

Vivalon

connection works wonders

RIDES MEALS CLASSES CARE ADVICE

A Year OF GRATITUDE

24|25 IMPACT REPORT





Dear Friends,
As I reflect on this past year, what I feel most is gratitude for you — our donors, volunteers, partners, and

staff who make Vivalon's work possible. Because of your generosity and commitment, thousands of older adults and neighbors in need experienced care, connection, and dignity in their daily lives.

Together, we reached more than 7,600 individuals through our Healthy Aging Campus, nutrition programs, transportation services, and CarePool volunteer rides. We provided nearly 300,000 rides, ensuring older adults and neighbors could stay connected to health care, groceries, and community life. We served over 236,000 meals, and 281 volunteers gave their time and care across programs — from delivering meals and leading classes to offering friendship and support. At the Healthy Aging Campus, more than 3,600 people participated in classes and programs that enrich mind, body, and spirit.

Behind every number are outcomes that truly matter:

- 90% of surveyed Falls Prevention participants reported greater confidence living independently.

- 100% of surveyed Nourish clients said our meals improved their health and reduced food insecurity.
- 91% of surveyed Digital Literacy participants reported an improved quality of life.

These are not just statistics. They represent people like the woman who, after a devastating stroke, rebuilt her strength through our chair yoga program and now lives with renewed confidence and joy.

Looking ahead, our vision is clear: to build a future where no one faces aging alone. With 90% of funding for healthy aging programming funded by donors, your support ensures we can continue to innovate — expanding wellness programs, deepening partnerships, and strengthening the vital safety net that Vivalon provides for our most vulnerable neighbors.

The challenges ahead are real, but together, they are possible to overcome. Thank you for walking beside us on this journey and for helping make Vivalon a place where compassion and belonging remain at the heart of our community.

With gratitude,

Kaushik Roy
CEO, Vivalon

THE heart OF VIVALON

STORIES OF COMPASSION

What makes Vivalon unique isn't just what we do — it's the way connection transforms lives. A meal becomes a friendship. A ride becomes reassurance. A class becomes a circle of belonging. The following stories show how simple acts of care can create extraordinary impact.

RUTH — Meals on Wheels Client and Vivalon Member

Ruth, a retired teacher of 50 years, found more than meals when she and her late husband began receiving Meals on Wheels. Now more physically fragile, she describes the program as a vital "safety net" as she receives reliable nourishment paired with caring



people who check in. "It's not just 'here's your bag of food.' It's a friendship. The food and the people... it's a win/win! You can't beat it." Ruth also thrives at Vivalon classes, where instructors know her by name and a new circle of friends helped her accept her widowhood with grace. Ruth says Vivalon brings pride to San Rafael. "It's a very human organization. It's very special."

“It's not just 'here's your bag of food' — it's a friendship...a heck of a lot more than delivering a bag of groceries to my door.”
— Ruth



GERRY — Vivalon Volunteer

A San Francisco native who moved to Marin “for the sunshine,” Gerry spent 33 years serving as a firefighter. After retiring, Gerry felt called back to service and joined Vivalon as a Meals on Wheels volunteer. Monday, Wednesday, and Friday mornings, he delivers more than meals — he brings connection. “Some

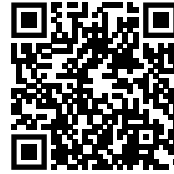


folks wait outside just to say hello,” he says...“They tell me I made their day, which makes my day.” Gerry credits program manager Erika Vaughn for leading with heart and efficiency, and loves the vibrant community and caring spirit at Vivalon. “I can’t see anything better coming along. I plan on staying with Vivalon for a long time.”

“There really is good out there, and Vivalon is proof of it.” — Gerry



Scan to watch Gerry's story



“Being with others, doing joyful activities, and encouraging each other is the best medicine.” — Vivalon member

DEE — Vivalon Rides Driver

Each morning, Dee lights up as she greets her regular riders by name and helps them settle in for the trip to their day program. “I look forward to coming to work every day. I love getting to know my clients, and they’re excited to see me when they get on the bus.” In the afternoon, Dee supports other clients with rides to medical appointments, then



brings her morning group safely home. A seasoned professional driver, Dee says Vivalon is her favorite driving job because management is supportive and understanding, and her coworkers are warm, welcoming, and truly family-oriented. She appreciates the specialized training she receives, but what means the most is feeling seen, valued, and part of something that matters.

“I love it more than any other job I’ve had.” — Dee



Scan to watch Dee's story



donor GRATITUDE

CELEBRATING OUR DEDICATED DONORS

Thank you for fueling Vivalon’s mission. Your generosity delivers nutritious meals, safe rides, transformational classes, and caring support that help older adults in Marin stay healthy, connected, and independent.

