

We're Back, Baby!

Celebrate **Getting Back Together!**

Thirty Fifth Annual
MARIN SENIOR FAIR



Thursday, September 7, 2023

9:00 am – 3:00 pm

Marin Center Exhibit Hall

LIVE MUSIC • DANCING • FOOD • PRIZES



FREE Admission! Parking! Transportation!



Learn More at www.marinseniorfair.org

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What does it mean to be voted Best Home Care Agency?

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We are deeply thankful for our clients who enable us to fulfill our mission of “Service to Others.” It is not only a gift to serve others, but a blessing to be recognized for our efforts by the readers of ***The Marin Independent Journal***, and the ***Pacific Sun***. I see a pattern here: Clients and Caregivers — the *Marin Independent Journal*, and the *Pacific Sun* — service and recognition!

Many thanks, Peter Rubens, Founder/CEO

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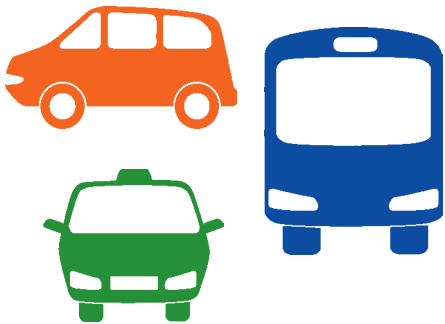
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Senior-friendly transportation services by Marin Transit

Giving up your car keys doesn't mean giving up your independence. Age independently with Marin Transit and Marin Access! We offer a variety of senior-friendly transit programs to help older adults get around Marin County and beyond. These programs include a voucher program for discounted taxi or Uber rides, volunteer driver programs, paratransit bus service, local bus service, a fare assistance program, and travel training! Visit our website at marin-transit.org to



learn about our services, plan your trip, and learn more about service hours and schedules. Questions? Email us at travelnavigator@marinaccess.org. To find the best program for your needs, stop by the Marin Transit/Marin Access booth 153/154 to speak with a Travel Navigator. While you are there, enter our raffle for a chance to win a gift basket by Patti's Personalized Gift Baskets, and don't miss our exciting giveaways!.

Thank You!

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MARIN INDEPENDENT JOURNAL

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Aldersly
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Business Of The Year 2023
by Tiburon Peninsula Chamber of Commerce

Best Eldercare Services in Southern Marin 2023
by Marin Magazine

Why Marin Home Care?

- ✓ Locally Owned and Operated
- ✓ Led by a Registered Nurse
- ✓ Personalized, Concierge Approach

- ✓ Licensed & Bonded
- ✓ Dedicated, Expertly Trained Caregivers
- ✓ Consistent Ongoing Support

"We're deeply honored to be recognized as Business of the Year by Tiburon Peninsula Chamber of Commerce. This award reaffirms our commitment to providing exceptional, compassionate care to our Marin community. Thank you for trusting us with your loved ones - we're here for you, today and always."

Laura Belluomini, Founder

Marin Home Care
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(415) 712-1917

info@marinhomemare.com

www.marinhomemare.com

Services provided:

- ✓ Caregivers
- ✓ Personal Assistants

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San Rafael Goldenaires watercolor program

This very popular, relaxed program/class has been in existence for over 25 years, initially begun by Gerhard Wehl, a professional artist. After his retirement, we continue holding the class on Tuesdays from 10:30 to 2:00pm at the San Rafael Community Center-618 B Street. A still life is provided for anyone interested, but I encourage you to bring your own reference, i.e. photograph, sketch etc. Because of the range of experience, beginners to professionals,



each person works independently but help/suggestions are happily given. We hold critiques monthly, and occasionally we show "how to" watercolor videos by well known watercolorists. A supply list is available. During the fair, a demonstration of watercolor techniques will be presented at various times along with watercolor paintings and greeting cards for sale.

Come to booth 201 for a watercolor demonstration.

Thank You! **STEERING COMMITTEE**



The Marin Senior Fair would not be possible without the help of the Steering committee who work tireless hours to make the fair a fun and entertaining day. Shown are members of the Marin Senior Fair Steering Committee.

Back row (left to right): Shaune Wilson, Jeff Wilson, Lynn Von der Werth, Carol Jacobs-Courtz. Front row: David Knepler, Teresa Ehteshami, Teresa Tooker, Salamah Locks, Erik Flatt, Liz Rottger, Bodhi (dog). Not shown: Lorena Garbarino, Effie Lee, Lily Carrick.

