The New Face of Hunger is growing weary. According to the most recent profile compiled by King County’s Aging and Disability Services Department, on older adults in King County, nearly 18% of the 2,044,449 individuals who live in King County are age 60 and older. Even more alarming is that almost 10% of these 368,000 individuals are living in poverty and 11% are experiencing food scarcity. While we are doing our best to keep up with the growing need for basic nutritious meals, we need more support from caring individuals like yourself.

The unnerving reality is this, every day more and more older adults are calling Sound Generations for assistance. They simply can’t manage to provide for all their basic needs. Or even worse, many are faced with the tough decision of buying food or paying for medication. No one should be forced to choose between basic needs that keep one’s health intact.

How Long Must I Wait is what prospective Meals on Wheels clients ask Sound Generations daily who are waiting to be served by our food security program for homebound aging adults. The demand for nutritious meals is growing. At one time, our waitlist was as long as 12 weeks out. Thanks to support from donors and funders, we have been able to reduce the waitlist down to 200 people (roughly 4 weeks) who are waiting to be enrolled in the program. With donor support, we want to end the wait list now.

The meals provided by our donors are essential to aging adult’s well-being. Thanks to their generosity, Sound Generations has delivered 323,578 meals through October 2019. With additional support we are on pace to serve more meals than in years past. Our clients often share how much donor support means to them:

Cover story continued on page 2 . . .
Many of you over the past three years have asked, “Why did you change your name?” We are taking time now to share why in more detail.

Over the years, public and private support for aging adults and non-profits has changed. These findings, made it imperative for us (Senior Services of King County) to change our name and re-message our purpose. First, we needed to define ourselves as a non-profit organization, eliminating all notion that we were a government funded entity. We needed to stay in tune with our clients who felt the word senior held a negative connotation. Lastly, we needed to better reflect our goals, values, and everyone we serve.

Being a non-profit organization that has served King County for over 50 years, gave an impression that we were fully funded by King County and therefore didn’t need public support. Since our inception in 1967, this has never been the case. Sound Generations has relied heavily on the generosity of individuals, companies, and private foundations.

Over the years, in our society, the term “senior,” has been associated with negative stereotypes. Many people don’t identify with a word seen as implying frail, oldster, or one with a cane. This is not the reality for the vast majority of aging adults who are working longer, living longer, and maintaining better overall well-being.

Aging is inevitable. In order to change one’s attitude about aging, the narrative around the aging process must change. Also, the sooner we have healthy dialogue in our communities about the aging process, the more prepared we all can be in growing older with resilience, energy, and enthusiasm. We want all people to live life as independently as possible; safe, active, and healthy.

We hope you enjoy this newsletter edition that unveils a new look for Sound Generations’ publication. We will continue to meet the needs of aging adults and we hope we can count on your support so all can age well their way.

Sincerely,

Brittany Blue | Chief Marketing & Philanthropy Officer

P.S.- A rose by any other name is still a rose
- Romeo and Juliet
“I am a senior citizen with some major medical problems. Also I am on a fixed income. I live in a studio apartment at SHAG and although the rent is “reasonable” (by current Seattle standards) it would be difficult to “get by” each month without Meals on Wheels.”

“I don’t cook anymore and it’s hard to get to the store. I have arthritis, asthma, and diabetes which limits my ability to get food. Meals On Wheels changed my life and I am extremely grateful to you. Thank You.”

“If not for Meals On Wheels I would either have to be without meals or not buy medications and risk having another stroke. Your friendly staff are close to the only people I see and it’s greatly appreciated.”

The need is growing and we need help. Aging adults across King County are facing food insecurity. They can’t maintain the necessary balanced nutrition to maintain good health on, in many cases, limited income. Every $5 dollars donated to our Meals on Wheels program provides the delivery of one well balanced and nutritious meal by a friendly volunteer or driver. They are bringing more than just a meal. They provide friendly conversation and a second set of eyes on the living situation to ensure no other aspects of the client’s livelihood is being neglected or overlooked. Imagine how many aging adults you can help in King County this holiday season. Your support can make a big difference in the life of a homebound aging adult.

Help us end the waitlist today!

You shop. Amazon gives. You can support the charity of your choice simply by shopping with Amazon Smiles. So shop until you drop this holiday season with the satisfaction of knowing that you are adding to your charitable contributions this season.

