

Positive Aging

SOUND GENERATIONS

WINTER 2018

PLANTING PHILANTHROPIC SEEDS

Sound Generations' volunteer driver Kathe Kern has always believed in giving her time to help others. With a degree in zoology and chemistry, she began her first volunteer gig—reading and recording textbooks for blind students. But when her first son came along, Kathe found she could no longer make recordings. Babies are loud!

Fortunately, Kathe came across a Sound Generations, formerly Senior Services, ad in the newspaper for volunteer drivers to take seniors to medical appointments. The gig seemed perfect as it allowed her to put her little boy in the backseat and take him along. Twenty-nine years and four more boys later, Kathe is still driving. All five kids—one or two at a time—accompanied her as she went from her Mercer Island home all over the east side and Seattle with elders needing rides to the doctor.

Kathe says her boys learned valuable lessons from the experience. "I drove a woman who had cancer," she remembers, "and she yelled at me. The boys' eyes got as big as the moon, since they knew no one was allowed to talk to mom that way. Later I explained that the lady was very sick and maybe dying, and this is one of those times you have to be understanding."

Sound Generations Volunteer Transportation program provides door-to-door rides to medical appointments and back for seniors age 60 and older who are not able to drive themselves or manage public transportation. Last year, 357 caring and dedicated people—many of them seniors themselves—volunteered to help elders get to their doctors.

According to Kathe, the rewards of driving are great. "It has been as good for me as for the people I drove," she says. "They're good company and we tell each other our stories." The clients have been appreciative and always loved seeing Kathe's kids. Though the boys are grown now, Kathe still drives several times a week. "It gets me out of the house!"

At Sound Generations, we recognize the importance of sharing stories, legacies and lessons learned so that the next generations feel empowered to do the same. Kathe has sown the seeds of volunteerism and inspired her sons to donate their time at organizations such as the Mercer Island Parks and Recreation and Canoe Island French Camp. It just goes to show how a little bit of kindness goes a long way. Her service to Sound Generations serves as an important reminder of the positive impact intergenerational interactions can have on us all.

Join us for many fun, meaningful and rewarding volunteer opportunities: <http://bit.ly/SGvolunteer!>



Photos courtesy of Kathe Kern

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

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

COMMUNITY PARTNER SITES

- Ballard NW Senior Center
- Central Area Senior Center
- Lake City Seniors
- Shoreline-Lake Forest Park Senior Center
- Sno-Valley 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, Twitter and Instagram.



A MESSAGE FROM OUR BOARD CHAIR:

DEAR FRIENDS,



Thank you for showing your commitment to older adults in King County and those that care about them. None of our work could be done without our amazing supporters, and we are especially grateful for you.

As we embark on our 51st year of providing services and resources to older adults and adults with disabilities-- those of all abilities, income levels, and cultures— we are grateful for loyal supporters like you. You ensure they have the information, assistance, and human connection to lead a full, happy, and healthy life.

Your generosity and compassion helps us improve the lives of seniors. As we expand our service delivery, our clients are increasingly benefiting from access to our integrated network of care and community. By providing transportation to our senior centers to participate in hot lunch programs, you ensure that older adults are afforded the opportunity to have a nutritious meal while socializing and connecting to their peers. You are reducing social isolation and depression while minimizing food insecurity and malnutrition among seniors.

Your ongoing commitment drives us to continually analyze and adapt our core programming to ensure that we can continue to lead the way in assisting our elderly neighbors and diversifying our client base. Your partnership in this work enables us to better communicate and reach out to otherwise underserved and marginalized populations.

During this time of growth and innovation, we are more grateful than ever to have you as a partner. This year we will be looking to you for insight and feedback to make our continuum of services stronger and our outcomes more successful. They say it takes a village and we are honored to include you in ours.

Thank you,

Mark Stensager

Chair, Sound Generations Board of Directors

Your donations touched the lives of thousands of seniors this year. **THANK YOU FOR YOUR SUPPORT IN 2017!**

INSPIRE POSITIVE AGING AWARDS (IPAA) NOW OPEN

Is there an older adult who inspires you? Nominate them for Sound Generations' Inspire Positive Aging Award at inspire-award.org.

Deadline: April 30, 2018

Nominees need only be 60 years of age or older and live in King County.

- Six Categories: **Community Service**, **Advocacy + Activism**, **Health + Wellness**, **Intergenerational Impact**, **Lifelong Learning**, **Defining Inspiration**
- Award recipients will receive an award plaque, \$250 Visa Gift Card and a commemorative certificate.
- Nominators of the award recipients will receive a \$50 gift card.



SAVE-THE-DATE

13th Annual IPAA Luncheon
Wednesday, June 20, 2018

Noon to 1:30 pm

Bellevue Hilton

300 112th Ave SE, Bellevue, WA 98004

All nominees are celebrated at this event and receive complimentary tickets for themselves and a guest.

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Hosted by: Sound Generations



SUPPORTER SPOTLIGHT –

Since 2007, Boeing employees' Spirit of the Holidays campaign has brightened the holidays for many of our seniors. Their commitment to volunteer or contribute an online donation, which is matched by Boeing when a minimum gift of at least \$25 is made, ensures that no senior spends the holidays isolated in their homes, facing loneliness and hunger.

Thank you to the Boeing employees who contributed over **\$4,600**, in addition to in-kind gifts and volunteerism this holiday season!

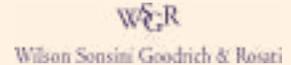
A very special thanks to Boeing for encouraging their employees to volunteer with us. They brought gifts, gift cards and holiday cheers to some very grateful seniors at Park Place Assisted Living.



YOUR IMPACT

Happy New Year and Thank you! As we forge ahead in the New Year, let's take a moment to reflect upon your impact in 2017.

Thank you to all of our corporate and community holiday giving partners. With your support we were able to raise almost **\$81,000** for seniors all across King County and our Community Partner Sites. The generosity of your employees across western Washington allowed us to bring some much needed joy and holiday cheer to some deserving seniors who would otherwise go without.



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Non-profit Org
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Senior Services is now Sound Generations

2208 Second Ave, Ste 100
Seattle WA 98121-2055

soundgenerations.org

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CAR RAFFLE

or \$10,000 Cash Prize

Buy Tickets Now: \$20 each

Anyone 18 yrs. of age and older may enter*
Drawing for prizes open to the public, but winner does
not need to be present to win.



All proceeds benefit programs of Sound Generations.

Grand Prize:

2018 5-door Subaru Impreza from Carter Subaru (MSRP \$21,116) or a \$10,000 cash prize.*

Drawing will be held from all eligible tickets:

Wednesday, June 20, 2018 at 12pm
Bellevue Hilton. 300 112th Ave SE Bellevue, WA 98004

* Visit <http://bit.ly/SGcorraffle> for complete rules and regulations.

* Grand Prize winner is solely responsible for any and all fees associated with assuming ownership.