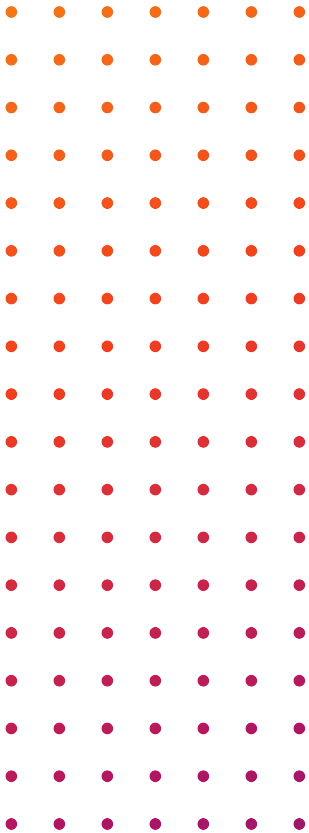




ANNUAL REPORT

to the community

20
24



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Sound Generations has received the 2025 Candid Seal of Transparency, demonstrating our commitment to transparency.



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Letter from our Leadership

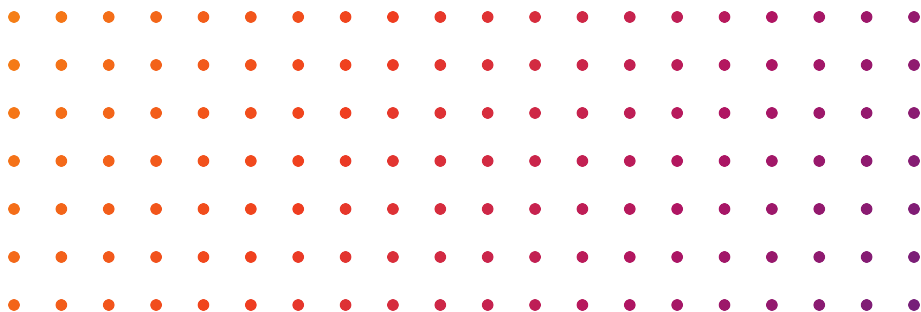
Dear Friends and Supporters,

As we reflect on the past year, we are filled with appreciation for what we have accomplished together in support of older adults. We believe aging should be embraced. And thanks to your partnership, we continue to help thousands of older adults across King County age with dignity, choice, and sense of belonging.

Our focus on food security, transportation, health and wellness, and assistance services programming was more than a response to meeting basic needs. Our programs helped older adults stay connected, independent, and supported in ways that matter. These services are often lifelines, and they remind us that aging well takes more than resources—it takes a community that respects and empowers its elders.

At the same time, we recognize that we are operating in a time of uncertainty. Rising costs, shifting priorities under the current administration, and economic instability make the road ahead less predictable. Funding is more competitive, and community needs are more urgent than ever. However, our mission is clear and our commitment to older adults will not waver.

We are working to dispel misconceptions about aging by recognizing older adults as vital, contributing members of our community. Through a new strategic plan centered on equity,



diversity, and inclusion, we aim to build responsive systems and explore ways to expand our reach through bold partnerships and stronger community connections. Our goal is clear: to ensure that every older adult across King County feels seen, heard, and valued.

Thank you for standing with us. Your continued support fuels our progress and inspires our vision to fulfill the diverse and changing needs of everyone as they age.

With gratitude,



Jim Wigfall
CEO



Cate Goethals
Board Co-Chair



Tracy Powers
Board Co-Chair



2024 IMPACT

Assistance Services

Sound Generations provides assistance services for older adults, adults with disabilities, and the individuals who love and care for them. Assistance services can help with anything from information and resources to direct service and one-on-one assistance. We offer free to low-cost solutions for those seeking to utilize their community resources.



Pathways Information & Assistance

Provided 1,859

aging adults, adults with disabilities, and caregivers with free, unbiased advice.



Caregiver Support

Provided 346

unpaid caregivers with one-on-one counseling and support.



Minor Home Repair

Completed 2,216

service projects such as installing grab bars to keep clients safe and in their homes.



Senior Rights Assistance

Advised 742

individuals and continue to offer in-person legal clinics and virtual appointments.



Health Related Social Needs

Identified services and benefits

for 53 individuals

since it's start in August of 2024.



