



MARIN COUNTY
SECTION ON AGING
Bringing Together Resources for Older Adults

MCSOA

MEMBER DIRECTORY AND RESOURCE GUIDE

- 2024 EDITION -

OUR MISSION STATEMENT

The Marin County Section on Aging is a coalition of agencies, organizations and individuals concerned with the well-being of older persons. We are a network alliance advocating for and promoting the development, coordination and implementation of older adult services in Marin County.

Meetings are held the third Thursday
of each month from 10:00am to 11:30am.

LEADERSHIP TEAM:

- Leadership Coordinator: Terri Abelar
- Membership Coordinator and Greeters: Carolyn Tucker and Team
- Speaker Seeker Coordinator: Cara Jones
- Financial Coordinators: Jen Crittenden and Libby Wood
- On-Site Meeting Coordinator: William Foster
5-Minute Company Highlight/Gift Sponsor
- Coordinator: Lorena Garbarino
- Digital/Electronic Communication Coordinator: Gaby Arellano

INTRODUCTION



This is the 2024 edition of the Marin County Section on Aging Member’s Directory and Resource Guide. All existing members are welcome to be listed and advertised in this directory. We would like to encourage other individuals and organizations to join the Marin County Section on Aging at any time. Listing in this directory does not constitute an endorsement or recommendation.

The listings are current as of March 2024. All efforts have been made to provide accurate information. Any questions or concerns regarding your listing please email our web editor directly: Gabriela Arellano gaby@ramktsolutions.com

TABLE OF CONTENTS

Our Mission Statement	i
Introduction	ii
Table of Contents	iii
Care Management	1
Coaching	3
Durable Medical Equipment	3
End Of Life	4
Employment Support Services	4
Estate Planning	5
Home Health Care - In Home Assistance	6
Information and Referral	8
Legal	10
Medical and Medical Supplies	10
Mental Health Services - Counseling	11
Moving and Organizing	12
Placement Services	12
Real Estate	13
Reverse Mortgage	14
Senior Housing	15
Wellness and Fitness	17
Alphabetical Phone Index	19

► CARE MANAGEMENT

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Terri Abelar

☎ (415) 324-5088

✉ terri@agingsolutions.com

🌐 agingsolutions.com

📍 1000 Fourth Street, Suite 440 San Rafael CA 94901



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Kiara Lee

☎ (415) 952-3335

✉ kiara@integritycaremanagement.com

🌐 IntegrityCareManagement.com

📍 140 Keller Street, Suite 213, Petaluma CA 94952



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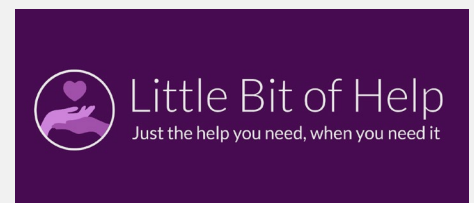
Colleen Gildea

☎ (415) 377-2255

✉ aalex@sageeldercare.com

🌐 www.littlebitofhelp.care

📍 136 Park Street, San Rafael CA 94901



► CARE MANAGEMENT

MARIN GERONTOLOGY – KARA

Marin Gerontology – Kara is an Elder Care Concierge service provider. We provide care plans, education, and local resources for older adult populations to age in place.

Evan Edelist

☎ (707) 776-6039

✉ kara@meetkara.com

🌐 <https://meetkara.com>

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✉ kathy@marinhealthcarenavigation.com

🌐 <http://www.marinhealthcarenavigation.com/>

📍 1680 Tiburon Blvd Ste 14, Tiburon CA 94920



Marin
Healthcare
Navigation

SAGE ELDERCARE SOLUTIONS

I am the Director of Care Management at Sage Eldercare Solutions. We help older and disabled adults navigate the overwhelming choices and transitions that come with aging or chronic health issues.

