

Funds Distribution Report

Recipient Organization:
Sound Generations

Address:
2208 Second Ave, Suite 100
Seattle, WA 98121-2055

Contact:
(206) 448-5766
<https://soundgenerations.org>

Organization's General Goals:

Established in 1967, Sound Generations is a comprehensive 501c3 non-profit organization that serves older adults and adults with disabilities in King County. Sound Generations, previously known as Senior Services, supports almost 54,000 people annually. We strive to expand the provision of food security, transportation, health & wellness, and assistance services to underserved and marginalized populations. Our programs and affiliated service sites provide accessible resources and services across the county.

Date of Award:

2021 Q2

Level:

\$500 to \$2,500

For more information, please read the attached report from Sound Generations.

8802 27th Ave NE
Tulalip, WA 98271

TulalipCares.org

Disclaimer: This report may be a summary of content provided by the recipient, not always complete quoted material.

From: Michelle Papineau <michellep@soundgenerations.org>

Sent: Wednesday, May 11, 2022 4:59 PM

To: Marilyn Sheldon <msheldon@tulaliptribes-nsn.gov>



Our Impact In the year 2021...



Minor Home Repair completed

1,264 service projects

such as installing grab bars and
fixing leaking pipes to keep clients
safe and in their homes.



Meals On Wheels delivered

**452,846
nutritious meals**

and served **736** Mobile
Market recipients.



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**made-from-scratch,
culturally relevant
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across King County.



Pathways Information & Assistance

provided free,
unbiased advice for
1,780
aging adults, adults
with disabilities, and
caregivers.



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The Geriatric Regional
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meals.



Health & Wellness

expanded to provide remote e-learning options for all of their programs, serving a

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Senior Rights Assistance

overcame the digital divide by offering virtual legal clinics, and assisted a total of **480 individuals.**



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unpaid caregivers with one-on-one counseling and group sessions.



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Volunteer Transportation



provided **10,932** safe rides to essential medical appointments, and is back on track in recruiting more volunteer drivers.

1,215 volunteers dedicated their time and efforts to help Sound Generations maintain essential services throughout the ongoing COVID-19 pandemic.



"I also wanted to thank you so much for the services you have provided during the pandemic, particularly Zoom classes for seniors...These classes have been great for [my older family member]. We have seen such a difference in overall health and state of mind since she connected with these classes. I'm sure you're all aware how devastating isolation can be for our seniors...Thank you for all you do."

-Relative of a Health & Wellness Participant

Michelle Papineau (she, her) | Grants Manager | Marketing & Philanthropy

Sound Generations | 2208 Second Ave., Suite 100 | Seattle, WA 98121
O: 206.727.6299 | C: 425.260.3540 | michellep@soundgenerations.org

We support people on their aging journey through community



Positive Aging

Newsletter & 2021 Annual Report

Spring 2022 Edition

ASKING THE HARD QUESTIONS: WHY DO WE NEED SOCIAL WORKERS?

Earlier this year, we recognized several of the dedicated social workers on staff at Sound Generations as part of Social Worker Month in March. Many of them shared their personal connections to the work that they do and the drive that keeps them showing up every day. They talked about what makes working at Sound Generations unique, and what they wish others understood better about the role social workers play in the lives of older adults. This sparked a larger conversation, however, around the necessity for social workers. Jms Stuvenga (they/them), one of the clinicians for our Geriatric Regional Assessment Team, shared their desire for people to recognize that social workers are much needed, but also to challenge the systems in place that make them so essential.



“When I tell people that I’m a social worker, I almost always get asked what exactly I do because it is not obvious...the general impression people have is that my job is really important, really necessary, and really challenging. I don’t disagree, but a conversation I wish would happen more often is one about **why** we have social workers. Why do we have systems that divide people according to need, enforce terms on when and how they access resources, and then buffer business as usual from the impacts of this scarcity model?”

This challenge to the greater social service system raises additional questions about how these systems determine who receives assistance and who doesn’t. Why isn’t it enough to simply say “I need help” and be able to get the proper care and support? Not only are there barriers in place keeping many folks from accessing essential care, like multi-layered processes that are challenging, impersonal, and exhausting to navigate, but there is also the emotional labor that goes into having to be assessed and reassessed time and time again, sharing personal information and being forced into vulnerable personal spaces by being asked to relive traumatic events that may have led to the state of crisis that now warrants the assistance of a social worker.

