

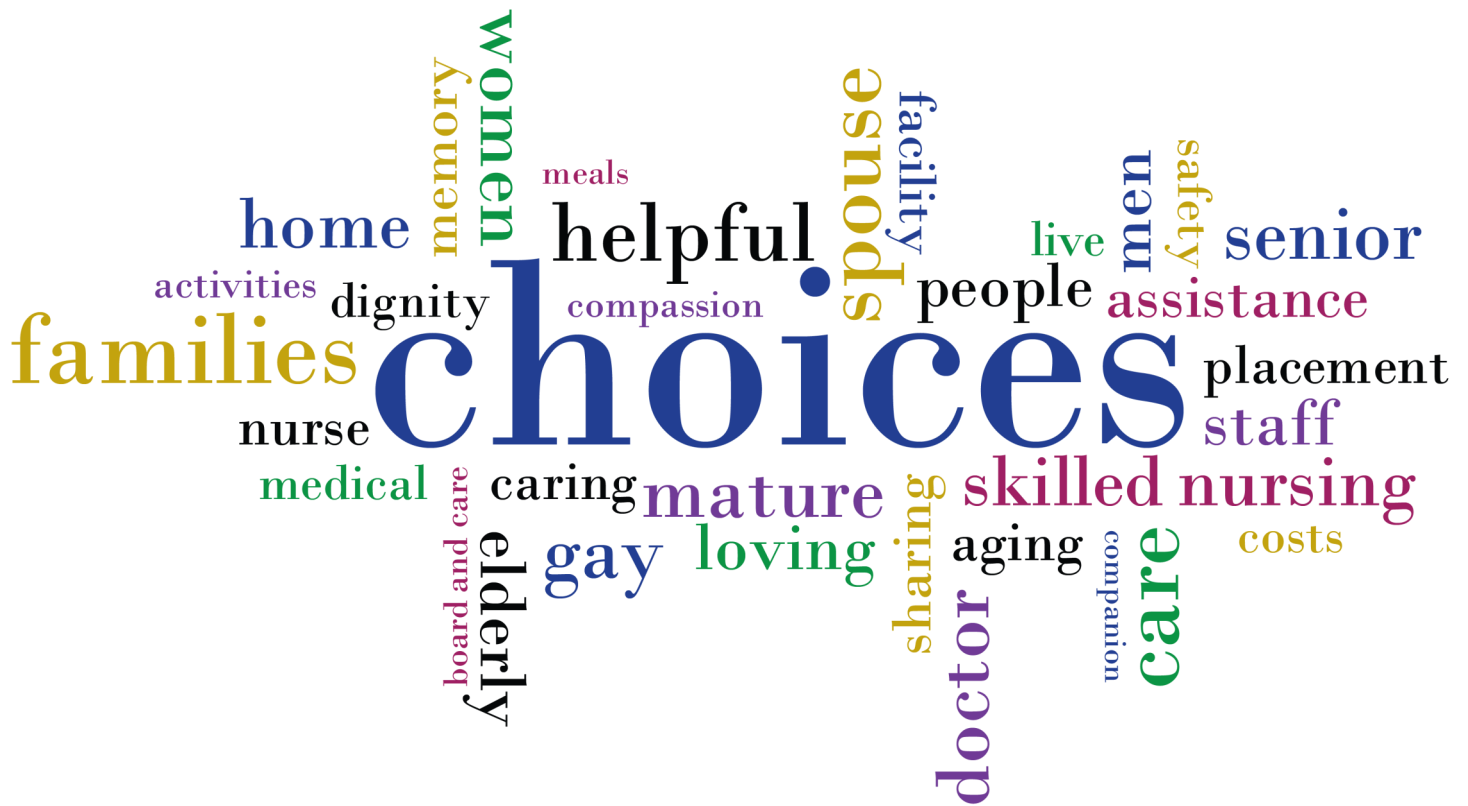
Choices for Living

2013-2014

MARIN COUNTY
AGING & ADULT
SERVICES

- 9 Independent
Living Options
- 18 Care Home
Evaluation
Checklist
- 28 Skilled Nursing
Facilities
Evaluation
Checklist
- 29 Skilled Nursing
Facilities
- 30 Useful Websites
& Resources





Choices for Living (Choices) is a resource to help families and older adults explore the many housing options available in Marin County. Individuals' housing needs vary greatly, and needs may change over time. The process of exploring housing options can be very confusing. We urge anyone considering a housing change to be as clear as possible about the *lifestyle* and *location* they seek, their current *health* and *level of independence*, and the *financial* means by which they will support their housing needs.

Choices begins with information on housing assistance and independent living options, and progresses to assisted living, board and care facilities and skilled nursing facilities. Often, waiting lists are encountered when obtaining housing in Marin County; we urge you to place your name on these lists if applications are being accepted.

The information provided in this resource guide may not be current after July 2013.
Listings are provided for information only and are not meant to endorse any particular
agency or service.

Choices for Living is produced and paid for by the Marin County Department of Health and Human Services, Aging and Adult Services along with the HHS Media Team.

Getting Connected to Services is as Easy as 1-2-3

STEP 1. Call **(415) 457-INFO (457-4636)**

STEP 2. Pick a language

STEP 3. Pick a program or choose the “General Information and Assistance” option to speak to staff

The **Network of Care for Older Adults & Individuals** is provided by the Marin County Aging and Adult Services. This comprehensive interest-based resource is for the elderly and people with disabilities, as well as their caregivers and services providers.

www.marin.networkofcare.org

Planning Ahead for Your Health Care Needs

As you and your loved ones consider alternative housing options, there is another important action to consider to help provide a more secure future. While we don't like to believe that we - or someone we care about - will become incapable of making health, personal or financial decisions due to an illness or disability, providing for this possibility is not difficult and it is critical for each of us.

The Power of Attorney for Health Care, usually known as an Advance Health Care Directive (AHCD) is an important document. First, it is an expression of your healthcare preferences; namely, the types of interventions you want and don't want when critically ill.

Choices for Living 2013 - 2014

The AHCD is also used to formally designate a surrogate decision-maker (and alternates) to speak on your behalf if you cannot communicate due to the functional incapacity that sometimes occurs during a severe illness. The role of the surrogate is to make decisions consistent with your values, so be sure to choose surrogates who will honor and respect your wishes.

While the AHCD can be prepared by adults without the assistance of an attorney, some people opt to have an attorney assist them. If you need help preparing your document, talk to your family, your legal representative, your doctor or a trusted friend. We encourage you to plan for your future and take the time to write an AHCD *now*.



*“Old age is not a disease— it is strength and survivorship,
triumph over all kinds of vicissitudes and
disappointments, trials and illnesses.”*

- Maggie Kuhn

Definitions

ASSISTED LIVING FACILITIES

Assisted housing means independent living that includes supportive services such as meals, services, transportation, and recreation. Personal care assistance may be available. Facilities range in size. Some facilities provide health care within the facility. There is often an initial entrance fee and a monthly maintenance fee. Assisted Living Facilities are identified on pages 14 –17.

RESIDENTIAL CARE FACILITIES

Residential care facilities, also known as “board and care” homes, range from small individually owned and operated six bed facilities to large multi hundred unit complexes. Both provide room, meals, housekeeping, and personal care services. They are specifically licensed for this level of care but provide no nursing services. Monthly fees range from \$2,500 to \$7,000. Medi-Cal does not pay for residential care. Residential Care Facilities are identified on pages 18 –26.

SKILLED NURSING/CONVALESCENT HOSPITALS

Convalescent Hospitals, also referred to as Skilled Nursing Facilities, are licensed by the State of California Department of Health Services. These facilities provide 24 hour custodial or maintenance care for chronically ill individuals, who are medically dependent. Skilled nursing is a benefit covered by Medi-Cal. However, not all nursing homes accept Medi-Cal. Nursing Homes are identified on page 29.