Say Hello to the New.

There's a lot happening at Aldersly Life Plan Community. Our newly updated Rosenberg Memory Care is one of the most technologically advanced memory care residences in North America. And we're excited about Marselisborg, our independent living expansion that's coming in 2025. Stop by at the Senior Fair to say hello and catch up on the latest. When life is in bloom, there's always something new going on!

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Connected.**

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Entertainment

Music and entertainment is provided continuously throughout the day on the main stage.

★ 9:00 am	Kurt Huget, Guitarist
★ 9:30 am	Tim Cleary Jazz Trio
★ 10:00 am	Hale Aloha (Hula Ladies)
★ 10:30 am	Marin Harmony Chorus
★ 11:00 am	Tucker Spolter & Uke Jubilee
★ 11:30 am	Flashbacks
★ 12:00 pm	Awards and Prizes
★ 1:00 pm	Starduster Orchestra

Entertainment concludes at 3:00 pm

Aldersly is 100 years old and counting!

Located in the heart of Marin in central San Rafael, Aldersly grew from humble beginnings as a collection of cottages nestled on a hillside into a vital, full-service community for people aged 60 to 90 and beyond.

Last year, Aldersly celebrated 100 years as a nonprofit community serving older adults. It is built on the values of its Danish roots of welcoming, warmth, belonging, friendship, and care. “We are a vibrant neighborhood, with a friend behind every door,” said Shannon Brown, executive director.

At Aldersly, Life Care support includes Rosenberg Memory Care, thoughtfully designed to enhance the lives and wellness of those with Alzheimer’s disease and other

dementias. And ground has been broken for 35 new independent living residences with Aldersly’s signature European aesthetic. New residences, a reimaged Health and Extended Care and Rosenberg Memory Care are part of a multi-phase plan that includes improvement of living spaces, common areas, parking, amenities, and exceptional services.

“This expansion is a testament to our community’s resilience, adaptability, and commitment to creating a thriving environment for all,” said Brown.

Aldersly continues to offer tours and to enroll applicants for its new residences. Visit booth 191/192 or www.aldersly.org to learn more.

Did you know?

37% of households in Marin do not earn enough income to make ends meet.

Community Action Marin is the largest non-profit provider of social services to individuals and families of low income in Marin County.

Since 1966, we’ve been helping seniors live better lives through:

- Financial coaching
- Housing support
- Rent and utility assistance
- Food access
- Emergency family needs

COMMUNITY ACTION MARIN

Need Help?
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Community Action Marin is a 501(c)(3) non-profit anti-poverty agency that helps people throughout Marin County to achieve self-sufficiency and thrive.

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Mutual of Omaha
MORTGAGE

Borrower must occupy home as primary residence and remain current on property taxes, homeowner's insurance, the costs of home maintenance, and any HOA fees. Mutual of Omaha Mortgage, Inc. dba Mutual of Omaha Reverse Mortgage, NMLS ID 1025894. Licensed by the Dept of Financial Protection & Innovation under the CA Residential Mortgage Lending Act, License 4131356. These materials are not from HUD or FHA and the document was not approved by HUD, FHA or any Government Agency. Subject to credit approval. www.nmlsconsumeraccess.org #927991983  Equal Housing Lender

Community Action Marin is Awarded the 2023 Nancy Martin Outstanding Nonprofit Award

Each year, members of the Marin Senior Fair Steering Committee select a nonprofit for the Nancy Martin Outstanding Nonprofit Award for "outstanding services to Marin seniors."

Community Action Marin has been selected as the recipient of the 2023 award. Community Action Marin receives a cash award of \$500 and a free booth at Marin Senior Fair. Community Action Marin is honored in an on-stage award ceremony at the fair.

About Nancy Martin

Nancy Martin was a long-time supporter of the Marin Senior Fair and a member of the all-volunteer Senior Fair Steering Committee for many years. Nancy was the Marketing Director of The Tamalpais, a retirement community in Greenbrae, for 24 years. Her work touched the lives of many and she was

particularly loved by the residents of The Tamalpais. After her sudden death in 2013, members of the Senior Fair Steering Committee wished to commemorate her commitment to the older adult community in Marin by naming the Fair's Nonprofit of the Year Award in her honor.

