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For nearly 15 years, At Home Caregivers has provided assistance with personal care, transportation, meal preparation, light housekeeping, and medication reminders.

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AtHomeCaregivers.com
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A family owned home care agency—not a franchise.

AT HOME CAREGIVERS

“Your caregivers have been absolutely wonderful. Emee was really outstanding. She gave comfort and moral support beyond anything you might expect. A strong bond developed, which expedited my wife’s recovery.”

— Alan K., San Rafael

“Thank you so much for helping to coordinate care from the hospital to home for my husband, Jack. We were so overwhelmed with what we needed to do! Your caregiver, Bruce, was a gift! He was so compassionate and caring. He’s now family to us!”

— Peggy L., Novato

“Many, many thanks for sending such a gem of a caregiver as John. My husband would light up every morning when John arrived. His ability to care was wonderful, thorough, and gentle. He really became part of our family!”

— Erdie F., Mill Valley
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Dear Friends,

Whistlestop envisions a connected community where older adults are celebrated and nurtured, and where all people have equitable access to whatever resources, connections and services they need in order to age with dignity, independence and grace. We call this Aging Equity, and it’s our belief that we all share in the responsibility to make this vision a reality.

Whistlestop is the catalyst for older adults and their families to age well by creating engagement and connectedness at every touch point. It’s been our distinct honor to serve as a trusted friend in our community for over half a century. We have been publishing the Directory of Older Adult Services as a community resource for 31 years and I’m very pleased to offer this 2019 edition. It’s one way we give back to the community that gives us so much, and our way of saying thank you for your trust.

What are some of the connections, resources and services older adults might need as we strive for Aging Equity? Some might not have access to proper nutrition; others might need housing, and still others might need their options translated into their native language. Some older adults might have a home, but perhaps they have no nearby family and are isolated while others need transportation to and from not only medical appointments but also to social engagements and the grocery store. Still others may have the physical things they need such as housing and food, but lack a purpose and need to find belonging.

We hope you’ll find the resources you need in the pages of this Directory.

With gratitude,

Joe O’Hehir
CEO, Whistlestop
A BEAUTIFUL PLAN FOR TODAY AND TOMORROW

As a Life Plan Community, Aldersly is the perfect place to continue your independent lifestyle. Plus, feel confident knowing you have lifetime access to onsite assisted living, rehabilitation and short- or long-term skilled nursing care.

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FAIRFAX • 720 CENTER BLVD.
GENATURAL.COM
WHISTLESTOP KEY CONTACT INFORMATION

ACTIVE AGING CENTER
930 Tamalpais Avenue | San Rafael, CA 94901
Open Monday-Friday 9:00AM-5:00PM

Website: whistlestop.org | Email: info@whistlestop.org
Guest Services Reception | 415-456-9062 x100
Volunteer Opportunities | 415-456-9067
Resource Office | 415-459-6700
Covia Home Match & Social Call | 415-456-9068

JACKSON CAFÉ
Monday–Friday | 11:30AM to 2:00PM

MEAL DELIVERY SERVICES
Whistlestop Nourish | 415-456-9062 x176
Meals on Wheels Eligibility (Marin County) | 415-457-4636

TRANSPORTATION SERVICES
CarePool Volunteer Driver Program | 415-454-0927
Travel Navigators/Marin Access Eligibility | 415-454-0902
Schedule a Paratransit Ride | 415-454-0964
Cancel a Paratransit Ride | 415-457-4630

WHISTLESTOP STAFF
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OUR MISSION
Whistlestop believes we share a responsibility to ensure all Marin residents have an opportunity to age with dignity, independence and grace.
I love when my Clients say,

“I don’t know what I would do without you.”

Where the Client-Caregiver Relationship is Everything.

HIREDBANDSHOMECARE.COM Lic.#214700014
Also serving Sonoma, Napa and the Tri Valley.

415-884-4343

Residential Living Apartments
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Independent Living with Services

More than a place to call home...

Come for a Visit! Contact Us! | 415.383.1600 x223 | admissions@theredwoods.org
AGE VIBRANTLY
Through the Power of Human Connections

WHAT IS WHISTLESTOP?
Whistlestop helps Marin’s older adults thrive through the power of human connections. We envision a connected community where older adults are celebrated and nurtured, and where all people have equitable access to whatever resources, connections and services they need in order to thrive. We call this Aging Equity, and we believe that we all share in the responsibility to make this vision a reality.

LEARNING & RESOURCES
Whistlestop’s bustling Active Aging Center is open to all over the age of 60! Classes range from art and ping pong to Zumba and Hula; from French, Spanish or Italian to computers and smart phones; from writing and ukulele to financial and estate planning workshops, and so much more. Members celebrate special events each month and socialize in our community lounge between classes. Our Resource Office helps with free legal appointments and referrals to a variety of other community resources. We also lead ESL classes, citizenship classes, and offer free blood pressure and medication checks. Please visit whistlestop.org for a full list of classes and events, give us a call, or just stop by for a visit. We’d love to see you soon!
CONNECTIONS, COMMUNITY AND GIVING BACK
Whistlestop serves as a central hub where older adults gather and connect. Some folks come to attend a class or a group; some come to meet a friend at our delicious and affordable Jackson Café and others come simply to share conversation and enjoy one another’s company. For those who have the desire and energy to give back, we have volunteer opportunities that fit most schedules and abilities. We couldn’t do what we do without the invaluable help of our amazing volunteers. Email volunteer@whistlestop.org to see how you can get involved.

NOURISHMENT
Whistlestop is committed to nourishing the bodies and souls of our older residents here in Marin. Meals on Wheels delivers nutritious meals and a friendly check-in to our homebound older neighbors. Whistlestop Nourish delivers food to those suffering from life threatening illnesses. Our Brown Bag Pantry (in partnership with the San Francisco/ Marin Food Bank) and Rollin’ Root mobile farmer’s market (provided by the Agricultural Institute of Marin) provide free and low-cost fresh produce and protein sources. Whistlestop’s Jackson Café offers fresh, delicious meals at affordable prices to people of all ages, and Nutrition workshops and consultations help members create customized nutrition plans. Please see pages 27-28 for more details about our nutrition programs.

TRANSPORTATION
Whistlestop has served the transportation needs of the Bay Area for 65 years! We have grown since our humble beginnings in 1968 with one vehicle and one volunteer driver, and now have a fleet of over 100 buses and over 150 transportation employees to better serve our community. We partner with the transit district, ride service companies, bus companies, volunteer drivers, and use our own fleet to get older adult residents safely to their destinations. Our caring drivers are trained to treat each passenger in a safe, gentle and kind manner. Please see pages 44-45 for details about our current transportation programs.

HEALTHY AGING CAMPUS
Whistlestop’s new Healthy Aging Campus at 999 Third Street, in partnership with BioMarin and Eden Housing, will combine desperately needed affordable housing for older adults with wrap-around healthcare services, vibrant programs, accessible transportation and a myriad of programs designed to improve human connectedness. The project application has been submitted and the San Rafael City Planning process will continue throughout 2019. The projected completion date is 2021. Names may be added to the interest list for an apartment home by calling (510) 582-1460.

For more information about Whistlestop or for information on how to get involved, please visit us at 930 Tamalpais Ave, San Rafael, or at whistlestop.org.

The Directory of Older Adults Services is a free community resource produced by Whistlestop as a gesture of gratitude to all those who share our vision of a Marin County community where older adults are honored, cherished, and celebrated.
Marin Villages
Creating Community
Empowering older adults to stay active, connected and independent in the place they call home.

JOIN, VOLUNTEER OR DONATE TODAY!

415.457.4633  marinvillages.org

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Better Care Starts With Gloria’s Support.
See why we’re the Bay Area’s leading expert in senior care.

Free consultation
415.449.3777
SeniorsAtHome.org

Gloria, Seniors At Home Caregiver

Bohemian

Pacific Sun

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RN Foot Care
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Laurie Steese RN CMT, CFCN
415.491.4914
lsteese@gmail.com
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Here at Drake Terrace we have been offering exceptional senior living for three decades. Whether you’re looking for Independent Living, Assisted Living or Memory Care why not stay local with a community that has a reputation for being a friendly, family-like setting providing exceptional senior living and care. We have time-tested experience and dedicated associates that you can trust!

- Centrally located, and close to conveniences and a quiet neighborhood
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- Cultural opportunities at museums, theaters, first-run movies and more
- Proud sponsor of Marin Shakespeare Company & Ross Valley Players

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All of your service needs in one location. Respectful, Traditional, Contemporary, Simple. Pre-arrangement counseling and insurance funding of future expenses.

415-897-9609 • valleymemorialpark.com • 650 Bugeia Lane • Novato, CA 94945
COA#377    FD#2295
**ADULT DAY CARE**

Marin Adult Day Health Center  
rgazzola@lifelongmedical.org  
(415) 897-6884 • marinadhc.org  
1905 Novato Blvd, Novato, CA 94947  
The Marin Adult Day Health Center is a federally-qualified medical day program that offers care specifically designed for adults.

Skyview Day Club  
info@jfcs.org  
(415) 491-2500 • jfcs.org  
70 Skyview Terrace, Bldg B  
San Rafael, CA 94903  
Forgetful? Join the Club! Skyview Day Club is a social club for folks with memory loss. The Club offers innovative activities for people with memory loss in San Rafael. Creative art and music programs, Stimulating brain games, Lively group exercise, Delicious lunch, Respite for caregivers.

Aging Life Care Association  
(520) 881-8008 • aginglifecare.org  
3275 W. Ina Road, Ste 130, Tucson, AZ 85741  
Aging Life Care℠, also known as geriatric care management, is a holistic, client-centered approach to caring for older adults or others facing ongoing health challenges. Working with families, the expertise of Aging Life Care professionals provides the answers at a time of uncertainty. See website for online contact form.

**CARE MANAGEMENT**

CaringBridge  
See website for online contact form  
(651) 789-2300 • caringbridge.org  
A CaringBridge website is a personal health journal, rallying friends and family during any type of health journey. This is a free service that allows a person suffering from illness or family members to create a website to manage care and support.

Elder Helpers Program  
help@elderhelpers.org • elderhelpers.org  
Elder Helpers program matches people in need of help (elders or family) with volunteers in their own communities throughout the world.

Family Caregiver Alliance  
info@caregiver.org  
(415) 434-3388 • caregiver.org  
101 Montgomery St, Ste 2150  
San Francisco CA 94104  
Support and assistance to families caring for someone with an adult-onset brain impairment and/or older adults (60 and older), regardless of diagnosis. Information and referral, care consultation and education.

Hired Hands Homecare  
(415)-884-4343  
1744 Novato Blvd, Ste 200  
Novato, CA 94947  
HiredHandsHomecare.com  
Hired Hands Homecare is a family owned & operated company that has proudly been serving the seniors and families of Marin for Twenty-Five years. As a state licensed Home Care Organization (HCO), our outstanding Caregivers are all state licensed Home Care Aides (HCAs), and are thoroughly screened, extensively trained, and closely managed. Outstanding assistance is available 24/7/365. Contact us today – we welcome the opportunity to be of service.
**HomeWell**

**HomeWell Care Services**

(415) 599-4333  
northbay@homewellseniorcare.com  
homewellseniorcare.com/north-bay  
77 Mark Drive #33, San Rafael, CA 94903

HomeWell’s commitment to offering personalized, one-on-one in-home care safeguards well-being, enhances quality of life, and confirms dignity. Recognizing that no one solution applies to every situation, our California State Licensed Home Care Aides are trained and supervised to handle each client’s own specific needs. (CA State HCO License #214700009)

**Institute on Aging**

info@ioaging.org  
(415) 750-4111 • ioaging.org

Non-profit organization provides older adults with assistance through care coordination, household management, personal support, bookkeeping and professional fiduciary services.

**Seniors At Home**

Info@SeniorsAtHome.org  
(415) 449-3777  
SeniorsAtHome.org  
600 Fifth Ave, San Rafael, CA 94901

Experienced, trained, and compassionate caregivers provide in-home care for seniors. Our award-winning staff includes nurses, dementia and palliative care experts, fiduciaries, care managers, and gerontologists, ensuring that you or your loved one have easy access to the comprehensive range of services that helped over 16,000 families last year alone.  
San Francisco/Marin: (415) 449-3777  
Peninsula: (650) 931-1860  
Sonoma County: (707) 303-1530

**West Marin Senior Services**

pam@wmss.org  
(415) 663-8148 x101 • wmss.org  
11435 State Route 1, P.O. Box 791  
Pt. Reyes Station, CA 4956  
Care management of at-risk older adults and seniors. Medical equipment loans. Volunteer opportunities include delivering meals, driving seniors, friendly visits and helping at the Community Lunch.

**DISABLED ADULT SERVICES**

**California Department of Rehabilitation**

(415) 893-7702 • dor.ca.gov  
88 Rowland Way, Ste 100, Novato, CA 94945  
Works in partnership with consumers and other stakeholders to provide services and advocacy resulting in employment, independent living and equality for individuals with disabilities.