Housing Assistance

EAH HOUSING

2169 E. Francisco Blvd., San Rafael CA
(415) 258-1800, Mon – Fri 9AM – 5PM
www.eahhousing.org

Develops, manages and promotes quality affordable housing for families, people with disabilities, and older adults. Assists anyone who meets local standards of low or moderate income. Manages over 400 units with subsidized rents in Marin County of which two thirds are for the elderly or disabled.

FAIR HOUSING OF MARIN

615 B Street, San Rafael CA 94901
(415) 457-5025, Mon-Fri 9AM – 5PM

Provides assistance and information involving discrimination in housing and mediation between landlords and tenants. Call for information on how fair housing laws may apply to you.

HOMEWARD BOUND OF MARIN

1385 N. Hamilton Parkway, Novato CA 94949
(415) 382-3363, Mon-Fri 9AM – 5PM
www.homewardboundofmarin.org

Homeward Bound is the chief provider of transitional and long-term housing and support services for homeless men, women and children in Marin County. Each year, approximately 2,000 people find a safe place to stay. Food, counseling, and referral services are offered.

HOMEWARD BOUND MILL STREET CENTER

190 Mill St., San Rafael CA 94901
(415) 457-9651

The point of entry to Homeward Bound's Adult Services Program, this 50 bed center serves single adult men and women. Beds are available for emergency night to night stays, when requested by a "call-in" at 2:30 PM daily, except Wed. & Sun. Some beds are reserved for adults that have demonstrated their ability to end homelessness in

their lives. As space becomes available, those committed residents graduate to New Beginnings Center.

HOMEWARD BOUND'S NEW BEGINNINGS CENTER

1399 N. Hamilton Parkway, Novato CA 94949
(415) 380-3363 x233 Fax: (415) 382-3520

NBC is an 80 bed dormitory facility. Counseling, 12 step meetings, 3 meals a day help residents move into long term housing. Four vocational training programs are provided on site: culinary academy; janitorial and building maintenance; landscaping; and public works.

MARIN CENTER FOR INDEPENDENT LIVING

710 Fourth Street, San Rafael CA 94901
(415) 459-6245
www.marincil.org

A free one-stop resource for seniors and other people living with disabilities to maximize their independence.

Services include: home care worker registry, home access modifications, home safety checks, benefits counseling, resource information and referral, independent living skills counseling, peer support groups, advocacy for individuals, drug and alcohol meetings, employment listings, housing listings.

EPISCOPAL SENIOR COMMUNITIES/RESOURCES

c/o Whistlestop Acting Aging Center
930 Tamalpais Ave, San Rafael CA 94901
(415) 456-9062 x132

Free consultations on affordable senior housing options. Also has developed a shared housing referral service that link people looking for rooms to rent with seniors providing these rooms. Home owners can receive money for the room rent or an exchange for services to help them remain in their homes and "age in place."



Marin Housing Authority

marinhousing.org

MAIN OFFICE

4020 Civic Center Drive, San Rafael CA 94903
(415)491-2525 Mon - Thu 8AM - 4:30PM

MARIN CITY BRANCH

429 Drake Ave. Marin City CA 94965
(415)332-1913 Mon - Fri 10AM - 4:30PM

The Marin Housing Authority provides a variety of housing assistance programs to low and middle income residents of Marin. Marin Housing owns and manages low cost rental units and provides direct rental subsidies and low interest home improvement loans to qualifying households. Wait times vary for services. Programs include the following:

SECTION 8 PROGRAM

A federally financed program that provides direct rental assistance in the private market for low-income families, seniors and the disabled. Once applicants receive a voucher, they pay 30% of their total household income for rent, and the subsidy covers the rest. After getting on the waiting list, applicants should expect to wait up to 5 years. Prospective tenants select their own apartment, enter into an agreement with the landlord, and secure the approval of the unit from Marin Housing. The rent must not exceed Fair Market Rent limits. Call (415) 446-7054 for information.

REBATE FOR MARIN RENTERS (RMR)

RMR provides a one time rental assistance to eligible households at risk of homelessness. Supported by Marin's cities, towns, and the county, this program serves low income seniors and persons with disabilities who are at risk of losing their housing. For more information please call (415) 491-2347.

RESIDENTIAL REHAB LOANS

Low interest loans are available to low income home owners for basic rehab projects on their homes. To be eligible, a single person may not exceed maximum gross income of \$37,400 or \$42,750 for a couple. Call (415) 491-2550 for more information.

BELOW MARKET RATE (BMR) PROGRAM

This program offers low and moderate first time homebuyers the opportunity to purchase homes and condos at less than market value.

BMR income eligibility: \$86,500/ 1 person;
\$98,900/ 2 persons; \$111,250 / 3 persons.
For further information, call (415) 491-2550.

SHELTER PLUS CARE

This program provides rental assistance and supportive services to homeless individuals and families where the head of household has a serious mental illness. Shelter Plus Care participants lease privately owned apartments and pay 30% of their income toward rent. Participants receive support services from caseworkers and community based service providers. This program is made possible through collaboration with the Marin County Community Mental Health Services. For more information, call (415) 491-2586.

MORTGAGE CREDIT CERTIFICATES

The MCC provides a federal income tax credit to eligible first time homebuyers. The credit is equal to 15% of the annual interest paid on the first time homebuyer's first mortgage and can be taken as long as the home is the principal residence. Call (415) 481-2550 for information.

Home Utilities Assistance



*“Don’t just count
your years, make
your years count.”*

REACH (RELIEF FOR ENERGY ASSISTANCE THROUGH COMMUNITY HELP)

Salvation Army
351 Mission Ave.
San Rafael CA 94901
(415) 459-4520

Assists low income residents in paying utility bills. Income must not exceed \$31,020 for 1-2 people and \$39,060 for 3.

LIHEAP (LOW INCOME HOME ENERGY ASSISTANCE PROGRAM)

403 4th St.
San Rafael CA 94901
(415) 526-7550

Community Action Marin assists low income households in paying their energy bill and provides one payment a year. Monthly income criteria:

1 person: \$2,025; 2 people: \$2,648
3 people: \$3,272; 4 people: \$3,895

PG&E CUSTOMER SERVICES

750 Lindero St. #160
San Rafael CA 94901
(800) 743-5000
www.pge.com

General advice and information to help customers having difficulties paying their utility bills. Assistance includes: Additional units of gas and electricity at the lowest rate for those with medical needs, low income rate allowance with 14%-20% discount (CARE). Also offers automatic payment service, balanced payment plan and third party notification.

Marin County Demographics



Photo by Peter Hebert

TOWN	POPULATION	SQUARE MILES	MEDIAN AGE	OVER 65
Belvedere	2,068	2.4	54	31.6%
Corte Madera	9,253	4.4	44.2	16%
Fairfax	7,441	2.2	45.9	12.8%
Larkspur	11,926	3.2	48.5	21.5%
Ross	2,415	1.6	45.1	17.1%
Mill Valley	13,903	4.8	46.6	18.9%
Novato	51,904	28	42.6	15.7%
San Anselmo	12,336	2.75	44.9	13.5%
San Rafael	57,713	22.4	40.2	15.8%
Tiburon	8,962	13.2	48.0	21.2%
Sausalito	7,061	2.2	51.1	21.2%
Total	252,409	2.2	44.5	16.7%

2010 US Census

Choices for Living 2013 - 2014

Independent Living Options

The following housing complexes may have maximum and/or minimum income eligibility requirements. Residents must be 62 years or over and pay either 30% of their adjusted income for rent or an affordable housing rent established by the facility. The availability of units changes monthly. Please contact the facility directly for the current status.

