



Positive Aging

SENIOR SERVICES IS NOW **SOUND GENERATIONS**

SUMMER 2017



Special Issue: **2015-2016 Annual Report**



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
- Family 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
- Southeast Seattle 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.



Dear Friends,

Sound Generations, established in 1967 as Senior Services, has been recognized locally and nationally for our leadership in the field of aging and for setting the standard for best practices in a wide variety of service areas.

More than 2,600 volunteers and 168 employees work together to accomplish our vision that all elders in King County—those of all abilities, income levels and cultures—have the information, resources, assistance and human connections they need to live a full, happy and healthy life in a caring community that affirms aging.

In 2016, more than 67,000 seniors and their loved ones benefited from our critical programs and services. Our network of seven Community Partner Sites helps seniors stay happy, healthy and active, while our ten core programs help thousands of seniors and their caregivers navigate the resources available to them, and provide them with the support they need to age with dignity. Most of those we serve are low-income, and we continually adapt to provide the best possible services to meet the needs of our community's increasingly diverse elder population.

We sincerely appreciate what all our donors and funders have done to ensure that older adults in our community have access to services and programs that help them stay independent and healthy. It is because of your support that our work continues to make a real difference in the lives of those we serve. We wouldn't be where we are today without your generosity and commitment.

Thank you,

Susan Doerr
Interim Chief Executive Officer



Mark Stensager
Chair, 2015-2016 Board of Directors



Our Mission

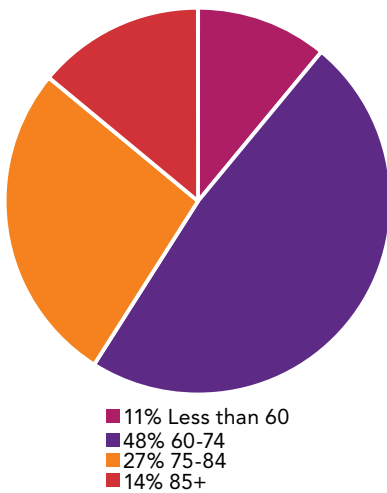
We promote the emotional, social and physical well-being of older adults through a network of community connections and services.

Our donors, volunteers, and staff help thousands of people achieve a higher quality of life by...

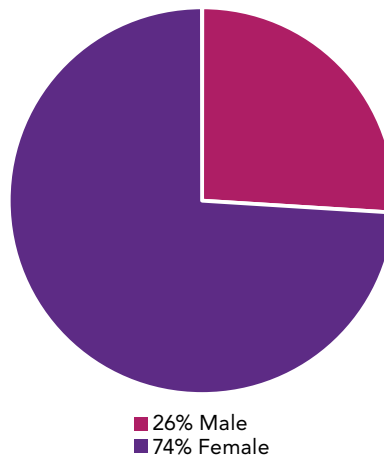
- Offering essential, life-saving services at low or no cost
- Alleviating loneliness and connecting people to their communities
- Partnering with researchers to promote mental and physical health
- Providing relief and resources for caregivers