Previous Recipients of the Nancy Martin Award

- Margaret Todd Senior Center, 2019
- Alzheimer's Association North Bay, 2018
- Hospice By the Bay, 2017
- Jewish Family and Children's Services/ Seniors at Home, 2016
- San Rafael Goldenaires, 2015
- Marin Villages, 2014
- LITA, 2013
- Senior Access, 2012

Paul Martin

MASTER OF CEREMONIES



Paul Martin is back again this year as the Master of Ceremonies. Paul will keep us entertained and informed throughout the day by announcing upcoming acts and giving away prizes and awards on the main stage in the Main Exhibit Hall.

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“

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- AlmaVia Family Member

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About Community Action Marin

The largest non-profit anti-poverty agency in Marin, Community Action Marin makes it possible for people to achieve well-being by providing the vital services they need. The agency breaks down the barriers that get in the way of fair and lasting change through four key levers for change: building power with people, strengthening access to services, shifting the narrative on poverty, and advocating for laws and policies that increase well-being for all. Programs include expanding economic opportunity via workforce development, financial wellness,

Community Action Marin is committed to a Whole Family Approach that strengthens outcomes along a crisis-to-thriving continuum.

and asset building pathways; increasing housing stability via resources and supports for those who are unhoused or at risk of homelessness; and enhancing individual and family well-being via early childhood

education, income and family supports, and mental health resources.

As more people are aging into poverty in the county, CAM's services for people of low income are needed across genera-

tions. The agency's commitment is to a Whole Family Approach that strengthens outcomes along a crisis-to-thriving continuum.

Visit Community Action Marin in Booth 141.

Get Back the Hearing You Need. See an Audiologist.



Stay Healthy.

For older adults at risk of cognitive issues, using hearing aids for three years cut their rates of cognitive decline in half. Participants saw an audiologist who fitted the hearing aids to prescriptive targets using real-ear measures and provided counseling on use. The ACHIEVE study was published in The Lancet.

At Marin Hearing we fit hearing aids this way. Call us for an audiology exam and hearing aid consultation.

Dr. Andrew Valla, Audiologist
Dr. Kim Hoppin, Audiologist
Lauren Kazanjian, Hearing Aid Specialist



MARIN
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marinhearingcenter.com

Need Help Accessing Aging & Disability Services?

If you answered "yes", then **One Door** can assist older adults, persons with disabilities, and family caregivers with making informed decisions about long-term supports and services and planning to live as they want in the community.



- ✓ Housing Navigation
- ✓ Securing Food
- ✓ Transportation Services
- ✓ Available Financial Assistance
- ✓ Accessing Care
- ✓ Applying for Public Benefits
- ✓ In-Home Caregiving
- ✓ Home Safety
- ✓ Aging in Place
- ✓ Long-Term Care Options
- ✓ Social Well-Being

One Door is a community collaboration that forms Marin County's state-designated Aging & Disability Resource Connection (ADRC).