BEE STREET HOUSING INC (EAH) FAIRFAX VEST POCKET COMMUNITY

408 Bee Street
Sausalito, CA 94965
(415) 258-1800

84 Park Road
Fairfax, CA 94930
(415) 460-1554

KRUGER PINES

47 N. Knoll Road
Mill Valley, CA 94941
(415) 491-2345

BENNET HOUSING

53 Taylor Drive
Fairfax, CA 94930
(415) 457-7318

FARLEY PLACE

515 San Rafael Avenue
Belvedere, CA 94920
(415) 258-1818

MACKEY TERRACE (EAH)

626 Owens
Novato, CA 94949
(415) 883-1601

BRADLEY HOUSE

101 Esperanza
Tiburon, CA 94920
(415) 460-1554

GOLDEN HINDE

5 Golden Hinde
San Rafael, CA 94903
(415) 491-2345

MARIA B. FREITAS SENIOR COMMUNITY

455 Freitas Parkway
San Rafael, CA 94903
(415) 479-7581

CASA NOVA

35 Carmel Drive
Novato, CA 94945
(415) 491-2345

HOMESTEAD TERRACE

140 Linden Ln
Mill Valley, CA 94941
(415) 491-2345

MARTINELLI HOUSE

1327 Lincoln Avenue
San Rafael, CA 94901
(415) 457-9273

CECILIA PLACE HOMES (EAH)

321 Cecilia Place
Tiburon, CA 94920
(415) 383-1321

ISABEL COOK

35 Sunnyhill Drive
San Anselmo, CA 94960
(415) 460-1554

NOVA-RO I APARTMENTS

1128 Olive Avenue
Novato, CA 94945
(415) 897-3390

NOVA-RO II APARTMENTS

1130 7th Street
Novato, CA 94945
(415) 897-3390

NOVA-RO III APARTMENTS

31 Pinheiro Circle
Novato, CA 94945
(415) 897-3390

PARNOW HOUSE (ABHOW)

164 N. San Pedro
San Rafael, CA 94903
(415) 492-9340

Independent Living Options (continued)

ROSS VALLEY ECUMENICAL HOUSING

P O Box 2969
San Anselmo, CA 94979
(415) 457-5633

SAN RAFAEL COMMONS

302 Fourth Street
San Rafael, CA 94901
(415) 459-4020

VILLAGE ODUDUWA COMPLEX

2 Park Circle
Marin City, CA 94965
(415) 332-2100

ROTARY MANOR (ABHOW)

1821 Fifth Avenue
San Rafael, CA 94901
(415) 459-6558

THE VILLAS AT HAMILTON

410 South Palm Drive
Novato, CA 94949
(415) 884-2535

WALNUT PLACE ECUMENICAL SR. HOUSING

600 A St.
Pt. Reyes Station, CA 94956
(415) 663-9160

ROTARY VALLEY SENIOR VILLAGE

10 Jeanette Prandi Way
San Rafael, CA 94903
(415) 479-3029

VENETIA OAKS

263 N. San Pedro Road
San Rafael, CA 94903
(415) 491-2345

*"How old would you be if you didn't
know how old you were?"*



Mobile Home Parks

Mobile homes are an affordable and viable housing option for seniors. Many mobile home parks are designed as adult or senior communities, and provide social and recreational activities, as well as privacy and security. Mobile homes are purchased, usually on-site, and residents pay a monthly site rental fee. The monthly rent is likely to increase over time. There are several mobile homes parks in Marin County; however, the following are exclusively for residents over 55.

LOS ROBLES MOBILE HOME PARK

100 Roblar Drive, Novato CA 94949

(415) 883-6771

ellen@losrobleshomes.com

Number of spaces: 212

Space rent amount: \$750 - \$850 a month

Facilities: club house, pool, spa, sauna, laundry facilities, active social club.

Pets: One small dog or cat under 20 pounds.

MARIN VALLEY MOBILE COUNTRY CLUB

100 Marin Valley Drive, Novato CA 94949

www.mvmcc.com

(415)883-5911 fax: (415) 883-1971

Number of spaces: 315

Space rent amount: \$600 - \$900 a month

Facilities: clubhouse, pool, laundry facilities, library, exercise room, Jacuzzi, access to adult care facilities, homeowners' association.

Pets: small indoor dogs and cats.

Day Services for Older Adults

SENIOR ACCESS

70 Skyview Terrace, San Rafael CA 94903

(415) 491-2500 fax: (415) 491-2503

www.senioraccess.org

Cost \$95 a day (scholarships available)

Senior Access offers innovative programs for older adults with memory loss. Organized activities include music, art, exercise, discussion groups and memory games in a safe, stimulating environment.

MARIN ADULT DAY HEALTH CENTER

1905 Novato Blvd, Novato CA

(415) 897-6884

Marin Adult Day Health Center is a licensed Medi-Cal certified health facility that treats the health and supportive needs of adults 18 and older with multiple, chronic conditions in a safe, homelike day setting. The program includes an individualized plan of care; skilled nursing, social services and rehabilitation therapies; assistance with activities of daily living; door-to-door transportation; and healthy meals. All services, including meals and transportation are included in one daily fee that is covered by Medi-Cal, VA healthcare, and some long term care insurance. Marin ADHC offers a sliding fee scale based on income through our scholarship program.



Message from an Elder by Gloria Parker

I am your elder citizen

Respect me

I built the nation's highways, bridges and freeways

Value me

I exchanged horse driven buggies for high powered cars

Appreciate me

I built the elevator, escalator and refrigerator

Praise me

I turned one room schoolhouses into colleges

Esteem me

I replaced the victrola with radio, stereo and TV

Applaud me

I turned the general store into supermarkets and malls

Extol me

I have lived through six wars and eleven presidents

Honor me

I walked on the moon, and dared to transplant a heart

Revere me

I found a cure for polio, TB, and other diseases

Venerate me

I am a fountain of wisdom, a reservoir of knowledge

Utilize me

I am the sculptor of your future, the author of your past

Treasure me

Assisted Living Facilities

The assisted living facilities are listed alphabetically on pages 14 through 17. Most require residents to be in good health and self sufficient upon entry.

Consider the following in choosing an assisted living facility

Cost. Present and projected

Location. Proximity to family and transportation

Flexibility. Flexibility of facility to adapt to your needs over time

Implications. Implications and commitments in any contracts



ALDERSLY

326 Mission Ave, San Rafael CA 94901

(415) 453-9271 or (800) 777-3646

License: #216801686

www.aldersly.com

Description: Continuing Care Community on a 3.5 acre, 11 building garden setting. 57 independent living apartments, 30 assisted living studios/1 bedroom apartments. Residents given preferential access to on-site 20 bed Skilled Nursing Facility. Cats and small dogs OK.

Activities: Tai chi, exercise classes, walking groups, lectures, chorus, bocce ball, movies, game room. Entertainment and outings to local concerts, plays, shops and restaurants.

Services: 3 meals served daily; free shuttle service within Marin; full housekeeping, in-unit emergency call system with fire/smoke protection; security and full maintenance services; all utilities; library, game room, exercise machines, hair salon, free laundry room. Physician on-call & staffed 24/7 with licensed nurses. On-site rehabilitation therapy center.

Application Process: Min. age 60, no upper limit. Fees: \$1,000/person to apply. Monthly IL fees start at \$3,386 (single); second person fee \$922. Entrance fee (with 5 yr. partial return/pay-back, or 50% return of Capital, 90 days full refund) starting from \$87,700. Assisted Living fees for residents start at \$4,497/month. Skilled nursing for current residents is \$280/day. No Medi-Cal or SSI.

AEGIS OF SAN RAFAEL

111 Merrydale Road, San Rafael CA 94903

(415) 233-6693

License: #216801281

www.aegisofsanrafael.com

Description: 54 studio/1 bedroom apartments in small AL community specializing in memory care.

Activities: Daily exercise, tai chi, crafts, art/painting, excursions, performances, seminars, family events.

Services: 24 hour care, staff nurse, laundry, housekeeping, security, 3 meals & snacks daily.

Emergency call pendant, beauty/barber salon, shuttle to doctor and medication management.

Application Process: AL start at \$4500/month. Memory care apts. start at \$4950/month. Second resident \$34/day. Care services charged separately. One time move-in fee. Respite stays \$200/day. Physician report and nursing assessment required prior to admission.

AEGIS OF CORTE MADERA

5555 Paradise Drive, Corte Madera CA 94925

(415) 927-4200

License: #216803029

www.aegisofcortemadera.com

Description: An active community that offers assisted living services in private apts. in residential neighborhood. 24 hour care services for activities of daily living. Short term stays are available. Amenities include on-site geriatric physician, home theater, garden courtyard and security. 83 studios, 1 and 2 bedroom apts. with kitchenettes. 35 unit memory care program for individuals with dementia. Secure environment with delayed egress.