**Canine Companions for Independence (CCI)**

info@cci.org  
(707) 577-1700 • cci.org  
2965 Dutton Ave, Santa Rosa CA 95407  
Canine Companions, a nonprofit, enhances the lives of people with disabilities by providing trained assistance dogs and ongoing support to ensure quality partnerships.

**College of Marin Student Accessibility Services**

sas@marin.edu  
(415) 485-9406 • ss.marin.edu/sas  
Learning Resources Center LC40  
835 College Ave, Kentfield, CA 94904  
Counseling for disabled students. Variety of classes and services support seniors. Information and referrals for all.

**Homeward Bound of Marin**

info@hbofm.org  
(415) 382-3363 • hbofm.org  
385 N. Hamilton Pkwy, Novato, CA 94949  
Temporary, emergency housing for single adults, elders, and disabled homeless. Limited additional services. Small fees. Emergency night time shelter- pre-screening required. Emergency food and case management.
Hospice by the Bay is your best choice for community-based end-of-life care, family support and grief counseling. We also offer palliative care for those suffering from serious illness or chronic disease and home health care to homebound patients.

For more information about our services, call (415) 927.2273, or visit: hospicebythebay.org

Living/Dying Project
info@livingdying.org
(415) 456-3915 • livingdying.org
PO Box 357, Fairfax, CA  94978
Free-of-charge emotional and spiritual support for people with life-threatening illness and those who care for them.

Valley Memorial Park
(415) 897-9609
650 Bugeia Ln, Novato, CA  94945
When you have experienced the loss of a loved one, you can trust us to guide you through the arrangements necessary to create a meaningful ceremony that celebrates the unique life being honored. We offer compassionate, dignified, and affordable services.

GRIEF COUNSELING

Family Service Agency of Marin
24/7 Grief Counseling
fsa@fsamarin.org
(415) 491-5700 • fsamarin.org
P.O. Box 4369, San Rafael, CA  94913
Six sessions of grief counseling on a sliding fee scale for Marin County residents who have lost a loved one in the past year.
Our Lady of Loretto Church
erin@ollnovato.org
(415) 897-2171 • ollnovato.org
1806 Novato Blvd, Novato, CA  94947
Offers support groups, counseling and grief counseling. Please contact Sister Jeanette Lombardi (ext. 226) for more information.

Therapy for Aging and Grief
jacob@jbamft.com
(415) 689-8700 • jbamft.com
21 Tamal Vista Blvd, Ste 194
Corte Madera, CA  94925
Grief Counseling creates a safe and supportive space in which you can tell your grief story in your own way, and at your own pace. I provide grief counseling for all types of grief; death of a loved one, end of life, divorce, life transition, caring for a loved one with serious illness or dementia. Call for a free phone consultation.
HOME CARE

BrightStar Care of San Francisco and Marin
BShCSF@BrightStarCare.com
(415) 332-3300 • BrightStarCare.com
150 Shoreline Hwy, Ste B28, Mill Valley, CA
BrightStar Care of San Francisco & Marin provides the highest quality caregiving and in-home nursing, for all ages. Our employees are fully screened. Their training includes Alzheimer’s and Dementia Care, transfer training, and a variety of additional home care courses. Each patient receives an individualized Plan of Care with RN oversight. BrightStar Care is a Joint Commission accredited licensed home health agency. Please call to discuss the home care needs for you or a loved one.

IHSS In Home Supportive Services
info@pa.marin.org
(415) 499-1024 • pa-marin.org
10 N San Pedro Rd, Ste 1016
San Rafael, CA 94903
IHSS: In-Home Supportive Services and Public Authority of Marin is a government funded program that pays for caregivers so that low-income elderly, blind or disabled people can remain safely in their homes.

Marin Independent Caregivers Network
(415) 382-9203 • marincaregivers.com
Stevie Alexander, Owner/Care Manager – We are local, serving Marin County since 1996. Rates range from $22-$28 per hour. Exceptional caregivers providing personalized elderly, disabled, recovery, and illness care. All caregivers are experienced Certified Nurse Assistants, bonded and insured. Owner/care manager handles all aspects of caregiving — personally available 24/7. Great fees, exceptional CA state certified caregivers, hands-on well-managed home care!

Sutter Care at Home
SutterCareAtHome@sutterhealth.org
(415) 209-7700 • sutterhealth.org
100 Rowland Way, Ste 215, Novato, CA 94945
Advanced Illness Management, Flu and Wellness Programs, Home Health Care, Infusion Therapy and Private Care (Non-Medical Home Care).

At Home Caregivers
melodyk@athomecaregivers.com
(415) 898-4663 • athomecaregivers.com
7665 Redwood Blvd, Ste 200
Novato, CA 94945
Locally owned and operated, full service agency. Serves as employers, pays taxes, insurance, and worker’s comp for caregivers, who are triple-screened, insured, bonded and supervised. Free assessments, care plans, home safety inspections, and monthly quality assurance evaluations.

Marin Villages
info@marinvillages.org
(415) 457-4633 • marinvillages.org
4340 Redwood Hwy, Ste F-142
San Rafael, CA 94903
Marin Villages is a 501(c)(3) non-profit organization whose mission is to help older adults remain independent in their own homes and communities, with dignity and grace.

IN-HOME SERVICES

One Foot at a Time
Laurie Steese, RN, CMT, CFCRN
lsteese@gmail.com • (415) 491-4914
Nail and foot care services by registered nurse.

Sausalito Village
SausalitoVillageConcierge@gmail.com
(415) 332-3325 • sausalitovillage.org
PO Box 208, Sausalito, CA 94966
Sausalito Village is a volunteer-based organization whose mandate is helping those of us getting on in years to remain in our own homes for as long as possible and to continue living safe, active and connected lives.
Senior Settlers
info@Senior-Settlers.com
(415) 755-3340 • Senior-Settlers.com
369B Third St, #544, San Rafael, CA 94901
Senior Settlers offers skilled, cost-effective downsizing, de-cluttering and relocation assistance to Bay Area seniors. We make your tough transitions trouble-free!

Seniors At Home
Info@SeniorsAtHome.org
(415) 449-3777
SeniorsAtHome.org
600 Fifth Ave, San Rafael, CA 94901
Experienced, trained, and compassionate caregivers provide in-home care for seniors. Our award-winning staff includes nurses, dementia and palliative care experts, fiduciaries, care managers, and gerontologists, ensuring that you or your loved one have easy access to the comprehensive range of services that helped over 16,000 families last year alone.
San Francisco/Marin: (415) 449-3777
Peninsula: (650) 931-1860
Sonoma County: (707) 303-1530

Visiting Angels
(415) 499-1200
77 Mark Drive, Suite 12
San Rafael, CA 94903
visitingangels.com/SanRafael
Visiting Angels is a licensed, full service, professional Home Care Organization (HCO). Our mission is to provide premium, non-medical homecare and living assistance services to individuals who wish to remain in the comfort of their own homes. Visiting Angels is a licensed, full service, professional Home Care Organization (HCO). Our mission is to provide premium, non-medical homecare and living assistance services to individuals who wish to remain in the comfort of their own homes.

PET CARE
Marin Humane (Pet Care Assistance Program)
(415) 883-4621 • marinhumane.org
171 Bel Marin Keys Blvd, Novato, CA 94947
The Pet Care Assistance program helps low-income residents and others in need with pet food deliveries, transportation to the veterinarian, dog walking, pet grooming, litter box maintenance, and emergency boarding of pets in the event of a hospitalization.

Pets Unlimited (SFSPCA)
aat@sfspca.org adoptions@sfsPCA.org
(415) 568-3058 or (415) 554-3030 • sfspca.org
2343 Fillmore St, San Francisco, CA 94115
Raises money for cats and dogs in need with state-of-the-art, 24-hour veterinary center and donations. All animal welfare.

SUBSTANCE ABUSE
American Lung Association
cainfo@lung.org
(800) 586-4872 • lung.org
333 Hegenberger Rd, Ste 450
Oakland, CA 94621
Information and education on respiratory disease, clean air advocacy, research, indoor air quality and mold concerns. Tobacco cessation programs and initiatives.

To submit a listing for the 2020 Whistlestop Directory of Older Adults Services for Marin County, please email: directory@whistlestop.org or call the Whistlestop Front Desk: (415) 456-9062.
Bay Area Community Resources
Alcohol and Drug Programs
lkantorowski@bacr.org
(415) 444-5580 • bacr.org
171 Carlos Dr, San Rafael, CA 94903
Alcohol and Drug, Tobacco and Mental Health Program delivers prevention and treatment services to youth and adults having a broad spectrum of needs, ranging from basic information to treatment for chronic alcoholism and drug recovery.

Marin County Health and Human Services
Behavioral Health and Recovery Services
(415) 473-3030 or (888) 818-1115
marinhhs.org/substance-use-services
20 N San Pedro Rd, San Rafael, CA 94901
Division of Alcohol, Drug and Tobacco Programs works in partnership with other county departments, public and private agencies, etc. to provide a comprehensive prevention, intervention, detoxification, recovery and treatment delivery system.

SUPPORT GROUPS

AgeSong Marin Support Group
info@agesongmarin.org • (415) 234-5040
agesongmarin.org
Small group of seniors meet for 90 minutes once weekly for eight weeks to talk, listen, laugh, and learn. Facilitated by two experienced leaders. Groups meet at various locations throughout Marin. $80 fee/Scholarships available.

Amputee Coalition of America
info@amputee-coalition.org
(888) 267-5669 • amputee-coalition.org
Nationwide non-profit resource of information on rehabilitation and services available for amputees.

Attitudinal Healing International
info@ahinternational.org
(877) 244-3392 • ahinternational.org
3001 Bridgeway, Ste # K-368
Sausalito, CA 94965
Courses and information on making healthy choices, navigating successful challenges, and creating positive change enabling you to choose peace over conflict, compassion over indifference, and love over fear in all aspects of your daily life.

Blind & Vision Impaired of Marin
Info@bvim.org
(415) 459-5066 • bvim.org
851 Irwin St, Ste 206, San Rafael, CA 94901
Support groups and social, cultural and educational events for blind and visually impaired adults in Marin. Groups meet in different locations throughout Marin.

Center for Integrative Health and Wellness
wellness@maringeneral.org
(415) 925-7620 • maringeneral.org/cihw
1350 S Eliseo St, Ste 140, Greenbrae, CA 94904
Our Center for Integrative Health and Wellness services focuses on prevention and wellness, activation of the body’s innate healing powers, augmentation of conventional medicine during illness and injury, and development of self-care skills.

Huntington Disease Society of America
zankoandrea@gmail.com
hdsa.org
240 Tiburon Blvd, Tiburon, CA 94920
Community Support Group — Support group for individuals affected by or at-risk for Huntington disease, including family, friends and loved ones. Facilitated by Andrea Zanko, MS, 3rd Thurs evening 7-8:30pm

Ida Geary Glaucoma Support Group
chatoyant1@gmail.com
(415) 388-3241
The group meets from 1:30 to 3pm on the first Saturday of each month in the 2/4 Lounge at The Redwoods, 40 Camino Alto, Mill Valley. Meetings are free and all interested persons are welcome. Refreshments are served and no reservations are required.

Keeping Hope Alive
info@keepinghopealive.org
(415) 455-8600 • keepinghopealive.org
P.O. Box 3642, San Rafael, CA 94912
Stroke support group — Small group led by a psychotherapist who is also a 33-year stroke
Marin Man-to-Man
info@marin-man-to-man.org
(415) 459-3434 • marin-man-to-man.org
Free weekly support group for men whose partners have had breast cancer or other life threatening diseases. Swaps concerns, experiences, views and information.

Marin Prostate Cancer Information and Support Group
vegstan2@ix.netcom.com
(415) 290-6060 • maringeneral.org
This informative group meets to exchange views and concerns, and to give positive support to each other. Every Tuesday, 7 to 8:30pm in the Medical Library at Marin General Hospital. Significant others always welcome.

Memory Care Life
patricia@memorycarelife.org (Patricia Ris)
(415) 309-7963 • memorycarelife.org
Free weekly social club for people with forgetfulness (dementia/early stage Alzheimer’s) and their care partners. Everyone is welcome to join us on Tuesday mornings! See website for locations — in Marin, San Francisco and Oakland.

Neuropathy Support Group
maccottcu@me.com
(415) 246-9156 • pnhelp.org
1100 Las Galinas Blvd, San Rafael, CA  94903
Neuropathy Association and support group held every third Wed of the month at 1pm. Held at Lutheran Church of the Resurrection. Donations accepted.