Monthly donors, first-time givers, longtime supporters, and those who give in honor or memory — you are all part of this circle of care. We’re honored by your trust and deeply grateful for every gift.

DONOR SPOTLIGHT: MARK YUAN

When Mark Yuan retired from a career in Information Technology Management in 2017, he was looking for meaningful ways to give back. After a year caring for his father, Mark began exploring opportunities to serve the community when his stepmother found reliable support. That’s when he spotted a recruiting sign on the back of a Vivalon van, and he applied online for a driver position.

Mark soon became a familiar face behind the wheel, transporting older adults and people with disabilities to work, medical appointments, and community programs. One of his fondest memories is of a passenger’s father who shared his love of amateur radio and had once worked for the same company as Mark’s father.

When the pandemic hit, Mark stepped back from driving to protect his vulnerable parents. “I missed interacting with my passengers in the van,” he says. “Everyone was always so pleasant and supportive of each other.” During that time,



Vivalon continued paying a portion of his salary, and he felt compelled to give back. “I started donating monthly, and even after I’d ‘paid back’ what I felt I owed, I kept giving because I wanted to support the mission.” Today, he’s part of Vivalon’s Supper Club of monthly givers.

Now a member of Vivalon, Mark enjoys the Vivalon Café and values the role Vivalon plays in the community. “Social interactions are so important to me,” he says. “Vivalon provides spaces where people can share common interests...and good meals!”

For Mark, supporting Vivalon is about enhancing quality of life: “It’s not only how long you’ll live. Independence, dignity, and fun make life worth living. Your support, whether through time or money, creates opportunities for so many.”

“We had great conversations every morning and I always looked forward to seeing him.” — Mark

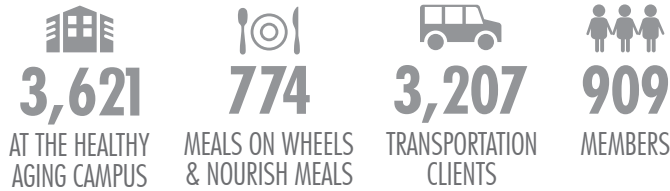
A BIG THANK YOU to These Generous Donors Who Gave \$10K+

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|--|---|-----------------------------------|-------------------------------|
| AARP — OATS Older Adults Technology Services - Senior Planet | Charles & Barbara Goodman Foundation | Marin Community Foundation | Douglas Reilly & Rose Estrada |
| Anonymous (4 families) | The Kenneth & Joan Gosliner Foundation | MarinHealth Medical Center | Rosenberger Family Fund |
| Robert H. Beadle | Harbor Point Charitable Foundation | Marin Sanitary Service | Dennis & Becca Ryan |
| Allan & Sydne Bortel | Muriel M. Harris | The McBurney Foundation | Stacy Scott Catering |
| Phillip & Peggy Ann Bortolussi | Heffernan Foundation | Stephen & Mary Mizroch | Alan & Ellyn Seelenfreund |
| The Buck Family Fund | J. Patrick & Frankie Hunt | Mowbray Family Charitable Fund | Alice Shaver Foundation |
| Donna R. Casella | Kaiser Permanente | Mike & Leslie Murphy | Vickie Soulier Foundation |
| CityBridge Laguna Honda | In memory of Cecelia Brogan Kudlick | Nugget Markets | William & Linda Tichy |
| The Walt Disney Company | Lakeview Foundation | Mr. & Mrs. Jerry Oken | Trainer Pero Family |
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| The Eucalyptus Foundation | Lucasfilm Ltd. | Sudha Pennathur & Edward Messerly | Myrtle R. Watson Fund |
| Greg & Joanne Giffra | Nancy Lumer | The Norman Raab Foundation | Brenda K. Wood |
| | Marin County Community Development Agency | Rayner Foundation | |

