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our community

“Never worry about numbers. Help one person at a time, and always start with the person nearest you.” – Mother Teresa

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At West Marin Senior Services our mission is *to help seniors live safely and with dignity in our community*, but how do we achieve this mission?

Aging in rural West Marin comes with unique challenges. The natural beauty and quiet of our coastal and inland towns can also mean long distances from grocery

Electronic Newsletter Sample – Edition: How We Serve - May 2025

stores, healthcare providers, and community services. Public transportation is limited, and many seniors live alone in homes that are hard for friends or family to reach regularly. When everyday needs like picking up prescriptions, attending medical appointments, or preparing meals become difficult, it can lead to isolation and declining health. West Marin Senior Services is here to ensure that no matter how remote your home might be, support, connection, and compassionate care are always within reach.



West Marin Senior Services staff and volunteers cover a vast and beautiful region of the county. To get a sense of just how expansive our service area is, take a look at this map. Everything in green represents the 325 square miles we serve; an area filled with winding two-lane roads, coastal stretches, and rural valleys.

From Dillon Beach in the north to Muir Beach in the south, and reaching inland

to communities like Tomales, Nicasio, and the San Geronimo Valley, we truly go the distance to bring support and care to older adults throughout West Marin.

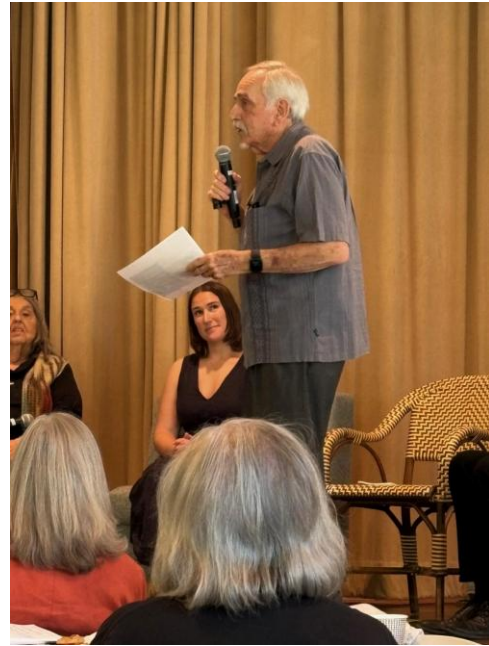
Within our service area, we offer a wide variety of services *at no cost* to support seniors aging at home & in community:

- Care Management - One-on-one support to help seniors navigate medical care, housing, in-home help, and changing needs with dignity and guidance. Home-
- Delivered Meals - Nutritious meals delivered right to the door, providing both sustenance and a friendly check-in from our dedicated volunteers. In 2024 we delivered 8700+ meals!
- Senior Lunch at the Dance Palace - A monthly community gathering with a hot meal, live music, and warm conversation in a welcoming setting. Workshops &
- Classes - Free online and in-person programs designed to empower and connect people on topics like advance care planning, fall prevention, healthy aging, and more...
- Transportation Coordination - Help arranging rides to essential appointments or community events for those with mobility or transportation challenges.
- Resource Referrals - Guidance in accessing local, county, and state programs that support aging in place safely and with peace of mind.

In addition to the services we provide, WMSS offers advocacy in the larger community.

On Tuesday, our Executive Director, Skip, spoke at a public forum put on by the Marin Commission on Aging about the biggest health challenges we face as we age. One key message from the day was clear: ***most older adults want to stay in their homes and remain part of their community*** whether they live in a city or a rural area. That's exactly the kind of care and connection WMSS provides to rural seniors. But the challenges are real.

In rural communities like ours, issues like transportation and housing are even more difficult, and senior programs need more support to meet these growing needs.



Help us keep seniors safe, nourished, and c onnected

In times of uncertain government funding, community support matters more than ever.

Your donation helps us continue providing essential services—like home-delivered meals, care management, wise elder workshops, senior lunches, and more at no cost to our clients. Every gift, large or small, helps older adults in West Marin stay safe, healthy, and connected in the place they call home.

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Online workshops with Elizabeth River

Wednesdays, May 7, 14, 21, & 28

1 pm – 2:30 pm

It's not too late to join the fun! We have one more workshop in this wonderful series.

Elizabeth River invites us to consider how we might balance the big challenges we face in life by consciously choosing the verbs—the generative behaviors— that lift our spirits and those of everyone around us.

Drawing on our great store of elder wisdom, we'll focus on pleasure, fun, laughter, creativity, and especially the joy of sharing all of this with others! We will envision ways to increase these practices every day, planting them firmly in ourselves as a way of life—as essential as following the news or being good citizens.

Elizabeth offers mindful meditation, teachings, and poetry, along with time for personal reflection and writing. We'll share our stories as a way to discover new ways to curate the verbs of our daily lives—with more grace, love, and kindness.

These workshops are provided free of charge through West Marin Senior Services!

Email James to Register for the Workshops



Our Mission

To help seniors live safely and with dignity in our community.

Our Services

Care management, screening and placing caregivers, medical equipment loans, home delivered meals, transportation assistance, respite grants for family caregivers, elder safety plans and home safety evaluations, family support, education workshops, socialization events, information and referrals, assisted living at Stockstill House.

West Marin Senior Services

Creamery Annex 11435 State Route One
PO Box 791 Point Reyes Station, California 94956
Phone (415) 663-8148 Fax (415) 663-1268

Stockstill House

Assisted Living in Beautiful West Marin
12051 State Route One
PO Box 791 Pt. Reyes Station CA 94956
RCFE #216801977

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