Activities: Resident Council, exercise classes, arts, music, live entertainment, bookmobile, bridge, holiday celebrations, 2 excursions and scenic drives/week, daily movies, cultural presentations, educational seminars for residents and family, outings for art, lectures, performances, dining.

Services: 24 hour care staff, housekeeping, laundry, local transportation, banking, church, nurses 7 days/week, emergency call pendant, parking, WiFi, security systems, maintenance, library, theater, hair salon, massage therapy studio, 3 meals served restaurant style plus snacks and coffee bistro open all day, bi-monthly podiatrist visit, hearing aid clinics. Hospice waivers. Pets welcome.

Application Process: Assisted living and memory care apts. from \$4200 to \$6900 monthly. Second resident fee of \$34/day. Rent includes all services noted above except care services charged separately on a point system. One time move-in fee. Physician report, assessment, and TB tests are required for admission. Low income program for qualified residents.

ALMA VIA

515 Northgate Drive, San Rafael CA 94903
(415) 491-1900
License: #216801868

Description: 137 unit 3 story Assisted Living/ Alzheimer's Dementia Care Community, located one block south of Northgate shopping mall. One hundred and fifteen Assisted Living rentals and twenty-two Alzheimer's/Dementia care apartments. Five levels of care, including 24 hour assisted living and assistance with activities of daily living. Small pets OK.

Activities: Arts and crafts, bridge, bingo, board games, trips, films, entertainment, holiday celebrations, cultural presentations, exercise, strength training and spiritual programs.

Services: Three meals a day in restaurant style, weekly housekeeping and laundry, beauty salon/ barber shop, 24 hour staff, emergency call pendants, transportation to doctors appointments and places of worship, shops, banks.

Application: Assisted Living from \$4750 to \$6,300 per month. 2nd person \$1,050 per month. Alzheimer's/Dementia Care from \$6,275-\$7,700 per month. All utilities included, included DSL for internet access. Cable TV and phone service optional.

DRAKE TERRACE

275 Los Ranchitos Road, San Rafael CA 94903
(415) 491-1935
License: #216801028

Description: 123 unit 3 story retirement center one block south of Northgate Mall. Independent living rental apartments with kitchenettes, assisted living studio, 1 and 2 bedroom apartments with 24 hour care, memory care studios, and supervision by medical director on staff.

Activities: Arts and crafts, bridge, bingo, trips, shopping, excursions, holiday celebrations, book club, sing-alongs. The Resident Council plans additional events and outings and leads many programs.

Services: Three meals daily in dining room, weekly housekeeping and laundry, on-site beauty/barber shop, 24 hr. staffing, emergency pull cords, scheduled transportation and concierge service. Fitness Center and theater. Shopping, banking, special outings, local churches and synagogues.

Application: Independent units from \$4,300 to \$5,500 per month. 2nd person \$1,000 month. Assisted living \$4,000 - \$4,300 per month base rent. Levels of care ranging from \$450 - \$1,940. Initial non-refundable community fee equal to one month's rent. All utilities included. Cable TV and phone services optional. Small pets welcome.

NAZARETH HOUSE

245 Nova Albion Way, San Rafael CA 94903
(415) 479-8282
License: #210102878
www.sistersofnazareth.com

Description: 146 unit community offering private rooms in a one story environment. All rooms open to landscaped grounds. 24 hour nursing. Four levels of care.

Activities: Daily program of classes and events. Performances, outings. Music room, fitness room, chapel with daily mass. Bocce court. On staff Activity Director.

Services: Three meals served in dining rooms. Housekeeping, laundry, in-room call system, assistance with medications, bedside care for temporary illness. On-site beauty parlor and gift shop. Transportation to local medical and dental appointments.

Application: Level 1 Basic services studio, 1 bedroom \$3,050- \$5,100 monthly. Medication assistance \$100- \$200 per month. Assisted Living Level 2 additional \$1,000 on base rate. Level 3 additional \$1,500 on base rate. Level 4 Care Center semi-private or private room \$6,418 - \$7,634 monthly. Care Center licensed to provide end of life care under Hospice. Admission fee \$2,000 at time of entry. All utilities included (except telephone).

THE REDWOODS

40 Camino Alto, Mill Valley CA 94941
(415) 383-2741 Fax (415) 383-0115
License: #210102866 (RCFE) #220000203 (SNF)
www.theredwoods.org

Description: 328 units offering four levels of care on a wooded campus. Accepts Medi-Cal in skilled nursing units.

Activities: Programs include concerts, films, arts, lectures and exercise of all types. Local schools participate in intergenerational programs and College of Marin offers ongoing educational classes. Painting, drumming, communal gardening, computer labs.

Services: On-site services include: 24 hour security, in-room emergency call system, beauty and barber shop, housekeeping, laundry facilities, consignment shop, library, dining services, resident council and meeting facilities.

Application Process: Applicants must be 60+ years of age and meet admission criteria (except in Skilled Nursing). Call for application & amenities offered at each level. Small pets permissible. Non-refundable application fee of \$500 required.

- 150 independent living apartments: \$2,732/month
- 108 residential care apartments: \$3,329 - \$4,672/month (price includes 3 meals a day)
- 26 personal care units: \$4,949 - \$6,367/month (price includes 3 meals a day, some personal care, housekeeping and laundry)
- 58 skilled nursing beds: \$280/day (24 hour skilled care)

ATRIA TAMALPAIS CREEK

853 Tamalpais Ave, Novato CA 94947
(415) 892-0944
License: #216800331
www.atriaseniorliving.com

Description: 117 independent and Assisted Living apartments with kitchenettes (studios, one and two bedroom units). Personalized care plans designed to meet residents' needs. 24 hour staffing, activities and recreational program, scheduled transportation, personal laundry and housekeeping.

Activities: Exercise classes, shopping and dining excursions, movies, bingo, gardening, craft classes, lecture series and college courses. Resident Council, clubs and seasonal celebrations. Full-time Activity Director on staff.

Services: Weekly laundry and housekeeping, three meals per day served in the dining room, 24 hour snacks, on-site beauty shop, convenience store, church services, emergency pull codes; scheduled transportation to doctors, church, banks and shops. Assisted Living and Wellness programs.

Application Process: Contact facility for cost information and to schedule a facility tour.



THE TAMALPAIS

Northern California Presbyterian Homes
501 Via Casitas, Greenbrae CA 94904
(415) 461-2300
License: #210102761

www.thetam.org

Description: Three hundred and forty-one residences range from studios to two-bedroom, two bath apts. Marin's only accredited Life Care community promotes an active lifestyle while offering a program of wellness and health care services. An entrance fee and monthly fee cover most physician services, hospitalization costs, and future assisted living and skilled nursing care. The Life Care plan provides that monthly fees do not increase if a higher level of care (assisted living or skilled nursing) is needed. Other contract options are available.

Activities: Amenities include an indoor swimming pool and spa, fitness studio, woodworking shop, art studio, library, business office, gardens and more. Fitness classes are conducted in aerobics, body conditioning, tai-chi and yoga. Dominican University classes are one of many learning programs.

Services: Dining options include three meals daily or a flexible meal plan. Venues include a formal dining room, buffet or carry-out service; a private dining room and a "Grab and Go" cafe. Housekeeping, utilities, maintenance and transportation to shopping and religious services are included.

Application Process: Applicants must be 65 and meet medical and financial qualifications. No SSI. Reservation list deposit is \$1,500/person (\$1,000 refundable). Entrance fees range from \$85,000 to \$552,000 for single occupancy, and \$247,900 to \$582,000 for double occupancy. Monthly fees range from \$3,126 to \$5,848 for single occupancy and \$5,785 to \$7,415 for double occupancy. Small pets welcome.