Who We Serve

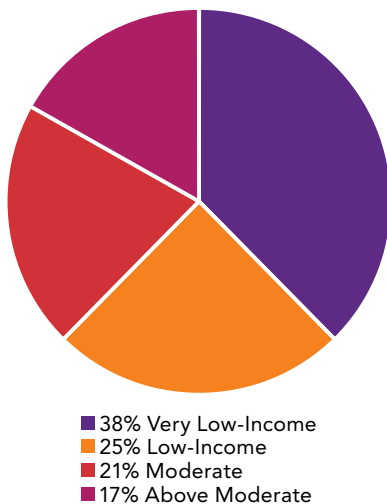
89% Aged 60 or Older



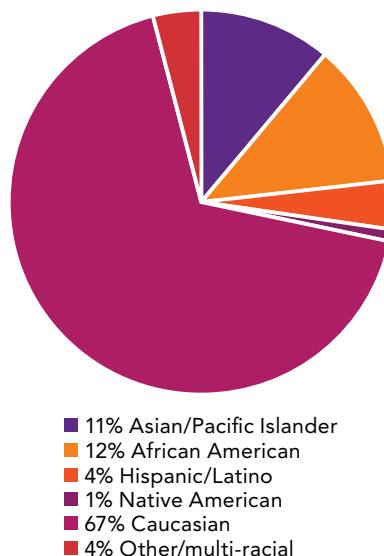
74% Women



63% Low- or Very-Low Income



6% Increase in People of Color Served*



*Since 2014

Not all percentages add up to 100% due to rounding.

Commitment To Equity & Inclusion

At Sound Generations, we embrace the belief that cultural, social and other differences should be respected and celebrated. We are building a team of staff, board members and volunteers with extraordinary cultural competence and providing that team with tools to positively address institutionalized racism. All members of our team are responsible for providing and supporting a culturally competent work environment that will enrich our interactions with each other and our products and services. This provides the foundation for empowering our customers (primarily those who are aging and giving care to others) so their needs are justly represented and their desires amply fulfilled.



Helping People Age in Place with Dignity

"I am going blind and cannot drive a car. It takes two hours to walk to the store and back. I have to carry all my food on my back to get it home. Thank you so much for all you do for people like myself."

– Meals on Wheels recipient

We delivered 409,672 meals to 2,386 people through Meals on Wheels, helping many who would otherwise not be able to afford or shop for food.

We gave 6,384 people rides to medical appointments, senior centers, and other local destinations through our Volunteer Transportation and Hyde Shuttle programs, totaling 133,077 one-way rides.

We provided 2,249 repair jobs to 668 low-income homeowners through Minor Home Repair, including electrical work, carpentry, plumbing and accessibility modifications.



Connecting People with Their Communities

We welcomed 16,836 people to our Community Partner Sites, where older adults can explore their interests, access vital resources, and form lasting friendships.

2016 Community Partner Sites:

Ballard NW Senior Center
Central Area Senior Center
Lake City Seniors
Senior Center of West Seattle
Shoreline-Lake Forest Park Senior Center
Sno-Valley Senior Center
Southeast Seattle Senior Center

We served 4,095 people nutritious, made-from-scratch lunches at friendly, inviting Community Dining sites throughout King County.

"I want to thank you, your staff, and your wonderful drivers, for getting me to and from vision therapy. I am truly grateful and humbled by the kindness of the volunteer drivers. I would not have been able to do this without you."

– Sarah, a Volunteer Transportation rider



Providing Personalized, Expert Guidance

“For three years I was exhausted, then my health broke down and I thought I could not go on another day. Toni called me and had so much compassion and concern about me and my condition that I felt peace in my heart that I was not alone...with her help, I got a caregiver to come and do ordinary housework three hours a week.”

– A caregiver who called our Caregiver Advocates

We helped 8,286 people

understand their health insurance options with our Statewide Health Insurance Benefits Advisors (SHIBA), a partnership with the State Insurance Commissioner’s Office.

We empowered 553 people

to know and exercise their legal rights through Senior Rights Assistance.

We alleviated stress for 329 caregivers

including family members, friends and neighbors of seniors or adults with disabilities through our Family Caregiver Support program.

We provided guidance to 3,533 people

through Pathways Information & Assistance – a team of highly-trained staff and volunteers that utilize a robust database of 7,000+ resources to help people navigate the challenges of aging and disabilities.



Bettering Health Outcomes with Proven Programs

We improved health and wellness for nearly 24,000 people through our evidence-based Project Enhance® program, developed in partnership with researchers at University of Washington and local health organizations.

While all of our services are available throughout King County, Project Enhance programs are offered nationwide and include:

Enhance®Fitness - Ongoing Physical Activity Falls Prevention classes designed especially for older adults and proven to improve physical and social function, decrease depression, save healthcare dollars, and decrease unplanned hospitalizations.