Ariana Alex

☎ (650) 201-7034

✉ aalex@sageeldercare.com

🌐 www.sageeldercare.com

📍 1801 Murchison Drive, Burlingame CA 94030

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✉ don@yourbusinesslegacy.net

🌐 <https://www.yourbusinesslegacy.net>

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🌐 goldenyearsmedical.com

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✉ bill@baygrabbar.com

🌐 baygrabbar.com



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✉ sherri@valleymemorialpark.com

🌐 valleymemorialpark.com/

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Kit Pappenheimer

☎ (415) 488-6262

✉ kit@heartfeltmemorials.org

🌐 heartfeltmemorials.org

📍 323 Western Drive, Pt Richmond CA 94801



▶ EMPLOYMENT SUPPORT SERVICES

YWCA GOLDEN GATE SILICON VALLEY

YWCA is on a mission to eliminate racism, empower women and promote peace, justice, freedom and dignity for all. Our “Working for You @ YWCA Marin” programs support older adults on their job searches.

Bette Gundersheim

☎ (415) 479-9922

✉ bgundersheim@yourywca.org

🌐 www.yourywca.org/employment-programs

📍 557 4th Street, San Rafael, CA 94901

eliminating racism
empowering women

ywca

San Francisco & Marin

► ESTATE PLANNING FINANCIAL - INSURANCE SERVICES HOME HEALTH CARE - IN HOME ASSISTANCE HOSPICE

MERRILL

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Boriss Bikosvili

☎ (415) 289-8875

✉ boriss.bikosvili@ml.com

🌐 <https://fa.ml.com/california/mill-valley/boriss-bikosvili/>



RELY ON B

Barb is a Daily Money Manager and Financial Organizer helping Seniors pay their bills, manage their financial obligations and help them to continue to live independently.

Barb Lyon

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✉ barb@relyonb.net

🌐 relyonb.net



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🌐 www.kerryspenceestateplans.com

📍 55 Mitchell Blvd Suite 9, San Rafael CA 94903



▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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Carol Parks

☎ (415) 578-7471

✉ carolp@alegrecare.com

🌐 www.alegrecare.com

📍 4380 Redwood Highway Suite A6, San Rafael CA 94903



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🌐 www.affordablehomecareassociates.com

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Melody Konte

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✉ melodyk@athomecaregivers.com

🌐 athomecaregivers.com

📍 7599 Redwood Blvd. Suite 200, Novato CA 94945

AT HOME
Caregivers

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☎ (415) 521-5860

✉ mparetchan@firstlighthomecare.com

🌐 MarinCountyFirstLightHomeCare.com

📍 4340 Redwood Hwy. Suite F-130, San Rafael CA 94903



▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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- ✉ ctucker@homewellcares.com
- 🌐 homewellcares.com/northbay
- 📍 77 Mark Drive, #33, San Rafael CA 94903



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Robyn Diamond

- ☎ (415) 499-1200
- ✉ rdiamond@jmhomecare.com
- 🌐 jmhomecare.com/
- 📍 77 Mark Drive, Suite 12, San Rafael CA 94903

J&M
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- 📍 4340 Redwood Hwy Suite F224, San Rafael CA 94903



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Jessica Price

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- ✉ jprice@rahmarin.com
- 🌐 www.rahmarin.com
- 📍 121 Paul Drive Suite A2, San Rafael CA 94903



In Home Care & Assistance

▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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✉ Meredith@welcomehomecareca.com

🌐 www.whcmarin.com

📍 2012 California Dr., Vacaville CA 95687



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✉ ejohnstone@seniorhelpers.com

🌐 www.seniorhelpers.com/ca/san-rafael-marin/

📍 777 Grand Avenue Suite 101, San Rafael CA 94901



Care and comfort at a moment's notice.

▶ INFORMATION AND REFERRAL

AGING ACTION INITIATIVE

The Aging Action Initiative is a collaborative professional network that promotes a healthy, safe, and engaging quality of life for older adults in Marin.