Parkinson’s Disease Support Group
kathjones@mac.com
(415) 927-7647 • pdmarin.org
Meetings are held at 1-2pm on the 4th Friday of the month in the 13/15 Lounge at The Redwoods, 40 Camino Alto, Mill Valley. General meeting, speakers and discussion groups. Caregiver meetings are held at 2-3pm on the 4th Fridays in the 2/4 Lounge at The Redwoods. Note: Dates/times may vary, so please check the website. (No reservations required.)
Technology For Life
info@technology4life.org
(415) 325-5790 • technology4life.org
822 College Ave, #303, Kentfield, CA 94914
Our mission is to educate adults in the use of technology to enable them to remain vital, independent, and connected to their families and community. We offer group classes at Whistlestop and other locations and one-on-one private instruction.

WHISTLESTOP
COMPUTER CLASSES
info@whistlestop.org
(415) 456-9062
whistlestop.org
930 Tamalpais Ave, San Rafael, CA 94901
Whistlestop offers a variety of computer classes, as well as smart phone and tablet tutorials. The Computer Lab is open Monday and Wednesdays from 10am-12pm. Please call Guest Services for more information.

EDUCATION
AARP Smart Driver Online Course
customerservice@aarpdriversafety.org
(800) 350-7025 • aarpdriversafety.org
5760 Fleet St, Ste 210
Carlsbad, CA 92008
AARP-sponsored first-time and refresher courses for drivers 50 and older. Most insurance companies offer discounts to qualified drivers 55 and over completing the course. Online or classroom instruction.

Buck Institute for Research on Aging
info@buckinstitute.org
(415) 209-2000 • buckinstitute.org
8001 Redwood Blvd, Novato, CA 94945
Community lectures open to the public, given by prominent speakers from around the country. Topics range from ground-breaking scientific research to social policy. Call to subscribe to the newsletter.

College of Marin Community Education
info@marincommunityed.com
(415) 485-9305 • marincommunityed.com
835 College Ave, Kentfield, CA 94904
College of Marin Community Education offers a variety of short-term courses designed to meet the life long learning needs of the community.

Emeritus College at College of Marin (ESCOM)
escom@marin.edu
(415) 485-9652 • marin.edu/escom
835 College Ave, Kentfield, CA 94904
Student organization with educational clubs and social activities. Students in this organization get discounts on Community Education classes.

Marin County Office of Education
mgrant@marinschools.org
(415) 499-5860 • marinschools.org/ROP
1111 Las Gallinas Ave, San Rafael, CA 94903
Regional Occupational Program (ROP) offers a variety of vocational and technical career classes for those seeking a new career, a career focus or upgrading skills.

Tamalpais Union High School District
Community Education
communityed@tamdistrict.org
(415) 945-3730 • marinlearn.com
Call or go to the Website for information on class descriptions and schedules. Classes are held at different high school locations.

EMPLOYMENT OPPORTUNITES
CareerPoint Marin
marininfo@northbay.org
(415) 473-3300 • careerpointnorthbay.org
120 N Redwood Dr, 2nd Fl, Rm E201
San Rafael, CA 94903
CareerPoint provides employment and career training in Marin County.

North Marin Community Services
colmedo@northmarincs.org
(415) 897-4147 • northmarincs.org
1907 Novato Blvd, Novato, CA 94947
Help for filling out a job application, Assistance
for writing a resume and cover letter, Information about online job postings to help you look for or apply for a job, Assistance for setting up an email or LinkedIn account, Coaching and training about how to handle a job application interview, etc.

**Senior Community Service Employment Program (SCSEP)**

(415) 473-3329 • careerpointnorthbay.org

120 N Redwood Dr, 3rd Fl
San Rafael, CA  94903

The Senior Community Service Employment Program (SCSEP) is a community service and work based training program for older workers. Authorized by the Older Americans Act, the program provides subsidized, service-based training for low-income persons 55 or older who are unemployed and have poor employment histories. Partnered with CareerPoint Marin.

**YWCA 50 Plus**

bettiegundersheim@ywcasf-marin.org
(415) 479-YWCA • fiftyplus.ywcasf-marin.org

4380 Redwood Hwy, Ste A-1
San Rafael, CA  94903

A very popular program for women 50+ seeking support for employment. Services are free and include skills identification and development, resume assistance, job search workshops, support groups and job referral.

**Arthritis Foundation**

(415) 915-2862 • arthritis.org

90 Montgomery St, Ste 110
San Francisco, CA  94105

Services to people with arthritis. Literature on diagnosis and treatment. Referral to programs and specialists.

**Community Action Marin**

(415) 526-7500 • camarin.org

555 Northgate Dr, Ste 201
San Rafael, CA  94901

Community Action Marin is a private non-profit 501(c)(3) social service agency serving and assisting low-income Marin residents in achieving a life of quality based on self-sufficiency. Serving Marin County since 1966, the agency currently operates 11 programs covering a variety of needs including childcare, energy assistance, family needs, and mental health support.

**Elderlink**

(800) 613-5772 • elderlink.org

Elderlink is a FREE senior referral service that can assist and guide families to understand what options are available to them. This may be one of the most important decisions a family can face. We are always available to help.

**Marin County Division of Aging and Adult Services**

457info@marincounty.org

(415) 457-4636 (INFO)

marinhhs.org/aging-adult-services

10 N San Pedro Rd, San Rafael, CA  94903

Adult and aging information assistance line. Available 8:30am to 4:30pm, Monday-Friday. Free and confidential services provided by county social workers.

**Novato Independent Elders Program**

(415) 899-8296 • novato.org

1560 Hill Rd, Novato, CA  94947

The Novato Independent Elders Program is a program of Covia (formerly Episcopal Senior Communities), a nonprofit organization. NIEP operates out of the Margaret Todd Senior Center and is dedicated to improving the quality of life...
for Novato seniors. NIEP develops community partnerships, which provide outreach, education and advocacy programs for seniors, family caregivers, service providers.

Ritter Center
colin@rittercenter.org
(415) 457-8182 • rittercenter.org
16 Ritter St, San Rafael, CA 94901
No-cost primary and urgent care to low-income, homeless and uninsured patients. Also, adult immunizations and flu shots, testing for HIV, Hepatitis C, and TB, and medical exams. Call for general assistance and CalWORKs programs.

SearchSeniorLiving.com
info@SearchSeniorLiving.com
(877) 243-8073 • SearchSeniorLiving.com
360 22nd St, Ste 300, Oakland, CA 94612
This website provides you with an Easy-Search tool to help you navigate through the senior communities that mostly match your needs. Photos and pricing for each community, compare services, amenities, and location.

Whistlestop Help Desk
resource@whistlestop.org
(415) 459-6700 • whistlestop.org
930 Tamalpais Ave
San Rafael, CA 94901
General information and referrals on programs and agencies throughout Marin County in English, Farsi and Spanish.

INSURANCE INFO

HICAP
(707) 526-4108
senioradvocacyservices.org/hicap
1304 Southpoint Blvd, Ste 280
Petaluma, CA 94954
Health Insurance Counseling and Advocacy Program. Objective information and assistance to people who need help in understanding Medicare, supplemental insurance, long term care insurance, older adult HMO plans, and Medicare.

Medicare
(800) 633-4227 • medicare.gov
Information line for Medicare.

VOLUNTEERING

10,000 Degrees Academic Support
jkramer@10000degrees.org
(415) 464-6068 • 10000degrees.org
1650 Los Gamos Dr, Ste 110
San Rafael, CA 94903
Connects volunteers with students throughout Marin County. Volunteers work in classrooms, homework centers, and community programs. Training and support is given so volunteers can become effective tutors.

AARP Experience Corps Marin
isigaretta@ncphs.org
(415) 464-1767 • ec4marin.org
501 Via Casitas, Greenbrae, CA 94904
Engages people 50+ in tutoring and mentoring students in elementary schools (K-3) in San Rafael and Novato. Use your time, talent and experience to help children succeed in school supporting literacy. Training and materials provided.

Love is the Answer (LITA)
litamarin@sbcglobal.net
(415) 472-5482 • litamarin.org
4340 Redwood Hwy F101
San Rafael, CA 94903
Love is the Answer (LITA) – Provides volunteer adults, youth, children and pets as weekly visitors for lonely and isolated elderly living in long-term care facilities. Volunteers establish ongoing friendships. New volunteers are most welcome.
Marin County Civic Center Volunteers
astarr@marincounty.org
(415) 473-7407 • marincounty.org
3501 Civic Center Dr, Ste 415
San Rafael, CA  94903
Civic Center Volunteers is an innovative program founded by the Marin County Board of Supervisors and offering a wide range of opportunities in county departments and programs. Roles include senior peer counselor, open space ambassador, office aide, Library Beyond Walls liaison, and much more!

Marin County Civil Grand Jury
pchurch@marincounty.org
(415) 473-6132 • marincounty.org
3501 Civic Center Dr, Rm 275
San Rafael, CA  94903
Applications being accepted to the Marin Grand Jury. Jurors serve one year beginning July 1. Application deadline is April 2. Go to website for information or call.

SCORE
sfscore@sfscore.org
(415) 764-4964 • sfscore.org
455 Market St, Ste 600
San Francisco, CA  94105
Service Corps of Retired Executives links retired persons with management expertise to small businesses and community organizations in need of management counseling. Local appointments at San Rafael Chamber of Commerce.

West Marin Senior Services
mark@wmss.org
(415) 663-8148 x103 • wmss.org/#volunteer
11435 State Hwy 1, PO Box 791
Pt. Reyes Station, CA  94956
We have a rewarding volunteer activity for everyone. Delivering meals, driving seniors, making friendly visits, preforming in-office tasks and helping at the Community Lunch are just a few.

Whistlestop Active Aging Center
volunteer@whistlestop.org
(415) 459-6700
930 Tamalpais Ave,
San Rafael, CA  94901
Wide variety of volunteer opportunities from delivering meals, teaching classes, greeting and orienting participants and serving in the café to supporting special projects. A rewarding place to volunteer. Meet new people while helping support healthy, active aging with grace, dignity and independence.

VOTER INFORMATION

League of Women Voters
lwvmc@marinlwv.org
(415) 507-0824 • marinlwv.org
4340 Redwood Hwy, Ste F108
San Rafael, CA  94903
The League is a non-partisan political organization that encourages active participation in government. We do not support or oppose any political party or candidate, but we do influence public policy through education and advocacy.

Marin County Elections
Department/ Registrar of Voters
elections@marincounty.org
(415) 473-6456 • marinvotes.org
3501 Civic Center Dr, RM 121
San Rafael, CA  94903
The Election’s Department provides Marin County residents with information on voting and upcoming elections. Maintains voter registration and administers elections.
CRISIS INTERVENTION

Buckelew Programs: Suicide Prevention and Crisis Hotline Numbers
hotline@buckelew.org, call for support:
(415) 491-5700 or (415) 457-6964
Llame para apoyo: (415) 491-5720, 24/7
Suicide Hotline: (415) 499-1100, 24/7
Grief Counseling: (415) 499-1195
Call for support: (415) 491-5700
Llame para apoyo: (415) 491-5720, 24/7
Suicide Hotline: (415) 499-1100, 24/7
Grief Counseling: (415) 499-1195
buckelew.org
555 Northgate Dr, #100, San Rafael, CA 94901
Crisis intervention and suicide prevention with hotline available 24 hours a day.

Center for Domestic Peace
administrator@c4dp.org
(415) 924-6616 • centerfordomesticpeace.org
734 A St, San Rafael, CA  94901
Center for Domestic Peace mobilizes individuals and communities to transform our world so domestic violence no longer exists, creating greater safety, justice and equality. We provide transformational services and programs that protect and enhance victim safety, and ultimately engage our community in permanent change.

Community Violence Solutions
admin@cvsolutions.org
(800) 670-7273 • cvsolutions.org
4340 Redwood Hwy, Ste F109
San Rafael, CA  94903
Nonprofit agency, formerly Rape Crisis Center, provides free counseling and advocacy for past and current victims of sexual trauma, including childhood and elder sexual abuse. Confidential 24-hr crisis line. Support group and self-defense classes available.

Institute on Aging Friendship Line for the Elderly
Business line (415) 750-4111
Friendship Line (800) 971-0016 • ioaging.org
3575 Geary Blvd, San Francisco, CA  94118
A 24-hr emotional support and telephone companionship program (Friendship Line), as well as a crisis intervention service for individuals over 60 years of age.

Mill Street Center
(415) 457-9651 or (800) 428-1488 • hbofm.org
190 Mill St, San Rafael, CA  94901
Homeward Bound of Marin provides services for homeless adults in Marin County including Mill Street Center, a housing focused shelter for single adults 18+. Must call in advance Mon-Fri at 10:30 am for a bed. Must be a resident of Marin County with valid ID.

DISASTER PREPAREDNESS

Alert Marin
(415) 473-7284 • alertmarin.org
1600 Los Gamos Dr, #200
San Rafael, CA  94903
Sign up for Alert Marin emergency notifications by going to their website.

American Red Cross
arcbainfo@redcross.org
(800) 435-7669 • redcross.org
1663 Market St, San Francisco, CA  94103
Assistance to fire and disaster victims in addition to educational programs.