Enhance®Wellness - One-on-One Health Action Planning to help those with chronic health conditions and those aging with and into disability work through barriers and meet their health goals.

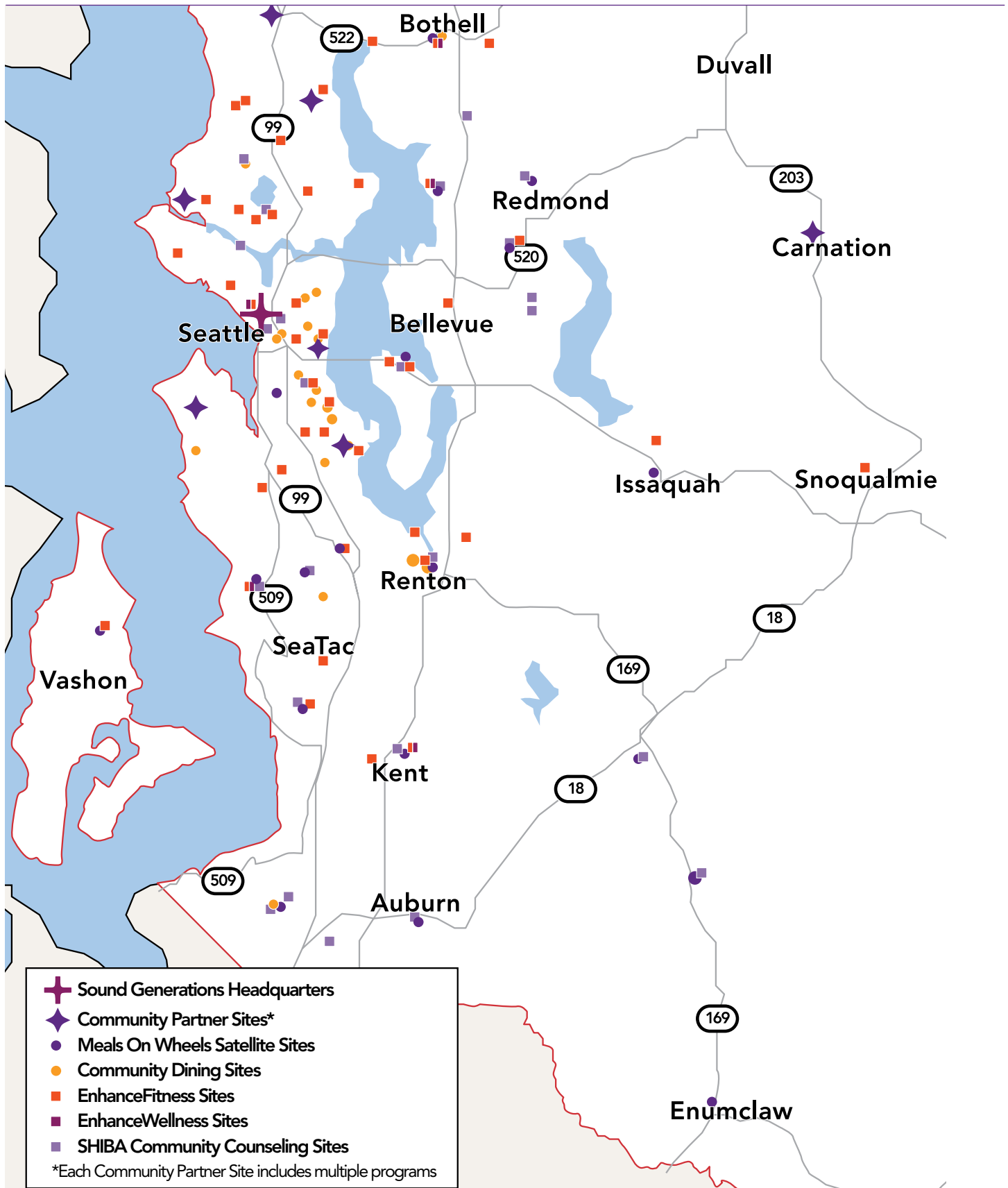
Additionally, we offer a range of nationally recognized evidence-based self-management workshops locally to help older adults address fear of falling and manage chronic pain, chronic disease, diabetes, and depression.