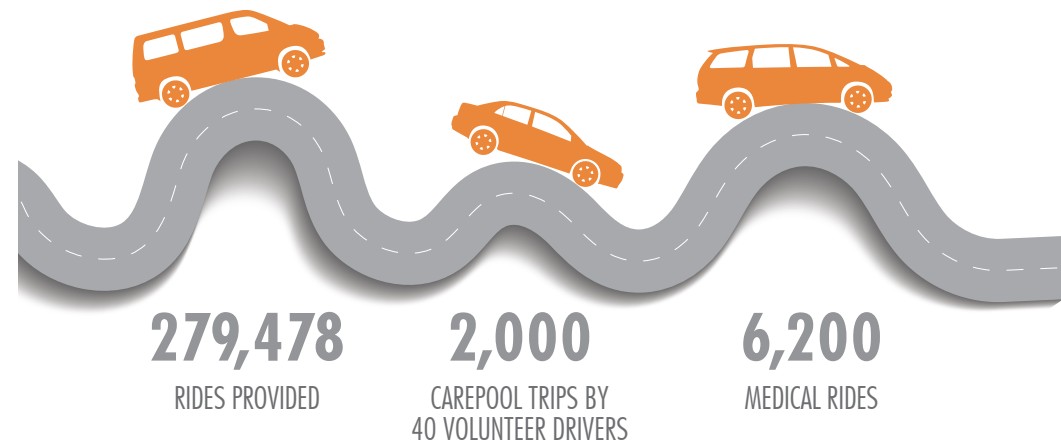
Vivalon's IMPACT IN 2025

REACH

PEOPLE SERVED THIS YEAR



TRANSPORTATION



Because of you, thousands reached medical care, grocery stores, and community events.

MEALS & NUTRITION



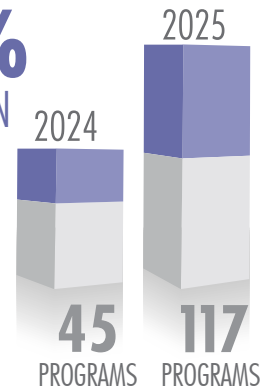
More than food — independence, dignity, and health.



Finding this community, along with the support and dedication of the programs team, has been life-altering for me." — Vivalon member

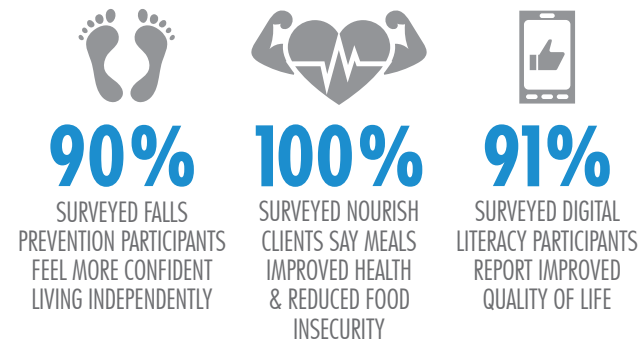
PROGRAMS

160% INCREASE IN PROGRAMS OFFERED



The Healthy Aging Campus has more than doubled its offerings in just one year, reflecting the growing demand for connection and wellness.

HEALTH & WELLNESS



VOLUNTEER ENGAGEMENT



DONOR & SUPPORTER IMPACT



I am grateful for the warm welcoming staff who are helpful and informative without being overwhelming!"

— Alexandria V., Tai Chi and Zumba Participant

REAL PEOPLE, REAL IMPACT

"A dear student suffered a stroke that took her balance, her speech, and her strength, but not her will. She joined Vivalon's chair yoga on Zoom and, step by baby step, rebuilt her body and confidence. Five years

later, she is living the life she loved before the stroke. She credits our yoga practice as a cornerstone of her recovery."

— Jane Rivera, Vivalon yoga instructor



LOOKING ahead

What We Can Do Together

At Vivalon, we believe aging should be defined by dignity, connection, and opportunity; not isolation. As we look to 2026, our vision is bold but clear: a Marin where every older adult has the support and connection to live fully and independently.

A Shared Responsibility

Aging touches every family, every neighborhood, every community. By working together, we can make sure dignity, connection, and care are within reach for everyone — not just today, but for generations to come.

What You Can Help Make Possible

With your partnership, we can:

- Ensure every meal delivered is also a message of care.
- Provide safe rides that mean independence for thousands.
- Create opportunities for connection that combat loneliness.
- Strengthen a community where compassion is our shared value.



I constantly pray for the people who support Vivalon, and thank them. I want all the blessings that they have given to me and others to be available for generations, because I have never seen anything like this. Vivalon is a blessing to me and to the world.”

— Valeria, Vivalon Falls Prevention Program participant

With your help, we can build a future where aging is celebrated and supported.



GIVE
Support our mission with a donation



VOLUNTEER
Share your time and talents



CONNECT
Join us at the Healthy Aging Campus



Vivalon
RIDES MEALS CLASSES CARE ADVICE

Healthy Aging Campus: 999 Third St. | San Rafael, CA 94901 | (415) 456-9062 | vivalon.org
Mailing Address: 930 Tamalpais Ave. | San Rafael, CA 94901 |

Our Goals for 2026



Expand our reach to even more people with classes, connection and care.



Provide **250,000+** healthy meals to nourish bodies and reduce food insecurity.



Deliver **300,000** rides, ensuring safe access to healthcare, groceries, and community life.



Grow our volunteer network so no neighbor has to face aging alone.

TOGETHER, we're proving that connection works wonders.

THANK YOU for supporting Vivalon's mission to help older adults thrive.