Call 415-473-INFO (4636)
www.onedoormarin.org



Marin Center Exhibit Hall

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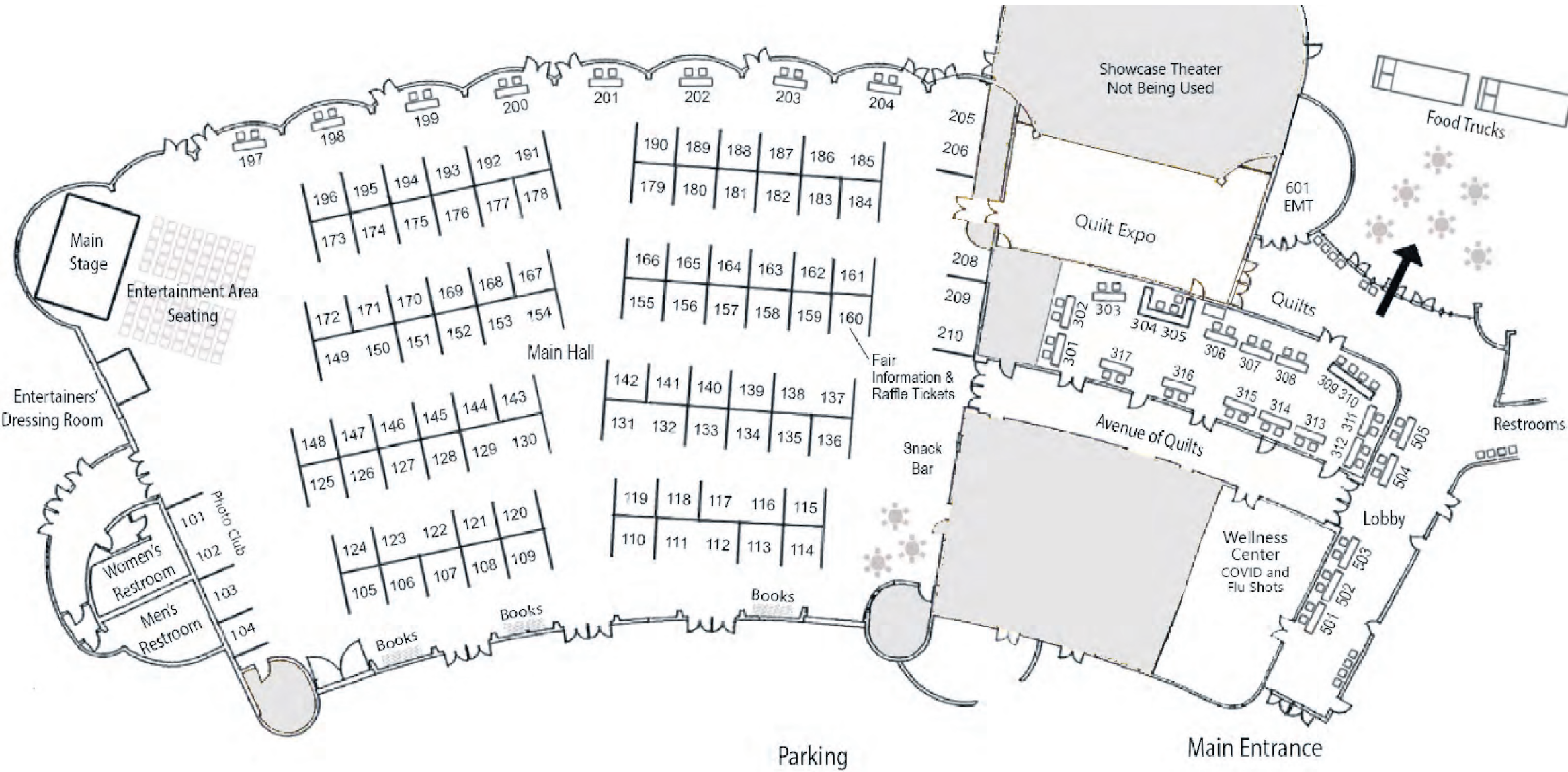
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What does the Marin County Commission on Aging do?

Answer: In two words — information and advocacy

The Marin County Commission on Aging (MCCOA) exists to make the lives of the older adults of Marin better. Currently, 1/4 of persons over the age of 65 have incomes below 300% of the federal poverty level, which is less than what is needed to make ends meet each month. The challenges of aging in the County include economic insecurity, health care and falls, elder abuse of all sorts, nutrition, transportation and housing, and loneliness and isolation.

Twenty-three Commissioners meet monthly (except August) in different locations around the County, staffed by several members of Marin’s Aging and Adult Services and its director, Lee Pullen. Director Pullen’s group also performs the duties of the federally mandated Area Agency on Aging, which distributes approximately \$1 million in federal funding to Meals on Wheels, congregate luncheons, and other services for seniors. Advocating for seniors, the Commission advises the County on the spending of those funds which are

The challenges of aging include economic insecurity, health care, elder abuse ... as well as loneliness.

provided each year under the federal Older Americans Act.

The public is encouraged to get involved and comment at the monthly meetings. In addition, the standing committees welcome public non-voting members and visitors at their meetings to participate in discussions dealing with senior issues. A half-day community symposium on the theme of “healthy aging” has been held each May during national Older Americans Month. An important County service for seniors, called Information and Assistance, maintains a “help” phone number manned by trained, friendly staff—415- 457-INFO (4636). Incidentally, the Marin Senior Fair was started 38 years ago by what is now the County’s Aging and Adult Services! Visit www.marincounty.org to find out more about the MCCOA and its work with Aging and Adult Services.

Visit Marin County Commission on Aging in Booth 209/210.