VILLA MARIN

100 Thorndale Drive, San Rafael CA 94903
(415) 492-2408 Fax (415) 492-2673
License: #210108102
www.villa-marin.com

Description: Two hundred and twenty four independently owned 1 to 3 bedroom condos in a 5 story building, within walking distance of Northgate mall. Condos for purchase from \$100,000 to over \$1,000,000 which become part of one's estate. The Health Center has thirty one skilled nursing beds and twenty-eight Personal Care beds in double occupancy rooms. Residents serve on one of fifteen committees that make choices for the community.

Activities: Bridge and other card games, stretch & exercise classes, gymnasium, weight machines, indoor swimming pool, hot tub, water aerobics, paddle tennis, shuffleboard, library, woodshop, concerts, lectures, films, community garden.

Services: Monthly fee includes: one meal a day, weekly housekeeping and linen, building maintenance, 24 hour security and emergency pull-cord system for medical assistance. Cultural, recreational, educational and social programs. Weekly transportation to shops and medical appointments. On-site health center in either skilled nursing or personal care, as long as needed.

Application Process: Minimum age 55. No maximum age. Admissions committee approves applicants based on health, finances, and participation in governance. Non-refundable \$250 processing fee.



Residential Care Homes

Residential care homes, also referred to as Board and Care homes, are facilities that provide a safe environment and resident oversight, but they are *not* medical facilities. They generally provide room and board, housekeeping, and personal care. Some provide short-term care, or respite services.

Most residential care homes require residents to be ambulatory, though some are licensed to take a certain number of individuals who are non-ambulatory (use of crutches, walker, or wheelchair). These homes are typically small, with ten or fewer residents, and usually charge a monthly fee ranging from \$2500 to \$7000. They are licensed by Community Care Licensing in the State Department of Social Services. Insurance programs do not typically cover this type of care. Medicare and Medi-Cal do not cover the cost of residential care.

Since these facilities are usually individually operated and require residents to live in close quarters, a visit to the facility is highly recommended before making a choice. Please check with the Ombudsman Office at (415) 473-7446 for free placement assistance.

If you have a problem with the facility that is not resolved with the owner/manager, contact:

Community Care Licensing
101 Golf Course Drive,
Rohnert Park, CA 94928
(707) 588-5026

Care Home Evaluation Checklist

GENERAL ATMOSPHERE

- ✓ Is the facility warm and hospitable?
- ✓ Do the residents interact with one another?
- ✓ Do the residents appear interested and involved?

PHYSICAL CONSIDERATIONS

- ✓ Is the location convenient for the resident, family and friends?
- ✓ Are the exits clearly marked?
- ✓ Is the furniture in good repair?
- ✓ Is the facility generally clean?
- ✓ Does the room temperature seem comfortable?
- ✓ Is the facility free of unpleasant odors?
- ✓ Does the facility have an emergency plan?

FOOD SERVICES

- ✓ Are kitchen and dining areas clean and comfortable?
- ✓ Are the menus posted for review? Do they seem nutritious and well balanced?
- ✓ Are special dietary requirements accommodated?
- ✓ Are there healthy snacks available between meals?

BEDROOMS AND BATHROOMS

- ✓ Is there easy access to beds?
- ✓ Is there adequate lighting?
- ✓ Is there adequate storage?
- ✓ Is the bathroom clean and accessible?
- ✓ Are there enough bathrooms?
- ✓ May the resident decorate his/her own room?

Care Home Evaluation Checklist *(continued)*

SOCIAL/ACTIVITY ROOMS

- ✓ Is there enough room available for the residents to gather?
- ✓ Is the telephone available where private calls can be made?
- ✓ Is there room available where residents can visit with family or friends?

SERVICES/ACTIVITIES

- ✓ Will the facility provide transportation or help to arrange for transportation to medical services?
- ✓ Will arrangements be made for a resident to worship as he/she pleases?
- ✓ Are there group and individual activities provided inside the home?
- ✓ Are there outside trips for those who choose to go? Wheel chair vans, if needed?
- ✓ Is special attention given to each resident's interests?
- ✓ Are the Ombudsman and Residents' Rights posters prominently displayed?

STAFF

- ✓ Can staff speak and understand the residents' language?
- ✓ Is the staff courteous and kind to the residents?
- ✓ Does the staff show interest in the resident's welfare?
- ✓ Does the staff appear to have an understanding of the resident's limitations and needs?
- ✓ Is the staff trained in CPR and First Aid?
- ✓ How long has the current staff worked at the facility?

FINANCIAL BUSINESS/ADMISSIONS

- ✓ What services are covered by the basic monthly fee?
- ✓ If there is a prolonged hospital or nursing home stay, how long will the room be held?
- ✓ Does the administrator handle resident's personal money? Is he/she bonded?
- ✓ What are the house rules? Is smoking or alcohol allowed, what are the staff schedules, visiting hours?
- ✓ Has the facility made provisions for safeguarding the resident's personal property and valuables?

MEDICAL AND SAFETY CONSIDERATIONS

- ✓ Are fire extinguishers and smoke alarms visible?
- ✓ Are rooms and hallways well lit?
- ✓ Are medications stored in a locked environment?
- ✓ Will facility care for residents who become incontinent?

The Ombudsman Office assists family members with information about availability and cost of appropriate placement.

Marin County Ombudsman Office

(415) 473-7446

ombudsman@marincounty.org

Corte Madera

A LOVING TOUCH CARE HOME II

310 Golden Hind Passage, Corte Madera CA 94925

(415) 472-2579

License: #216803246

6 non-ambulatory

Assistance with activities of daily living, incontinent care. Daily activities. On site CNA. Transportation to medical appointments. Dementia and hospice waiver.

Kentfield

WINDCHIME OF MARIN

1111 Sir Francis Drake Blvd., Kentfield CA 94904

(415) 482-4100

License: # 216800977

55 beds

www.windchimeofmarin.com

Program specific to Memory Care, including Alzheimer's Disease. Two distinct units with 18 rooms on each floor for residents with mild to advanced memory impairment. Residential care includes grooming, medication management, Supportive dining and activities. Assistance with all activities of daily living. Community van for social and medical outings. Respite care from 3 - 30 days.

Mill Valley

MARIN TERRACE

297 Miller Ave., Mill Valley CA 94941

(415) 388-9526

License: #210106547

49 beds

Assistance with activities of daily living, bathing, grooming, dressing, walking, medication management, meals, laundry, housekeeping and wellness program. No pets allowed to stay with resident but may visit. Dementia waiver with delayed egress exit and wanderguard system. Hospice waiver for 4 residents.



Novato

ANTON POINTE

1470 S. Novato Blvd, Novato CA 94947

(415) 897-1055

License: #216800895

9 non-ambulatory

Cost: \$3,500 Private; \$3,200 Semi-private

No SSI. Level of service needed may change these rates. May use cane, walker, or wheelchair. Mildly confused patients accepted. Incontinent patients accepted. Assistance provided in grooming, dressing, oral medications, local transportation. Exercise and activities program. Computer access available.

BEL AMOR

920 Ignacio, Novato CA 94949

(415) 883-8387

License: #216803273

6 ambulatory

Cost: \$4,500 Private; \$3,500 Semi-private

May use cane, walker, or wheelchair. Mildly confused, dementia and incontinent residents accepted. Assistance provided in bathing, grooming, oral medications and transportation. Small pets accepted upon approval. Strong family support program.

Novato (continued)

CREEKWOOD SENIOR HOME

830 Tamalpais Ave, Novato CA 94947
(415) 897-2661

www.creekwoodseniorhome.com

License: #216801691

62 non-ambulatory

Cost: \$5,000 - \$6,500 Private

\$4,000 - \$4,250 Semi-private

May use walker, cane or wheelchair. Individuals with incontinence and mild dementia accepted. Three meals and two snacks provided daily. Assistance with all daily living activities including bathing, grooming, medication management and continence care. Daily activity program. Pets accepted upon approval. Locally owned and operated.

SENIORS VILLA

652 Olive Ave, Novato CA 94945
(415) 892-9536

Catlover652Olive@comcast.net

License: #216801022

6 non-ambulatory & ambulatory

Cost: \$3,500 Semi-private

Assistance provided with bathing, grooming and medication. May use cane walker or wheelchair but must be able to pivot for transfers. Special dietary meals provided. Confused residents are welcome. Incontinent care provided.