The Geriatric Regional Assessment Team (GRAT)

Supported 115

aging adults from escalating toward crisis.



Elder Education Institute

Instructed 235

participants during the eleven sessions provided in 2024.



Be a part of our impactful journey! Contribute today and join us in making a difference in the lives of older adults.

go.soundgenerations.org/donate

• • • • Food Security • • • •

Sound Generations fights hunger by providing nutritious and convenient meals for older adults and adults with disabilities in need. We connect clients to community resources and social support networks, so they may live ample and fulfilled lives.



Meals On Wheels

Delivered 475,934

nutritious meals and served
649 Mobile Market recipients.



Community Dining

Served 148,369

made-from-scratch, culturally
relevant meals to aging adults
across King County.

• • • • Transportation • • • •

Sound Generations offers free transportation services for older adults with disabilities in King County, helping individuals maintain their independence and connect with the community.



Hyde Shuttle

Completed 59,103

one-way trips to medical
appointments, senior centers,
grocery stores and other
local destinations.



Volunteer Transportation

Provided 6,860

free, personalized, safe rides
to essential appointments.

• • • Health & Wellness • • •

Regular physical activity and mental health care are essential for maintaining vitality and independence. Sound Generations offers a range of evidence-based, affordable programs designed to address the unique lifestyle needs of older adults.



Health & Wellness

Served 7,460

older adults and continued offering essential Fall Prevention classes.

“ I have been attending classes for many years. Now at 92, these classes have been keeping me going—in mind, body and spirit. Feeling Enhanced.

– Nan, EnhanceFitness Participant, Age 92

• • • • Senior Centers • • • •

Sound Generations' associated senior centers connect older adults to their local community by providing enrichment activities, access to warm nutritious meals, and healthcare resources.



Senior Centers

Received 162,259

visits from older adults seeking essential services and nutritious meals.



Digital Equity

Provided 1,417

individual tech support sessions at senior centers.

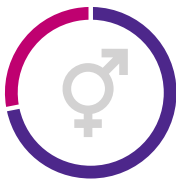


Demographics

At Sound Generations we are committed to serving all people, no matter one’s gender, race, age, or income.

Gender

72% Female
28% Male



Income

24% Moderate
19% Low
19% Very Low
38% Extremely Low



Age

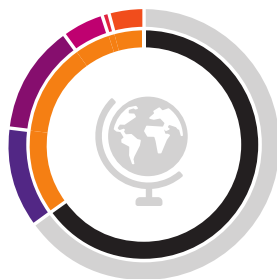
5% <60
44% 60–74
35% 75–84
16% 85+



Income levels are broken down by percent of median King County income. **Moderate** 80-100%; **Low** 50-80%; **Very low** 30-50%; **Extremely low** < 30% median income.

Race

65% Caucasian
35% Persons of Color
12% Asian/Pacific Islander
13% African American
5% Hispanic/Latino
1% Native American
4% Other/Multi-Racial

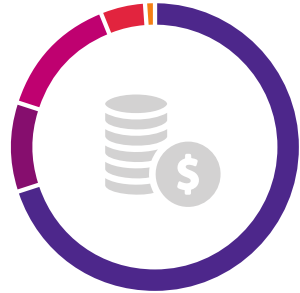


Financial Highlights

Operating Support & Revenue**

\$24,383,666

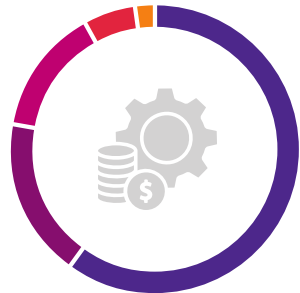
- 70% Government Grants % Fees
- 10% Earned & Other Revenue†
- 14% Fundraising
- 5% In-Kind
- 1% Belltown Housing



Operating Expenses

\$23,412,220

- 60% Programs
- 18% Senior Centers
- 14% Management/Admin
- 6% Fundraising
- 2% Belltown Housing



* Unaudited financials at time of printing

** Does not include encumbered revenue

† Earned and Other Revenue includes unrealized changes in Investment Value

SOUND generations

41ST ANNUAL GOLDEN GALA



Sherlock Stories

*Solving Life's Aging Concerns
One Story at a Time*

Friday
OCTOBER 24TH

LABOUR TEMPLE
2800 1ST AVE
SEATTLE, WA 98121

SIP, SUPPORT,
AND SHOP
HAPPY HOUR
AND AUCTION

FROM 4:30 PM
TO 7:00 PM

OUR MISSION

We partner with older adults to provide accessible and inclusive services so they can age their way.