Linda Brinkmann

☎ (415) 456-9062

✉ lbrinkmann@agingactioninitiative.org

🌐 agingactioninitiative.org

📍 930 Tamalpais, San Rafael CA 94901



► INFORMATION AND REFERRAL

ALZHEIMER'S ASSOCIATION

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Shelley Dombroski

☎ (415) 472-4340

✉ sdombroski@alz.org

🌐 alz.org/norcal

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TWEETEN ELDERCARE ADVISORS

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✉ eloise@tweeteneldercare.com

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Anna Price Peterson

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✉ anna@tweeteneldercare.com

📍 13 Duxbury Cove, San Rafael CA 94901



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🌐 <https://www.usi.com/>

📍 1001 Galaxy Way Ste 300, Concord CA 94520



► INFORMATION AND REFERRAL

AGINGPARENTS.COM

Carolyn Rosenblatt, RN, attorney, at AgingParents.com, consulting with families on healthcare, legal, financial and mental health of elders. We offer guidance and family meetings to resolve disputes.

Carolyn Rosenblatt

☎ (415) 459-0413

✉ clrosenblatt@gmail.com

🌐 agingparents.com



► LEGAL

MONTY WHITE LLP

Rob is a family-conflict mediator, trusts and estates lawyer and professor. He is President-Elect of the Marin Bar and Editor of the Marin Lawyer. He is also a certified iRest meditation teacher.

Robert Rosborough

☎ (415) 226-4050

✉ rrosborough@montywhitelaw.com

🌐 montywhitelaw.com

📍 1000 Fourth St., Suite 425, San Rafael CA 94901



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Elizabeth Landsverk

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- ✉ office@elderconsult.com
- 🌐 elderconsult.com
- 📍 1633 Bayshore Highway Suite 245, Burlingame CA 95066



ELDERConsult
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Housecalls + Education

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Josh Duguay

- ☎ (415) 761-9598
- ✉ joel@elephantearhearing.com
- 🌐 www.elephantearhearing.com
- 📍 500 Professional Center Drive, Suite 511 Novato CA, 94947



► MENTAL HEALTH SERVICES - COUNSELING

LITA (LOVE IS THE ANSWER)

LITA (Love is the Answer) is a nonprofit organization that helps provide connection for older adults in Marin County, working to reduce loneliness and social isolation.

Barbara Brown

- ☎ (415) 472-5482
- ✉ bbrown@litamarin.org
- 🌐 www.litamarin.org
- 📍 4340 Redwood Hwy Suite F-101, San Rafael CA 94901



Love is the Answer

WINDCHIME OF MARIN

I am the Executive Director at a memory care facility in Marin, hoping to support the local effort for our older adults.

Kari Oxford

- ☎ (415) 482-4100
- ✉ windchimeed@isllc.com
- 🌐 windchimeofmarin.com
- 📍 1111 Sir Francis Drake Blvd, Kentfield CA 94904



(415) 482-4100
LIC# 216800977

► MOVING AND ORGANIZING

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✉ jen@jlcando.com

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✉ libby@senior-settlers.com

🌐 senior-settlers.com



► PLACEMENT SERVICES

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Ramona Maurer

☎ (707) 536-0514

✉ ramonam@assistedlivinglocators.com

🌐 assistedlivinglocators.com/santarosa

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EXCEPTIONAL SENIOR PLACEMENT

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Devon Kesler

☎ (415) 907-2049

✉ eseniorplacement.com

🌐 devon@eseniorplacement.com

📍 123 Seminary Drive, Mill Valley CA 94941



► PLACEMENT SERVICES

MOM'S NEW PAD

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Millie Anderson

📞 (415) 987-8636

✉ millieander@gmail.com

🌐 momsnewpad.com

📍 15496 Riverside Drive, Guerneville CA 95446



► REAL ESTATE

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Andrea Dyer

📞 (415) 786-7997

✉ andrea.dyer@cbnocal.com

🌐 andreadyerhomes.com



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Katie Carr

📞 (415) 461-6257

✉ katie@changing-places.com

🌐 homarassouli.com



COLDWELL BANKER

Matt Mason is a SRES; Seniors Real Estate Specialist. The SRES is trained in and is attuned to the specific real estate needs of the 55 and older clientele.