SUNDANCE

1414 Cambridge, Novato CA 94947
(415) 892-7641

Fax: (415) 898-1082 Cell: (415) 446-8398

License: #216803333

5 non-ambulatory

Cost: \$3,500 Private

Additional charge of \$500 for incontinency. Compassionate care in small homey environment. Home cooked meals daily. Personal help with bathing & medications. Mildly confused persons welcome.

WILDFLOWERS I & II

256 Sunset Parkway, Novato, CA 94947
(415) 892-3666

119 Montego Keys, Novato CA 94949

(415) 883-8096

License: #210111734, 216800305

Office: (415) 883-2345

12 non-ambulatory

May use cane, wheelchair or walker. Early Alzheimer, confused and incontinent patients accepted. Assistance with bathing, dressing, feeding, grooming, oral medication, transportation. Pets considered.

YOUNG AT HEART

37 Mendocino Lane, Novato CA 94947
(415) 209-6185

License: #216801923

6 ambulatory/non-ambulatory

Cost: \$4,200 Private; \$3,800 Semi-private

Cost varies depending on level of care.

No SSI. Hospice waiver for 3 clients.

www.youngatheartnovato.com

Walker or cane, mildly confused accepted. Assistance with all activities of daily living including medication and laundry. Home cooked healthy meals with organic food and attention to free/low sodium diets. Dine on patio. Transportation arranged to doctor/dental. Crafts, flower and vegetable gardening, exercise. Ratio of 1 staff/3 residents. Music, entertainment, family invited for birthdays and holidays. Outings to park, picnic. Activity program. Pets accepted. Locally owned and operated.



San Anselmo

BELLO ASSISTED LIVING

46 Mariposa Ave., San Anselmo CA 94960

(415) 453-3494

License: #216803239

www.bellogardens.com

12 non-ambulatory; 13 ambulatory

24/7 care, experienced tenured staff. May use walker, cane or wheelchair. Individuals with incontinence and mild dementia accepted. All meals and snacks provided daily. Assistance with all daily living activities including bathing, grooming, medication management and continence care. Daily activity program. Pets accepted upon approval. Locally owned and operated.



San Rafael

GOLDEN HOME EXTENDED CARE

1234 Las Gallinas, San Rafael CA 94903

(415) 297-4342

License: #216803145

28 residents. No SSI

Cost: \$4,000 Private; \$3,500 Semi-private

May use cane or walker. Confused, disoriented or incontinent clients accepted. Assistance provided with bathing, grooming, dressing and medication management. Recreational activities offered. Pets considered.

A LOVING TOUCH

45 Meriam Dr., San Rafael CA 94903

(415) 472-2679

License: # 2168011955

6 non-ambulatory

Assistance with activities of daily living, incontinent care. Daily activities. On site CNA. Transportation to medical appointments. Dementia and hospice waiver.

AMBASSADOR SENIOR CARE

665 Las Colindas Rd., San Rafael CA 94903

(415) 491-1361

Cell (415) 424-9377

Ambassadorsenior@yahoo.com

License: #216801763

5 ambulatory and non-ambulatory

Cost: \$4,000 Private

Contact: Ermelita Mendina, Administrator

Wheelchair, cane, walker, incontinent, memory impaired accepted. Healing touch massage provided. Activities of daily living assistance provided to meet individual needs. Oral medication management, Skilled CNA on site.

San Rafael (continued)

BRETANO HOUSE I, II & III

665 Rosal Way, San Rafael CA 94903

675 Rosal Way, San Rafael CA 94903

679 Rosal Way, San Rafael CA 94903

(415) 461-6136

License: # 216803286, 216803287, 216803288

www.bretanohouse.com

Each facility licensed for 6 non-ambulatory

Cost: \$4,000 - \$4,500 private, \$3,800 semi-private

High ratio of staff to residents provides a high level of personal care. Residents with cognitive issues and incontinence accepted. Help with bathing, dressing, medications, transportation, and special needs. Outings, exercise program and entertainment. Secure 3 home compound provides a private neighborhood for extended social opportunities. Hospice waiver. Pets negotiable.

L'CHAIM HOUSE I & II

777 Montecillo Road, San Rafael, CA 94903

463 Nova Albion Way, San Rafael, CA 94903

(415) 435-1395

License: # 216801830 & 216802096

www.lchaimhouse.com

lchaimhouse@aol.com

12 ambulatory & non-ambulatory

Cost: \$5,400 - \$6,950 No SSI

A non-denominational facility. A high ratio of caregivers to residents resulting in personalized care. Assistance as needed with meals, medications, dressing & grooming, all transportation including medical and dental. Cognitive issues & incontinent residents accepted. Program of social & community activities, including theater, ballet, networking with synagogues, meals out, JCC lunch programs. Computer & internet access, piano, gardening, exercise, massage. Monthly family dinners and gatherings.

COMFORTING HANDS FOREVER

73 Golden Hinde Blvd., San Rafael CA 94903

(415) 479-1900

License: #216803245

www.comfortinghandsforever.com

6 beds

Assistance with activities of daily care. Medication management. Incontinence care. Daily activities and companionship. Transportation to medical and other appointments. Dementia care. Hospice care.

DANIEL REST HOME

28 Roosevelt Ave, San Rafael CA 94903

(415) 479-5522

License: #210104607

www.danielresthome.com

4 ambulatory, 2 non ambulatory

Cost: \$3,000 Private; \$2,500 Semi-private

May use cane, walker or wheelchair. Mildly confused and incontinent patients accepted. Assistance provided in bathing, grooming, oral medication and transportation.

HARMONY HOUSE

233 West End Ave, San Rafael, CA 94901

(415) 258.1560

License: #216801264

www.harmonyhousemarin.com

46 non-ambulatory

Cost: \$5,100-\$5,500 Private, \$4,100-\$4,500 Semi-private

Program specific to Alzheimer's and related dementias. Assistance provided in bathing, dressing, grooming, meals, medications, and transportation. 24 hour secure facility. Respite care available. No pets.

San Rafael *(continued)*

LONG LIFE LIVING

57 Vallejo Way, San Rafael CA 94903
(415) 479-8238

36 Mt. Foraker Drive, San Rafael CA 94903
(415) 479-4890

15 Pikes Peak Drive, San Rafael CA 94903
(415) 472-5876
License: #216800329, 216800722, 216801065
2 ambulatory; 16 non-ambulatory
Cost: \$4,800 and up. No SSI

May use cane, walker, or wheelchair. Mildly confused patients accepted. Assistance provided with medications, bathing, grooming, exercise, outings/activities, transportation to medical appointments.

LUCAS VALLEY LODGE

70 Mt. Tenaya Dr., San Rafael CA 94903
(415) 377-4888
License: #216802050

www.Lucasvalleylodge.com

6 non-ambulatory/ambulatory
Cost: \$5,000 private; \$4,000 semi-private

May use cane or walker. Confused and incontinent patients accepted. Assistance provided with oral medication, grooming, dressing, bathing and some transportation to medical appointments.

PARFITT'S REST HOME

645 Rosal Way, San Rafael CA 94903
(415) 472-1028
License: #210103640

6 ambulatory
Cost: \$2,000 Private; \$1,500 Semi-private

May use straight tip cane. Mildly confused patients accepted. No incontinent patients accepted. No smokers. Assistance provided with bathing, dressing, grooming, oral medication, and transportation to medical appointments. Pets accepted upon approval.

ROSE'S QUALITY CARE HOME

1 Roosevelt Ave., San Rafael CA 94903
(415) 479-9638

License: #210108338
4 ambulatory; 4 non-ambulatory
Cost: \$3,700 Private; \$3,200 Semi-Private

May use cane or walker. Mildly confused and some incontinent patients accepted. Assistance with oral medications, bathing, grooming, dressing, some transportation. No pets.