SEMINAR

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Day: Monday, September 18th
Time: 12:00 pm - 1:30 pm
Where: Left Bank Brasserie (Back room)
507 Magnolia Avenue, Larkspur, CA 94939

Day: Friday, September 22nd
Time: 11:00 pm - 12:30 pm
Where: Mary Jo's Office
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Food at the Fair

SNACK COUNTER

9:00 am – 3:00 pm

The Snack Counter is located inside the Main Exhibit Hall serving coffee, drinks, and breakfast items in the morning and a selection of snack foods, salads and other lunch items throughout the day.

FOOD TRUCKS

10:30 am – 2:30pm

Food trucks offering a variety of lunch options are available outside the lobby near the Showcase Theater.

Your ADVENTURE Begins Here



This nonprofit community is part of Sequoia Living.
License No. 210102761, COA #099.

Every day is an adventure at The Tamalpais Marin.

Join us for a wellness event on September 21 to learn more about our community.

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Longstanding Novato business offers expert care for families suffering a loss

Valley Memorial Park Cemetery & Funeral Home is a premier cemetery in Northern California. It has been locally owned and operated for over 60 years. Valley Memorial Park includes a Full-Service Funeral Home, Chapel, On-Site Crematory, and a beautiful Event Center for Celebrations of Life. We are the most affordable in all of Marin County.

Valley Memorial Park’s funeral home services now allow families to contact the business 24 hours a day for assistance in the care of their loved ones. All final arrangements may be made and take place at

one convenient location. Their On-Site Cremation Services give families peace of mind that their loved one never leaves our care.

Valley Memorial Park offers a wide variety of affordable burial options. Traditional / Natural Green Burial, Crypts, Niches and Scattering Gardens.

Our grounds are well maintained and stay green year-round as we use recycled water. Valley has 48 acres of land nestled in a beautiful valley off Atherton Ave. in Novato with views of the water and open space surrounding the park.

Valley Memorial Park Cemetery & Funeral Home is run by cem-

etery and funeral home professionals with over 100 years of experience in giving outstanding service to those who have suffered a death in their family. Exceptional Service is our standard.

Serving individuals during the hardest time of their life is an honor and privilege. The staff at Valley Memorial Park cherishes that privilege and does as much as they can to make this difficult time a little easier.

Call to make an appointment (415) 897-9609. Or email us at info@valleymemorialpark.com

FD#2295 Visit us in booth 131/132.

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Raffle Prizes

Pick up your raffle ticket at the Fair entrance or the Fair Information Desk in Booth 160.

Raffle tickets are drawn throughout the day and winners announced on the Main Stage. You need not be present to win.

Win a Lunch or Dinner cruise for two aboard an elegant Hornblower Yacht, or win a \$50 gift card generously donated by one of the following local organizations:

Alegre Home Care

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Home Instead

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My Insurance Solutions Inc

Right at Home

The Redwoods, a Community of Seniors

Three Home Village

Valley Memorial Park Cemetery & Funeral Home

LITA: Volunteers enriching the lives of seniors

Love Is The Answer (LITA) is a Marin County only non-profit dedicated to relieving loneliness in isolated older adults. Established in 1975, our clients live in Assisted Living, Independent Living, Memory Care, Nursing Homes, and private homes. Our volunteers bring themselves, perhaps a pet, perhaps a musical instrument, perhaps their family. All of our services are free. If you'd like to Volunteer, or perhaps know of someone who could use our services, please visit us at our booth, check out our website (www.litamarin.org), or call

Love Is The Answer (LITA) is dedicated to relieving loneliness in isolated older adults.

(415-472-5482) or email our Director of Volunteers, David Knepler, dknepler@litamarin.org

Our Programs include: One-to-One Connection, Pet Connections, Family Connections, Bridging Thru Music, and Seniors in the Park, where we bring residents of facilities outdoors to enjoy a picnic

in one of Marin's beautiful County Parks. This fall we are planning on bringing back our Bridging Generations program, where whole classrooms visit the same Assisted Living community once a month throughout the school year, creating strong bonds across the generations.

Come join us...we are always looking for volunteers of all ages who would like to be a ray of sunshine for one of Marin's isolated older adults. Visit us in Booth 179.

Free!



TRANSPORTATION

Free round-trip transportation is provided by Vivalon between downtown San Rafael and the Fair. No reservation is needed. Shuttles run approximately every 30 minutes throughout the day.

Shuttles to the fair leave from Vivalon at 930 Tamalpais Avenue, San Rafael (near the Smart Train station, from the North parking lot near 4th Street). The first shuttle to the fair leaves Vivalon at 8:30 am and the last shuttle departs the Fair at 3:15 pm. Shuttles drop off and pick up at the Fair's main entrance.

