

Vivalon

connection works wonders



RIDES MEALS CLASSES CARE ADVICE

PEOPLE
PURPOSE
PROGRESS



IMPACT REPORT

2021-2022



A

"I am very pleased and thankful for what Vivalon is doing for our seniors. I look forward to volunteering at the Brown Bag Food Pantry for a long time moving forward!"

— Doris, Vivalon Volunteer



New Direction

Dear Friends and Supporters,

This has been a remarkable year! Thanks to your support, 15,431 people received 518,932 touchpoints of service across all of our programs.

While we significantly increased our services to meet the needs of older adults and people with disabilities, we also finalized our five-year strategic plan and saw the groundbreaking of our new Healthy Aging Campus.

As a leading voice for older adults in Marin, we recognize the pivotal role we must play to support this growing population. To ensure success as we advance health and independence for our neighbors, our strategic plan addresses three vital areas – People, Purpose, and Progress.

This is an exciting new direction that sets the course for the future of healthy aging in our community. Thank you for your partnership and support in our shared vision.



A handwritten signature of Anne Grey in black ink.

Anne Grey
CEO, Vivalon



A handwritten signature of Beth Reizman in black ink.

Beth Reizman
Board Chair, Vivalon

Vivalon Proudly Served

15,431

Older Adults and People with Disabilities
in 2021-2022

“Vitality@Vivalon is a truly innovative program at the Healthy Aging Center designed to help people understand and set goals for healthy aging habits.”

— Stephanie McNally, Vivalon Healthy Aging Director

VITALITY@VIVALON

This new program launched in 2021 and we are thrilled that so many of Marin’s older adults are participating. Diane Antis has lived in Marin for over 25 years and likes to stay busy. Like many other participants, Diane successfully finished eight weeks of healthy aging classes through Vitality@Vivalon.



← Dominican University nursing student provides technology training through Tech4Health.

People

↓ Vitality@Vivalon instructor, Kristen Waller, DPT, guides students through healthy aging classes.



BRIDGING THE DIGITAL DIVIDE

Tech4Health

Coming out of the shutdowns last year, everyone at Vivalon knew we would need to help our community transition because the isolation had been difficult for so many older adults. Tech4Health was part of Vivalon's plan to reach the people who had been isolated for so long and needed access and knowledge to join the digital world.

Through our program, Dominican University nursing students provided in-home technology training for nine weeks. Participants learned how to engage in telehealth, communicating with their doctors through online portals, and video conferences. These visits helped reduce feelings of loneliness and isolation and also connected them to essential healthcare.

"The classes help you feel less alone and learn how to age gracefully. I would stand on the corner and tell everyone who walks by to take these classes if I could!"

— Diane Antis, Participant

Our Volunteers

Jocelyn Aguilar
Maria Alvord
Susan Anderson
Suzan Anderson
Madeleine Antonio
James Appenrodt
Judith Arago
Glenn Axworthy
Margy Ayotte
Lorry Azevedo
Wayne Baker
Sally Bao
Lisa Becher
Dorothy Bentley
Stanley Bermann
Leslie Biagini
Diana Bokaie
Marlene Bonham
Tom Bonomi
Nancy Boos
Janet Bosnich
Dana Brewer
Annie Brooker
David Brown
Stephen Brown
David Brusati
Therese Bruton
Walt Buster
Jeffery Buck
Lori Byer
Helen Cameron
Wynn Canio, MD
Lois Carlin
Lauren Carmichael
Gail Cassee

Elsa Castellani
Paul Castro
Penelope Chandra-Shekar
Alan Charne
Lucy Chen
Lindsey Chuang
Catalina Clark
Sabrina Clark
Carol Costa
Gregory Cowan
Kevin Crecy
Annika Dabalos
Torhalla Dabalos
Stephanie DalPorto
Christine D'Ambra
Lawrence Davis
Jane Day
Hailey Delgado
Mary Destri
Roberta Dillon
Sandra Donegan
Susan Duncan
Patricia Dunn
Evan Edelist
Samantha Ehlen
Andrea Eneidi
Marilyn Englander
Ken Feingold
Moirra Feingold
Janice Fong
Nina Formichi
Linda Fox
Nancy Fox
Leslie Franklin

Leslie Friedman
Teresa Friedman
Thomas Fumeo
Lily Garcia
Vincent Ghio
Hudson Gong
Joyce Gordon
Jackie Gorton
Joan Gosliner
Ken Gosliner
Claudia Gray
Edward Greenberg
Vicki Gross
Karen Gullett
Alivia Hammond
David Hanchette
Muriel Harris
Pamela Harris
Jean Harrison
Aiten Hasouna
John Hauserman
Ethan Hay
Christy Hayes
Lynne Hayes
Gillian Hayward
Lee Heagerty
Arlene Heitner
Courtney Hill
Priscilla Hopkins
Beverly Houston
Grace Hughes
Jill Hutchinson
Karl Isotalo
Nanette Jacobs
Deb Johnson