SCHON HYME

25 Villa Ave., San Rafael CA 94901
(415) 524-8058
License: #210102881

3 ambulatory; 9 non-ambulatory
Cost: Call facility. No SSI

May use cane, walker or wheelchair. Confused and incontinent patients accepted. Assistance provided in bathing, grooming, oral medications, and medical transportation. No pets accepted.

ST. MICHAEL'S

416 Fourth St., San Rafael CA 94901
(415) 453-4600
License: #216801999

22 ambulatory 20 non-ambulatory
Cost: \$3,500 - \$4,500 Private; \$2,500 - \$3,100 Semi-private

Meals, laundry, housekeeping, medication assistance, activities program. Assistance with basic activities of daily living, transportation to medical appointments. Services not included: medical costs, equipment and supplies, incontinence care, wanderguard security device monitoring, private duty nursing care, cable television, pet care.

San Rafael *(continued)*

SHALOM HOUSE

566 Wakerobin Lane, San Rafael CA 94903
(415) 491-0604

License: #216800503

1 ambulatory, 4 non-ambulatory

Cost: \$4,500 - \$5,500

High ratio of personalized care. Assistance with oral medications and activities of daily living. Protective supervision for persons with memory impairment. Recreational activities. Transportation for health care and social activities.

TERRA LINDA CHRISTIAN #2, #4 & #5

598 Kernberry Dr., San Rafael CA 94903

344 Devon Dr., San Rafael CA 94903

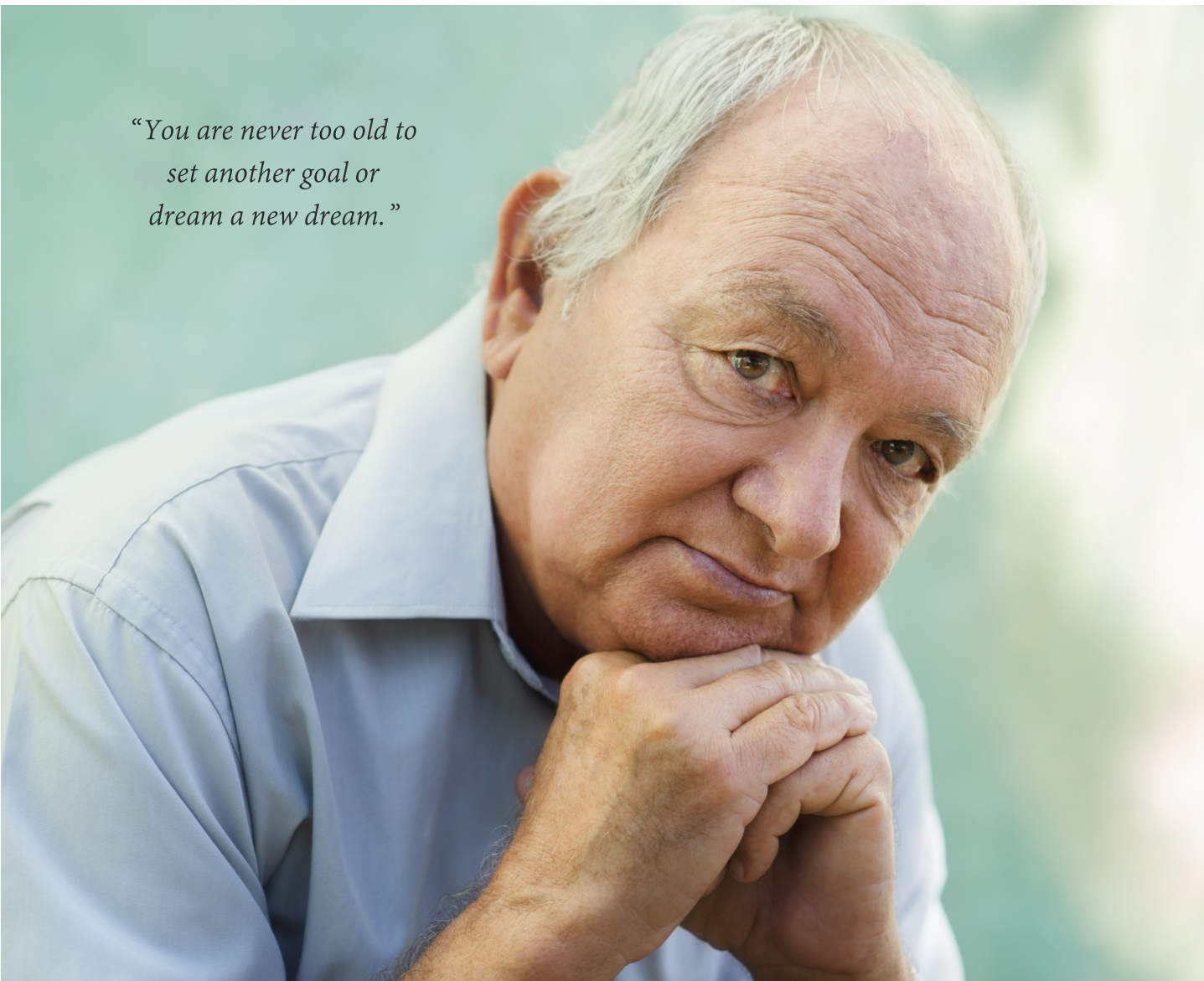
631 Bamboo Terrace, San Rafael CA 94903

License #216803008, #216803006, #216803007
(415) 499-0614

Each licensed for 3 ambulatory; 3 non-ambulatory
Cost: \$3,000- \$5,000 Private; \$2,300 - \$2,900 Semi-private. No SSI

May use cane or walker. Mildly confused and some incontinent residents accepted. Assistance provided with oral medications, bathing, grooming and medical transportation. Exercise and activities programs.

*"You are never too old to
set another goal or
dream a new dream."*



West Marin

SAM'S HOUSE

38 Wharf Rd., Bolinas CA 94924
(415) 868-2866

License: # 216801549

6 beds

Cost: Starting at \$4,400

Private rooms, some with private bathrooms. Nutrition management. Adaptive activity program. Mentally and physically challenged elderly welcome.

SAM'S HOUSE NORTH

39 Carrie St., Tomales CA 94971
(707) 878-2283

License # 21680166

www.samshousemarin.com

Samshousemarin@aol.com

6 beds

Cost: Shared room \$2,600; Private \$4,400

Nutrition management. Adaptive activity program. Mentally and physically challenged elderly welcome.

STOCKSTILL HOUSE

12051 State Route 1, Pt. Reyes Station 94956
(415) 663-0722

License: # 216801977

www.wmss.org

6 non-ambulatory; 2 ambulatory

Cost: Starting at \$4,475 semi-private

Intimate home for 8 seniors. Assistance with bathing, incontinence, transfers, medications, transportation. Activities and outings tailored to individual interests. Exercise program with personal trainer. Three meals and snacks served. Residents with mild dementia accepted. Hospice and dementia waiver. Secure perimeter with walking path; grounds and views from all rooms. RN on call 24 hours.



Skilled Nursing Facilities

Convalescent hospitals, also referred to as skilled nursing facilities, are licensed by the State Department of Public Health. These facilities provide 24 hour custodial or maintenance care for chronically ill individuals who are medically dependent. Most hands-on care is provided by certified nursing assistants (CNA's) supervised by licensed nursing staff. Medicare does *not* pay for custodial care.

Some convalescent hospitals provide more extensive nursing or rehabilitation services for individuals who are discharged directly from an acute care hospital. These services are for a limited time only and are provided by licensed nurses and therapists as well as certified personnel. The individual receiving these services must meet the skilled nursing/Medicare criteria.

Choosing a facility appropriate to the type of care the individual needs should be a very careful and thorough process. Information about facilities is available from the Marin County Aging & Adult Services Long Term Care Ombudsman Program at (415) 473-7446. Detailed information about specific nursing facilities is available on line at www.nursinghomeguide.org and www.medicare.org.

Any complaints about a skilled nursing facility should be directed first to the administrator of the facility. If the complaint is not resolved, individuals should contact the Long Term Care Ombudsman Program, at (415) 473-7446.