Mollie celebrates her 100th birthday with her EnhanceFitness instructor. Her secret to health? Moving!



Serving People throughout King County



Mobilizing Our Community

Volunteers

In 2016, **2,663** volunteers donated 209,622 hours of their time to Sound Generations (equivalent to \$5.6 million*). They prepared and delivered meals, drove seniors to medical appointments, provided expert guidance to people in need, and filled dozens of roles at their local senior centers.

**Based on Washington State average of \$26.83 per hour (Source: Bureau of Labor)*



Workplace Giving

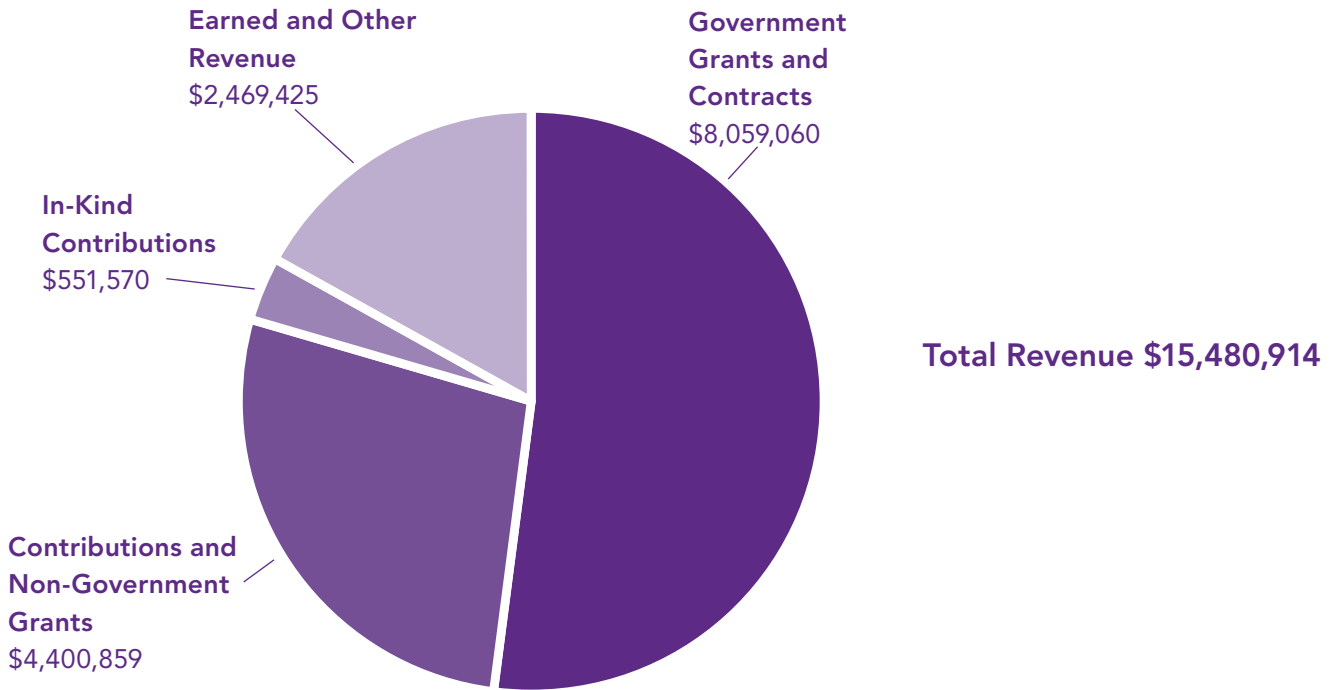
Thanks to the generous employees at Microsoft, Facebook, and Boeing, we collected and distributed hundreds of gifts directly to seniors in need. From gift cards to clothing to household appliances, these donations provided the basic necessities that many take for granted to thousands of people during the winter. In addition, we received holiday donations from employees at East Shore Unitarian Church, Edlen Electrical Exhibition Services, Leitz Tooling Systems, Premera Blue Cross, Symetra, Van Ness Feldman, and Wilson Sonsini Goodrich & Rosati.

