

Positive Aging

SENIOR SERVICES IS NOW SOUND GENERATIONS

SPRING 2017

Coming Home to Community



At 61, Abdoul Aboulhoda was looking for a place where his age wouldn't make him invisible.

"A lot of times, when you get to a certain age, you feel like you're being left out," he said.

What he found was Lake City Senior Days, one of Sound Generations' newest initiatives. Twice

a week, he shares lunch with anywhere from 60 to 100 people in a bright room filled with friendly conversation. He passes by quiet service animals, overhears many different languages, and sees familiar faces.

"When I come here, I feel important," he said. "I feel home, like this place is for us."

Home is not a concept that Abdoul takes lightly. When he was nine years old living in Morocco, his parents unexpectedly left him to fend for himself. He lived on the streets, worked at a glass factory, and within several years was paying his own rent.

After moving to the U.S., he worked as a chef. Still, life was not without its hardships as he struggled with alcoholism and dealt with occasional prejudice directed towards Muslim people.

Though finding stable housing is still a challenge, he is recovered from addiction and grateful for the community he has found. He appreciates the cultural diversity of the Lake City program and feels that people value and accept one another.



Abdoul shared lunch with Agustin and Maria Banda, both 75, at the Spanish language table.

"I've discovered a lot here about the beauty of life," he said. "No matter how old you are, you still have enjoyment."

Through the Lake City program, Abdoul is also receiving help from our Pathways Information & Assistance advocate Alain Rhone. Alain sets up a table twice a month to offer support for those who need help navigating resources, and is assisting Abdoul in using Seattle Voucher Housing to move into a new home.

"Since I started coming a couple months ago, I've started feeling different," Abdoul said. "I'm not lonely. I feel like I'm part of something positive."

Lake City Seniors provides weekly programs for seniors at Lake City Community Center in partnership with Hunger Intervention Program, Sea Mar, and Seattle Parks and Recreation's Lifelong Recreation Program.

Check out lakecityseniors.org to find a wide variety of art and fitness classes, social activities, health screenings and other resources.

Positive Aging is a publication of Sound Generations, a 501 (c) (3) nonprofit organization. To learn more, visit soundgenerations.org. Or, call 206.448.5757.

SOUND GENERATIONS PROGRAMS

- Community Dining
- Family Caregiver Support
- Health & Wellness
- Hyde Shuttle
- Meals on Wheels + Mobile Market
- Minor Home Repair
- Pathways Information & Assistance
- Senior Rights Assistance
- Statewide Health Insurance Benefits Advisors (SHIBA)
- Volunteer Transportation

COMMUNITY PARTNER SITES

- Ballard NW Senior Center
- Central Area Senior Center
- Lake City Seniors
- Shoreline-Lake Forest Park Senior Center
- Sno-Valley Senior Center
- Southeast Seattle Senior Center
- Senior Center of West Seattle

Connect with Us

To stay in the loop about special events, volunteer opportunities and other news, visit us at soundgenerations.org to sign up for our email newsletter and follow us on Facebook and Twitter.



A MESSAGE FROM OUR BOARD CHAIR:

Dear Friends,



On a recent Friday in March, one of our Meals on Wheels drivers entered an apartment in downtown Seattle only to find an elderly woman lying on the floor. She had fallen but couldn't move or call for help. His arrival was the first sign of hope.

After he helped her up, the woman asked the driver to notify someone at a nearby senior center. He got in touch with them immediately and they were able to notify her social worker and get her the assistance she needed.

Unfortunately, this scenario is not uncommon. Many homebound seniors receiving Meals on Wheels have no one to regularly check on them. Without the visit from the delivery driver, they might hurt themselves and not be found until it's too late. This is just one of many reasons why we believe in this work, and why your support is so appreciated.

Yet meal delivery is just one piece of the equation. We at Sound Generations have long known that in order to age safely and with dignity, people need access to an integrated network of care and community.

In addition to visits from friendly staff and volunteers, your support help prevent falls – one of the greatest risks to seniors – by providing affordable modifications like grab bars, handrails and wheelchair ramps. You provide free transportation options that empower seniors of all mobility levels to leave their homes and visit our senior centers and hot lunch programs. And you ensure that when people call or email for help there is always someone to answer.

Earlier this spring, Meals on Wheels made national headlines after it was revealed that funding for this service is under threat. Unfortunately we do yet not have details on how older adults here in King County will be affected by the proposed federal budget. What we do know is that cuts to social services of this magnitude would have severe consequences for everyone we serve, as more than half of our funding is derived from government sources.

During this time of uncertainty, we are more grateful than ever for your generosity and compassion. This year marks the 50th anniversary of our work in the community, and we hope to be here for fifty more years. With your support, we know that we can.

Thank you,

Mark Stensager
Chair, Board of Directors

SUPPORTER SPOTLIGHT

The Biella Foundation generously donated a total of \$112,000 in support to Sound Generations in 2016. This support came at a crucial time, as last year was the first time in our organization's fifty-year history that we had to implement a waiting list for Meals on Wheels. We deeply appreciate the foundation's eagerness to help us address the increased demand for this program and provide a safety net to vulnerable elders in their time of need. In addition to Meals on Wheels and general operating support for Sound Generations, the foundation is a key supporter of our Community Partner Site, Central Area Senior Center, provided funding for all of our affiliated senior centers to celebrate the holidays with their members, and supported this year's Inspire Positive Aging Awards.

At a time when funding is uncertain, Swedish Medical Center stepped in this year to contribute \$40,000 for our Meals on Wheels program. Numerous studies have shown that meal delivery is a cost-effective strategy for improving health, and this funding ensures we can continue to deliver more than 400,000 nutritious meals to homebound elders throughout King County. A longtime supporter of our mission since 1997, Swedish also provided critical support in 2016 to our Pathways Information & Assistance program, allowing us to help thousands of people access resources such as food, transportation and financial support and in 2015 Swedish donated 1000 3-day emergency preparedness kits to our Meals on Wheels clients. We are incredibly grateful for their ongoing partnership.