We thank Vivalon for providing this valuable service to our attendees.



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marinjcc.org/aquatic-therapy

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Three Home Village – a unique residential care home for the elderly

Welcome to Three Home Village, a unique community of three board and care homes with open contiguous yards, surrounded by scenic gardens. Each home offers six private bedrooms, dining areas, and cozy social spaces. Our focus is on nurturing connections and providing a vibrant environment where every individual can thrive. Residents at our community enjoy a range of delightful activities, including Kurt’s afternoon guitar sessions, engaging activities, and visits from local volunteers.

At Three Home Village, exceptional care is at the core of our values. Our dedicated team is committed to meeting residents’ physical, emotional, and social needs with a personalized approach. We understand and embrace the uniqueness of each individual,

ensuring that they receive the support and attention they deserve.

Since 2018, under the ownership of Erik and Adam, Three Home Village has undergone significant improvements. We have enhanced the ambiance, revamped our menu with delicious meals, and introduced valuable services such as nurse consultation and pharmacy programs to prioritize residents’ well-being.


Families entrust us to provide increased engagement and fulfilling activities for their loved ones. Join the Three Home Village family, where exceptional care, genuine connections, and a nurturing environment come together to create a unique homelike setting for our residents.

Visit Three Home Village in booth 139.

Quilting DEMONSTRATIONS

Witness the artistry of the Mt. Tam Quilt Guild in **Booth 304**. See quilters in action and learn how to become a quilter yourself! Browse handmade items for sale.

Quilts are on display in the Avenue of the Quilts, in the lobby and on the Showcase Theater stage.



THE PREMIER MEMORY CARE COMMUNITY IN MARIN COUNTY



Residency at WindChime of Marin has always meant receiving the highest level of care from a dedicated staff. With music and activities as part of our Vibrant Life® program, our residents are more engaged than ever.

Visit WindChimeOfMarin.com or call (415) 482-4100 to schedule your private, personalized tour and see what a memory care community is all about.



1111 Sir Francis Drake Blvd.,
Kentfield, CA 94904
WindChimeOfMarin.com
(415) 482-4100



Lic# 216800977

We Can Be Each Other's Lifeline.

Learn how to recognize behavior changes in older adults who may be at risk of suicide, such as:

- Feeling anxious or agitated
- Talking about being a burden to others
- Ongoing hopelessness
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Increasing use of alcohol or drugs

To learn more about our Suicide Prevention, Counseling, Recovery, Service Navigation, and Supported Housing services, visit Bucklew.org



Access to Mental Healthcare for All



SENIOR LIVING HAS ITS PERKS...



ALL THE PERKS OF YOUR OWN HOME, WITHOUT ANY OF THE HASSLE.

- Large floor plans with patios
- Flexible, made-to-order dining in upscale, casual, private and pub style settings
- Outdoor spaces to enjoy
- Housekeeping on your schedule
- Wellness programming and educational events
- Exercise studio plus fitness and weight room
- Fun outings and so much more

Drake Terrace is the perfect way to transition from your home to a progressive senior living community without a big change to your daily living. Once you leave the big house behind, you can enjoy maintenance free living without the hassle of cooking, cleaning or maintaining a yard. Spend your time outside the community and come home to your apartment as your sanctuary for rest and relaxation while the community serves as your home full of new friends, activities, and amenities to fit your lifestyle.



CALL 415.491.1935 TO SCHEDULE A TOUR AND JOIN US
FOR A DELICIOUS LUNCH AL FRESCO IN OUR COURTYARD.



Marin IJ: Marin County's no. 1 news source

Marin Independent Journal is a daily newspaper and digital media company based in San Rafael, serving Marin County. It is part of MediaNews Group, one of the largest media companies in the United States.

The Independent Journal's newsroom was honored with the coveted General Excellence award in 2021 by the California News Publishers Association, and received second place statewide in General Excellence in 2022, along with more than 30 awards combined over the past two years.

The Independent Journal, celebrating its 162nd year, covers a wide range of local news and events, including politics, business, education, sports, entertainment and community happenings within Marin County.

The newspaper has a strong online presence to complement its print edition, offering

digital versions of its articles in addition to its replica E-Edition and social feeds. It sends daily newsletters to a large audience in Marin County.

