



Today, LITA's volunteers bring warmth, friendship, music, and even therapy dogs to residents in over 30 of Marin's 55 long-term care facilities, private homes, and apartments. Each visit reminds residents that they are seen, heard, and valued members of the community.

As Marin's population over 60 grows faster than anywhere else in California, the need for LITA's services continues to expand. Research shows that while loneliness and social isolation are not the sole causes of health issues in older adults, they significantly affect cognitive health and overall well-being. By fostering meaningful connections, LITA helps ensure that Marin's elders not only live longer, but live better.

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Founded in 1975, LITA (Love Is the Answer) is a Marin nonprofit dedicated to brightening the lives of older adults by connecting them with volunteer visitors. Through simple acts of friendship, LITA helps ease loneliness and isolation while raising awareness about the needs of Marin's aging community.

The organization began with a vision from Marin resident Mae Wygant, who, after volunteering in long-term care facilities, witnessed firsthand the deep loneliness many residents faced. Wanting to bring joy and companionship into their lives, Mae invited her friends to visit residents, often coordinating the effort right from her own kitchen. Those early visits sparked what has grown into a community-wide movement of care and connection.



HELP US EARN MONEY FOR LITA MARIN & MAKE GIVING EVEN SWEETER!

United
Home Grown In Marin.