Matt Mason

📞 (415) 902-5590

✉ matt@mpmasson.com

🌐 www.mattmassonhomes.com

📍 104 Tiburon Blvd ste 200, Mill Valley CA, 94941



► REAL ESTATE

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Gianna Brasil-Ross

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✉ gianna@marksrealtygroup.com

🌐 www.marksrealtygroup.com

📍 17 Meadow Way, Fairfax CA, 94930



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✉ hrassouli@mutualmortgage.com

🌐 homarassouli.com



MUTUAL OF OMAHA REVERSE MORTGAGE

Mary Jo is California's Premier Reverse Mortgage Specialist with Mutual Of Omaha Reverse Mortgage. She works with financial & legal professionals to help homeowners age 55+ access Housing Wealth.

Mary Jo Lafaye

☎ (415) 259-4979

✉ mlafaye@mutualmortgage.com

🌐 www.MaryJoLafaye.com

📍 1000 4th Street, Suite 875, San Rafael CA 94901



▶ REVERSE MORTGAGE

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Michael Brouse

☎ (707) 888-8230

✉ mike@michaelbrouse.com

🌐 www.norcalreverse.com

📍 17 Keller St, Petaluma CA 94952



▶ SENIOR HOUSING

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Trish Karlinski

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✉ trishkarlinski@aldersly.com

🌐 www.aldersly.com

📍 326 Mission Ave, San Rafael CA, 94607



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✉ neysa@BelloGardens.com

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✉ elisagraber@mbk.com

🌐 www.mbkseiorliving.com

📍 1 Hamilton Hill Drive, Novato CA 94949



► SENIOR HOUSING

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Lisa Swanson

- ☎ 415-450-9562
- ✉ lisa@lilypadsenior.com
- 🌐 www.lilypadsenior.com
- 📍 926A Diablo Ave #408, Novato CA



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David Estrada

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- ✉ david.estrada@silverado.com
- 🌐 silverado.com/locations/berkeley/
- 📍 2235 Sacramento Street, Berkley CA



THE LODGE AT PINER ROAD

We are an assisted living community that offers independent living and memory care.

Nicole Rocha

- ☎ (707) 890-1216
- ✉ nicole@pinerroadseniorliving.com
- 🌐 pinerroadseniorliving.com/
- 📍 1980 Piner Rd, Santa Rosa CA, 95403



THE LODGE
AT PINER ROAD
BY BLUE MOUNTAIN
SENIOR LIVING

▶ SENIOR HOUSING

THE REDWOODS A COMMUNITY OF SENIORS

The Redwoods, A Community of Seniors is located on 10 acres in beautiful Mill Valley, California and offers a continuum of care to seniors from around the Bay Area.

The mission of The Redwoods is to maintain a creative, affordable community that promotes good health, well-being and security for a diverse group of seniors.

William Foster

☎ (415) 383-2741

✉ wfoster@theredwoods.org

🌐 theredwoods.org/

📍 40 Camino Alto, Mill Valley CA, 94941



▶ WELLNESS AND FITNESS

ESCOM

Emeritus Students College of Marin (ESCOM) supports our Marin older adults with lifelong learning programs that engage and energize our growing older population in Marin. We provide clubs, talks, events, author presentations, published Journal, intergenerational help.

Gary Gonser

☎ (415) 966-6542

✉ ggonser3@gmail.com

🌐 www.escom.marin.edu



MARIN VILLAGES

Marin Villages is a community of members and volunteers living in the places they already call home, coming together for new friendships, events and activities, and the support to remain independent.

John Power

☎ (415) 457-4633

✉ john@marinvillages.org

🌐 marinvillages.org

📍 4340 Redwood Hwy Suite F-142, San Rafael CA 94903

MARIN
VILLAGES



Our Paths - Our Choices

▶ WELLNESS AND FITNESS

SONOMARIN SENIOR FITNESS

SonoMarin Senior Fitness offers senior focused personal training, from certified specialists, in the comfort of your own home. SMSF provides the tools and knowledge to guide you towards your goals.