Disaster Distress Help Line
Call 1-800-985-5990 or text TalkWithUs to 66746 to connect with a trained crisis counselor
samhsa.gov
The Disaster Distress Helpline is a national hotline dedicated to providing year-round immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.
Ready Marin
info@readymarin.org • readymarin.org
Marin County’s website for information on emergency preparedness. Checklists, resources and training. How to build a disaster emergency kit or evacuation backpack and more.

Salvation Army
(415) 459-4520 • sanrafael.salvationarmy.org
351 Mission Ave, San Rafael, CA 94901
Officers are trained to meet all kinds of emergencies by providing food, shelter, clothing and spiritual comfort during a disaster; often the first group to respond.

SAFETY & SECURITY

Bel-Net
lphillips@cityofbelvedere.org
(415) 435-3266 • cityofbelvedere.org
450 San Rafael Ave, Belvedere, CA 94920
Daily telephone call program administered by Belvedere Police Dept. to check on Belvedere seniors.

Covia Social Call
coneill@covia.org • (415) 535-7741
525 College Ave, #241, Santa Rosa, CA 95404
As part of our commitment to fostering community, Covia matches volunteers with seniors on a one-to-one basis, bringing compassionate conversation and care into their lives and giving volunteers an opportunity to listen and learn. We are always looking for friendly, caring volunteers to provide support and friendship.

You Are Not Alone Program (Tiburon residents)
(415) 789-2801
1155 Tiburon Blvd, Tiburon, CA 94920
A daily telephone call program administered by the Tiburon Police Dept. to check on Tiburon seniors.

COMMUNITY MEALS

Albert J. Boro Community Center
pattymcculley@cityofsanrafael.org
(415) 485-3348 • livelifelocally.org
50 Canal St, San Rafael, CA 94901
Group lunches provided Wednesday at noon. $3 donation requested (60+), $6 (under 60).

Corte Madera Community Center
Lunch Club for Seniors
(415) 927-5072 • ci.corte-madera.ca.us
498 Tamalpais Ave, Corte Madera, CA 94925
Every Thursday, Good Earth Natural Foods prepares organic, well-balanced, hot lunch for adults 60+.

Jackson Café at Whistlestop
Community Breakfast
(415) 456-9062
whistlestop.org/nutrition/community-breakfasts
930 Tamalpais Ave, San Rafael, CA 94901
Join us for a delicious and healthy community-style breakfast at the Jackson Café at Whistlestop. Come socialize with friends, new and old, on the 1st Friday of each month from 9am to 10am. Cost is only $3 for members and $6 for non-members, which includes your full meal and coffee or juice.

San Geronimo Valley Community Center
nramirez@sgvcc.org
(415) 488-8888 Ext 254 • sgvcc.org
6350 Sir Francis Drake Blvd
San Geronimo, CA 94963
Senior Lunch Monday and Thursday only. Organic meals served. Call for mealtimes and menus or check website, click on Seniors.
San Rafael Goldenaires Meal Site
patty.mcculley@cityofsanrafael.org
(415) 485-3348 • livelifelocally.org
618 B St, San Rafael, CA  94901
Group lunches provided Wednesdays — except the third Wednesday of the month. $3 donation requested 60+ years, $6 under 60. Call for meal times, menus and reservations by the prior Monday. Bingo is played after lunch.

St. Hilary Church
DianaR@sthilary.org
(415) 937-5524 • sthilary.org
761 Hilary Dr, Tiburon, CA  94920
Offers a free senior lunch the third Thursday of each month at 11am. Contact Diana for more information.

St. Vincent de Paul Dining Room
(415) 454-3303 • vinnies.org
820 B St, San Rafael, CA  94901
Serves free meals Mon-Sun 6:30am to 1pm.

Margaret Todd Café at the Margaret Todd Senior Center
(415) 457-4636
1560 Hill Rd, Novato, CA  94945
A program through the Margaret Todd Senior Center in partnership with the Novato Independent Elders Program (NIEP). Hot lunch served Tuesdays, Wednesdays and Thursdays at 12 noon. Provided by Good Earth Organic Natural Foods. Make your reservation seven days before you plan to dine. Cost: a suggested donation of $3 for Seniors 60+.

West Marin Senior Services
Point Reyes Station Community Lunch
Amena@wmss.org
(415) 663-8148 x104 • wmss.org
The Dance Palace: 503 B St
Pt. Reyes Station, CA  94956
Hot lunch served Thursday at 12 noon. Organic meals provided by Good Earth. Reservations required one week in advance. Donations: $3 for adults 60+ and $6 for adults under 60.

FOOD MARKETS

Good Earth
Fairfax: 720 Center Blvd, Fair Anselm Plaza
Mill Valley: 201 Flamingo Rd, Shoreline Center
An Independent local grocer, founded in 1969 in Fairfax, offering the very best quality and organic food. In 2016 we opened our Mill Valley location and are happy to now be healthfully serving communities on both sides of Mount Tamalpais.

FOOD PANTRIES

Brown Bag Pantry at Whistlestop
info@whistlestop.org
(415) 456-9062
whistlestop.org/nutrition/brown-bag-pantry
930 Tamalpais Ave, San Rafael, CA  94901
The Brown Bag Pantry helps low income older adults (60+) who live in Marin County maintain their nutritional health and independence. The pantry is a supplemental food program that allows older adults to choose from a vast array of seasonal fruits and veggies; protein items, such as meat, eggs, or beans; grains such as pasta, bread, or rice, and canned goods for those with limited mobility. In the Caboose at Whistlestop, every Friday at 11:30 am.

Novato Human Needs Center: Food Pantry
info@nhnc.org
(415) 897-4147
nhnc.org/programs/emergency-food
1907 Novato Blvd, Novato, CA  94947
Emergency Food: three-day supply for low-income people, as well as referrals to free dining rooms, food pantries. Vouchers for baby food, formula also available. U.S. Surplus Food: Novato distribution site. Low-income residents receive food once a month.

San Geronimo Valley Community Center Food Pantry
nutrition@sgvcc.org
(415) 488-8888
sgvcc.org/humanservices/pantry.html
6350 Sir Francis Drake Blvd  
San Geronimo, CA  94963  
Senior Lunch and Food Pantry on Mon and Thurs only. Organic meals served. Must qualify for Food Pantry.

SF-Marin Food Bank  
(415) 883-1302  •  sfmfoodbank.org/get-food  
75 Digital Dr  
Novato, CA  94949  
Disburses supplemental food throughout Marin County through its partnership agencies.

West MarinCommunity Resource Center Food Pantry  
info@westcommunityservices.org  
(415) 663-8361  
11431 Mesa Rd, Pt. Reyes Station, CA  94956  
Food Pantry is on Thursdays from 9am-5pm.

NUTRITION

CalFresh or Food Stamps  
(415) 473-3400  •  getcalfresh.org  
120 N Redwood Dr, San Rafael, CA  94903  
Federal food assistance program available to eligible persons. Residents can apply at the West Marin Center, 100 6th St, Pt. Reyes Station, tel (415) 473-3800 and Marin County.

Ceres Community Project of Marin  
lindad@marin.ceresproject.org  
(415) 488-5053  •  marin.ceresproject.org  
PO Box 151049, San Rafael, CA  94901  
Ceres brings local teens into a professional kitchen to learn and prepare nourishing, health-supportive meals that are delivered by volunteers to cancer patients in Marin. Call to inquire about eligibility.

Home Delivered Grocery Program  
cmoore@covia.org  
(415) 899-8296  •  covia.org  
This program is available for homebound older adults (60+) who need shopping assistance. Delivery is free. Older adults pay only for the groceries. Participants can use the program on weekly, monthly, or shorter basis, i.e. while recovering from an illness. This program is facilitated by Covia.

Jackson Café at Whistlestop  
(415) 456-9062  
whistlestop.org/nutrition/jackson-cafe  
Whistlestop’s Jackson Café, across from the bus depot in central San Rafael, is open to the public and offers a wonderful place to relax and enjoy lunch with friends. The meals are fresh, affordable, and delicious- made in our kitchen by amazing chefs and served by our Whistlestop volunteers. The daily menu includes a hot main entrée, vegetarian entrée, soup du jour and a variety of other favorite lunch dishes. Jackson Café is open to the public, Monday-Friday, 11:30am to 2pm. Prices for entrées for Whistlestop members are $6, and for non-members $10.

Meals from Friends  
Amena@wmss.org  
(415) 663-8148  •  wmss.org  
11435 State Hwy 1, Pt. Reyes Station, CA  94956  
West Marin Senior Services – If you are 60+, live in West Marin and are homebound we have friendly reliable volunteers who can deliver fresh chilled meals to your home. Suggested donation $3.50/meal. Increased donation if under 60 years old.

Meals of Marin  
(415) 578-2961  
MOM’s mission is to provide healthy, delicious, prepared meals to people with life-threatening illnesses throughout most of the San Francisco Bay Area. We deliver meals for every day of the week, allowing our clients to consistently eat nutritious meals without interruption. Our services are free of charge to those who qualify.

Whistlestop Meals on Wheels  
info@whistlestop.org  
(415) 457-4636  
whistlestop.org/nutrition/meals-on-wheels  
930 Tamalpais Ave  
San Rafael, CA  94901  
In partnership with the County of Marin, Whistlestop’s friendly, reliable paid and volunteer drivers deliver fresh, chilled meals to homebound older adults 60+. Suggested contribution $3.50 a meal.
Whistlestop Nourish
(415) 456-9062 x176
The Whistlestop Nourish program delivers food to those suffering from life threatening illnesses, three days a week, with the help of dedicated volunteer drivers. The program delivers fresh or frozen food, to those needing extra help getting the daily nutrition they need and with a ready-made meal.

ALZHEIMER’S
Alzheimer’s Association — North Bay
norcal-info@alz.org
(415)472-4340 or (800)272-3900 • alz.org
4340 Redwood Hwy Ste D314
San Rafael, CA  94903
Information and support to families, including education programs, support groups, 24/7 helpline.

BLOOD BANK
Blood Centers of the Pacific
info@bloodcenters.org
(707) 545-1222 • bloodcenters.org
2324 Bethards Dr, Santa Rosa, CA  95404
Full-service blood bank serving North Bay communities 24 hours a day, seven days a week. To schedule a donation locally, call: (888) 393-4483.

CANCER
American Cancer Society
(707) 545-6720 (local branch)
(800) 227-2345 (general info) • cancer.org
1451 Guerneville Rd, Ste 220
Santa Rosa, CA  95403
Appointments are needed for all services to ensure we have the right people available to meet your needs. Hours and services vary by location.

American Cancer Society —
Look Good Feel better Program
eliza.schoellhorn@cancer.org
(800) 395-5665 • cancer.org
1451 Guerneville Rd, Ste 220
Santa Rosa, CA  95403
Look Good Feel Better is a free service that teaches cancer patients hands-on cosmetic techniques to help them cope with appearance-related side effects from chemotherapy and radiation treatments. All services provided by certified and trained cosmetologists.

National Cancer Institute (NCI)
See website for online contact form
(800) 422-6237 • cancer.gov
Personal, confidential help with the latest, most accurate cancer information for patients, their families, general public and health professionals in English and Spanish.

DENTAL SERVICES
Denti-Cal
(800) 332-6384 • denti-cal.ca.gov
California Dept. of Health Care Services provides names of dentists accepting Medi-Cal.

LAUREN K. CHIN, RDHAP
dental hygiene house calls
gentle | affordable | convenient
www.laurenkchin.com
2100 Webster Street #303 San Francisco, CA 94115

- Free consultation
- Oral cancer exam
- Digital x-rays
- Dental hygiene cleaning
- Manage decay with topical medicaments
- Oral health education
Marin Community Clinics — Dental
info@marinclinics.org
(415) 448-1500
marinclinic.org/health-care-services/dental-services
San Rafael, CA
A wide range of primary dental care for adults and children is offered in several San Rafael and Novato Dental Clinic locations. Services include preventive exams and cleanings, fillings, limited root canals, dentures, and extractions.

Marin County Dental Society
eexec@mcdsweb.org
(415) 472-7974 • mcdsweb.org
175 N Redwood Dr, Ste 130
San Rafael, CA  94903
Dental care information and referrals.

College of Marin- Dental Assistance Program
tcollins@marin.edu
(415) 883-2211 x8428
College of Marin — Indian Valley Campus
1800 Ignacio Blvd, Novato, CA  94947
Provides full-mouth x-rays in the month of February for any patient. Teeth polishing also available — must have a written request from a dentist.

EQUIPMENT
Margaret Todd Senior Center
(415) 899-8290
1650 Hill Rd, Novato, CA  94947
Walkers, wheelchairs and canes are available for loans of up to one month. Please call at least two business days in advance of desired pick-up date.

North Coast Mobility
(415) 457-1664
1281 Andersen Dr, Ste F, San Rafael, CA
SALES . SERVICE . REPAIRS . RENTALS

ReCARES (formerly Home Cares)
(415) 388-8198 • homecares.org
3100 Kerner Blvd, San Rafael, CA  94901
Wheelchairs, walkers, show chairs and much more are available for no charge. There are other locations in the Bay Area in addition to Marin County. ReCARES collects, redistributes and encourages reuse. Donations are accepted.

