known all along: that social isolation and loneliness are as much a factor in overall health and wellbeing as behavioral factors such as smoking and inactivity. These factor into a person's longevity as much or more than genetics. Research now suggests that social relationships influence health outcomes such as blood pressure and immune functioning just as much as

The Vivalon Campus will be embedded within the community, near transportation and a vibrant downtown.

whether people take their medications. All people have the need to feel connected and engaged. As one Vivalon member put it, "You can have all of the 'things' you need (services, transportation, food, etc.) but there is no happiness without a social network." The need for human connection transcends economic status and age. So does Vivalon.

AGING IS A COMMUNITY RESPONSIBILITY

The traditional American model where aging is thought of as an individual or family issue rather than a community responsibility does not hold true in Marin, where the cost of housing forces many children of older adults to move away. Older adults are left without the typical family support network, and without the resources to pay for their basic needs. Vivalon envisions a connected community where older adults are celebrated

and nurtured, and where all people have equitable access to whatever resources, connections and services they need in order to thrive.

We call this Aging Equity, and we believe that we all share in the responsibility to make this vision a reality. It's time to start treating aging as a community responsibility.

...in Marin, where the cost of housing forces many children of older adults to move away.

VIVALON IS THE RIGHT LEADER AT THE RIGHT TIME

In a culture where aging is often defined by stigma and fear, and support systems are fragmented and difficult to navigate, people are looking for a trusted leader. Vivalon has been a trusted community partner for 67 years, and has stepped into a leadership role, partnering with local housing and healthcare providers to develop a "modern health hub" at its new Healthy Aging Campus that supports the social and health needs of older adults and provides affordable homes in a central, community-based location. It's time for a community-based solution to a growing community crisis.

VIVALON IS THE CATALYST FOR OLDER ADULTS AND THEIR FAMILIES TO AGE WELL

For 67 years, Vivalon has served as a central hub and resource where Marin's older adults gather and connect. With myriad opportunities for engagement, we serve as a convener of knowledge, support, education, connection and resources for older adults in Marin County. Vivalon also

serves as a vital resource for Marin County's adult children of aging parents, providing them peace of mind that their parents are well cared for, engaged and happy while they attend to family and work responsibilities of their own. Vivalon is committed to being the catalyst for personal growth, community, and true connectedness and engagement for older adults and their families.

IT'S TIME FOR A PARADIGM SHIFT IN WELLNESS FOR OLDER ADULTS

There is growing recognition that non-medical services for older adults are as important as those received in a medical provider's office. In fact, genetics and healthcare have a combined 40% effect on overall health, while social, environmental, and behavioral factors contribute a whopping 60%. Yet a focus on social connection and support is lacking from the traditional model of care for older adults. These "Social Determinants of Health" need to be part of a comprehensive health plan for older adults if our goal is to truly enable and encourage overall health, longevity and wellness. Older adults manage better in a communal setting because they have social connection and feel part of the fabric of their community. The new Vivalon Healthy Aging Campus will address the medical and social needs of Marin's older adults to age with health, vitality, dignity and grace.

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