Sound Generations recognizes that there are significant needs unique to older adults that are often not supported enough in other community networks, and additionally are compounded by the complex intersection of marginalized identities of many of our

Cover story continued on page 2

LETTER FROM THE CEO | Jim Wigfall



Dear Friends,

As we embark on all the beauty spring holds amid global distress, please be reminded that our human connections make us more equipped to weather any conflicts that come our way.

Sound Generations' has always managed to be resilient in the face of life's obstacles thanks in part to your support and our team of talented staff and volunteers. Volunteering plays an integral role in our ability to provide vital services to those in need. We will continue to need people to think beyond themselves and extend a helping hand to our service population. It is these acts of kindness and generosity of time that have supported our program's ability to adapt to the growing needs of our service population.

"When we feel love and kindness toward others, it not only makes others feel loved and cared for, but it helps us also to develop inner happiness and peace." -The Dalai Lama

As you read on, I hope you feel encouraged by the opportunity to gather again and connect over a meal and celebration of positive aging. I hope you feel inspired to think about how you can make an impact on the lives of those within your local community through volunteerism. You will see how our ability to work together for change not only makes us stronger but connects us to a common goal that uplifts people, creates access, and removes barriers.

Sound Generations is always happy to make new friends and have more helping hands supporting our aging neighbors, people with disabilities, and those who care for them. Every dollar expands our ability to provide a comprehensive suite of services that improves the lives of those on their aging journey. Make a gift today and extend a lifeline of hope, care, and access to those in need!

Warm regards,



Jim Wigfall
CEO, Sound Generations

COVER STORY | Continued

program participants, like race, ethnicity, gender identity, and socioeconomic status. While providing support in ways that help fill those gaps, it is also of utmost importance to do our part in reducing the level of barriers to care so that older adults can maintain a higher level of independence, autonomy, and feel empowered to meet needs on their own with as much ease as possible. Jms spoke further to their experience working in the Assistance Services pillar of programs, and how the dynamic of effective communication between different programs aids in the fostering of empowerment for the older adults that they speak to.

"I really do appreciate that a lot of the Sound Generations' Assistance Services are so accessible. Some of the programs accept suggested donations, but there is no required fee. Clients can call and make a self-referral so easily and receive the help they need without an invasive intake process. It feels more personable and streamlined. It helps that people don't feel like they are just being moved around from one intake or assessment to another. There is a sense of cohesiveness within the organization, of programs working together to help older adults talk to the person they need to talk to and get the care that they need."

In concluding the conversation, Jms spoke to a greater aspiration of continuing to advocate for a future where support networks are so interwoven into the fabric of our communities, that the need for social workers and for these systems, that presently keep people stuck in place and perpetually reliant on them, can eventually subside. Amid all the work that Sound Generations does, it is always part of our mission to continue becoming better advocates for those we serve, even if that means not always sticking to the status quo.



small effort

BIG IMPACT

Leave a lasting legacy. Start a conversation with us TODAY.

Incorporating a legacy gift for Sound Generations into your estate, will, living trust, retirement plan, or other financial asset is a simple but powerful way to provide a lifeline for aging adults dealing with hunger, isolation, and loneliness in King County.

A simple form or brief phone call is often all it takes to set up a gift that will make a meaningful impact now and in the future. Gifts of any size make a big difference—and can benefit you too!

Discover your legacy: bit.ly/SGLegacyNetwork



CONTACT: Brittany Blue | Chief Marketing & Philanthropy Officer | brittanybl@soundgenerations.org | 206.727.6261

May is Older Americans Month

Join Sound Generations in celebrating aging.
Help us support the growing population of aging adults
in King County! Visit bit.ly/SGOAM22 to learn more!



JUNE 16th 2022

INSPIRE POSITIVE AGING AWARDS

17th Annual Luncheon
11AM – 1:30PM

Seattle Airport Marriott
3201 S 176th St | Seattle, WA 98188

Hosted by Monique Ming Laven, KIRO7 | To RSVP visit bit.ly.com/IPAARSVP

Positive Aging

Annual Report to the Community 2021



LETTER FROM LEADERSHIP & BOARD OF DIRECTOR CHAIR

Dear Friends,

We are proud to share that our mindset of taking exceptional care of our colleagues, clients, volunteers, and our communities, has created a thriving and sustainable organization that delivers consistent value to all of our stakeholders. Sound Generations' strong growth, new programs, and increased philanthropy are the direct result of our commitment to provide a safety net of services and resources that allow those we support to safely age in place while feeling included and respected.