FITNESS
Corte Madera Swingers
(415) 927-5072
498 Tamalpais Dr, Corte Madera, CA  94925
Computer classes, tai chi, trips, big band dancing and exercise classes.

Freitas Senior Community Tai Chi Classes
(415) 479-7581
455 Manuel T. Freitas Pkwy
San Rafael, CA  94903
Provides Tai Chi classes designed to improve circulation and balance, and help to maintain good health throughout life.

Larkspur Walkers
(415) 927-6746 • cityoflarkspur.org
Older Adult Programs at the Larkspur Recreation Department: Walking group meets at 9am, Mon-Wed-Fri at Piper Park in Larkspur. One-hour walk around park.

Marin YMCA
(415) 492-9622 • ymcasf.org
1500 Los Gamos Dr, San Rafael, CA  94903
Nonprofit organization with a mission to build strong kids, families and communities through health and wellness programs, hikes and social events for older adults. Volunteers raise money to grant scholarships.

Osher Marin Jewish Community Center
info@marinjcc.org
(415) 444-8000 • marinjcc.org
200 N San Pedro Rd, San Rafael, CA  94903
Full schedule of aquatic and land-based therapeutic exercise programs.

Whistlestop Active Aging Center
(415) 456-9062
whistlestop.org/classes
930 Tamalpais Ave, San Rafael, CA  94901
Join our community of older adults who enjoy exercise, tai chi, balance classes, Zumba, yoga, ping pong, etc. See website for class and activity schedules.
HEALTH CARE ORGANIZATIONS

American Diabetes Association
(888) 342-2383 • diabetes.org
1970 Broadway, Ste 425, Oakland, CA  94612
Information on diabetes and services for diabetics.

American Heart Association
leah.elwell@heart.org
(707) 542-1992 • americanheart.org
1400 North Dutton Ave, Santa Rosa, CA  95401
Information and education on heart disease and stroke.

American Lung Association
(510) 638-5864 • lung.org
333 Hegenberger Rd, Ste 450
Oakland, CA  94621
Information and education on respiratory disease, clean air advocacy, research, indoor air quality and mold concerns. Tobacco cessation programs and initiatives.

American Speech, Language & Hearing Association
(800) 498-2071 • asha.org
Information and referral for speech, language and hearing disorders. Membership dues and fees.

Amputee Coalition of America
info@amputee-coalition.org
(888) 267-5669 • amputee-coalition.org
A non-profit resource of information on rehabilitation and services available for amputees.

Arthritis Foundation
(888) 391-9389 • arthritis.org
657 Mission St, Ste 603
San Francisco, CA  94105
Services to people with arthritis. Literature on diagnosis and treatment. Referral to programs and specialists.

Foundation for Osteoporosis Research and Education
info@americanbonehealth.org
(510) 832-2663 • fore.org
1814 Franklin St, Ste 620, Oakland, CA  94612
Bone density testing, education and support group.

Muscular Dystrophy Association of America
mda@mdausa.org
(800) 572-1717 • mda.org
Support groups and services for persons with Muscular Dystrophy (MD) and support for their families.

National Association for Continence
sgregg@nafc.org
(800) 252-3337 • nafc.org
Consumer education and advocacy organization dedicated to bladder and bowel health.

Octavia Wellness
OctaviaWellness.com
The premier choice for seniors curious about using CBD and other canna therapies to relieve symptoms of chronic pain, insomnia, inflammation and anxiety.

Sutter VNA & Hospice
sutterhealthcareathome@sutterhealth.org
(415) 492-4600 • svnah.org
4000 Civic Center Dr, Ste 190
San Rafael, CA  94903
A professional manager first listens to you, your elder and family, then helps set reachable goals as well as a plan to realize those goals, so clients can live as independently as possible — and families can balance caregiving with other parts of their health care.

HEALTH CENTERS & CLINICS

Marin Community Clinics
info@marinclinics.org
(415) 448-1500 • marinclinic.org
5 Bon Air Rd, Ste 117, Larkspur, CA  94903
Independent, nonprofit organization provides medical service clinics. Sliding fee scale. Medi-Cal, Medicare and CMSP accepted. Locations in Larkspur, Novato, and San Rafael.
Ritter Center Health Center
(415) 457-8182
rittercenter.org/our-programs/health-center
16 Ritter St, San Rafael, CA 94901
No-cost primary and urgent care to low-income, homeless and uninsured patients. Also, adult immunizations and flu shots, testing for HIV, Hepatitis C, and TB, and medical exams. Call for general assistance and CalWORKs programs.

Sutter Health Terra Linda
Urgent Care Health Plaza
(415) 492-4800
novatocommunity.org/Urgent_Care
4000 Civic Center Dr, Ste 206
San Rafael, CA 94903
Sutter Health’s Terra Linda Urgent Care Center in Marin provides timely treatment for minor illness or injury. Open seven days, this is a convenient service if your primary care physician is unavailable and you require care that just can’t wait.

Bolinas Health Center
(415) 868-0124 • coastalhealth.com
88 Mesa Rd PO BOX 1038, Bolinas, CA 94924
Primary and preventative medical care for men and women; urgent care; 24 hr. on call coverage; diagnostic laboratory services; podiatry; mental health services; health education; chronic disease management for patients with diabetes, hypertension, and asthma, etc.

Marin City Health and Wellness Center
info@marincityclinic.org
(415) 339-8813 • marincityclinic.org
630 Drake Ave, Marin City, CA 94965
Low-income dental, medical, and behavioral health services.

RotaCare San Rafael
srclinic@rotacrebayarea.org
(415) 482-6906 • rotacrebayarea.org
1033 Third St, San Rafael, CA 94901
Nonprofit corporation formed for the purpose of providing free medical care to people who have the most need and the least access to medical services.

Stinson Beach Community Health Center
(415) 868-9656 • coastalhealth.com
3419 State Route One
Stinson Beach, CA 94970
Primary and preventative medical care for men and women; urgent care; 24-hr on-call coverage; diagnostic laboratory services; podiatry; mental health services; health education; chronic disease management for patients with diabetes, hypertension, and asthma, etc.

The Mended Hearts, Inc.
info@mendedhearts.org
(888) 432-7899 • mendedhearts.org
The Mended Hearts program partners with hospitals and clinics to offer services to heart patients through visiting programs, support group meetings and educational forums. Call for specific chapter information.

West Marin Medical Center
(415) 663-1082
11150 State Route 1, Pt. Reyes Station, CA 94956
Primary care physicians available for health management.

HEARING/AUDIOLOGY

Audient Alliance
hear@epichearing.com
(866) 956-5400 x2 • audientalliance.org
3191 W Temple Ave, Pomona, CA 91768
Audient is a nationwide nonprofit alliance of hearing care professionals, suppliers and related groups with the goal of providing access to quality hearing aids and related care for low income hearing impaired people.

Hearing & Speech Clinic
(415) 925-7220 • maringeneral.org
630 Drake Ave, Marin City, CA 94965
Services for adults and children with communication disorders. Physician referral and appointment necessary.

Hearing Loss Association of America
(301) 657-2248 • hearingloss.org
7901 Woodmont Ave, Bethesda, MD 20814
Among other things, HLAA provides assistance and resources for people with hearing loss and
their families to learn how to adjust to living with hearing loss. Website offers a complete list of resources, including financial resources.

Sertoma
(816) 333-8300 • sertoma.org
Since 1912 this service organization has been working to provide assistance to those who have hearing loss. Today it operates a national hearing aid recycling program which refurbishes devices and distributes them to people in need.

The Hearing & Speech Center of Northern California
(415) 921-7658 • hearingspeech.org
1234 Divisadero St, San Francisco, CA 94115
Ensures clients have information, technology and resources to help them fully participate with friends, co-workers and loved ones. Educates and serves the public on issues relating to hearing loss and speech.

HOSPITALS

Kaiser Permanente Medical Center
(415) 444-2000 • kp.org
99 Montecillo Rd, San Rafael, CA 94903
Full service hospital.

Kentfield Hospital
(415) 485-3541 • kentfieldrehab.com
1125 Sir Francis Drake Blvd
Kentfield, CA 94904
Kentfield’s outpatient center offers comprehensive therapy services: Physical Therapy, Occupational Therapy, Speech Therapy, Pulmonary Rehabilitation, Hand Therapy, Spasticity Management, Advanced Wound and Burn Care, as well as an Occupational Medicine Clinic.

Marin General Hospital
(415) 925-7000 • maringeneral.org
250 Bon Air Rd, Greenbrae, CA 94904
Marin General Hospital offers advanced medical expertise, technology, and treatments in an exceptionally healing environment.

Novato Community Hospital
(415) 209-1300 • novatocommunity.org
180 Rowland Way, Novato, CA 94945
24-hr Emergency Room, Certified Stroke Center, Intensive Care Unit, Specialty Bone and Joint Health Program.

San Francisco VA Medical Center
(877) 487-2838 • sanfrancisco.va.gov
4150 Clement St, San Francisco, CA 94121
Patient-centered integrated health care for veterans providing excellent health care, research, and education.

The Medical Center of Marin
info@mcomarin.com
(415) 886-4948 • mcomarin.com
101 Casa Buena Dr, Corte Madera, CA 94925
Occupational Health, Urgent Care Clinic & Health Clinic in Marin, CA.

MENTAL HEALTH CARE

Buckelew Counseling Services
(415) 491-5716 • buckelew.org
555 Northgate Dr, Ste 100
San Rafael, CA 94903
Buckelew Counseling Services (formerly Family Service Agency of Marin) provides behavioral health and counseling services to the greater Marin community.

Community Healing Centers
apryor@communityhealingcenters.org
(415) 499-1115 • communityhealingcenters.org
14 Commercial Blvd, #101, Novato, CA 94949
Counseling, psychotherapy, stress-management, grief and loss counseling.

Community Institute for Psychotherapy
admin@cipmarin.org
(415) 459-5999 • cipmarin.org
1330 Lincoln Ave, Ste 201
San Rafael, CA 94901
Psychotherapy and counseling for individuals and families on a sliding fee scale. Focus includes depression, anxiety, grief counseling and family disputes.
FamilyWorks
info@familyworks.org
(415) 492-0720 • familyworks.org
4 Joseph Ct, San Rafael, CA 94903
Family Works provides free and/or sliding scale direct mental health services to over 2,000 people of all income levels in 11 counties throughout the Bay Area.

Helping Older People Excel (HOPE)
Full Service Partnership Program and Senior Peer Counseling
HOPE Program Telephone: (415) 473-4306 marinhhs.org
10 N. San Pedro Rd, Ste 1020
San Rafael, CA 94903
A Full Service Partnership that provides culturally competent intensive, integrated services to older adults with serious mental illness, who are at risk of hospitalization, institutionalization or homelessness.

Marin County Behavioral Health and Recovery Services
(415) 473-6666 (Psychiatric Emergency Services) marinhhs.org
250 Bon Air Rd, Greenbrae, CA 94904
Behavioral Health and Recovery Services (BHRS) is a Division of the Marin Health and Human Services Department. BHRS offers prevention and early intervention, suicide prevention and crisis services to all residents of Marin County. BHRS also provides outpatient, residential and hospital care addressing specialty mental health and substance use service needs of Marin Medi-Cal beneficiaries and uninsured residents.

Marin General Hospital Behavioral Health Outpatient Services
(415) 925-7679 • maringeneral.org
250 Bon Air Rd, 2nd Fl, Greenbrae, CA 94904
Our hospital-based outpatient services offer intensive out patient therapy services.

National Institute of Mental Health
(415) 444-0480 • namimarin.org
555 Northgate Drive #280
San Rafael, CA 94903
NAMI Marin is an affiliate of NAMI – the National Alliance on Mental Illness. We provide programs and services to people and families living with mental illness.

Senior Peer Counseling Program and A.C.A.S.A. Marin County Mental Health Substance Use Services
(415) 473-4306 • marincounty.org
10 N San Pedro Rd, Ste 1020
San Rafael, CA 94903
Marin County Mental Health and Substance Use Services-Comprehensive assessment, counseling and consultation to adults 60+ as well as older adult peer counseling in English and Spanish. Amigos Consejeros a Su Alcance (A.C.A.S.A.)

Therapy for Aging and Grief
Jacob@jbamft.com
(415) 689-8700 • jbamft.com
21 Tamal Vista Blvd, Ste 194
Corte Madera, CA 94925
I specialize in counseling for seniors and senior couples. Aging is very stressful, every part of your life is changing. Many of the things that gave your life joy and meaning have been lost. Counseling can help you adjust to these changes, make new connections, and bring more meaning and joy into your life. Call for a free phone consultation.

VETERANS SERVICES

Marin County Division of Aging and Adult Services
(415) 473-6193 • marinhhs.org/veterans-services
10 N San Pedro Rd, Rm 1010
San Rafael, CA 94903
Assistance to veterans in securing benefits, housing and medical treatment.

