



## About Our Name

Previously known as Whistlestop, Vivalon took on a new name in 2020 to mark the expansion of our programs and services.

Our decision to change our name from Whistlestop to Vivalon underscores our belief that beyond the essential services we provide: Rides, Meals, Classes, Care and Advice, there is something more vital at work. It is the energy you feel when you receive human care and human attention. It's what happens inside you when someone knows your name, or remembers your birthday, or makes an inside joke. It is the vital force of human interconnection. With its prefix of "viva" meaning "life" and the suffix "lon" for "longevity," Vivalon evokes images of activity, vitality and a healthy, vibrant life.

**Viva + lon = Vivalon**

Latin root "viva" means life	Suffix "lon" means longevity	Marin's Hub for Healthy Aging
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Our goal at Vivalon is to help the individuals we serve thrive through the power of connection. We continuously strive to create programs and services that, through human care and attention, enable them to live a more vibrant, healthier and happier life.

## Our Mission

Vivalon's mission is to advance independence, health, and quality of life for older adults and people with disabilities.

## Our Values - HEART

### Honesty

We conduct our business with integrity. We are honest, transparent, and ethical. We do the right thing.

### Equity

We are committed to diversity, equity, and inclusion with opportunities for everyone to thrive. We educate ourselves, practice allyship, and seek out all voices and perspectives.

### Appreciation

We serve with compassion, value every person we meet, and provide solutions for those we serve.

### Responsibility

We have a responsibility to make a positive difference in the lives of those we serve. We follow through on our commitments and challenge ourselves and others to do more.

### Teamwork

We believe in the strength of collaboration and the sharing of diverse ideas and competencies that foster open communication, trust, and cooperation.