Kelli Johnston
Patricia Jones
Sue Jordan
Asad Kabir
Jill Kamler
John Kampmeyer
Sandra Kash
Peter Kasten
Juliana Kaye
Bonnie Keenan
Karyn Kennedy
Steve Kesten
Sarah Koenig
Jan Kohnhorst
Jeanne Krafft
Ted Kreines
Carsten Kristensen
Fira Kriventsov
Jim Kunz
Kelly Lauber
Colette Law
Duncan Law
Bill Lawler
Frank Lawler
Bill Levinson
Kayla Lindsay
Barbara Linn
Christina Liu
Lee Loretz
Theani Louskos
Arnold Luber
Marvin Lundwall
Barbara Luttig-Haber
Kelly Lynch
Elizabeth Lynn

Thank you to the **322** volunteers who provided **14,883** hours of rides, meals, classes, care, and advice for our neighbors in need. Your contribution is valued at over **\$431,000** — a remarkable gift that has helped make Marin County a place of connection and vitality.

Colene Mace
Eugene Maffei
Nancy Malcolm
Vivian Malcy
Rabel Mangahas
Amy Marsh
Maureen Massoletti
Gail McCallister
Daniel McKay
Doris McKee
Henry McMahon
Stephen McMahon
Moises Mejia
Victor Mejia
Douglas Milani
Nancy Miljanich
Doris Mohr
Casey Monahan
Gayle Moore
Stan Moore
Judith Morris
Doug Mowbray
Phoebe Moyer
Ryan Moynihan
Christina Murphy
Josephine Nabakooza
Jackie Nemer
Stephanie Newhall
Lotus Ning
Karen Noreen
Minette Norman
Michael Novia
Blair Ogden
Barbara Olson
J. O'Malley

Julius Ortiz
Kathleen O'Sullivan
Carla Overberger
Sean Owens
Idit Oz
Bonnie Page
Judy Palesky
Karen Parisi
Randi Patten
Rose Patton
Laurie Peterson
Rich Petovello
Mari Philo
Steven Pigott
Laurel Pistel
James Poindexter
Alan Posin
Julie Proctor
Mackenzie Quinn
David Rabb
Noah Rabkin
Karen Raccanello
David Rand
Betty Rappaport
Gordon Reid
Douglas Reilly
Beth Reizman
Chelsey Richeson
Frank Ridley
Bob Rigler
Bobbe Rigler
Jane Rivera
Bonnie Roberts
John Robinson
Ron Robinson

Sara Robinson
Bobbe Rockoff
Vivian Rodriguez
Brian Rohan
Edward Ross
Mary Russell
Dennis Ryan
Shahla Saed
Elizabeth Schaffer
Kimberley Schaffer
Karen Scheder
Margo Schein
Barry Schenbaum
Gregory Schilz
Tom Schmidt
Dovey Schneider
Greg Schreader
Abigail Schultz
Howard Schwartz
Christopher Senn
Ann Seramin
Gerald Shannon
Shelly Sharp
Kelly Shearon
Helen Simple
Barbara Singleton
Sandy Slater
Martin Sleath
Kyler Smith
Bill Sockolov
Ruthann Soley
Lee Spiegel
Terry Stempel
Lee Sterne
Nancy Stevens

David Stewart
Jeff Stump
Coleen Sullivan
Pantila Sunthonsiri
Claudia Tamayo
Linda Tarrant
Kara Taub
Megan Thompson
Michalene Thone
Pamela Tibbitts
Linda Tichy
William Tichy
Steven Travers
JoAnn Uchida
Janna Ullrey
Alstyne Van
Desiree Vaughn
Michael Vaughn
Pere Wait
Janis Walsh
James Weber
Warren Weber
Michael Whyte
Todd Wiedenmayer
Arcturus Wiggins
William Wilson
Hinman Winton
Carol Wolfe
Susan Woodrum
Cynthia Wuthmann
Chris Yalonis
Luciano Yanez
Diane Yates
Joan You
Kristi Zurauskas

Purpose

“Family and community are very important to me. Part of my Greek culture is having big family get-togethers and socializing around a meal.

Going to the Jackson Café recreates that experience. Togetherness and caring for one another is very important.

Over the years, I have told so many people about Vivalon – the people, the community, and the place. I only wish that every senior could experience this feeling of community.”

— Andy Guralas, Participant

Our purpose centers around the essential concept of human connection. Coming out of the pandemic, social connection has been more important than ever for the population we serve. This year Vivalon continued to create new programs, expand existing ones, and help the individuals we serve to thrive through the power of connection.





