


Vivalon RESOURCE GUIDE

	VIVALON	Connecting older adults and people with disabilities to essential services that promote independence and dignity.	415-456-9062 info@vivalon.org vivalon.org
	CarePool	FREE rides for Marin residents 65+, who can no longer drive, to medical appointments and grocery stores	415-454-0927 carepool@vivalon.org vivalon.org/transportation
	Assisted Transportation	FREE rides to medical appointments in San Rafael for Marin residents 60+. Partnership with the County of Marin	415-755-1800 assistedtransportation@vivalon.org vivalon.org/assisted-transportation
	Medical Transportation	Medi-Cal specialized transportation for Marin residents through their healthcare providers.	415-419-2608 medical@vivalon.org vivalon.org/medical-transport
	Private Shuttles	BELOW MARKET private shuttles and charters through Vivalon Rides.	415-454-1098 (Option #4) charterservices@vivalon.org vivalon.org/shuttle
	Meals on Wheels	FREE fresh, chilled meals delivered up to three times a week to qualifying older adults age 60+. Partnership with County of Marin	415-473-4636 (INFO) 473-INFO@marincounty.org marinhhs.org/nutrition-services-older-adults
	Vivalon Nourish	FREE fresh, chilled meals delivered up to three times a week to anyone in Marin with chronic health challenges	415-456-9062 x176 nutrition@vivalon.org vivalon.org/nutrition
	Brown Bag Pantry	FREE healthy fresh produce & groceries for any resident of Marin County. In person, drive thru & walk up. Partnership with SF-Marin Food Bank	415-456-9062 guestservices@vivalon.org vivalon.org/nutrition/pantry
	Vivalon Café	DISCOUNTED chef-prepared, fresh, homestyle meals Mon-Fri 11:30am-1:45pm, 999 Third St, San Rafael	415-456-9062 guestservices@vivalon.org vivalon.org/cafe
	Healthy aging classes and activities	FREE/DISCOUNTED classes, workshops, social groups, special events and other activities. Classes are FREE via Zoom/phone and in person. Includes: Vitality@Vivalon-8-week Healthy Aging Program.	415-456-9062 guestservices@vivalon.org vivalon.org/classes
	Technology	FREE digital literacy training & devices including group classes and 1:1 in-home training & support programs, with tablet provided for eligible clients. Partnership with County of Marin	415-456-9062 talkingtech@vivalon.org vivalon.org/technology
	Falls Prevention	Bingocize & A Matter of Balance -evidence-based Falls Prevention workshops. Partnership with County of Marin.	415-456-9062 jshevelev@vivalon.org vivalon.org/preventingfalls
	Visiting Programs	FREE weekly social visiting programs in person or by phone. Partnership with LITA	415-456-9062 guestservices@vivalon.org vivalon.org/care
	Resource Office	FREE community resources and referrals, including financial and legal advice services, for older adults.	415-456-9062 guestservices@vivalon.org vivalon.org/resources