Many thanks to our 2017 Inspire Positive Aging Awards Sponsors.

Without their support, this wonderful tradition would not be possible.

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The Biella Foundation



Kelsi Watson, 67, accepts the Lifelong Learning Award from Mark Stensager, our Board Chair, and Colleen Echohawk, Executive Director of Chief Seattle Club.

A group of Inspire Positive Aging Awards nominees gathered for a photo with Dian Ferguson, Director of Central Area Senior Center.

2017 Inspire Positive Aging Awards



On April 20, we celebrated our 12th Annual Inspire Positive Aging Awards by recognizing fifty-six inspirational older adults from diverse communities throughout King County. Presented in partnership with Premera Blue Cross, this event brought together more than 300 guests and raised more than \$90,000 – exceeding our fundraising goal by 30%!

Seven Award Recipients were acknowledged for their exceptional contributions:



BARBARA PEETE, 75, received this year's 'Community Service' award. Among other contributions, she manages the wildly popular Bid Whist program at Central Area Senior Center – a weekly tradition that draws crowds from across our region for cards, music, food and fun.



KELSI WATSON, 67, was honored for 'Lifelong Learning'. Although she is legally blind, Kelsi is an active member of Central Area Senior Center, participating in the center's dance group ('The Sliders'), Bingo, and many other activities.



FEANETTE BLACK BEAR, 64, was honored with the 'Advocacy + Activism' award. She is a Lakota elder who advocates on behalf of missing indigenous women in Seattle and has been involved with the movement to support water protectors in North Dakota.



ZHEN FEN HUANG and **MENG QI HUANG CHEN**, both 82, received the 'Outstanding Team' award. They have volunteered as choir instructors at the North Bellevue Community Center for seventeen years, where they spread their joy for music and help many seniors enhance their social networks.



MICHAEL NEGUSE, 61, received the 'Health + Wellness' award. He is devoted to helping those who are underserved and has strong ties to King County's East African community, helping provide more than fifty seniors with free meals, current events information and bus tokens.



FRED GERALDSEN, 91, was recognized for 'Defining Inspiration.' A WWII veteran, he currently volunteers for Meals on Wheels, where he is older than all but one person on his route. He is also highly active at the SeaTac Senior Program, where he leads Nintendo Wii Bowling and Golf among other activities.



PAM BERRY, 74, received the 'Intergenerational Impact' award for her hard work teaching music to the Southeast Seattle Community Youth Orchestra. She has been working in the community for more than thirty years, and often helps children in other areas of their lives.

If you didn't get a chance to nominate someone you know, you'll have another opportunity to submit a nomination next year. We hope to see you at the 2018 IPAA celebration!

IPAA Nominees

Evangeline "Van" Anderson
Terry Beedle
Genevieve Benjamin
Ed Bickford
Benjamin Wind Spirit Bill
Lynn Colwell
Steve Colwell
Dagmar Cronn
Kris Davis
Mary Firebaugh
Jody Gehrman
Louise George
Renee Gladney

Jeanne Hayden
Emma Herron
Sylvester Hill
Cliff Holland
Rosalie Johnson
Daphne Jones
Gloria Kawabori
Ann King
Gloria McKenzie
Wendy Milner
Yoneko "Betty" Mochizuki
Emilee Montgomery
Diane Morris

Sharon Murphy
Matt Nadler
Kenji Onishi
Nancy Osborne
Judy Pickens
Phil Sweetland
Joyce Ptolmey
Suzanne Rice
Mary Ellen Rutter
Estelle Schecter
May Shimbo
Heather Stark
Janet Steputis Perry

Dwight Stevens
Linda Teri
Delores Ulrich
Nancy Van Pelt
Patricia Vazquez
Marilyn Walls
Carol Wells
Mahinda Werake
Patty Young
Shoreline-Lake Forest Park
Bargain Corner

Your Impact

Thanks to your generous donations, we're helping thousands of local elders get the help they need to age with dignity and respect.

Here's a sample of what your gifts provided last year:

545,750 nutritious, well-balanced meals served through Meals on Wheels and Community Dining, a lunch program offered at sites throughout King County.



2,249 Minor Home Repair jobs that help people stay safe and independent in their homes.



Hundreds of fitness classes and workshops for chronic pain, depression and other health challenges.

133,077 rides to medical appointments, senior centers and other local destinations.

16,171 Assistance Cases handled by our Pathways Information and Advocacy team, which helps people navigate their legal rights, health insurance, caregiving, disability resources and much more.

2/3 of the people we serve

qualify as low-income. For many, this means getting by on less than \$2,000/month. By providing free or 'by donation' meals, transportation and other supports, we help alleviate financial stress.



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Senior Services is now Sound Generations

2208 Second Ave, Ste 100
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soundgenerations.org

Positive Aging

SENIOR SERVICES IS NOW SOUND GENERATIONS

SPRING 2017

Save the date for our

**GOLDEN
GALA**

Celebrating 50 years of service

Join us as we recognize this exciting milestone with hundreds of our friends, supporters and corporate partners!

September 29, 2017

The Grand Hyatt

GIVE BIG TO LOCAL SENIORS ON MAY 10

In just a few days, thousands of people across the Pacific Northwest will donate to their favorite causes through The Seattle Foundation's annual GiveBIG campaign. Will you join us in supporting our region's elders?

Visit givebigseattle.org and search 'Sound Generations' to donate. You can also schedule an 'Advance Donation' online.

Thank you for your compassion and generosity!

give
BIG