Sound Generations is evolving into an exceptionally strong brand propelled by the gratitude, loyalty, and referrals of our clients, donors, and partners. Our adaptable programming has continued to allow our service population to stay connected. Our high client satisfaction level and overall success wouldn't be possible without your support over the past 55 years. Your support allowed 2021 to be our most successful fundraising year in the history of the organization.

In addition, evolving into a culture of empowerment, team members are provided continuing professional development, career growth opportunities, competitive compensation, and comprehensive benefits. We feel strongly about creating just as solid internal support for staff as we do externally for our clients.

Furthermore, we are excited to share how we have advanced our efforts to create alignment between our diversity, equity, and inclusion values and our service delivery; this is particularly evident through hiring, training, and policy implementation. We are actively breaking down power dynamics so we can embrace and encourage diverse perspectives and creative approaches to service implementation. Fostering an inclusive environment where diversity continues to drive our approach to relationship building, exceptional service, and where our employees can thrive remains one of our highest priorities.

55 years of caring for our community has made the path forward very exciting and we couldn't do this without YOU!



Brittany Blue

Brittany Blue
Chief Marketing
& Philanthropy Officer

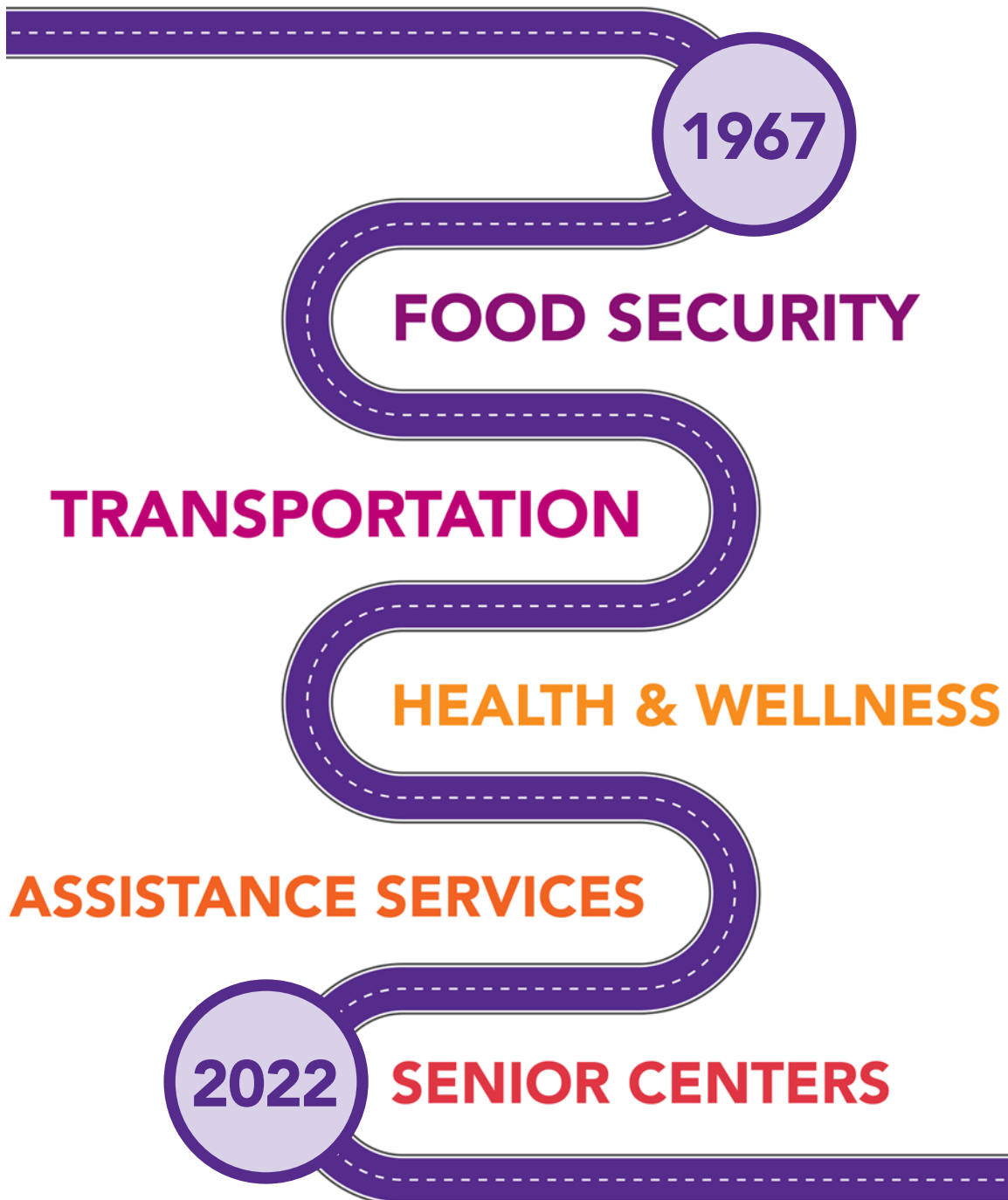


Jennifer Graves

Jennifer Graves
Chair
Board of Directors

55 Years

Transforming How We Care for Aging Adults



THEN & NOW | 55 Years Serving Agi

Senior Centers, Inc. (SCI) was founded on **March 23, 1967**, and would eventually become Senior Services.



The Senior Center of West Seattle opens its doors.

The Meals on Wheels program begins.

The Senior Rights Assistance program begins.

1967

1972

1974

1977

1971

1973

1975

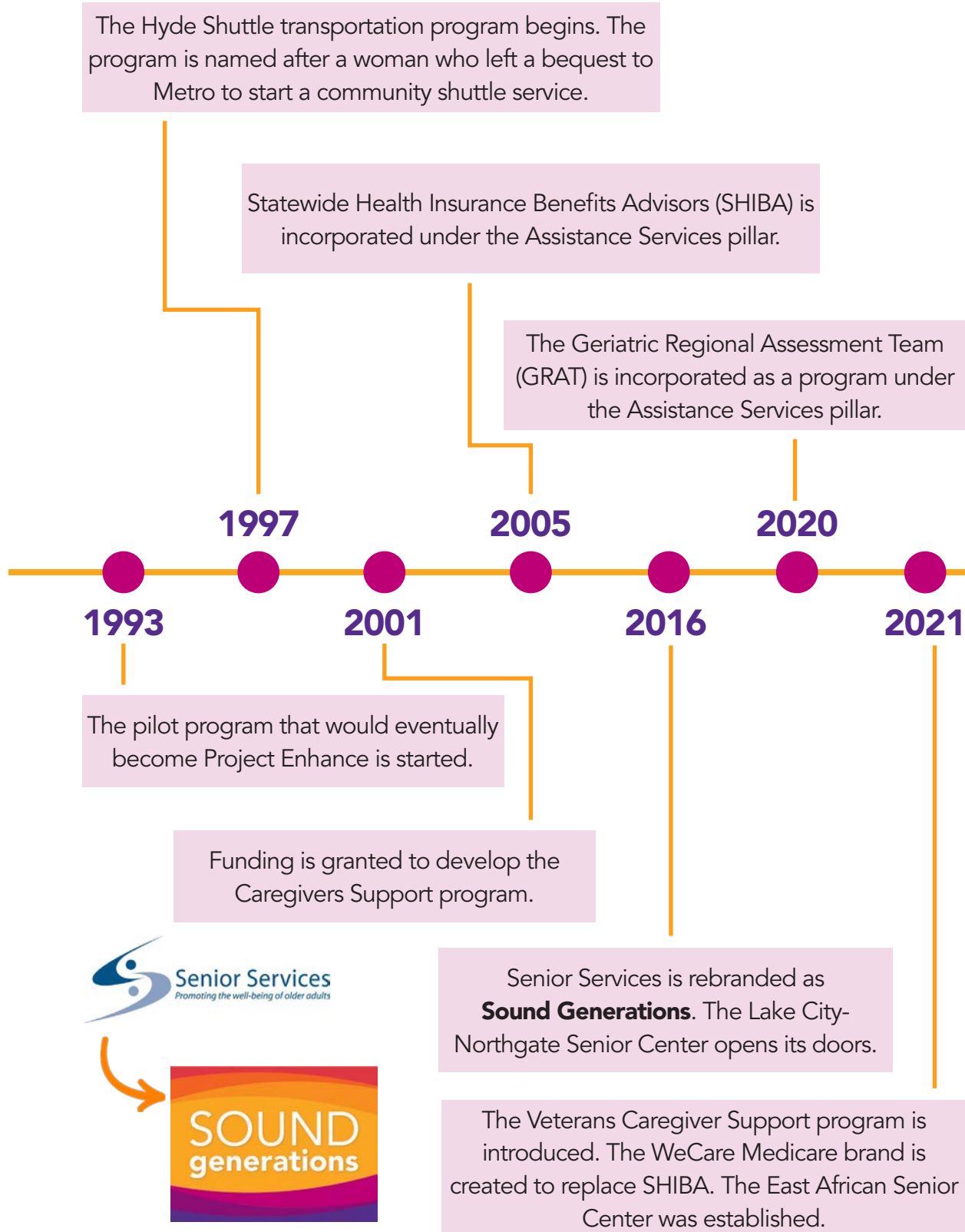
The Ballard Senior Center opens its doors.