Sign in to your Amazon account through Amazon Smiles to start shopping for a great cause!


GET YOUR BUSINESS INVOLVED WITH SOUND GENERATIONS

For sponsorship and advertising opportunities, please contact:

Brittany Blue
206.727.6261
brittanybl@soundgenerations.org

For food drives, workplace giving, and corporate volunteer opportunities, please contact:

Raven Davis
206.727.6208
ravend@soundgenerations.org
The Power Of The Dollar

What Your Gift Provides:

$25 Ensures a homebound elder has 5 nutritious meals delivered through Meals on Wheels.

$50 Provides training for a volunteer to help seniors understand their health insurance options & legal rights.

$100 Provides minor home repairs that prevent falls & allows a senior to remain safe in their home.

$200 Provides a social worker-hosted support group for unpaid caregivers or people affected by memory loss.

$500 Provides 50 made-from-scratch lunches for older adults in our Community Dining Program.

$1000 Provides 45 safe & reliable rides to the doctor from a friendly Volunteer Transportation driver.

The more you give, the greater the impact!
Positive Aging
Helping People Age Well Their Way

Annual Report to the Community 2018
Our Mission

We support people on their aging journey through community connections and accessible services.
In the words of author and integrative medicine teacher Rachel Naomi Remen,

“The most basic and powerful way to listen to another person is to listen. Just listen. Perhaps the most important thing we can ever give each other is our attention.”

Such wise words. And a great reminder to all of us especially during times of change. At Sound Generations our work is guided by a vision of aging adults living their best lives in a supportive and caring community. As the population of older adults in King County is increasing, we are forced to think about how we can do more for a vulnerable population that in itself is changing.

“We serve the needs of aging adults from the frail adult who requires support in daily living to the healthy, active adult seeking volunteer and leadership opportunities.

We know we’re are making a difference; that we are changing lives. For every letter we receive from clients who are now better off, or thriving thanks to our support, we know there are countless others, who if they were aware of Sound Generations and our programs, would greatly benefit.

“Aging is not ‘lost youth ’but a new stage of opportunity and strength.”

- Betty Friedan

In this issue you will see that we look different and are using more visuals and icons to tell our story. Everyone takes information in differently and we want all who need us to know we are here and we care. In order to do so, we must be intentional in being inclusive in our communications, how we show up, and how we deliver our services. The opportunities to age well while making valuable connections that can enrich one’s life are endless with Sound Generations.

We are grateful for all the ways you are helping us ensure all aging adults can feel included and respected in a community that affirms aging. Thank you for being part of our network. We can’t do this work without each and every one of you.

“The world as we have created it is a process of our thinking. It cannot be changed without changing our thinking.”

- Albert Einstein

Warm Regards,

CEO, Sound Generations
We manage 2,496 incredible volunteers who provided 175,376 hours of service in 2018. Our work would not be possible without them.

**Our Impact by the Numbers**

**BY THE NUMBERS** represents the annual impact of Sound Generations' programs during the 2018 calendar year.

**HYDE SHUTTLES & VOLUNTEER TRANSPORTATION**

Provided 110,466 one-way rides to the doctor and other essential services.

**THE SIX SENIOR CENTRES**

Welcome 204,582 visits for 13,921 older adults to stay active, take classes, and ease loneliness.

**COMMUNITY DINING**

Served 137,138 delicious meals to local aging adults and seniors who are ineligible for meals delivered.

**PATHWAYS**

Provided 110,466 one-way rides.

**MEALS ON WHEELS**

Delivered 439,092 nutritious meals to homebound older adults.

**MINOR HOME REPAIR**

Kept aging adult homes safe by completing 1,720 repair jobs.

**HEALTH & WELLNESS**

Helped 3,992 older adults stay fit and healthy.

**HEALTH INSURANCE STATEWIDE**

Provided expert advice with unbiased healthcare information.

**PATHWAYS INFORMATION & ASSISTANCE**

Assisted 5,795 clients with state-wide health insurance benefits.

**SENIOR RIGHTS ASSISTANCE**

Provided legal advice in 408 cases.

**CAREGIVER SUPPORT**

Alleviated the stress for 255 caregivers.

**COMPUTER PROGRAMS**

Helped 2,672 older adults.