Veterans Benefits
(844) 698-2311 • www.benefits.va.gov/benefits
US Veterans Benefits Administration.

Veteran’s Crisis Line
(800) 273-8255, Press 1
Veterans Housing — Services and Advocacy
info@vetshousing.com
(415) 952-5502 • vetshousing.com
PO Box 4118, San Rafael, CA  94913
VHS, a 501(c)(3) nonprofit, maintains a registry to match veteran tenants with local landlords with the goal of identifying, pursuing and providing housing alternatives for North Bay veterans.

VISION IMPAIRMENT

American Academy of Opthalmology
(415) 561-8500 • aao.org
655 Beach St, San Francisco, CA  94109
Public service outreach program designed to reduce avoidable blindness and severe visual impairment. Raises awareness about eye disease and care with free eye health materials and access to medical eye care.

California Braille and Talking Book Library
btbl@library.ca.gov
(800) 952-5666 • library.ca.gov/services/btbl
900 N St, Sacramento, CA  95814
California State Library BTBL — Free books and magazines by mail for the blind and otherwise print disabled on audio book cartridge in braille, and downloadable via web or mobile app for iOS and Android.

Guide Dogs for the Blind
information@guidedogs.com
(800) 295-4050 • guidedogs.com
350 Los Ranchitos Rd, San Rafael, CA  94903
Provides enhanced mobility to qualified individuals through partnership with dogs whose unique skills are developed and nurtured by dedicated volunteers and a professional staff.

LightHouse of Marin
(415) 258-8496 • lighthouse-sf.org
851 Irwin St, Ste 206, 2nd Floor
San Rafael, CA  94901
Loss of vision requires learning methods for reading, traveling in the community, computer access and daily activities. Staff provides counseling, training and resources for those with vision loss. Training and support is available in English, Spanish and other languages. Open Mon-Thurs, 8:30am-5pm.

ASSISTED & INDEPENDENT LIVING

Aldersly
frontdesk@aldersly.com
(415) 453-7425 • aldersly.com
326 Mission Ave, San Rafael, CA  94901
Non-profit, independent, continuing care retirement community. Independent living and assisted living apartments, as well as health and rehabilitation center in a garden environment. Near many San Rafael amenities. Call us for a tour today.

Alma Via of San Rafael
(415) 491-1900 • eldercarealliance.org
515 Northgate Dr, San Rafael, CA  94901
A vibrant community offering comprehensive assisted living and memory care to North Bay seniors.

Bello Gardens Assisted Living
(415) 755-0087 • bellogardens.com
46 Mariposa Ave, San Anselmo , CA
24-hr Elder Care. Assisted Living at it’s Best!

Drake Terrace
(415) 491-1935 • lifeatdraketerrace.com
275 Los Ranchitos Rd, San Rafael , CA  94903
Tucked in the hills of Marin County, Drake Terrace offers a tasteful lifestyle for independent living, assisted living and memory care residents, in a peaceful yet vibrant environment with beautifully landscaped grounds and walking paths.

Tam House
tamanager@comcast.net
(415) 457-5633 • tamhouse.org
PO Box 2969, San Anselmo, CA  94979
Ross Valley Ecumenical Housing Association’s unique cohousing for 21 cooperative,
independent seniors in San Anselmo that provides communal space and private rooms. Independent living only, no assisted living.

**The Redwoods**  
[mailto:pbill@theredwoods.org](mailto:pbill@theredwoods.org)  
(415) 383-2741 • theredwoods.org  
40 Camino Alto, Mill Valley, CA  94941  
A vibrant retirement community celebrating 40 years. Located on 10 beautiful acres in Mill Valley and providing over 100 engaging activities weekly.

**A Place for Mom**  
(866) 518-0936 • aPlaceForMom.com  
A Place for Mom has grown to become the largest senior living referral service in the U.S. and Canada. Although our company name focuses on mom, we help dad too! As well as uncles, aunts, brothers and sisters — anyone who is faced with finding the best senior living options for their loved ones.

**Nazareth House**  
(415) 479-8282 • nazarethSR.com  
245 Nova Albion Way, San Rafael, CA  94903  
Non-profit retirement home providing assisted living for 125 residents. Help with medication, ADLs, transportation. 24-hr nurse staff and hospice care are available.

**Stockstill House**  
robyn@wmss.org  
(415) 663-0722 • wmss.org  
12051 State Route One, PO Box 1031  
Point Reyes, CA  94956  
Licensed Residential Care Facility. Warm spacious home for eight seniors. RN administrator. Landscaped garden and walking path. Beautiful rural setting. Owned and operated by West Marin Senior Services.

**The Tamalpais**  
(415) 461-2300 • thetam.org  
501 Via Casitas, Greenbrae, CA  94904  
Life Care community where residents enjoy apartment homes with balconies, indoor pool, fitness and lifelong learning programs. Entrance fee and on-going monthly fees guarantee access to physician services, hospitalization, unlimited assisted living and skilled nursing care.

**AgingCare.com**  
info@agingcare.com  
(888) 848-5698 • agingcare.com  
Free online community that connects people caring for elderly parents to other caregivers, personalized information, and support to its audience.

**WindChime of Marin, Memory Care Community**  
(415) 233-6809 • windchimeofmarin.com  
1111 Sir Francis Drake Blvd, Kentfield, CA  94904  
WindChime of Marin is a luxury memory care community located in beautiful Kentfield, California. With a 55-person capacity, WindChime is small enough to offer unique and personalized care to make every resident feel truly at home. Our focus on specialized accommodations, cuisine, and programming for residents with dementia is unmatched. WindChime of Marin is continuously working to apply the latest in memory care technology, participating in studies, and sponsoring classes so that we are able to offer the highest quality care possible.

**HOME REPAIR**

**Covia Rotary HOME Team**  
info@rotaryhometeam.com  
(888) 204-5573  
covia.org/services/rotary-home-team  
Covia partners with local Rotary clubs to provide free, basic home maintenance and repairs to older adults. Covia currently provides this service in select areas of Contra Costa, Marin, and Santa Clara Counties.

**HOUSING RESOURCES**

**Bradley Real Estate**  
(415) 531-3567 • bradleyrealestate.com  
Bradley Real Estate is the largest family owned real estate company serving Marin, Sonoma, and Napa Counties.
**Consumer Credit Counseling Services: Housing Counseling**

info@cccssf.org  
(800) 777-7526

HUD approved counseling nonprofit agency covering San Francisco, Napa, Marin, Mendocino, and Sonoma Counties. Counseling in all areas relating to the home: home buyer, default and loss, reverse mortgages, volunteer credit counseling services. Reverse mortgage enable senior homeowners.

**Covia Home Match Marin**

jarent@covia.org  
(415) 456-9068

Whistlestop  
930 Tamapais Ave, San Rafael, CA  94901

Covia’s Home Match interviews prospective homeowners and home seekers to check backgrounds and ensure compatibility, then connects people by researching personal preferences, house types, and interests. In some cases, accommodation can be provided in exchange for services, such as driving to the grocery store or lending a hand around the house.

**EAH Housing**

info@eahhousing.org  
(415) 258-1800 • eahhousing.org  
22 Pelican Way, San Rafael, CA  94901

Creates community by developing, managing and promoting quality affordable housing. EAH owns and manages affordable housing for seniors throughout Marin County.

**Elder Care Locator**

(800) 677-1116

Nationwide senior services information, including housing.

**Elder Transition Care**

(415) 758-7097  
454 Las Gallinas, #454, San Rafael, CA  94903

Full-service management of the move process for seniors. Offerings include helping evaluate living options; sorting, selling, and shipping stuff; hiring and overseeing movers; and revitalizing the old house for sale or lease. Call for a free consultation today!

**Elderlink**

elderlink@elderlink.org  
(800) 777-7575 • elderlink.org

A free senior care referral service licensed by the California Department of Public Health.

**Fair Housing Advocates of Northern California**

(415) 457-5025 • fairhousingnorcal.org  
1314 Lincoln Ave, Ste A, San Rafael, CA  94901

The only full service fair housing agency in Marin County and the only housing counseling agency in Marin County certified by the US Department of Housing and Urban Development (HUD).

**Lilypad**

info@lilypadhomes.org  
(415) 250-9317 • lilypadhomes.org

Lilypad was created to facilitate the transition back to multi-generational living by fostering the development of accessory dwelling units. Accessory dwelling units can also be an excellent investment in communities where rental housing is scarce.

**Marin Housing Authority**

info@marinhousing.org  
(415) 491-2525 • marinhousing.org  
4020 Civic Center Dr, San Rafael, CA  94903

The Housing Authority of the County of Marin, Marin Housing is a public corporation authorized to provide decent, safe and sanitary housing for low and moderate income adults.

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**STORAGE**

**Bellam Self Storage**

(415) 454-1983 • bellamstorage.com  
24 Bellam Blvd, San Rafael, CA  94901

Bellam Self Storage and Boxes offers products and services that make the self storage experience easy. We have been serving the nicest customers in Marin County, California since 1982. We provide an unmatched level of personalized service, with fantastic convenience, quality and security.
ADVOCACY

AARP
(866) 448-3614 • aarp.org
American Association of Retired Persons

California Alliance for Retired Americans (CARA)
info@californiaalliance.org
(415) 342-7135, californiaalliance.org
5800 Northgate Mall (community room)
San Rafael, CA  94901
The California Alliance for Retired Americans (CARA) is a statewide nonprofit organization that unites retired workers and community groups to win social and economic justice, full civil rights, and a better, more secure future for ourselves, our families, and future generations. Meets first Tuesday of each month at 1 pm.

California Senior Legislator Allan Bortel, Senior Senator, & Eleanor Bloch, Sr. Assembly Member
inverness@earthlink.net
(916) 552-8056 • 4csl.org
1020 N St, Room 513, Sacramento, CA  95814

Compassion & Choices Northern California
california@compassionandchoices.org
(800) 247-7421 • endolifeoption.org
Works to improve care and expand choice at the end of life. We support, educate and advocate.

Council on Aging,
Services for Seniors (Sonoma)
info@councilonaging.com
(707) 525-0143 • councilonaging.com
30 Kawana Springs Rd, Santa Rosa, CA  95404
The Council on Aging provides 16 different programs across four departments offering integrated services for seniors 60+. Most programs also available in Marin County.

Gray Panthers of San Francisco
graypanther-sf@sonic.net
(415) 552-8800 • graypantherssf.igc.org
2940 16th St, Room 200-3
San Francisco, CA  94103
Advocates and endorses positions and actions for peace and social justice, universal health care, electoral reform, non-privatization of public resources, civil rights, human rights and civil liberties.

Marin County Commission on Aging
(415) 473-7118
marinhhs.org/boards/commission-aging
10 N San Pedro Rd, San Rafael, CA  94903
Promote the dignity, independence and quality of life of older persons through advocacy, information, programs and services.

National Association to STOP Guardian Abuse
Info@StopGuardianAbuse.org
StopGuardianAbuse.org
NASGA is a non-profit, civil rights organization working to expose and end unlawful and abusive actions towards elders, guardianships and conservatorships.

The Seniors Coalition
tsc@senior.org
(202) 261-3594 • senior.org
Advocacy organization that represents the interests of America’s older adult citizens at both state and federal levels.
CONSUMER SERVICES

Better Business Bureau
info@bbbemail.org
(510) 844-2000 • Toll Free: (800) 411-2221
bb.org
1000 Broadway, Ste 625, Oakland, CA  94607
Receives complaints about local businesses.

Marin County Consumer Protection and Mediation Services
(415) 473-6495 • marincounty.org/depts/da
3501 Civic Center Dr, Room 130
San Rafael, CA  94903
The Consumer and Environmental Protection Unit is responsible for handling a broad spectrum of consumer and environmental protection activities. The Unit’s focus is to protect the public, prosecute violators, and prevent future violations of law through the use of four major mechanisms: enforcement, mediation, referral, and outreach.

Marin Municipal Water District
customerservice@marinwater.org
(415) 945-1400 • marinwater.org
220 Nellen Ave, Corte Madera, CA  94925
Public water agency serving South and Central Marin County. Offers low income and medical disability discounts, third party notification service, conservation assistance and more.

ELDER ABUSE

Elder Financial Protection Network (EFPN)
admin@efprotection.org
(707) 981-8403 • elderfinancialprotection.org
17 Keller St, Ste A, Petaluma, CA  94952
Dedicated to the prevention of elder financial abuse, EFPN offers information and referrals, brochures, professional training, community outreach, and speakers bureau information.

Marin County Adult Protective Services
(415) 473-2774
marinhhs.org/adult-protective-services
10 N San Pedro Rd, San Rafael, CA  94903
Takes reports and investigates elder and dependent adult abuse.

