

Positive Aging

SOUND GENERATIONS

WINTER 2019

A GRANDDAUGHTER'S MOTIVATION



Brittany's first birthday with grandma and sister

When I think back on why I love advocating for older adults, I am taken back to my relationship with my grandmother. She's the source of my passion for older adults and what motivates me to do this work.

My first exposure to the needs of older adults was through my role as caregiver for my grandmother. My parents, aunts, and uncles were active in the workforce and unable to provide the care that she needed. This gave me the opportunity to interact with my grandmother and her neighbors in her senior apartment dwelling. Many of her neighbors weren't as fortunate as her to have someone check-in on them regularly, cook for them, or do things as simple as help them comb their hair because arthritis left them unable to care

for themselves.

These experiences provided me the opportunity to deepen our relationship. My grandmother evolved from someone who served as a pivotal role model for me to being a friend. As a young girl, I remember spending many hours with my grandmother in a Tacoma church kitchen serving meals to the homeless as well as being in her kitchen learning how to cook and bake. One of the best experiences, by far, was earning an outing to the downtown Seattle Bon Marche Café for good behavior. Those influences not only taught me how to be a self-sufficient contributing member of society but, more importantly, how to be compassionate and care for her when she was no longer able to care for herself.

She is not alone. Countless older adults and their families across King County rely on Sound Generations and amazing donors LIKE YOU for assistance and support. **Last year, more than 59,000 seniors and their loved ones benefited from our essential programs.** While we are dedicated to providing the best possible services that make a real difference in the lives of aging adults, the challenge and reality of meeting their needs is real.

I turned my passion into my impact and work hard every day to ensure that the Sound Generations' Marketing & Philanthropy Department is doing all they can to secure contributions from various funding streams. You too have the power, through your generosity and time, to make an impact in the lives of older adults. **While you are just one person, when many people come together for the greater good, amazing things happen.** All that we have done and hope to continue to do is in no small way owing to partners such as you. **I urge you to think about what you can do to show love to a senior TODAY!**

Brittany Blue serves as the Chief Marketing & Philanthropy Officer for Sound Generations. Her passion for older adults drives her to actively work to change the narrative and visual standard for the aging process. She understands that we are all going to age so, the sooner and younger we begin to evaluate what we want out of our aging process, the better off our long term reality will be.

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
- 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 to sign up for our email newsletter and follow us on Facebook and Twitter.



A MESSAGE FROM OUR CEO:



DEAR FRIENDS,

With the instability of the federal government, the potential impact on older adults is significant.

It's putting an already vulnerable population further at risk and placing thousands of those who care for them from federal workers to members of tribal nations in grim financial straits. The threat of delayed funds and loss of benefits is a real hardship for our low-income elderly neighbors thus increasing the demand for our services and resources.

I probably don't have to remind you that most of the populations we serve are already underserved and marginalized. **Seniors going hungry and living in isolation is real, especially during uncertain times and we will be there to support and care for them when they do.**

Your support through the New Year has positioned us to continue providing services and assistance in collaboration with our partners and volunteers to those who need us most. We hope we can continue to count on your financial commitment to ensure older adults, adults with disabilities, and those who care for them have access to essential services.

Spread the word that seniors and those who care for them can call on us for help with basic needs like food security and transportation. Or better yet, advocate.

Tell your story and advocate to your elected officials for a permanent (rather than temporary) end to the shutdown. They need to hear about the effects on their constituents so that they will come to permanent resolution for the shutdown. Call now:

- Senator Patty Murray: (202) 224-2621
- Senator Maria Cantwell: (202) 224-3441
- Your House Representative: Capitol Switchboard: (202) 225-3131

Your help is needed now. Have a heart for seniors, donate today!

Your donation is an investment to ensure older adults are supported and included in a caring community of connections and accessible services.

Thank you for joining us to ensure everyone, even the most vulnerable populations have their basic needs met.

With sincere gratitude,

Jim Wigfall
Chief Executive Officer

THANKS TO YOUR GENEROSITY, WE CAN DO MORE!



Assistance Services: Providing the resources seniors need to live their best lives. With our help, clients find the best solutions for questions regarding case management, housing, legal and consumer issues, Medicare benefits, and gain referrals to other community services.