**MAJOR HOME REPAIR**

Kept aging adult homes safe by completing 1,720 repair jobs.
Our eleven programs and six affiliated senior centers are constantly striving to expand the provision of food security, transportation, health & wellness, and assistance services to underserved and marginalized populations.
Microsoft employees came through for older adults, once again, in a big way. This year the annual Giving Tree Drive brought in over 1600 gift cards and 200 gifts for aging adults!

New Season’s Market opened up their Mercer Island and Ballard stores to partner with us for their 5 Days of Kindness. Their customers contributed over $2,000 of support by adding a donation to their grocery bills.

Boeing held their Spirit of the Holidays Campaign that brought together 16 teams of caring employees adopting aging adults during the holidays. From comforters to crossword puzzles and every basic need in between was covered. Together they adopted over 100 aging adults.

National Charity League Emerald Chapter brought our senior stories to life through their volunteerism. They used their creative flair to decorate and transfer over 3,000 senior stories onto our holiday red tags.

Wilson Law Group now in its seventh year of support always makes sure they do their part to remember older adults during the holidays. Their firm fulfilled 15 holiday requests.

Prowess Consulting put their wrapping skills to the test and adopted 20 older adults to ensure that they too had a delightful holiday season. They donated an additional $400 to cover some basic needs.

Uwajimaya in Renton had its store checkout clerks go all out for our Meals on Wheels Drive. They collectively motivated their customers to add on over $2,600 to their grocery bills at checkout in support of meals for homebound aging adults.
## Financial Highlights

### Operating Support and Revenue

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<th>Description</th>
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<tr>
<td>Government Grants &amp; Fees</td>
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<td>Fundraising</td>
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<td>In-Kind Contributions</td>
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<td>Earned and other Revenue</td>
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<td><strong>Total Operating Support &amp; Revenue</strong></td>
<td><strong>15,268,450</strong></td>
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### Operating Expenses

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<td>Centers</td>
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<td>Management &amp; Admin</td>
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<td><strong>Total Operating Expenses</strong></td>
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### Change in Net Assets from Operations

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<td>Transfer of SE Seattle Senior Center Net Assets</td>
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<td><strong>Change in Net Assets</strong></td>
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<td><strong>Total Net Assets</strong></td>
<td><strong>9,716,422</strong></td>
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Financial Highlights

Operating Support & Revenue

$15,268,450

- Non-Government Support
  - Fundraising: 3.6%
  - In-Kind Contributions: 13.6%
  - Earned & Other Revenue: 40.4%
- Government Grants & Fees: 59.6%

Operating Expenses

$15,274,355

- Programs: 23.2%
- Fundraising: 11.4%
- Management & Admin: 3.6%
- Centers: 20.4%
- Government Grants & Fees: 64.6%
Everybody deserves access.
We believe in creating a community where older adults and those that care for them are empowered to choose and develop safe, healthy, and meaningful lives. We honor lives, nurture connections, empower action, and inspire hope.
Who We Serve | Demographics

Gender

- Male: 18.3%
- Female: 57.1%
- Transgender: 0.05%
- Unknown: 24.55%

Age

- 5.9% Under 60
- 34.7% 60-74
- 21.3% 75-84
- 10.1% 85+
- 28% Unknown

Income

- Very Low: 26%
- Low: 22%
- Moderate: 25%
- Very Moderate: 27%

Race

- Caucasian: 66%
- Multiracial: 34%
- Biracial/Other: 14%
- Asian/Pacific Islander: 4%
- African American: 12%
- Hispanic/Latinx: 3%
- Native American: 1%
In the United States, the vast majority of care that allows older people to live in their own homes is provided by family members who do not receive payment for their services. As the older share of the population increases and people live longer with chronic disabling conditions, meeting the care needs of older Americans will become more challenging for families—most of whom are often unprepared for the financial, emotional, and psychological challenges that caregivers deal with daily.

Shirley Poston, Associate Minister of The Tabernacle Missionary Baptist Church’s Senior Care Support and Outreach Ministry and family caregiver of a veteran’s widow, understands these challenges first hand. Since 2011, Minister Shirley has opened the Tabernacle’s doors to host community forums on a variety of topics on aging in partnership with Sound Generations that connect older adults and those who care for them with programs and resources. When Shirley invited Sound Generations Caregiver Advocate Toni Crutchfield to facilitate a Caregiver Support forum, she had no idea the profound effect it would have on her own life. “Toni encouraged my heart and spirit as I was overwhelmed and she made herself available via phone so that I could provide the best care for my family member”.

