

# Positive Aging

SOUND GENERATIONS

FALL 2018

## Meals on Wheels: More than just a meal.

Julian Montgomery has been delivering nutritiously balanced meals to seniors for six years. He knows firsthand how much people rely on Meals on Wheels for more than just a meal. "There are several things required of you in this job. Since most of our clients are homebound, I help them out with different tasks, like taking out the trash, opening jars, and bringing their mail in. I have one client who only gets her mail when I make my weekly meal delivery to her."

Throughout the years, he has made lifelong bonds. To him, they are both the best and the most difficult part of his job, "I've developed amazing relationships and rapport with clients and people that I would have never interacted with on a normal basis. The only downside is, you create a bond with these clients and then they get ill, pass away or just stop being on the program all together. It's like losing a friend."

Julian is a bright light to the clients who come to him for help. He admits the most challenging part of his daily deliveries is watching the clients deal with the hardships they face. Whether it's watching a client suffering from chronic pain that can't afford their medication or seeing the declining state of their home, because they are not able to make repairs. Julian is constantly reminded of how hard life can be for a homebound senior. "It's difficult to leave a client's house when you know no one else is going to see this person within the next week before I come to deliver again. No one else comes around." For him, the most important thing is to show them kindness and respect. "You have to be a little bit of everything, a counselor, a friend, somewhat of a family member and at the same time be a Meals on Wheels delivery driver."

Even with the reality he faces during these visits, Julian is always inspired by his clients, "You can see the look of appreciation, and you see genuine happiness, that's really, really fulfilling."

**Help Julian continue to bring happiness to a homebound elder's life, donate today at [soundgenerations.org](http://soundgenerations.org).**



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

### SOUND GENERATIONS PROGRAMS

- Community Dining
- 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
- 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](http://soundgenerations.org) to sign up for our email newsletter and follow us on Facebook and Twitter.



### A MESSAGE FROM OUR CEO:



## DEAR FRIENDS,

As we head into the holiday season I would like to express my gratitude for the amazing staff, volunteers, and donors at Sound Generations.

These individuals continue to show me how robust our caring community of connections and accessible services is for older adults and adults with disabilities who suffer from isolation, the burden of living with chronic disease, or food insecurity. Especially, in the season where family takes center stage, it can be a hopeless time for seniors.

### **Many low-income older adults in King County continue to feel the squeeze of rising household costs while without family locally or at all.**

The number of those who turn to us for support, socialization and access to vitally important resources is constantly increasing. This is where the support of our partners comes in.

As you sit down and make your pre-holiday checklist, **remember to lend a helping hand to those who have a difficult time maintaining the most basic necessities.** While you are out shopping for the latest trends or gadgets, think about making a donation to enhance the livelihood of a low-income senior so they don't have to pick between keeping food in their refrigerator, paying their heating bill, or covering the cost of a ride to their upcoming doctor's appointment. We make supporting older adults and those who care about them easy. Simply

- Text "DONATE4SENIORS" to the number 41444
- Go to our website [www.soundgenerations.org](http://www.soundgenerations.org) and click the Donate Now Button
- Place a donation in the mail: 2208 2nd Ave, Seattle, WA 98121  
Attn: Philanthropy

If you have already made a recent gift to Sound Generations, **thank you.** The information enclosed will provide examples of how your generosity makes a difference in the lives of one of our most vulnerable populations.

### **If you have not already done so, please consider making a tax-deductible contribution before the end of the year.**

Your donation is an investment into ensuring that older adults are supported and included in building a caring community of connections and accessible services.

With sincere thankfulness and warm wishes for you and your loved ones this holiday season,

Jim Wigfall  
Chief Executive Officer

# HOW YOU HELP US HELP HOMEBOUND ELDERS

**KING COUNTRY ELDERS (AGED 60+)**  
are the **fastest-growing demographic** in our population

**MORE THAN 37,000 PEOPLE**  
in this age group experience **food scarcity**

**28% OF THOSE AGED 65+**  
do not **regularly have help** if they are confined to bed



**THIS IS P. RAAZE.** At 89, she's been a teacher, a museum docent, and a lifelong learner. She now lives alone and has been unable to leave her home without help since developing cancer and diabetes.



