

Vivalon Connections

vivalon.org • 415-456-9062

April 2023

930 Tamalpais Avenue, San Rafael, CA 94901



Vivalon helps Marin County's older adults and vulnerable residents thrive through the power of human connection with rides, meals, classes, care, advice, and more.

HAPPENINGS@VIVALON

Highlighted Events

Join classes at our Healthy Aging Center or on Zoom. Visit vivalon.org/calendar or scan here for details.



- April 2 & 28 Intergenerational Outing to China Camp State Park
- April 6 Library Thursday
- April 10 Upstander Training
- April 13 New Talking Tech Basics Series Starts
- April 13 & 27 Lunch Then Learn: Fire Safe Marin
- April 13 & 27 Memory Screening
- April 20 Earth Day Special Luncheon

A Matter of Balance

Join this evidence-based, falls prevention program and learn how to reduce fears of falling and increase your activity level.

Tuesdays | May 9 - June 27 | 2:00 - 4:00 pm

Call 415-456-9062 to register.



Volunteer for CarePool

Looking for an easy way to make a difference? Volunteer for CarePool! This is a flexible opportunity to help provide rides for older adults who can no longer drive.

Visit vivalon.org/carepool to learn more or contact us at volunteer@vivalon.org or 415-456-9067.



Earth Day Special Luncheon

Honor the beautiful planet that we all share with a delicious, Earth-friendly meal and special screening of David Attenborough's "The Year Earth Changed."

Thursday | April 20 | 11:30 am - 1:30 pm
\$12 members/\$15 non-members

Call 415-456-9062 to register.



Celebrating Our Amazing Volunteers!



Karen moved to Marin County and started a family when her husband received a job offer in California. She's lived in Muir Beach, San Anselmo, and now San Rafael for the last 30 years. Today, she has two adult children and three grandchildren, ages 10, 4, and 6-months.

Professionally, Karen has worked in jobs that allowed her to be of service to many different people as well. She worked in banking for much of her career, largely helping older folks navigate the lending and refinancing process. "Then I did a complete turnaround," Karen explains. "I decided to do something totally different with the support of my family and started working with developmentally disabled adults. That was my passion. I worked with people who had Down syndrome and took them out in the community every day, and they volunteered. That was really special to me."

After the pandemic, Karen became a member at Vivalon, and shortly after that, she signed up to become a volunteer. Our Volunteer Manager thought Karen would be a perfect fit for the Resource Office. In this role, Karen sometimes has to act as an investigator to understand the client's need or find the right service to help them. "One of the big questions that comes in is about being the total caregiver for a spouse and being overwhelmed with their responsibilities," Karen explains. "They're exhausted and trying to find resources. We help people find services for their taxes if they don't have the money to go to a private tax preparer. People also call after they get out of the hospital and need things like a hospital bed to

rent. Most of the people are looking for things because they're on a budget. For a while people were coming to us to find affordable housing, and occasionally I'll get someone who needs help with their utility bills. Sometimes people come in for one thing, and by the time they leave 30 minutes later, it's totally different. Sometimes they just want to talk to somebody. People are dealing with loneliness or frustration, and they just would like to speak with somebody. It's a little bit of everything, and you have to wear a lot of caps."

Karen certainly helps many people who visit the Resource Office, and she's also benefited from her time volunteering at Vivalon as well. "There is so much wisdom in the members at Vivalon," says Karen. "I'm 64, but I've had lunch with people who are 90, and they are very interesting people. They still have their health, they're still going out, they enjoy life, and they don't want to just sit around. Vivalon is a place where they're happy, they're healthy, and they're safe. That's why I like eating in the Jackson Café. I always try eating with another member that I don't know. I find out something new, so it's a learning place for me, too. I just find that Vivalon is very friendly. The staff and volunteers are very helpful. As a new volunteer, you get so much support. I've volunteered at a lot of places in the county, and I'm just very happy that I found Vivalon."

Contact us today to join our volunteer team!
415-456-9067
volunteer@vivalon.org
vivalon.org/volunteer

Volunteers are an invaluable part of Vivalon's services. Every day, they are on the front lines, delivering meals, providing rides, and connecting with people throughout Marin.

