



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 September 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

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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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✉ tiffanyrae@careforseniorsagency.com

🌐 <https://careforseniorsagency.com>

📍 1005 A Street Suite 310, San Rafael CA 94901



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✉ lisa@lilypadsenior.com

🌐 www.LilyPadSenior.com

📍 926A Diablo Ave #408, Novato CA 94947



LilyPad Senior
ASSISTED LIVING ADVISORS

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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

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✉ kara@meetkara.com

🌐 <https://meetkara.com>

📍 454 Las Gallinas Ave. #276, San Rafael CA 94903



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✉ kathy@marinhealthcarenavigation.com

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

📍 1680 Tiburon Blvd Ste 14, Tiburon CA 94920



Marin
Healthcare
Navigation

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🌐 www.meadowcreekseniors.com

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Anita Varelas

☎ (510) 301-7099

✉ anita@neighborlyseniorplacement.com

🌐 neighborlyseniorplacement.com

📍 75 Chestnut Ave., San Bruno CA 94066



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Carly Migdal

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✉ cmigdal@sageeldercare.com

🌐 www.sageeldercare.com

📍 PO Box 1234, Millbrae CA 94030

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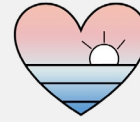
Jana Cosgrove

☎ (917) 828-0910

✉ janacosgrove62@gmail.com

🌐 www.Circleforcare.com

📍 55 Maria Drive, 428 Petaluma, CA, 94954



Circle for Care

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Aging Loved Ones

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✉ don@yourbusinesslegacy.net

🌐 https://www.yourbusinesslegacy.net

📍 201 D Street, Suite #4, San Rafael CA, 94901



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☎ (415) 453-6500

✉ goldenyearsmedical@Hotmail.com

🌐 goldenyearsmedical.com

📍 1013 2nd Street, San Rafael CA 94901



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✉ melanie@dcacbayarea.com

🌐 www.dcacbayarea.com

📍 4450 Black Ave Suite D, Pleasanton CA, 94566



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✉ sherri@valleymemorialpark.com

🌐 valleymemorialpark.com/

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MERRILL

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Boriss Bikosvili

☎ (415) 289-8875

✉ boriss.bikosvili@ml.com

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



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Jennifer Watters

☎ (415) 233-9206

✉ Jennifer@trollycare.com

🌐 www.trollycare.com

📍 17 Plymouth Ave, Mill Valley CA 94941



▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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Sakiusa Navatu

☎ (707) 787-1674

✉ sakiusa2016@affordablehomecareassociates.com

🌐 www.affordablehomecareassociates.com

📍 95 Montgomery Dr Suite 118, Santa Rosa CA 95404



Affordable
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🌐 athomecaregivers.com

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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



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✉ ctucker@homewellcares.com

🌐 homewellcares.com/northbay

📍 77 Mark Drive, #33, San Rafael CA 94903

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CARE SERVICES

▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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Catherine Vaughan

- 📞 (415) 883-6260
- ✉ catherine.vaughan@homeinstead.com
- 🌐 www.HomeInstead.com/255
- 📍 1050 Northgate Drive #180, San Rafael CA 94903



INSTITUTE ON AGING

The nonprofit Institute on Aging enhances the quality of life for aging adults and caregivers through services such as licensed Home Care and Dementia Care, with an adult day program in the Presidio.

Meredith Scully

- 📞 (415)750-3434
- ✉ hcssteam@ioaging.org
- 🌐 ioaging.org
- 📍 3575 Geary Blvd, San Francisco, CA 94118



J&M HOMECARE SERVICES LLC

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Carla Vega

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- ✉ cvega@jmhomecare.com
- 🌐 https://jmhomecare.com
- 📍 77 Mark Dr, San Rafael, CA 94903



MARIN HOME CARE ASSOCIATION

We are professionals working to educate our community on the importance of using licensed care. We list only CA State Licensed Home Care Organizations, Home Health Agencies, and Hospices.

Carol Parks

- 📞 (415)578-7471
- ✉ carolp@alegrecares.com
- 🌐 marinhomecareassociation.org
- 📍 4380 Redwood Highway, Suite A-6, San Rafael CA 94903



▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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- 🌐 www.marinhomecare.com
- 📍 1640 Tiburon Boulevard, 16, Belvedere Tiburon, CA 94920



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- 🌐 www.organiccleaningsupreme.com
- 📍 4340 Redwood Hwy Suite F224 , San Rafael CA 94903



RIGHT AT HOME

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



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We are a home care agency which brings caregivers to work with older and disabled adults in their homes. Care services are 4-24 hours a day. We service clients in Marin and San Francisco.

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- ✉ ejohnstone@seniorhelpers.com
- 🌐 www.seniorhelpers.com/ca/san-rafael-marin/
- 📍 777 Grand Avenue Suite 101, San Rafael CA 94901



▶ HOME HEALTH CARE - IN HOME ASSISTANCE

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Karoline Silva

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✉ ksilva@tenderrose.com

🌐 https://www.tenderrose.com

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WELCOME HOME CARE

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Meredith Wylie

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✉ Meredith@welcomehomecareca.com

🌐 www.whcmarin.com

📍 2012 California Dr., Vacaville CA 95687



HOSPICE

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Tabatha Reece

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✉ treece@anchorhpc.com

🌐 www.anchorhpc.com

📍 505 San Marin Dr. Suite 100B, Novato CA 94945



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Lorena Garbarino

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✉ lgarbarino@bythebayhealth.org

🌐 www.bythebayhealth.org

📍 17 Sir Francis Drake Blvd, Larkspur CA 94939



▶ INFORMATION AND REFERRAL

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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