Inspire Positive Aging Awards

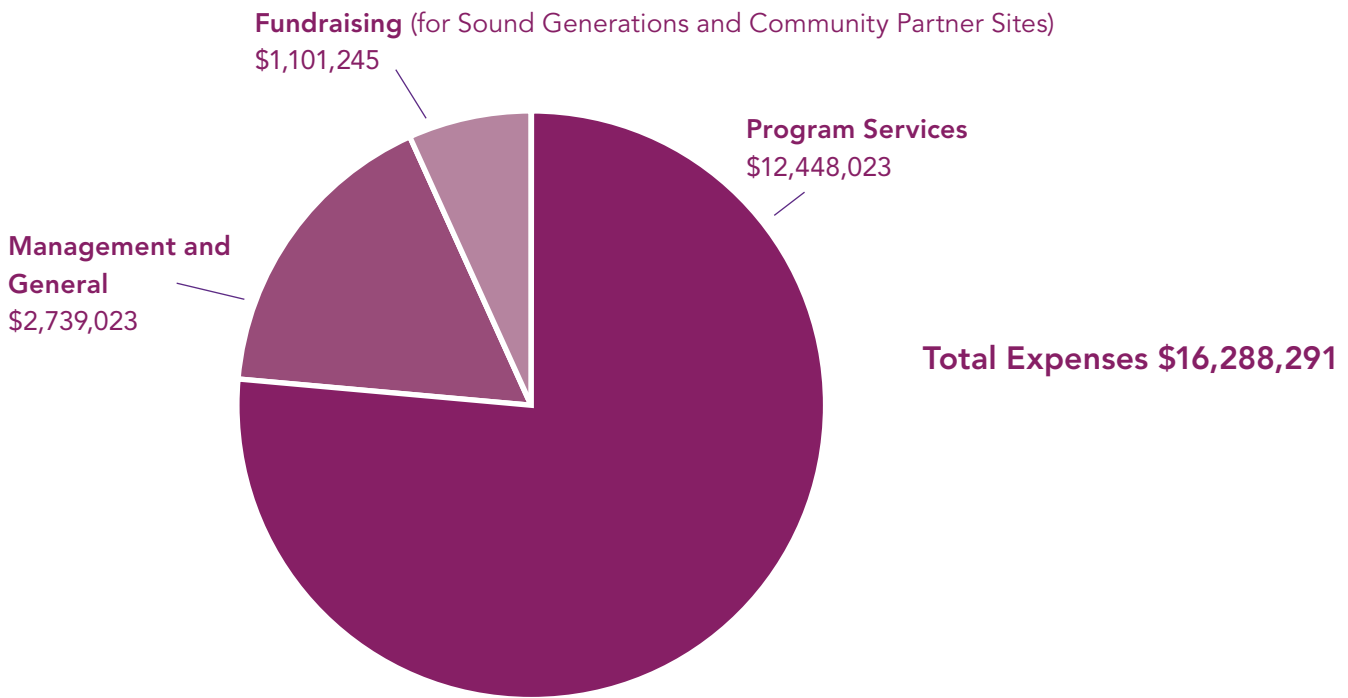
Each year, we honor seniors in King County with our annual Inspire Positive Aging Awards (IPAA). In 2015, we granted the award to 90 year-old Eileen Broomell—a fitness instructor who inspires others with her healthy lifestyle. In 2016, we expanded to five award categories and honored recipients in each area: Richard (“Dick”) Body (Community Service), Geraldine Allsopp (Health & Wellness), Dr. Dominick Minotti (Intergenerational Impact), Fai Coffin (Advocacy & Activism), and Barbara “BJ” Johnson (Lifelong Learning). All nominees were celebrated at the Inspire Positive Aging Awards Luncheon, which brought together more than 300 guests from diverse communities across King County.