Kyle Mastropole

☎ (628) 272-7486

✉ support@sonomarinseniorfitness.com

🌐 www.sonomarinseniorfitness.com

📍 1041 Warren Dr, Petaluma CA 94952



THE HUMMINGBIRD PROJECT

The Hummingbird Project is a one-on-one customized in-person and virtual therapeutic activity program providing services and products that promote quality of life for older adults—whether at home or in a community setting. The goal of The Hummingbird ProjectSM is to cultivate joy, engage curiosity, and foster personal expression. We seek to bring happiness and delight to our clients by ensuring the fullness of life through personal relationship based engagement.

Christa Kagin

☎ (510) 989-2361

✉ ckagin@sageeldercare.com

🌐 hummingbirdproject.net/

📍 PO Box 1234, Millbrae CA 94030-5234



ALPHABETICAL PHONE INDEX

Affordable Home Care Associates LLC	(707) 787-1674
Aging Action Initiative	(415) 456-9062
Aging Solutions, Inc.	(415) 324-5088
AgingParents.com	(415) 459-0413
Aldersly.	(415) 453-9271
Alegre Home Care	(415) 578-7471
Alzheimer's Association	(415) 472-4340
Andrea Dyer Homes	(415) 786-7997
Assisted Living Locators	(707) 536-0514
At Home Caregivers	(415) 898-4663
Bay Grab Bar	(707) 509-8222
Bello Gardens Assisted Living	(415) 453-3494
Changing Places	(415) 461-6257
Clarity & Order	(415) 462-4205
Coldwell Banker	(415) 902-5590
Driver Cognitive Assessment Center, LLC	(925) 249-5947
ElderConsult Geriatric Medicine	(650) 3570-8834
Elephant Ear Hearing Services, Inc.	(415) 761-9598
Elegance at Hamilton Hill	(941) 447-8722
ESCOM	(415) 966-6542
Exceptional Senior Placement	(415) 907-2049
First Light Home Care	(415) 521-5860
Golden Years Medical Supplies	(415) 453-6500
Heartfelt Memorials	(415) 488-6262
Homewell Care Services	(415) 599-4333
Integrity Care Management	(415) 952-3335
J&M Homecare Services	(415) 499-1200
Kerry Spence Estate Plans, Inc.	(415) 602-5952
LITA (Love is the Answer)	(415) 472-5482
Little Bit of Help	(415) 377-2255
LilyPad Senior	(415) 454-5972
Marin's Finest Real Estate	(415) 601-1715
Marin Gerontology Kara	(707) 776-6039
Marin Healthcare Navigation	(415) 690-1495
Marin Villages	(415) 457-4633
Marks Realty Group, Compass	(415) 849-0664
Merrill	(415) 289-8875
Mom's New Pad	(415) 987-8636
Monty White LLP	(415) 226-4050
Mutual of Omaha Reverse Mortgage	(415) 717-4618

ALPHABETICAL PHONE INDEX

Mutual Of Omaha Reverse Mortgage	(415) 259-4979
NorCal Reverse Mortgage	(707) 888-8230
Organic Cleaning Supreme	(415)519-7404
Rely On B	(415) 845-5022
Right at Home	(415) 233-7855
Sage Eldercare Solutions	(650) 201-7034
Senior Helpers of Marin	(415) 300-2273
Senior Settlers	(415) 850-0669
Silverado Memory Care	(510) 330-6627
Sonoma Senior Fitness	(628) 272-7486
The Hummingbird Project	(510) 989-2361
The Lodge at Piner Road	(707) 890-1216
The Redwoods a Community of Seniors	(415) 383-2741
Tweeten Eldercare Advisors	(925) 212-8682
Tweeten Eldercare Advisors	(707) 570-2589
Usi Insurance Services	(925) 214-0130
Valley Memorial Park	(415) 897-9609
Welcome Home Care	(707) 624-0949
Windchime of Marin	(415) 482-4100
Your Business Legacy	(949) 584-0917
YWCA Golden Gate Silicon Valley	(415) 479-9922