**P. RAAZE RELIES ON SOUND GENERATIONS' MEALS ON WHEELS** program for help. When she needs food, she calls one of our order takers.

**"The people are so nice when I call,"** said P. **"It takes me a while to order but they always say, 'It's okay, take your time.'"**



**You**

**OUR DONORS, VOLUNTEERS, & ADVOCATES**  
help support us every step of the way.



Our program leaders help coordinate the delivery of more than 8,000 meals each week, managing 17 staff members and **MORE THAN 250 VOLUNTEERS**, while our assessors check up on clients periodically to make sure they're okay.



Once a week, P. Raaze opens her door to a **FRIENDLY DELIVERY DRIVER** who knows her by name.



**MEALS ARE PACKED AT OUR WAREHOUSE** in Seattle, or at one of 23 volunteer sites in King County.

# THANK YOU FOR MAKING OUR 34TH ANNUAL GOLDEN GALA AN INCREDIBLE SUCCESS!

Together we raised more than \$262,000 for King County's seniors, adults with disabilities, and their loved ones – and we couldn't have done it without you!

Our deepest gratitude to all of our guests, volunteers, and generous event sponsors, who made this memorable evening possible.



**Premiere Sponsor: Regence Blue Shield**    **Signature Sponsor: Biella Foundation**

**Key Sponsor: Kaiser Permanente**    **Dinner Wine Sponsor: Chateau Ste. Michelle**

**VIP Dinner Wine Sponsor: Pure Cru**

## APPLE GLAZED ROASTED TURKEY

Roast turkey breast makes for a delicious solution to your holiday needs! Making a roasted turkey breast is simpler and takes less time than roasting an entire turkey! This Roasted Turkey recipe turns out delicious and juicy every time. Perfect for serving smaller groups for the holidays or a weekend meal!



### Ingredients

- 1- 4 to 5 pound boneless turkey breast, skin on or hindquarters
- 6 oz. apple juice concentrate
- 3 apples sliced
- 3 cups water
- ½ teaspoon freshly ground black pepper

### Directions

Preheat oven to 400°F.

Place the turkey breast into a 12-inch skillet or in a small roasting pan on a bed of sliced apples.

Brush the turkey all over with the melted butter and then sprinkle with the black pepper. Combine water and apple juice and pour over turkey. Cover with foil and roast the turkey until an internal thermometer reaches 165°F, about 45 minutes to 1 hour.

Remove the turkey from the oven, and let sit for at least 15 minutes.

Enjoy most of the turkey and then make sure you allow leftovers to cool completely, before you store the leftovers in an airtight container in the refrigerator for up to a week. Serve cold or rewarm. Reserve pan drippings to make gravy.

### Gravy

In a large saucepan, melt 1/2 cup butter over medium-low heat. Slowly add in 1/2 cup all-purpose flour, constantly whisking to combine. After a few minutes, the flour will be well incorporated into the butter. Slowly begin to pour in drippings and/or chicken broth into the pan, stirring until you reach the consistency you prefer.



SOUND  
generations

2208 Second Ave, Ste 100  
Seattle WA 98121-2055

[soundgenerations.org](http://soundgenerations.org)

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# Positive Aging

SOUND GENERATIONS

FALL 2018

Nominations for the IPAA Awards  
open January 15, 2019.

Each year, we honor older adults in King County who inspire others with their energy, creativity, and dedication to their communities. All nominees will be celebrated at the annual IPAA Luncheon on June 26, 2019. Watch your mail, email, and check [soundgenerations.org](http://soundgenerations.org) for more info!

SAVE THE  
DATE:

Our Annual Inspire  
Positive Aging  
Awards Luncheon is  
June 26, 2019

DON'T  
FORGET

Open enrollment for  
Medicare is through  
December 7. Need help  
with the application  
process? SHIBA is here.  
Call: 206.727.6221



The State Wide Health Insurance Benefits Advisors (SHIBA) provides free, unbiased information about health care coverage and access to help improve the lives of all Washington state residents. For advisors in King County call: 206.727.6221