Public Support and Revenue



Operating Expenses



Our Impact In 2015

As the aging population grows, the need for comprehensive human services has taken on greater urgency. In 2015, we faced the dual challenges of rising demand for our services and the loss of traditional funding sources. To meet the needs of our communities, many of our programs increased the number of individuals they served the previous year, including Transportation, Health & Wellness, Meals on Wheels, and Community Dining. In some cases, this increase reflected an ongoing pattern of growth. Meals on Wheels, for instance, saw a 38.7% increase in individuals served between 2012 and 2015.

Meanwhile, United Way of King County, historically one of our largest and most reliable funders, made the decision to redirect resources to support other causes. This decision resulted in a total loss of \$800,000 of unrestricted funding to our organization. The loss affected all of our programs and in some cases, resulted in reduced capacity between 2015 and 2016.

In addition to reductions in our funding stream, we made several changes to our operating strategy that resulted in a reduced scope of service. Northshore Senior Center, formerly one of our Community Partner Sites, became an independent entity in 2016. We continue to partner with this center to deliver a number of programs but no longer count their membership among our Community Partner Sites.

Since learning of the funding cuts, we have worked to develop new revenue streams and prepare for the potential of more reductions in public funding. As always, we are committed to exploring new ways to help meet the needs of our community's older adults.

2015 Highlights:

- Food assistance: 6,998 served
- Information & advocacy services: 13,967 individuals served
- Transportation: 6,561 served
- Community Partner Sites: 25,529 participants
- Health & Wellness: 24,658 participants



Financial information available on request.

Thank you to our 2015-2016 Donors

Foundations, Corporations and Civic Organizations

The following lists reflect total contributions made in 2015 and 2016.

\$50,000+

Benevity Community Impact Fund	May and Stanley Smith Charitable Trust	Swedish Medical Center	United Way of King County
Employees Community Fund of Boeing Puget Sound Group Health Foundation	Microsoft Corporation	The Biella Foundation	Walmart, Inc.
	Safeco Insurance Foundation	The Seattle Times	

\$20,000-49,999

Aegis Living	LARC at Kent Station	Schuler Family Foundation	The Bradley Family Foundation
Expedia, Inc.	Microsoft Philanthropies	Senior Housing Assistance Group	The Foster Foundation
Horizons Foundation	Renton Community Foundation	Suskin Foundation	

\$10,000-19,999

AAA Washington	Catherine Holmes Wilkins Foundation	Office of the Secretary of State	RealNetworks Foundation
Azose Commercial Properties	Harvest Foundation	Paul Glaser Foundation	Regence BlueShield
Bank of America Foundation	Lucky Seven Foundation	Peg and Rick Young Foundation	The Norcliffe Foundation
Bill & Melinda Gates Foundation	Moccasin Lake Foundation	Puyallup Tribe Charity Trust Board	Wells Fargo Foundation
			Wheeler Family Foundation

\$5,000-9,999

Kawabe Memorial Fund	Muckleshoot Indian Casino Charity Fund	Seattle Police Employees Charity Fund	Truist
King County Employee Giving Program	Noble Fir Foundation	The Oregon Community Foundation	Uwajimaya, Inc.
Loomis Foundation	Nordstrom, Inc.	Tillie and Alfred Shemanski Testamentary Trust	
Mattaini Family Foundation	Safeway Foundation		
	Seattle King County Realtors		