The IJ was proud to be named the 2019 Large Business of the Year by the San Rafael Chamber of Commerce, the 2022 Heart of Marin Winner for Corporate Community Service by CVNL, and the 2023 Spirit of Marin winner for its collaboration on the We Are One Marin program, honored by the Hispanic Chamber of Commerce of Marin.

The IJ plays a vital role in keeping the residents of Marin County informed about local affairs and fostering a sense of community through its coverage. Support local journalism by calling 415-883-8600 or visiting marinij.com.

Visit the Marin Independent Journal in booth 178.

WATERCOLOR DEMONSTRATIONS

See Watercolorists in action!

The San Rafael Goldenaires will be demonstrating watercolor techniques at **Booth 201**. Large and small pieces are available for purchase.

FREE PHOTOS

Have your photo taken by the Marin Photography Club, **Booth 101**.

Help yourself to printed photographs donated by club members and get free hands-on advice about using your digital or mobile phone camera.



Planning Ahead for Your Legacy of Faith

PRE-NEED ARRANGEMENTS ARE A CONSIDERATE ACT OF LOVE TO THOSE YOU LOVE THE MOST.

One of the most gracious and compassionate things you can do for your family is establishing pre-need burial arrangements. Acting now greatly reduces the decisions family members will have to make at the time of death.

- Offering memorialization options, cremation and private family burial for the Catholic community.
- Planning ahead brings peace of mind and is a loving gift to your family.
- Talk with your priest and your Catholic Cemetery staff to help plan a Funeral Mass and Burial that honors your legacy of faith.

Mt. Olivet Cemetery

THE CATHOLIC CEMETERIES | ARCHDIOCESE OF SAN FRANCISCO
270 Los Ranchitos Road, San Rafael, CA
415-479-9020



Please call or email for a free
Catholic Funeral Planning Guide
at 650-756-2060 or
info@holycrosscemeteries.com

A Tradition of Faith Throughout Our Lives.

What a long, strange trip it's been!

Just four years ago, who could have imagined how much KN-95s, social distancing, Omicron boosters and Zoom meetings would take over our day-to-day routines?

But we made it! The pandemic is over (at least for now) and **we're back, baby!** All the things we missed — smiles, hugs, restaurants, traveling, rock concerts, senior fairs — are back on the table.

Through it all, By the Bay Health's clinical staff hardly missed a beat. Our mission to provide **home-based hospice, palliative, pediatric and skilled home health care** to those facing serious medical challenges just

couldn't be put on hold.

Instead, we doubled down on precautions to protect our patients and their families from COVID infection, ramped up our capacity to provide even more remote access to nurses and doctors, and boldly reached out to care facilities who were facing unprecedented challenges. In the process, we set an **even higher standard for home-based health care** — a new normal that now benefits everyone.

For a friendly smile from one of our Provider Relation Liaisons and more information about how **By the Bay Health** can meet your home-based care needs, please visit us in **Booth 140**.

Drake Terrace — A retirement community centered on choice

Living at Drake Terrace is a lifestyle, one that is all about choice. The community offers Independent Living, Assisted Living as well as Memory Care in a friendly environment where residents and associates enjoy being served and serving others.

Tucked in the hills of Marin County and near beautiful open space preserves and parks, Drake Terrace is a warm and friendly community with an intimate village feeling. At the center of the community is an outdoor courtyard where residents can share the village atmosphere with fellow neighbors engaged in popular community activities, socialize with family and friends or enjoy a favorite personal pastime.

Their caring team of associates will customize a care plan that is right for each resident while they continue to enjoy time with friends, hobbies, and new opportunities at Drake Terrace. Surrounded by beautiful, lush trees and filled with the comforts of a modern resort, this community immediately feels like home. Full of down to earth residents and truly compassionate associates that tailor services to anticipate residents' needs.

At Drake Terrace residents enjoy personal attention and service provided by an engaged and passionate team of associates, this is what makes the community so special.

Please visit us in booth 137/138.

Join our compassionate Caregiving Team and impact a life today.

Do you love helping others and appreciate a supported team environment with great pay and benefits, and flexible hours?

We are looking for you!

HIRED HANDS INC.
Homecare
Family owned and operated since 1994

Serving Marin, Sonoma, Napa and the Tri Valley
Lic. #214700014



HIRED HANDS HOMECARE has served the Bay Area for over 29 years. Our caregivers and management team have an award-winning reputation for delivering the **highest quality and most trusted care**.