OUR VISION

We envision a responsive, multigenerational community that recognizes and fulfills the diverse and changing needs of everyone as we age.



2024 Successes & Challenges

Have you ever had to choose between rent and food? That's the decision Elaine* faced before finding our Health-Related Social Needs Program.

Thanks to support from donors like you, one of the first things Case Manager Akira did to help Elaine was give her a Safeway gift card—she was so grateful.

2024 saw the addition of the Health-Related Social Needs Program in partnership with HealthierHere. This program recognizes that sometimes people need a little extra help to identify, find, and connect to services that support their health and well-being. Further expanding our wraparound services with stronger support for housing and employment, Case Managers help older adults find jobs and affordable housing, as well as food, transportation, healthcare, and more. **Akira helped Elaine obtain part-time employment, so she no longer has to choose between rent and food.**

Elaine's story is one of many, highlighting the successes and challenges of 2024. Like many other older adults, inflation



Sno-Valley is one of Sound Generations 27 Community Dining locations in Seattle and the greater King County area.

continued to impact finances, making it harder to pay for necessities. Social workers like Akira have also noticed an increase in older adults facing eviction; rental assistance resources with insufficient funding require applications submitted during short windows or entering a lottery for a slim chance of support. Inflation impacted Sound Generations as well, increasing our expenses and making it more difficult to meet the needs of our community.

Despite these challenges, we continued to provide holistic, accessible, and people-centered services with your support. New and expanded programs—such as two new Community Dining sites at GenPride and the Ethiopian Community of Seattle—helped offset the challenges faced by the older adults and caregivers we serve. **Thank you for helping to make 2024 a great year filled with thousands more success stories like Elaine’s!**

* Elaine’s name has been changed out of respect for her privacy.



The Path Forward

As we reflect on almost sixty years of service to older adults and caregivers in King County, we also look ahead—with clarity, purpose, and unwavering commitment.

Our future is rooted in the strengths that define us: trusted partnerships, deeply integrated programs, and a legacy of service that has always placed people first. Through our 13 core programs—focused on food security, transportation, health and wellness, and assistance services—we **meet individuals where they are, helping them thrive with dignity, independence, and a profound sense of belonging.**

These efforts are grounded in our values. We lead with compassion, act with integrity, and collaborate with the community. We uphold diversity, equity, and inclusion not as a statement, but as a practice, because we are stronger together. We create spaces of connection to reduce isolation, ease stress, and ensure that no older adult feels alone and left behind.

But we also face a turning point. By 2035, older adults will outnumber youths, bringing increased demand and



complexity to the systems that support them. King County is experiencing demographic shifts, rising demand, funding limitations, and workforce constraints—all of which impact the way we deliver care and support. And yet, our resolve is strong. **With a community-first mindset and long-standing partners committed to this work, we recognize that today's challenges require new thinking and bold collaboration.**

In the years to come, guided by a strategic plan in development, we will deepen our commitment to equity and inclusion, broaden our reach through strategic partnerships, and invest in systems that sustain our work for future generations. We will continue to center the voices and experiences of older adults, amplifying their stories and contributions, and advocate for the services they deserve.

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Positive Aging Partners

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Clara Gele	Gloria Weigle	Karen Nichols
Clarine Chipman-Green	Harry Gerecke	Karena Schneider

Positive Aging Partners are a passionate and determined group of monthly and quarterly supporters on a mission to provide community connections and accessible services to older adults and adults with disabilities in King County.

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Become a Positive
Aging Partner today!
go.soundgenerations.org/PAP



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Foundations, Corporations, Civic,
and Faith-based Organizations

\$50,000+

Biella Foundation
Comcast Foundation
JTMF Foundation

National Council on Aging (NCOA)
The Seattle Times
Woolley Family Living Trust

\$20,000–49,999

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Thank you all for your support! Every donation sustains Sound Generations' safety net of services for our aging neighbors in King County.

.....