✉ crosenblatt@gmail.com

🌐 agingparents.com



ALZHEIMER'S ASSOCIATION

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Shelley Dombroski

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✉ sdombroski@alz.org

🌐 alz.org/norcal

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► INFORMATION AND REFERRAL

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Patricia Wiig

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✉ triciawiig@mtumc.org

🌐 www.mtumc.org

📍 410 Sycamore Ave., Mill Valley CA 94941



SAN RAFAEL CHAMBER OF COMMERCE

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Bette Gundersheim

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🌐 www.srchamber.com

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✉ eloise@tweeteneldercare.com

📍 6570 Oakmont Drive, Santa Rosa CA 95409



► LEGAL

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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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📍 450 Sutter Street Suite 2318, San Francisco CA 94108



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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



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🌐 assistedlivinglocators.com/

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EXCEPTIONAL SENIOR PLACEMENT

Exceptional Senior Placement (ESP) is a family owned senior living advocacy group helping families and their loved ones find the safest, most appropriate place for those who can no longer live alone.

Devon Kesler

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✉ eseniorplacement.com

🌐 devon@eseniorplacement.com

📍 Domicilio 3207 Stone Valley Rd, Alamo CA 94507



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Yessica Arias

☎ (415) 525-0579

✉ www.harmoneehomes.com

🌐 yessica@harmoneehomes.com

📍 1239 33rd Avenue, San Rafael CA 94122



MOM'S NEW PAD

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✉ millieander@gmail.com

🌐 millie@momsnewpad.com

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Katie Carr

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✉ katie@changing-places.com

🌐 homarassouli.com



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► REVERSE MORTGAGE

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📍 17 Keller St, Petaluma CA 94952



► SENIOR HOUSING

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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



▶ SENIOR HOUSING

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✉ drlindaberry@aol.com

🌐 www.drlindaberry.com

📍 710 C St Suite 9, San Rafael CA 94901



Dr Linda Berry
Chiropractic | Nutrition | Trauma Healing



▶ WELLNESS AND FITNESS

ESCOM (EMERITUS STUDENTS COLLEGE OF MARIN)

For over 50 years, ESCOM has offered a rich variety of engaging and interactive free online and in-person lifelong learning programs for active adults in Marin County and beyond. Join us!

Gary Gonserr

☎ (415) 966-6542

✉ ggonser3@gmail.com

🌐 escom.marin.edu

📍 835 College Avenue, Kentfield CA 94904



ESCOM

Emeritus Students
College of Marin

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

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 Homecare Associates LLC	(707) 7871674
Aging Solutions, Inc.	(415) 324-5088
AgingParents.com	(415) 459-0413
Alzheimer's Association	(415) 472-4340
Anchor Health.	(415) 720-3109
Assisted Living Locators	(707) 536-0514
At Home Caregivers	(415) 898-4663
By The Bay Health	(415) 720-0429
Care For Seniors Agency	(415) 942-3187
Changing Places.	(415) 461-6257
Clarity and Order.....	(415) 462-4205
Conde Freeman, Acupuncture	(415) 686-7615
Dr Linda Berry	(415) 847-3755
Driver Cognitive Assessment Center	(925) 249-5947
Exceptional Senior Placement	(415) 907-2049
ESCOM	(415) 966-6542
First Light Home Care	(415) 521-5860
Golden Years Medical Supplies	(415) 453-6500
Harmonee Homes LLC	(415) 5250579
Home Instead	(415) 883-6260
HomeWell Care Services	(415) 599-4333
Institute on Aging	(415)750-3434
Itani Dental San Francisco	(415) 685-0011
JC Leadership Coaching and Consulting	(917) 828-0910
J&M Homecare Services LLC.....	(415)499-1200
LilyPad Senior	(415) 450-9562
LITA (Love is the Answer)	(415) 472-5482
Marin Gerontology - Kara	(707) 776-6039
Marin Healthcare Navigation.....	(415) 690-1495
Marin Home Care Association	(415)578-7471
Marin Home Care.....	(415) 712-1917
Marin Villages	(415) 457-4633
Marin's Finest Real Estate	(415) 601-1715
Meadow Creek Senior Living	(707) 799-1557
Merrill.	(415) 289-8875
Missy Crowe Real Estate	(415) 264-7823
Mom's New Pad	(415) 987-8636
Monty White LLP.....	(415) 226-4050
MP Masson	(415) 902-5590
Mt. Tamalpais UMC	(415) 412-1134



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Mutual of Omaha Reverse Mortgage	(415) 717-4618
Neighborly Senior Placement	(510) 301-7099
NorCal Reverse Mortgage	(707) 888-8230
Organic Cleaning Supreme	(415) 5197404
Right at Home	(415) 233-7855
Sage Eldercare Solutions	(650) 201-7034
San Rafael Chamber of Commerce	(415) 454-4163
Senior Helpers of Marin.....	(415) 300-2273
Senior Settlers	(415) 850-0669
SF Homecare	(415) 961-0334
Sonomarin Senior Fitness.....	(628) 272-7486
Tender Rose	(415) 757-5694
The Hummingbird Project.....	(650) 865-4045
The Redwoods a Community of Seniors	(415) 706-0256
The Vincent Senior Living	(628) 336-1400
TrolleyCare Insurance Services	(415) 233-9206
Tweeten Eldercare Advisors	(707) 570-2589
Tweeten Eldercare Advisors	(925) 212-8682
Valley Memorial Park	(415) 897-9609
Welcome Home Care	(707) 624-0949
Your Business Legacy	(949) 584-0917