OUR CAREGIVERS provide non-medical home care to seniors and others requiring some extra assistance to remain safe and independent in their own homes. Caregivers support clients' activities of daily living through a range of services, from **companionship, meal prep and transportation, to medication reminders**, just to name a few.

YOUR SMILE AND COMPASSIONATE ASSISTANCE make a hugely positive impact on someone's life. We know, we see it every day!



Hired Hands proudly partners with CalGrows, a statewide educational initiative. Ask us how to grow your career, while getting paid to receive outstanding free education and \$6000 in incentives!

- ♥ Rewarding career in a fast-growing industry
- ♥ Paid Training & State Certification
- ♥ Flexible Hours & Great Pay!
- ♥ Overtime, Paid Sick Time/Vacation/Holidays
- ♥ 401k & Healthcare Benefits
- ♥ Team working environment, helping people that appreciate you!

Join Us!
Apply Today:

- Scan QR Code
- Call (415) 884-4343
- Email Leslie@hiredhandshomecare.com



Sutter Care at Home: here for you, here for Marin

Sutter Care at Home touches the lives of Marin County residents every day. We are here in Marin and throughout Northern California bringing support directly to patients where they live and where they want to be – at home. The Sutter Care at Home team provides compassionate service with experienced providers in home health, mom & baby, home infusion, hospice and Advanced Illness Management, our unique palliative care program. Sutter Care at Home collaborates together, with extensive clinical expertise, to truly support patients in their homes throughout their recovery or illness. Sutter Health cares deeply for seniors in this community. To learn more about Sutter Care at Home, visit us at our Marin Senior Fair Booth 142. We look forward to seeing you and sharing information with you about all that we provide to our Marin community. You can also find information on our website, www.suttercareathome.org. We are Sutter Health, and we are WE PLUS YOU. See you at the Fair!

Stay active and engaged at the Margaret Todd Senior Center

The Margaret Todd Senior Center is a program of the City of Novato Parks, Recreation and Community Services Department. We believe that active and engaged adults live healthier, happier lives. To serve that purpose, the Center offers enrichment and fitness classes, themed special events and game groups. Some of our upcoming events include the Fall Trash to Treasures Flea Market on September 16 and the Holiday Crafts Faire on December 1 and 2.

The Holiday Crafts Faire features more than 55 artisans selling handmade crafts including jewelry, ceramics, specialty foods, wreaths, ornaments, housewares and more! Our Faire co-sponsors, the Novato Garden Club, will be selling fresh greens, wreaths, and swags. Don't miss this great opportunity to purchase unique holiday gifts at this festive event! Admission is free. For information, call 415-899-8290.

Are you interested in exercise, tai chi, sewing, yoga, or capoeira classes? Margaret Todd Senior Center has dozens of classes throughout the year that will keep you healthy, active, and engaged. For the most current information on all of our program offerings, please see the Novato Digital Activity Guide at www.novato.org/regforfun or visit the Senior Center website at novatoseniors.org.

Visit us at the fair in booth 205.

FREE BOOKS

Hundreds of books to choose from, generously donated by the Tiburon Library and Steering Committee members.

Book Tables are located in the Main Exhibit Hall.

FREE PARKING & TRANSPORTATION

Parking is Free at the Marin Exhibit Hall.

Free round-trip transportation is provided by Vivalon between downtown San Rafael and the Fair.

Over 100! EXHIBITORS

The Fair features valuable information and resources in a variety of categories, including:

- ★ Medical, Health and Wellness
- ★ Caregiving
- ★ Mental Health and Counseling
- ★ Legal and Financial Services
- ★ Vacation and Travel
- ★ Housing and Transportation
- ★ Education
- ★ Fitness, Hobbies, and Activities
- ★ Music and Entertainment
- ★ Technology
- ★ Volunteering and Community

San Rafael Goldenaires

HOLIDAY CRAFT FAIR

Saturday, November 4th, 10am - 4pm

San Rafael Community Center

FREE ADMISSION

A variety of creative crafts, and homebaked goodies for sale from the best Bay Area artists and craftspeople!

One day only!

Santa may stop by!

Gift basket raffle!

San Rafael Goldenaires

Celebrating Seniors

srgoldenaires.org

415-485-3348



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FD 1281



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in San Francisco/Marin County
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Get With The Guidelines-Stroke
Gold Plus Quality Achievement Award
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