"I have been driving for Vivalon for 11 years. It is a very fulfilling job that changes every day.

Some days I am taking people places, other days I might be delivering food. The riders always tell me how much they appreciate what we do.

When I deliver their meals, we talk and they tell me that I may be the only person they see.

It's gratifying to know I am making a difference in someone's life just by coming to work."

— Ty Longwood, Rides Driver

Supporting Our Community

Provided Mobility and Increased Independence



RIDES

134,063

- Specialized rides for people with disabilities
- Medical Rides
- CarePool Volunteer Rides

Offered Healthy Meals and Reduced Food Insecurity



MEALS

204,333

- Meals on Wheels Meals
- Nourish Meals and Nourish4Pets Meals
- Jackson Café Meals
- Brown Bag Pantry Groceries
- Senior Food Boxes



Thank you to our generous donors for helping advance independence, health, and quality of life for older adults and people with disabilities.

Promoted Healthy Aging and Social Connection



10,257

Participants

- Healthy Aging and Financial Planning Workshops
- Technology, Fitness, Arts, and Language Enrichment Classes



87,216

- Social Opportunities and Wellness Checks
- Emergency Supplies Deliveries
- Volunteer Programs

Delivered Support and Resources for Vital Services



69,910

Calls and Referrals

- Healthy Aging Center Front Desk
- Transportation Call Center and Travel Navigators
- Resource Office

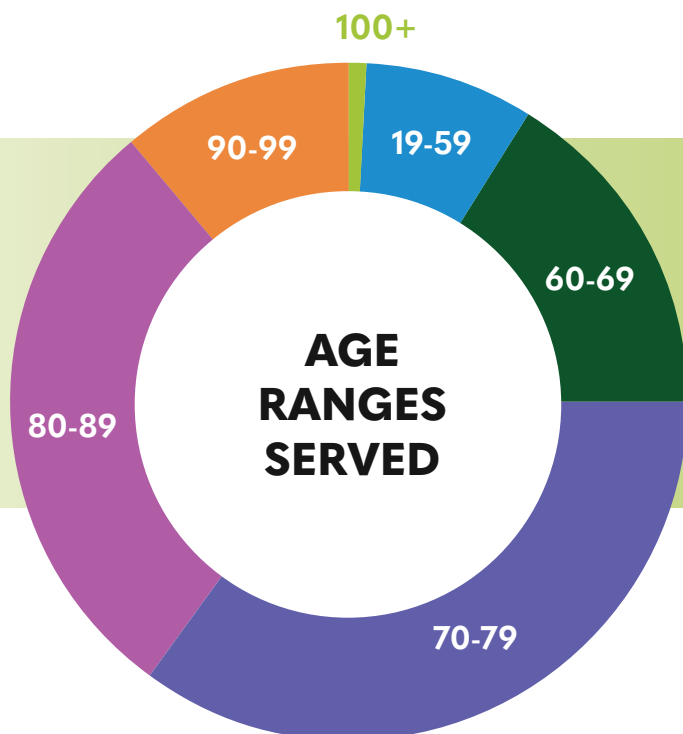


Your Investment at Work

Vivalon's nonprofit business model relies on service contracts, foundation grants, corporate sponsors and generous individuals like you. This year, 66% of our revenue came from service contracts, which largely includes medical and non-medical transportation. An additional 24% of revenue came from our generous donors, and 9% was earned from other sources like café meals and memberships.

The majority of our resources were invested back into our programs, with 74% supporting rides, meals, classes, care, and advice. General administration costs remain slightly higher than usual at 23% due to continued impacts from the COVID-19 pandemic. Our investment in fundraising has held at 4%, which helps generate revenue needed to support our community.

Additional financial information can be found at vivalon.org/about.



15,431

people served through
our services

78% of our participants reported an annual income equal to or below the Elder Economic Index*.

*The estimated annual basic cost of living for a single elder household in Marin is 47.5% higher than the California average. elderindex.org



Progress

The new Healthy Aging Campus in San Rafael broke ground in June! Scheduled to open in the Fall of 2023, Marin's older adults will have access to 66 units of affordable housing and a modern community hub with an auditorium, art room, lifelong learning classes, physical therapy studio, integrative health clinic, and so much more.

"We have taken a moment to reflect on the reality of what our community has accomplished, and after spending a decade of hard work, planning, and dreaming, the Vivalon Healthy Aging Campus project is now officially underway.

— Anne Grey, CEO, Vivalon



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Bill Cullison, *Development Operations Director*

Stephanie McNally, *Director of Healthy Aging*

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Vivalon is a 501(c)(3) nonprofit.
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vivalon.org