One resource that helped Minister Shirley greatly was Powerful Tools for Caregivers—a six-week program that meets once a week to provide tools that caregivers need to take care of themselves. This program offers helpful information on tools for self-care and information on wrap-around resources Sound Generations provides such as transportation, healthful meals, and minor home repair.

Minister Shirley continues to be a fierce advocate for seniors in her Central District community as well as an amazing ambassador and partner to Sound Generations. Minister Shirley says she “walked this journey” of navigating the complexities of taking care of an older adult and wants to use her own experiences and knowledge gained from the Caregiver Support program to “lighten the load” for other caregivers. When asked for a tip from one caregiver to another, Shirley said, “Just do your best each day. Even if your best is just an encouragement to another person”.

More than one in ten (11.65%) Washington State seniors face the threat of hunger. **Food insecure older adults take in fewer critical vitamins and minerals and are more likely to get sick and be in poorer health.** When one doesn’t have proper nutrition as they age they are at risk for hospital admission and readmission, increased falls and fractures, and increased propensity for anxiety and depression due to lower intake of food as isolation often leads to loss of appetite. Ultimately, this creates a lower quality of life.

Knowing that nutrition is the core of health, Sound Generations hired a registered dietician to work with the Meals on Wheels and Community Dining Program to conduct nutrition screenings, education, and risk assessments with the clients. She gauges what is needed and garners a sense for what other factors are affecting a client’s nutritional health and makes referrals to the Pathways I&A program. Her role ensures they are receiving minimally 1/3 of their daily nutritional needs when eating a MOW or Community Dining Meal. As she shared, “I am an extra set of eyes and in some cases hands when counseling can occur in home vs. over the phone.”

“By creating access to better nutrition, the aging adults I have engaged with have a better sense of belonging and community. For the ones living in isolation they now have a regular encounter and friendly conversation to look forward to and the reassurance that someone cares for them and is concerned about their overall well-being, not just their nutritional health. Some of them have a new confidence in their ability to effectively manage their chronic disease.”

She has seen the interactions with clients as being a two-way relationship that has learning benefits and opportunities for all. “I have experienced much growth and many rewards from the relationships I have established over the years.” When asked, if you could destroy one myth about the aging adults you serve what would it be? She responded, “Older adults are still lively contributing members of society that for the most part live with zest and enthusiasm.”

**Thanks to the contributions of our donors, her work is helping us work towards truly being a client focused organization.**
- Our Donors | Foundations, Corporations, and Civic Organizations -

$50,000+

American Online Giving Foundation, Inc. | Microsoft Employee Giving Program | The Biella Foundation | The Seattle Times

$20,000-$49,999

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Gary and Sandee Hamatani

Ben and Ginger Hansen
Richard and Nora Hinton
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Bruce and Carleen Naito
### $1,000-4,999

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We envision a just society where aging adults and those who care for them can live their best lives in a supportive and caring community.

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Do You Know Someone Who Needs Help?

Below is an overview of Sound Generation’s programs and a list of our senior centers. Please share this information with anyone that may need our help and encourage people to visit one of our local senior centers. They are not what they once used to be. There is a karaoke bingo seat with your name on it!

Meals On Wheels 206.448.5767

Hyde Shuttle 206.727.6262

Health & Wellness 206.448.5725

Community Dining 206.448.5768

SHIBA 206.727.6221

Minor Home Repair 206.448.5751

Pathways Information & Assistance 206.448.3110

Volunteer Transportation 206.448.5740

Senior Rights Assistance 206.448.5720

Senior Centers

Ballard NW Senior Center
5429 32nd Ave NW
Seattle, WA 98107
206.297.0403

Lake City-Northgate Senior Center Project
12531 28th Ave NE
Seattle WA 98125
206.268.6738

Shoreline- Lake Forest Park Senior Center
18560 1st Ave NE #1
Seattle, WA 98155
206.365.1536

Central Area Senior Center
500 30th Ave S
Seattle, WA 98144
206.726.4926

Senior Center of West Seattle
4217 SW Oregon St.
Seattle, WA 98116
206.932.4044

Sno-Valley Senior Center
4610 Stephens Ave
Carnation, WA 98014
425.333.4152