\$1,000-4,999

Bellevue Christian Church	Iora Primary Care	Network for Good	Sprague Israel Giles, Inc.
Bellevue Rotary Foundation	Jones Family Foundation	New Seasons Market	The Barker Family Fund
Benefit Administration Company	Judson Park Retirement Community	Perkins Coie	The Ernest R. & Audrey M. Turner Foundation
Burien Grocery Outlet	Lautman Maska Neill & Company	Peterson Sullivan LLP	The Marcia Paulsell Zech Foundation
Carillon Point	Liberty Mutual Group	Posner-Wallace Foundation	The Richard Foundation
Central Area Senior Center	Lovsted Family Charitable Foundation	Progressive Fastening, Inc.	The Seattle Foundation
Charis Fund	Lutheran Church of Christ the King	RedRover	Transforming Age
Combined Federal Campaign of King County	Mactus Group, LLC	Renton Grocery Outlet	Trinity ERD
Crown Hill Grocery Outlet	Madrona Grocery Outlet	Saint Spiridon Orthodox Cathedral	Tulalip Tribes Charitable Fund
Enterprise Holdings Foundation	Mary, Queen of Peace Parish	SASH Realty	Washington Federal Foundation
Exeter House Residents Association	Meals on Wheels Association of America	Seattle Rotary Service Foundation	Wilson Sonsini Goodrich & Rosati Foundation
Fales Foundation Trust	Milliman	Seattle Shares Employee Giving & Volunteer Program	YMCA of Greater Seattle
Florence and Orville Shortlidge Charitable Trust	Minicucci Charitable Fund	Sisters of Providence St. Anne Community	
Frederick Foster Trust Fund	Mirabella Seattle	Sisters of Providence St. Joseph Residence	
Full Life Care	National Philanthropic Trust	Skyway Grocery Outlet	
GE United Way Campaign	National Research Corporation	Southminster Presbyterian Church	
Hartman Giving Fund			

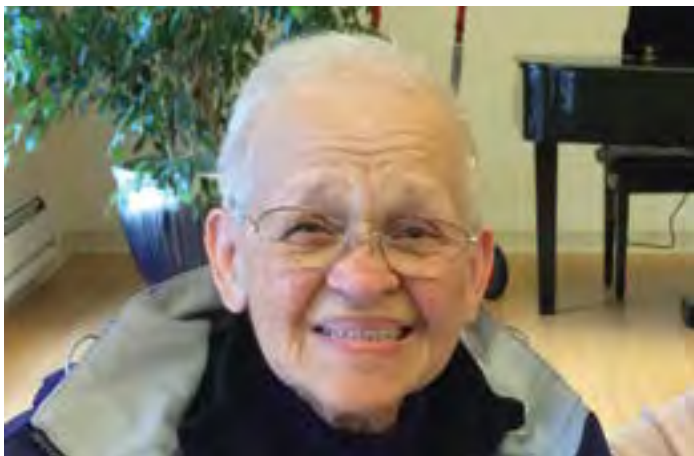
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Adobe Systems, Inc.
Aurora Grocery Outlet
Bayview Retirement
Community
Family Life Christian Center
Issaquah Nursing &
Rehabilitation
Lakeside Industries, Inc.
Living Care Lifestyles

Merrill Gardens
Providence Health & Services
QuoteWizard.com, LLC
Random House, Inc.
Reed Longyear Malnati
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Robison Family Foundation
Rotary - Federal Way
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Seattle Met
Shoreline Lake Forest Park
Senior Center
Skacel Collection, Inc.
Spokane Valley United Way
St. Stephen the Martyr Parish
Starbucks Coffee Company
Student Occupational
Therapy Association

The Hearthstone
UBS Employee Giving
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UnitedHealthcare
Washington State Employees
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**Individuals**

The following lists reflect total contributions made in 2015 and 2016.

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Sarah L. Fitch	Mary Lou and William	Kim Roper	Gregory Zick

2015-2016 Tribute Gifts

Gifts made *In Honor Of* person listed in bold

- Adriana Cvitkovic**
Milan Cvitkovic
- All Seniors**
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Sharon Leimbacher
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GOLDEN GALA



DINNER & AUCTION | SEPTEMBER 29 | THE GRAND HYATT

We look forward to an unforgettable evening of music and memories, dinner and dancing, and harnessing the power of community to ensure that none of our elderly neighbors are hungry or neglected—now or in the future.

We hope you can join us!

Register by September 20 at soundgenerations.org/goldengala,
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