The Ombudsman program investigates, mediates, and resolves complaints made by or on behalf of residents in long term care facilities regarding actions that may adversely affect their health, safety, welfare or rights. Ombudsman services are **free and confidential**.

Complaints that are not resolved at the facility level may be referred to the Licensing and Certification Program of the State Department of Public Health at (707) 576-6775.

A list of skilled nursing facilities in Marin County is provided on page 29. All facilities accept patients with Medi-Cal and accept the Medi-Cal reimbursement rate, with the following exceptions: Marin Convalescent, Kindred Care - Larkspur, and Smith Ranch Care Center.

The following facilities with a skilled nursing section accept patients who reside in independent/assisted living: The Tamalpais, The Redwoods, Aldersly, and Villa Marin.

Skilled Nursing Facilities Evaluation Checklist

GENERAL ATMOSPHERE

- ✓ Is the facility clean and relatively free of odors?
- ✓ Is the facility maintained at a comfortable temperature for patients?
- ✓ Are halls reasonably uncluttered?
- ✓ Are the Administrator and Director of Nursing visible in the patient care areas?
- ✓ Is there a noticeable attitude of caring expressed toward the patients by all of the staff?
- ✓ Do the patients communicate with each other?
- ✓ Are visitors welcome?

QUALITY OF CARE

- ✓ Does the patient or his/her family participate in developing the patients care plan?
- ✓ Do the patients look well taken care of? Are they dressed for the season and time of day?
- ✓ Do patients who need assistance with eating receive it?
- ✓ Does staff respond quickly to patient calls for assistance?
- ✓ Is water readily available and are patients offered assistance in drinking water on a regular basis?

PATIENT'S RIGHTS

- ✓ Is privacy assured when the patients receive care?
- ✓ Are patients treated with dignity and respect?
- ✓ Are call bells placed within the patient's reach?

- ✓ Is an effort made to provide for roommate compatibility?
- ✓ Is there a program to restrict the use of physical restraints?

STAFF

- ✓ Is the relationship between staff and residents warm, polite and respectful?
- ✓ Do staff wear name tags?
- ✓ Does the facility offer training and continuing education programs for all staff?
- ✓ Does the same team of nurses and Certified Nursing Assistants (CNA's) work with the same resident on an on-going basis?
- ✓ Is there a full-time social worker on staff?

DIETARY

- ✓ Is a menu posted, and is it adhered to?
- ✓ Are meals hot and attractively served?
- ✓ Are fresh fruit and vegetables used in season?
- ✓ Are personal food likes and dislikes considered in meal planning?

ACTIVITY PROGRAM

- ✓ Is the calendar posted for the current month?
- ✓ Do activities take place as scheduled?
- ✓ Are there a variety of activities and do they seem to meet the patient's needs?
- ✓ Is there an activity plan for every patient, including room-bound and disoriented patients?

Skilled Nursing Facilities

FACILITY	LOCATION	SIZE	PARTICIPATION	OWNERSHIP
GREENBRAE				
The Tamalpais (415) 461-2300	501 Via Casistas, Greenbrae CA 94904 www.ncphs.org/ccrc/tamalpais-marin	52 beds	Medicare	Non Profit - Church related
Kindred Care- Southern Marin (415) 461-9700	1220 S. Eliseo Dr., Greenbrae CA 94904 www.kindredlarkspur.com	72 Beds	Medicare	For Profit
MILL VALLEY				
The Redwoods (415) 383-2741	40 Camino Alto, Mill Valley CA 94941 www.theredwoods.org	58 beds	Medicare/ Medi-Cal	Non Profit
NOVATO				
Novato Healthcare Center (415) 897-6161	1565 Hill Rd., Novato CA 94947	181 beds	Medicare/ Medi-Cal	For profit
TIBURON				
Marin Convalescent (415) 435-4554	30 Hacienda Dr., Tiburon CA 94920 www.marinconvalescent.com	56 beds	Private Pay	Limited Liability
SAN RAFAEL				
Aldersly Skilled Nursing (415) 453-5686	326 Mission Ave., San Rafael CA 94901 www.aldersly.com	20 beds	Medicare/ Medi-Cal	Non profit
Health & Wellness Center (415) 456-7170	1601 Fifth Ave., San Rafael CA 94901	54 beds	Medicare/ Medi-Cal	For profit
Kindred Care - Smith Ranch (415) 499-1000	1550 Silveira Parkway, San Rafael CA 94903 www.smithranchcarectr.com	80 beds	Medicare	For profit
Northgate Care Center (415) 479-1230	40 Professional Center Parkway, SR CA 94903 www.northgatenursing.com	52 beds	Medicare/ Medi-Cal	For profit
Pine Ridge (415) 479-3610	45 Professional Center Parkway, SR CA 94903 www.marinerhealthcare.com	101 beds	Medicare/ Medi-Cal	For profit
Rafael Convalescent (415) 479-3450	234 N. San Pedro Road, San Rafael CA 94903 www.therafael.net	168 beds	Medicare/ Medi-Cal	For profit
San Rafael Healthcare Center (415) 479-5161	81 Professional Center Parkway, SR CA 94903 www.countryvillahealth.com	99 beds	Medicare/ Medi-Cal	For profit
Villa Marin (415) 492-2408	100 Thorndale Drive, San Rafael CA 94903 www.villa-marin.com	31 beds	Medicare	Non profit

Useful Websites and Resources

The following are some of the most frequently requested resources. There are many additional services, so please call (415) 457-INFO (4636) or visit Network Of Care at www.marin.networkofcare.org

AARP	www.aarp.org
American Cancer Society	www.cancer.org
CA Attorney General	www.ag.ca.gov
CA Advocates for Nursing Home Reform	www.canhr.org
CA Dept of Health Services	www.dhs.ca.gov
CA Hospital Compare	www.calhospitalcompare.org
Diabetes Association	www.diabetes.org
Elder Financial Protection	www.bewiseonline.org
Elder Abuse Hotline	www.Elderabusecenter.org
Get Ready Marin	www.getreadmarin.org
Heart Association	www.Americanheart.org
HICAP	www.senioradvocacyservices.org
Hospice	www.Hospicebythebay.org
Love Is the Answer (LITA)	www.lita.org
Medicare	www.medicare.gov
Marin Center for Independent Living	www.marincil.org
Marin Network of Care	www.marin.networkofcare.org
Social Security Administration	www.ssa.gov
Stroke Resource Directory	www.strokeinfomarin.org
Whistlestop	www.whistlestop.org

Useful Websites and Resources *(continued)*

CASE MANAGEMENT

Catholic Charities	(415) 507-4262	ACUTE CARE HOSPITALS	
Institute on Aging	(415) 456-8692	Kaiser Permanente	(415) 444-4460
Jewish Family Services	(415) 491-7960	Marin General Hospital	(415) 925-7000
		Novato Community Hospital	(415) 209-1300

RESOURCES

Alzheimer's Association	(415) 472-4340	LEGAL FINANCIAL ASSISTANCE	
Library Beyond Walls	(415) 499-7451	Health Insurance Counseling	(800) 434-0222
Marin Meals on Wheels	(415) 507-4300	Legal Aid of Marin	(415) 492-0920
Whistlestop	(415) 459-6700	Medi-Cal	(415) 473-3470
		Public Guardian	(415) 473-6186

MARIN COUNTY AGING & ADULT SERVICES

Older Adult Information & Referral, Assisted Living Placement, Adult Protective Services, Ombudsman, Public Guardian, Veteran Services, In-Home Supportive Services	(415) 457-INFO (4636)	WEST MARIN	
		Aging & Adult Services	(415) 473-3800
		Community Resource Center	(415) 663-8361
		West Marin Senior Services	(415) 663-8148



*"You can only
perceive real
beauty in a
person as they
get older."*

- Anouk Aimee

If you are a person with a disability and require this document in an alternate format (example: Braille, Large Print, Audio-tape, CD-ROM), you may request an alternate format document by calling (415) 473-7446 (voice) / (415) 473-3232 (TTY) or by e-mail at agingandadult@marincounty.org