\$1,000–4,999

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Aurora Paraguya

Alice Korsgaard

David R. Durham

Ann LaRiviere

Ava Brandis

Beatrice Conry

Camille Blanchette

Bella Basa Posthumus

Bernadette Vinas

Betty Kinsella Bledsoe

Elizabeth Calora

Bujji Puppala

Umakanth Puppala

Carol Brown

Dascha Bright

Cherry Rothe

Robin Rothe

Clay Smith

John P. Chilcote

Darlene May Jones

Caprice Hollins

Deborah Kirchner

Michele Gidley

Diane Westergaard

Joshua Hepfer

Didi Etue

Karen Adams

Donald Gwilym

Karen L. Gwilym

Donna Lee

Donna Lee

E. Douglas Bonham

Lynn Bonham

Ed Bangslund

Jane Hendrickson

Edinson Serna

Samsara Martin-Gray

Eleanor Geoffrion

David G. Geoffrion

Frank & Ruth Hilovsky

John A. Hilovsky

George Kaminishi, Jimmy Wong

Karen Kaminishi

Gordon Woodey

Erinn Webber

Gregory J. Sullivan

Nina Pang

Huei Mei Lin

Ying Ou

Jane Stone

Jane Stone

Janet and Brian Masuo

Timothy Cullinan

Janice Bellotti-Pace Sheikh

Gina Linne

Joan Lopp

Annette A. Mumford

Judith Turner

Melissa Turner

Kathie and Brad McCallister

Kelsey Robertson

Kathleen Buxton

Weston Borden

Kathy Diaz Fletcher

John Fletcher

Kris Hurlbut

Patricia L. Perry

Lillian and Motoi Naito

Bruce Naito

Martha C. Martin

Stephen D. Martin

Mary Alice Foster

Vicki L. Panzeri

Mary Ellen Clauson

Davin Clauson

Mary Kawaguchi

Benjamin Kawaguchi

Mary Millard

Ethan Lorimor

Mary Newell

Charles M. Heffernan

Michael Horton

Iqraam Moghal

Michael Knight

Laura Knight

Mom and Dad

Merry Engelhardt

My dad

Cathryn Chicquette

my husband David L Comstock

Perry Bryant

Nancy Desonier

Don Desonier

Pam Shane-Johnsen

Robert Masarik-Williams

Paula Copenrath

Kaitlin Hein

Pauline Edenton

Joshua Kane

Peter Dorn

Paul Dorn

Raphael D'Rubio

Maria Ray

Raymond Nadreau

Jeanne Nadreau

Robert "Bob" Anderson

Charlotte Hogan

Kristin Kaupang

Michael Anderson

Nancy Anderson

Richard Marriott

Tim and Val McKeever

Robyn Hites

Machell Jackson

Rose Mackie

Teresa McGarvey

Ruth Elizabeth Pete

Michael M. Pete

Sara Vanegas

Amelia Cabrera

Shanta and Ramesh Gangolli

Edward Knappe

Sylvia K. Brandon [dec.]

Richard N. Brandon

Theo Kolb

Sherie Mumford

Tin Creek

Susan Huenefeld

Toni Burmeister and

Linda McElmurry

Lesley E. Steinman

Willie G Robinson, Jr.

Caron Carlyon



Program Contact Information

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Meals on Wheels
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Health & Wellness
(206) 448-5725



Community Dining
(206) 727-6248



Caregiver Support
(206) 448-3110



Hyde Shuttle
(206) 727-6262



Minor Home Repair
(206) 448-5751



Volunteer Transportation
(206) 448-5740



Senior Rights Assistance
(206) 448-5720



**Pathways Information
& Assistance**
(206) 448-3110



**Geriatric Regional
Assessment Team (GRAT)**
(206) 448-5730



The Elder Education Institute
(206) 727-6226



Health-Related Social Needs
(206) 268-673

Senior Center Locations

Ballard NW Senior Center

5429 32nd Ave NW
Seattle, WA 98107
(206) 297-0403

Lake City Senior Center Program

12509 27th Ave NE
Seattle WA 98125
(206) 268-6738

East African Senior Center Program

Multiple Locations
(206) 268-6738
(206) 713-5856

Sno-Valley Senior Center

4610 Stephens Ave
Carnation, WA 98014
(425) 333-4152

Shoreline-Lake Forest Park Senior Activity Center

18560 1st Ave NE #1
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