April is Volunteer Appreciation Month, and we want everyone to know how incredibly grateful we are to work with an outstanding community of volunteers. **Last year, 322 volunteers provided over 14,000 hours of service to ensure the needs of Marin's older adults and people living with disabilities were met.**

This month, we want to introduce you to Karen who has been volunteering in Vivalon's Resource Office for five months and has become an important part of our Healthy Aging Center.

Meet Karen

Karen has been volunteering for most of her life. "It's the way I was raised," she says. "My mom and dad always said we should give back, and my children have learned to volunteer as adults, too."

Born and raised in the Midwest,

April 2023

In Person Remote Hybrid

All classes are FREE!

Visit vivalon.org/calendar for details.

Day	Time	Class Name	Mode	Time	Class Name	Mode
MONDAY	10-10:45 am	Zumba	Hybrid	10:30 am-12:30 pm	Painting with Debra Watercolors	Remote
	10-11:15 am	ESL	Remote	11 am-12 pm	Bingocize	Hybrid
TUESDAY	10-11:30 am	Talking Tech Topics 1st & 3rd Tuesdays	Hybrid	12-2 pm	Jewelry Making 1	In Person
	11 am-12 pm	Fun Fitness (formerly Whistlesizers)	Remote	1-4 pm	Mah-jongg	In Person
	11:30 am-12:00 pm	Intermediate Guitar	Remote	2-4 pm	Technology Tutor	In Person
	12-1 pm	Basic Ukulele	In Person	2:30-3:30 pm	Community Song Circle 2nd and 4th Tuesdays	In Person
WEDNESDAY	10-10:45 am	Zumba	Hybrid	12:30-1:30 pm	Intermediate Ukulele	Hybrid
	10 am-12 pm	Technology Tutor	In Person	2-3 pm	Chair Yoga with Weights	Hybrid
	10:30 am-12:30 pm	Painting with Debra Watercolors	Remote	3:15-4:15 pm	Beginner Chess	In Person
	11 am-12 pm	Beginner Ukulele	Hybrid			
THURSDAY	10 am-12 pm	Talking Tech Basics	In Person	11:30 am-12:15 pm	Beginner Hula	Remote
	10 am-12 pm	Technology Tutor	In Person	1-3 pm	Jewelry Making 2	In Person
	10:30 am-12:30 pm	Painting with Debra Acrylics	Remote	3:30-4:30 pm	Intermediate Chess	In Person
	11 am-12 pm	Bingocize	Hybrid			
FRIDAY	11 am-12 pm	Fun fitness (formerly Whistlesizers)	Remote	2:30-3:30 pm	Book & Social Club 2nd and 4th Fridays	In Person
	2-4 pm	Ping-Pong	In Person	3-4 pm	Yoga	Remote

Vivalon

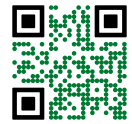
930 Tamalpais Avenue
San Rafael, CA 94901

ANNOUNCEMENTS

Volunteer Appreciation Event

Tuesday | April 18 | 3:00 - 5:00 pm | Jackson Café

Thank you to all of our volunteers for your outstanding service! In appreciation for all that you do, you are invited to join us for a special event with snacks, beverages, and exciting rounds of Bingo Blitz! Not a volunteer? Join today! Contact us at volunteer@vivalon.org or 415-456-9067.



RSVP at
vivalon.org/blitz

Vivalon Scholarship Fund

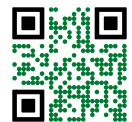
Give the gift of membership to low-income older adults. When you donate to Vivalon's Scholarship Fund, you can help others enjoy all that membership has to offer, including discounts at the Jackson Café and member-only events.



Learn more at
vivalon.org/membership

Estate Planning Resources

Vivalon has a gift for you: a free online resource to help secure your future in 20 minutes. We have partnered with FreeWill to help you create or update your will for free. Estate planning is an important decision and we want to make sure you have the tools that will bring you peace of mind.



Learn more at
vivalon.org/ep23

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Stay up to date on the latest offerings and opportunities to get involved.



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