Nutritious Meals
Virtual Classes
Plastic Screens for Shuttles
Services During a Pandemic

What’s on your checklist?

Read on to find out how you helped older adults complete their checklists in 2021 so far.
FOOD SECURITY

Community Dining and Meals on Wheels provide nutritious meals, keeping older adults healthy and reducing isolation. COVID increased the need for both programs; combined we provided 21% more meals to 27% more clients in 2020. Without Sound Generations, nearly 8,000 older adults would have gone hungry last year. Need has continued to rise in 2021; we are on track to increase the number of meals provided by another 7% this year. 80% of our Community Dining clients note that thanks to our support they are eating 2 or more meals a day.

"My back and arms keep me from cooking, so I love this service. I like it when the delivery person can chat for a while – I enjoy the company!"

1 in 7 older adults are food insecure as of March 2021*

373,689 Meals Jan-Jun 2021

5,002 Older Adults Jan-Jun 2021

* Source: https://www.aarp.org/aarp-foundation/our-work/food-security/research/
Sound Generations’ transportation programs help older adults and adults with disabilities who, due to physical limitations, cannot drive. Hyde Shuttle, Volunteer Transportation, and the Driver Companion Program provide rides to medical appointments, senior centers, and errands. Recently we added plastic shields to increase the number of safe rides we are able to provide, and Hyde Shuttle continues to deliver meals. From January – June 2021, we provided 6,297 rides to medical appointments, helping isolated older adults access health care.

I have mobility issues and I don’t own a car. I had my first ride on the Hyde Shuttle yesterday with Cindy. First time to a store in 7 weeks. She was so gracious and kind. There is no way that I would have been able to take the bus and carry home my purchases with a cane. Thank you so much, Cindy and Sound Generations. You are indeed superheroes!

*Source: https://www.aarp.org/home-garden/transportation/info-06-2011/aarp-transportation-for-those-who-dont-drive.html*
Sound Generations’ EnhanceFitness fall prevention program is accessible and proven to improve health, wellbeing, connection and independence for older adults and those aging with disability. During COVID, our Health & Wellness Team worked with diverse community organizations nationally to pilot delivery of interactive virtual classes to keep people moving. In May they released Hybrid Class Delivery guidance for EnhanceFitness to give local and national instructors/sites best practice guidance on how to support older adults safely and sustainably. They have been providing non-stop training to build capacity and technical support for program delivery in multiple modes to meet participants where they are – on site, at home and online!

My doc recommended a balance assessment, and it was so interesting to me that every one of the ‘challenges’ the PT put me through was exactly the same as what you lead us through in Enhance Fitness. I scored high and was reminded again how fortunate I am to have my Community Center, Enhance Fitness, and you to keep me healthy.

* Source: https://www.agingkingcounty.org/
Whether looking for information from a knowledgeable source, installing a ramp, creating a will, or finding support as a caregiver, Sound Generations is here for elders in our community. During the last six months, we have continued to provide services remotely and have connected hundreds of seniors to vaccination appointments, including at-home and through senior center drop-in clinics. In the first half of 2021, we have helped over 3,000 older adults get vaccinations and completed 626 minor home repairs, such as installing grab bars!

I wouldn’t know all that I do now without the help and knowledge of the Caregivers support staff. Thank you for helping me even when we weren’t sure what I needed, or how I was going to get it before my mom’s condition turned worse. You’ve literally lifted a huge burden from this process.

WRAP-UP

Supporting basic needs enables older adults to focus on more fun to-do’s.

Together we can meet the needs of older adults so they can enjoy a better quality of life!

“Many of the people I have met expressed gratitude for providing a service that expands their freedom to go places they could not go without relying on others. Several have said they have no one to rely on. They have taught me that the freedoms we cherish most are the ones we no longer have.

– George, Hyde Shuttle Driver
For more information, contact Michelle Papineau at michellep@soundgenerations.org or 206.727.6299

For more information about our programs, call 206.448.3110

Older adult activities have a fresh new outlook!
Our Mission

We support people on their aging journey through community connections and accessible services.

Our Vision

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