LEGAL COUNSELING

Bar Association of San Francisco
Senior Legal Services Program
(415) 989-1616 • sfbar.org
Low-income adults age 65 and older receive a free, 30-minute consultation, with a Marin attorney experienced in what they need. Other agency referrals that may be better suited to a particular need are also available through the LRIS. For some cases there will be a $35 fee.

Bay Area Legal Aid
(800) 551-5554 • baylegal.org
Legal help for low income individuals in the Bay Area.

Family and Children’s Law Center
info@faclc.org
(415) 492-9230 • faclc.org
1401 Los Gamos Dr, #200
San Rafael, CA  94903
We provide high-quality, low-cost legal services to children and families on matters ranging from child abuse and domestic violence to child custody and support.

Immigrant Legal Resource Center (SF)
(415) 255-9499 • ilrc.org
1458 Howard S  t, San Francisco, CA  94103
The Immigrant Legal Resource Center (ILRC) is a national nonprofit resource center that provides
immigration legal trainings, technical assistance, and educational materials, and engages in advocacy and immigrant civic engagement to advance immigrant rights.

Legal Aid of Marin
(415) 492-0230 • legalaidmarin.org
1401 Los Gamos Dr #101, San Rafael, CA 94903
Legal Aid of Marin’s mission is to provide access to the civil justice system to low-income, vulnerable and otherwise underserved residents of Marin County. We strive for practical solutions to client problems through quality legal service.

Legal Self-Help Services of Marin Supreme Court
(415) 444-7130 • marincourt.org
Marin Civic Center, Rm C27
San Rafael, CA 94903
Answers questions about legal processes and preparing documents. No appointments. Service on drop-in basis.

Marin Mediation Services (DA)
(415) 499-7454
3501 Civic Center, Dr Room 130
San Rafael, CA 94903
Mediation services help neighbors, tenants, landlords, business and professional people resolve their differences.

Tenant Rights Hotline
(888) 495-8020
tenantstogether.org/tenant-rights-hotline
We offer free one-on-one phone counseling sessions to our members.

AARP Foundation Tax-Aide Program
taxaide@aarp.org
(888) 687-2277 • aarp.org/money/taxes
Offers free, individualized tax preparation for low—to moderate—income taxpayers - especially those 50 and older. Several locations available in Marin County. Besides tax preparation counseling is offered on debt management, saving and investing, living on a budget and consumer protection. Tax preparation services during tax season only. Some online tax assistance available year round. Check website for details and list of documents to bring.

California Alternate Rates for Energy (CARE)
careprogram@pge.com
(800) 743-2273 • pge.com
California Alternate Rates for Energy — Program provides discounts on utility bills for low-income households. Call for eligibility.

California Lifeline Program
(866) 272-0349 • californialifeline.com
State program that provides discounted home phone and cell phone services to eligible households. Also help with lowering monthly phone bills.

California State Controller’s Office
Property Tax Postponement Program
(800) 952-5661 • sco.ca.gov
Allows senior, blind or disabled residents to defer current-year property taxes on their principal residence if they meet certain criteria including annual income of $35,500 or less and 40% home equity.
Home Energy Assistance Program (HEAP)
(415) 526-7550 • camarin.org
Home Energy Assistance Program. Program provides discounts on utility bills for low-income households. Call for eligibility.

Novato Human Needs Center Budget Planning
info@nhnc.org
(415) 897-4147
nhnc.org/programs/budget-planning
1907 Novato Blvd, Novato, CA 94947
Our case managers are available to work with you individually to help you plan a monthly budget to ensure that you are better able to prevent or prepare for unexpected expenses. They can also help you with ideas to improve your sources of income or reduce your expenses over a period of time.

Paying for Senior Care
info@payingforseniorcare.com
(415) 287-3486 • payingforseniorcare.com
736 Cole St, San Francisco, CA 94117
Our Elder Care Financial Resource Locator Tool helps families discover, understand, and apply for resources they need to pay for the long term care, assisted living or homecare of their loved ones. Our comprehensive database includes: federal, state, and local government, nonprofit, veterans, and more.

SparkPoint Marin (Community Action Marin)
(415) 526-7530 • sparkpoint@camarin.org
555 Northgate Dr, Ste 201
San Rafael, CA 94903
Financial coaches can help you create step-by-step plans to address your unique needs and achieve your goals by providing the tools to: build your career, improve your credit, create and manage a household spending plan, start a small business, and learn about resources and public benefits that can help you achieve financial self-sufficiency.

Women’s Institute for a Secure Retirement (WISER)
info@wiserwomen.org
(202) 393-5452 • wiserwomen.org
The Women’s Institute for a Secure Retirement (WISER) is dedicated to the education and advocacy that will improve long-term financial quality of life for women.

SOCIAL SOCIAL SOCIAL SOCIAL

CHESS

Fairfax Chess Club
vegstan2@ix.netcom.com
(415) 290-6060
33 Broadway Blvd, Fairfax, CA 94930
Chess club meets each Wednesday evening at 7pm at Fair Fix Café.

BINGO

Mill Valley Seniors Club
recreate@cityofmillvalley.org
(415) 383-1370 • cityofmillvalley.org
180 Camino Alto, Mill Valley, CA 94941
Mill Valley Community Center — lunch at noon and bingo most Tuesdays. Call to confirm details.

Novato Senior Citizen’s Club
(415) 899-8290 • novato.org
1560 Hill Rd, Novato, CA 94947
BINGO at the Margaret Todd Senior Center, every Sunday at 1pm. Hosted by the Novato Senior Citizen’s Club.

Salvation Army
(415) 459-4520 • sanrafael.salvationarmy.org
351 Mission Ave, San Rafael, CA 94901
Bingo Tuesdays 10:30am. Call for information (415) 459-4520.

San Rafael Goldenaires
(415) 485-3348 • cityofsanrafael.org
618 B St, San Rafael, CA 94901
San Rafael Community Center — Bingo Wed. (except 3rd Wednesday). Doors open at 10am and games start at noon. Lunch at 11am. Call for details.
Tam Valley Seniors Club  
parkandrec@tcds.us  
(415) 388-6393 • tcds.us  
203 Marin Ave, Mill Valley, CA 94941  
Tam Valley Community Center — Bingo is Wed between 11am-1pm. Combined with meeting and brown bag lunch. Call for details.

Terra Linda Seniors  
(415) 485-3348 • cityofsanrafael.org  
670 Del Ganado Rd, San Rafael, CA 94903  
Bingo at 9:30am Tuesday. Call for more information.

COMPANIONSHIP

Covia Well Connected  
coviaconnections@covia.org  
(877) 797-7299  
covia.org/services/well-connected  
Well Connected is a community made up of participants, staff, facilitators, presenters, and other volunteers who care about each other and who value being connected. All groups are accessible by phone from wherever you are at no cost to you.

GARDENS

Marin Art and Garden Center  
(415) 455-5260 • magc.org  
30 Sir Francis Drake Blvd, Ross, CA 94957  
Gardens, art gallery, historical library, antique shop. Open Mon-Sat 9am-5pm.

MULTICULTURAL SERVICES

Alma Latina  
(Novato Independent Elders Program- NIEP)  
(415) 899-8297  
At Margaret Todd Senior Center  
1560 Hill Rd, Novato, CA 94947  
Alma Latina gives Spanish-speaking seniors the opportunity to meet and socialize. Monthly meetings include lunch and an informative presentation on health and other issues.

Brazilian Alliance  
(415) 283-6320  
Nonprofit organization promoting self-sustainability and social integration of the Portuguese-speaking community through legal assistance, education and advocacy. It does not refuse services on the basis of language.

Canal Alliance  
(415) 454-2640 • canalalliance.org  
91 Larkspur St, San Rafael, CA 94901  
Assistance for Canal area residents, including food distribution, immigration issues, English as a Second Language (ESL) classes, technology training and family advocacy.

Tamalpais Union High School District  
Adult School ESL Classes  
(415) 945-3780 • tamdistrict.org/domain/30  
Located at Redwood High School  
395 Doherty Dr, Larkspur, CA 94939  
ESL (English as a Second Language) classes, US Government and History Classes, and in-home Caregiver classes.

Whistlestop  
Multicultural Programs  
(415) 456-9062  
whistlestop.org/classes/multicultural-programs  
930 Tamalpais Ave, San Rafael, CA 94901  
We help to connect various cultural groups in Marin by bringing them together to socialize and take classes. Assistance with U.S. citizenship, housing opportunities, health education, in-home support, subsidy programs and more. When requested, referrals and translation are provided.
As a member of the World Health Organization’s (WHO) Age-Friendly network since 2015, AFCM has the desire and commitment to create physical and social environments that promote healthy and active aging and a good quality of life for older residents. Programs include an annual celebration to honor all those over 90, the free Third Wednesday lecture series and each spring the Corte Madera Senior Fair.

Age-Friendly Fairfax
agefriendly@town-of-fairfax.org
(415) 458-2340
fairfaxrec.com/age-friendly-task-force
142 Bolinas Rd, Fairfax, CA 94930
The Town of Fairfax is part of the World Health Organization’s Global Network of Age-Friendly Communities and our Age Friendly Task Force plans programs (a monthly forum), free classes (yoga, dance, arts) and town improvements in order to build a healthy and livable community for all. Join our activities for active aging in Fairfax, everybody’s doing it!

Age-Friendly Intergenerational Center
(415) 991-4040 • www.agefriendlycenter.org
Corte Madera, CA 94925
Opened in 2018, this Center offers events and activities for all ages — preschool to 100+. The Intergenerational Center is a gathering place for seniors, children and young adults, featuring programs that include art, games, yoga, fitness, technology and more. Members may attend all activities with no program fee.

Age-Friendly Sausalito
agefriendlysausalito@gmail.com
(415) 331-1393 • agefriendlysausalito.org
Age-Friendly Sausalito believes a community that is better for older adults is a community that is better for everyone. Sausalito has a successful CARSS (Call-A-Ride-Sausalito-Seniors) program and other initiatives to ensure its residents can actively age in place.

Albert J. Boro Community Center
CarolJacobs-Courtz@cityofsanrafael.org
(415) 485-3077
cityofsanrafael.org/comsvcs-ctr-ajbcc
50 Canal St, San Rafael, CA 94901
Offers 6,000-volume library, computer lab, homework center, general classrooms, including an art room and teen lounge, community room and gymnasium.

California Alpine Club
(415) 380-8250 • calalpineclub.org
P.O. Box 2180, Mill Valley, CA 94942-2180
Non-profit, outdoor-oriented social club with special interests in recreation, self-reliance, and conservation. The CAC Foundation (CACF) gives annual grants to support local environmental causes in the San Francisco Bay Area and Lake Tahoe regions.

Corte Madera Community Center
(415) 927-5072 • ci.corte-madera.ca.us
498 Tamalpais Dr, Corte Madera, CA 94925
Fun and educational senior programs. Classes include art and crafts, Bridge, driver safety, and fitness. Day trips to explore local attractions. Day trips to explore local attractions. Big Band dances every second Wednesday of the month from 8-10pm.

Dance Palace Community Center
bonnie@dancepalace.org
(415) 663-1075 • dancepalace.org
503 B St, Pt. Reyes Station, CA 94956
Nonprofit community center provides educational, recreational, cultural, and community services to children, adults, and senior. Central community facility for small, semi-rural coastal villages of West Marin.

Edgewater Seniors Club
lfinch@ci.sausalito.ca.us
(415) 289-4152 • ci.sausalito.ca.us
420 Litho St, Sausalito, CA 94965
Sausalito Parks and Recreation — Recreation-al get-together at 11am; 1st and 3rd Tues of the month. Fun activities, such as trips and Bingo.

Larkspur Recreation
(415) 927-6746 • cityoflarkspur.org
240 Doherty Dr, Larkspur, CA 94939
Larkspur Recreation Department — Older Adult Programs — Meets 11:30am-1pm. 1st and 3rd Tues.
Margaret Todd Senior Center
tehteshami@novato.org
(415) 899-8290 • novato.org
1560 Hill Rd, Novato, CA 94947
Educational and fitness programs, theme dinners, dances, card game groups, bocce ball, luncheons, citizenship classes, legal services, food pantry services and walking groups.

Marguerita C Johnson Senior Center
(415) 332-9323 • mcjseniorcenter.com
640 Drake Ave, Marin City, CA 94965
Services and activities to residents 55 and older include health services referrals, quilting, bingo, healthy lunches, computer classes, etc.

Marin City Senior Sunshine Club
(415) 332-9323
640 Drake Ave, Marin City, CA 94965
Marguerita C. Johnson Senior Center — Programs, referral services, and activities for adults 60 and older, including monthly shopping trips, grocery, arts and crafts, tai-chi, movie day, and monthly luncheons with guest speakers.

Marin Retired Teachers Association
div37.calrta.org
Quarterly meetings. Check website for details.

Mill Valley Seniors Club
kc@cityofmillvalley.org
(415) 383-1370 • cityofmillvalley.org
180 Camino Alto, Mill Valley, CA 94941
Mill Valley Parks and Recreation meets Tuesday for lunch and Bingo. Many programs and activities available including day and overnight trips.