Food Security: Having access to nutritionally-balanced meals is a basic necessity that we ensure older adults and adults with disabilities have access to regardless of their ability to pay.



Transportation: Our transportation programs keep seniors connected to their community and living independently. They provide older adults with rides to medical, dental, and other essential appointments and shuttle them to community dining sites, senior center activities, grocery shopping, and more.



Health & Wellness: Our evidence-based menu of programs, including those addressing chronic disease, depression, balance, and exercise are designed for older adults. These programs provide consistent, positive, and measureable outcomes that are vital to the quality of life for older adults.

A LIFELINE FOR SENIOR NEEDS



Meals on Wheels and Community Dining:

Provides nutritious meals to seniors and adults with disabilities. Whether someone is homebound or seeks a friendly place to have lunch, our programs are designed to fit their basic needs.



Minor Home Repair: Our highly-skilled technicians can make changes that will help you stay in your home longer.



Our **Pathways Information & Assistance Program** provides a full range of information and resources to help King County older adults, people with disabilities, and those who care for them maintain independence and improve their quality of life.



Caregiver Support:

As a caregiver, having support is key to maintaining your own emotional & physical health. Our Caregiver advocates offer free, confidential, and personalized services to unpaid caregivers residing in King County and caring for an adult 18 years of age or older.



Transportation:

Our Volunteer Transportation drivers offer rides to medical, dental and other essential appointments, while our Hyde Shuttles provide door-to-door service within many King County neighborhoods. Keeping seniors living independently is long as possible.



Senior Rights Assistance (SRA) & Statewide Health Insurance Benefit Advisors (SHIBA):

For those seeking help understanding their Medicare options, SHIBA, a program of the Office of Insurance Commissioner offers free, unbiased advice. SRA offers a wealth of resources on topics such as Estate Planning, Powers of Attorney and Probate. We provide a library of free and helpful documents.



THANK YOU

As we embark on a New Year, we would like to take a moment to thank you for helping us ring in 2019 knowing we can continue providing food security, transportation, health and wellness, and assistance services to over 59,000 seniors who count on us each year to be supported on their aging journey! Thanks to the generosity of all our holiday giving partners, corporate and foundation supporters, donors, and volunteers, we raised over \$210,000 in donations and gifts!

We are eternally grateful for your partnership, your loyalty, and the many reasons you have given us to be excited for what is to come. We are committed to continue finding new ways to help you make a difference in the organizations and communities you serve. Thank you for your continued support on this journey.



NOW'S THE TIME

Call Senior Rights Assistance (SRA) today for help with personal documents. Call: 206.448.5720

As we start the New Year, it's the perfect time to review your personal documents. Can you find them? Do you have a Will? Does it reflect your current wishes? What about your Power of Attorney? Do you need to make any changes? Have you filled out your Physicians Order for Life Sustaining Treatment (POLST)? Do you have any questions regarding elder planning? SRA is here for you.



Join them for a fun night of Rainbow Bingo, hosted by the wonderful Sylvia O'Stayformore! Just \$15 per person, \$25 per couple. Ticket prices go up on Feb. 22. Get your tickets before they are SOLD OUT!

<https://app.mobilecause.com/form/Q6wqCQ>

For more information call 425.333.4152.

UPCOMING EVENT:

Mardi Gras Rainbow Bingo March 1 at Sno-Valley Senior Center

SOUND
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soundgenerations.org

Positive Aging

SOUND GENERATIONS

WINTER 2019

Nominate a Senior Today for the IPAA awards!

Do you know someone who exemplifies positive aging through community involvement, relationships, healthy living, endurance, creativity, and balance? Nominate them for our 14th Annual Inspire Positive Aging Awards! This year, we will recognize recipients in the following categories: Advocacy + Activism, Community Service, Health + Wellness, Intergenerational Impact, Lifelong Learning and Defining Inspiration. All nominees will be celebrated at the annual IPAA Luncheon on June 26, 2019.

To learn more and nominate someone today go to: inspire-award.org

Deadline for nominations is April 30, 2019.

SAVE THE
DATE:

Our **Annual Inspire
Positive Aging
Awards Luncheon**
is June 26, 2019
from Noon-1:30pm