Novato Senior Citizens Club
At Margaret Todd Senior Center
(415) 899-8290
1560 Hill Rd, Novato, CA 94947
Social and recreational opportunities to membership, including meetings, theme lunches and dinners, and a trip program. Membership open to anyone 50+.

Retired Public Employees Association
pault@rpea32.org
(707) 573-1566 • rpea.com
Retired Public Employees Association.

Ross Valley Seniors
(415) 258-4669
46 Park Rd, Fairfax, CA 94930
Monthly meetings include social and recreational activities (historic lectures, bocce ball, book discussions, team trivia, movies, fitness and health lectures). All 50+ are welcome. Meetings are the first Thursday of the month and include lunch. Annual membership fee is $30 or $7 for drop-in.

San Geronimo Valley Community Center
Senior Programming
admin@sgvcc.org
(415) 488-8888 • sgvcc.org
6350 Sir Francis Drake Blvd, PO Box 194
San Geronimo, CA 94963
Senior Lunch Mon. and Thurs. only. Organic meals served. Food Pantry and Senior lunch on Mon and Thurs only. Must qualify for Food Pantry. Education, music and Senior activities: health-related workshops, Book Club, Writing Group, Ping Pong, Qi Gong and yoga.

San Rafael Goldenaires
(415) 485-3348 • cityofsanrafael.org
618 B St, San Rafael, CA 94901
San Rafael Community Center — Classes, exercise, bridge, mah jongg, bingo, tours, art classes, etc. $30 annual membership. Office Hours: 9am to 3pm, Mon-Fri.

Tam Valley Seniors Club
(415) 388-6393 • tcasd.us
203 Marin Ave, Mill Valley, CA 94941
Meetings are held at the Tam Valley Community Center from 11 am to 1 pm on Wednesdays. After a short discussion meeting, there is a bring your own bag lunch. Also, bingo, and potlucks throughout the year.

Terra Linda Seniors
(415) 485-3344
670 Del Ganado Rd, San Rafael, CA 94903
$15 membership fee. Activities include weekly Bingo games, occasional luncheons and plenty of time to socialize. Open Monday-Friday 8:30am-5pm.
Whistlestop Active Aging Center
(415) 456-9062
whistlestop.org/classes
930 Tamalpais Ave, San Rafael, CA 94901
Join our community of older adults who enjoy exercise, tai chi, balance classes, Zumba, yoga, ping pong, etc. See website for class and activity schedules.

Marin Access Paratransit
TravelNavigator@marintransit.org
(415) 454-0902 • marintransit.org/paratransit
Marin Access Paratransit, operated by Whistlestop, provides pre-scheduled bus transportation for persons with disabilities who cannot independently use regular Marin Transit or Golden Gate Transit bus service some or all of the time.

American Cancer Society Road to Recovery
Patient Service Center: (888) 227-6333
cancer.org
The American Cancer Society Road To Recovery program provides transportation to and from cancer related medical appointments for people with cancer who do not have a ride or are unable to drive themselves. Call between the hours of 5am-6pm PST, M-F to learn more!

Dillon Beach / Tomales Dial-A-Ride
(415) 892-7899
marintransit.org/dillon-dial-a-ride
The Dillon Beach/Tomales Dial-A-Ride, operated by Whistlestop, provides passengers curb-to-curb pick-up and drop-off service between Dillon Beach, Tomales, and Petaluma on Wednesdays only.

Golden Gate Transit
customerservice@goldengate.org
(415) 455-2000 • goldengatetransit.org
850 Tamalpais Ave, Platform D
San Rafael, CA 94901
Customer Service open weekdays — 7am to 6pm. Older adults and persons with disabilities are eligible for discount fares on public transit.

Marin Access Travel Navigators
TravelNavigator@marintransit.org
(415) 454-0902
marintransit.org/travel-navigator
930 Tamalpais Ave, San Rafael, CA 94901
The Marin Access Travel Navigators, operated by Whistlestop, are a one-stop resource for program information and eligibility for all Marin Access programs, including: paratransit, Catch A Ride, and the STAR and TRIP volunteer driver programs. The Travel Navigators consult with potential users or their family members to determine the most appropriate services a potential user may qualify for.

Marin Access Travel Training
travelnavigator@marintransit.org
(415) 454-0902
marintransit.org/travel-training
Marin Transit offers individualized travel training to Marin’s older adults. These transit tours consist of a Marin Transit representative who provides a tour of the public bus by planning a trip for the group on an actual transit route. These trips usually take about three hours and are tailored to the area to which the group requesting a tour will be traveling. There is no cost for this service. Presentations are also available for groups by request.

Marin Transit
info@marintransit.org
(415) 226-0855 • marintransit.org
711 Grand Ave, Ste 110, San Rafael, CA
Marin Transit provides local transit service within Marin County.

residents and employees of Hamilton Field around a loop from Safeway to the Alameda del Prado bus stop Monday thru Friday from 5:30am to 8:45am and 4:20-7pm.

Hamilton Shuttle
info@whistlestop.org
(415) 454-0964 • hamiltonfield.org
The Hamilton Shuttle is a free service of the Hamilton Field of Marin Home Owners Association operated by Whistlestop. It transports
Marin Transit Connect  
connect@marintransit.org  
(415) 454-0902 • connect.marintransit.org  
711 Grand Ave, Ste 110, San Rafael, CA  94901  
Marin Transit Connect, operated by Whistlestop, is an on-demand, fully accessible service operating in Northern San Rafael. To start riding, download the Marin Transit Connect app on your smart phone. If you do not have a smart phone, contact the Marin Access Travel Navigators to set up an account or schedule a ride.

Novato Dial-A-Ride  
info@marintransit.org  
(415) 892-7899  
marintransit.org/novato-dial-a-ride  
Novato Dial-A-Ride, operated by Whistlestop, is designed to fill gaps in Novato’s local transit service and provide additional service. You can use the dial-a-ride service to make a complete trip within Novato or connect to fixed route transit service for travel outside of Novato.

Point Reyes Dial-A-Ride  
info@marintransit.org  
(415) 892-7899  
marintransit.org/point-reyes-dial-a-ride  
The Point Reyes Dial-A-Ride, operated by Whistlestop, provides passengers curb-to-curb pick-up and drop-off service between Point Reyes Station and Novato on the first and third Mondays of each month.

Saint Rita’s RC Church: Helping Hands  
(415) 454-6420  
100 Marinda Dr, Fairfax, CA  94960  
Provides transportation services for seniors and persons living with disabilities living in Fairfax.

Sonoma Marin Area Rail Transit  
CustomerService@SonomaMarinTrain.org  
(415) 455-2000 • sonomamarintrain.org  
Sonoma-Marin Area Rail Transit (SMART) is the San Francisco Bay Area’s newest transportation option for travel, offering passenger rail service in Sonoma and Marin counties. SMART’s initial 43 miles of rail corridor includes 10 stations, from the Sonoma County Airport to Downtown San Rafael.

St. Anselm RC Church  
(415) 453-2342 • saintanselm.org  
97 Shady Lane, Ross, CA  94957  
Provides transportation services for seniors and persons living with disabilities living in Ross.

West Marin Stagecoach  
info@marintransit.org • (415) 526-3239  
marintransit.org/stagecoach  
The West Marin Stagecoach provides daily service to destinations in west Marin, including county and state parks and the Golden Gate National Recreation Area. All vehicles are wheelchair-accessible and are equipped with bike racks.

Whistlestop CarePool  
carepool@whistlestop.org  
(415) 454-0927  
whistlestop.org/transportation/carepool  
930 Tamalpais Ave, San Rafael  
Whistlestop’s CarePool program helps older adults get to medical appointments or the grocery store. CarePool offers FREE rides to Marin County residents 65 or older and to people with disabilities. CarePool offers a unique door-through-door service. Volunteer drivers provide extra support, such as unloading groceries for riders, and walking riders into their doctor’s appointment, and waiting for them until the appointment ends.

Whistlestop Contract Services  
(415) 454-0903  
whistlestop.org  
931 Tamalpais Ave, San Rafael, CA  94901  
Whistlestop’s 50+ fleet of buses and drivers are available for recurring shuttles as well as weekday or weekend excursions, from weddings to shopping trips, club outings, sojourns to the Wine Country or San Francisco and others. Our ADA compliant vehicle capacity is 18 people and our all-ambulatory vehicle capacity is 22 people. ADA compliant vehicles are wheelchair-accessible for the care and comfort of people with disabilities.
Marin Access Travel Training
2019 Whistlestop Directory of Older Adult Services for Marin County
Mill Valley Seniors Club
Memory Care Life
Marin County Library Computer Tutoring
Aging and Adult Services
Marin County Commission on Aging
Marin County Consumer Protection and
Marin County Civil Grand Jury
Marin County Adult Protective Services
Marin County Behavioral Health and Recovery Services
Marin County Civic Center Volunteers
Marin County Civil Grand Jury
Marin County Commission on Aging
Marin County Consumer Protection and Mediation Services
Marin County Dental Society
Marin County Aging and Adult Services
Marin County Division of Aging and Adult Services
Marin County Elections Department/Registrar of Voters
Marin County Health and Human Services Behavioral Health and Recovery Services
Marin County Library Computer Tutoring
Marin County Office of Education
Marin General Hospital
Marin General Hospital Behavioral Health Outpatient Services
Marin Housing Authority
Marin Humane Society
Marin Independent Caregivers Network
Marin Man-to-Man
Marin Mediation Services (DA)
Marin Municipal Water District
Marin Prostate Cancer Information and Support Group
Marin Retired Teachers Association
Marin Transit
Marin Transit Connect
Marin Villages
Marin YMCA
Meals from Friends
Meals of Marin
Medicare
Memory Care Life
Mill Street Center
Mill Valley Seniors Club
Muscular Dystrophy Association of America
National Association for Continence
National Association to STOP Guardian Abuse
National Cancer Institute (NCI)
National Institute of Mental Health
Nazareth House
Neuropathy Support Group
North Coast Mobility
North Marin Community Services
Novato Community Hospital
Novato Dial-A-Ride
Novato Human Needs Center Budget Planning
Novato Human Needs Center Food Pantry
Novato Independent Elders Program
Novato Senior Citizens Club
Novato Senior Citizens’ Club BINGO
Octavia Wellness
One Foot at a Time
Laurie Steese, RN, CMT, CFCCRN
Our Lady of Loretto Church
Parkinson’s Disease Support Group
Paying for Senior Care
Pets Unlimited (SFSPCA)
Point Reyes Dial-A-Ride
Ready Marin
ReCARES (formerly Home Cares)
Retired Public Employees Association
Ritter Center
Ritter Center Health Center
Ross Valley Seniors
RotaCare San Rafael
Saint Rita’s RC Church: Helping Hands
Salvation Army
San Francisco VA Medical Center
San Geronimo Valley Community Center
San Geronimo Valley Community Center Food Pantry
San Geronimo Valley Community Center Senior Programming
San Rafael Goldenaires
San Rafael Goldenaires Meal Site
San Rafael Public Library Computer Tutoring
San Rafael Public Library Outreach Program
Sausalito Village
Schurig Center Therapeutic Program
SCORE
SearchSeniorLiving.com
Senior Community Service Employment Program (SCSEP)
Senior Peer Counseling Program and A.C.A.S.A. Marin County Mental Health Substance Use Services
Seniors at Home
Senior Settlers
Sertoma
SF-Marin Food Bank
Silver Clark Notary Public
Skyview Day Club
Social Security Administration
Sonoma Marin Area Rail Transit
SparkPoint Marin (Community Action Marin)
St. Anselm RC Church
St. Hilary Church
Stinson Beach Community Health Center
Stockstill House
St. Vincent de Paul Dining Room
Sutter Care at Home
Sutter Health Terra Linda Urgent Care Health Plaza
Sutter VNA & Hospice
Tamalpais Union High School District
Tamalpais Union High School District Community Education
Tam House
Tam Valley Seniors Club
Technology For Life
Tenant Rights Hotline
Terra Linda Seniors
The Hearing & Speech Center of Northern California
The Medical Center of Marin
The Mended Hearts, Inc.
Therapy for Aging and Grief
The Redwoods
The Seniors Coalition
The Spahr Center
The Tamalpais
Valley Memorial Park
Veterans Benefits
Veteran’s Crisis Line
Veterans Housing—Services & Advocacy
Visiting Angels
West Marin Community Resource Center
West Marin Medical Center
West Marin Senior Services
West Marin Senior Services Point Reyes Station Community Lunch
West Marin Stagecoach
Whistlestop Active Aging Center
Whistlestop CarePool
Whistlestop Computer Classes
Whistlestop Contract Services
Whistlestop Help Desk
Whistlestop Legal Help Desk
Whistlestop Meals on Wheels
Whistlestop Multicultural Programs
Whistlestop Nourish
WindChime of Marin, Memory Care Community
Women’s Institute for a Secure Retirement (WISER)
You Are Not Alone Program (Tiburon residents)