The Minor Home Repair program is developed.

Two additional Senior Centers, the Sno-Valley Senior Center and the Shoreline Lake Forest Park Senior Center, open their doors. The Volunteer Transportation program and the Pathways Information & Assistance program are both instated.



ng Adults | Sound Generations History





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-Relative of a Health & Wellness Participant

DIVERSITY, EQUITY, & INCLUSION | Our Commitment

An important part of transforming to meet the needs of our clients includes continuously adapting our diversity, equity, and inclusion (DEI) practices.

2021 was a year full of learning and growth for our organization in terms of DEI work. Working towards the goal of entrenching these core values throughout the organization, we saw a few places where we'd been falling flat and took the opportunity to address these shortcomings.

Staff training

Human service nonprofits like Sound Generations exist to fill the gaps left by society, to address the needs of marginalized individuals, and to ensure that they are given the tools or care they need to live healthy lives. **Sound Generations works every day to help older adults, adults with disabilities, and those who care for them to live their best lives in a supportive and caring community. We cannot succeed in these endeavors without considering the context of who is marginalized and how we can better our services to include them.** In order to fully incorporate diversity, equity, and inclusion into our work, we needed to take a step back and allow staff and board members across the organization to learn what this actually means.

In 2021, we started a long-term process of monthly training in these core values, open to and attended by staff members of all departments and levels of the organization, including the board of directors. We discussed what challenges we face in our positions, what unique issues we have with our constituents, and what our mission and values are. These sessions opened conversations for more in-depth growth that will continue in 2022 and beyond. A big part of continuously adapting is to **never stop learning!**



Updating job descriptions

Members of the Diversity, Equity, and Inclusion committee worked with Sound Generations Human Resources staff to update all employee job descriptions to emphasize that working at Sound Generations involves a dedication to DEI. **As a core value, we must recruit individuals who are interested in continuously improving Sound Generations and taking ownership of the expansion of our services through an equity lens.**



Updating vendor selection processes

To truly embed equity work in our organization, **we realized that we needed to look not only at our internal work but also at the work our external business partners are doing and hold them to the same standards.** In 2021, we updated our procurement policy for vendor selection and added an addendum stating, "The Agency will not contract with vendors whose practices are not in line with Agency values."

This change was taken to heart by our Meals on Wheels program in their hunt for a new meal provider in late 2021. The team included questions on the request for proposal that explicitly allowed us to understand the potential vendors' DEI work. **By prioritizing communal values when choosing a vendor, we set ourselves up for successful long-term partnerships that better serve the community at large.** We are excited to see how our new partnership unfolds in 2022 and will keep you updated as our work progresses!

SOUND GENERATIONS MISSION, VISION, & VALUES

OUR MISSION STATEMENT

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

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.

EQUITY & INCLUSION

At Sound Generations we embrace the belief that racial and other social identities should be respected and affirmed. We are continuously building a team of staff, board members, and volunteers who are culturally responsive and committed to addressing institutionalized racism and other forms of oppression.

To learn more, please visit:

www.soundgenerations.org/about/equity-and-inclusion

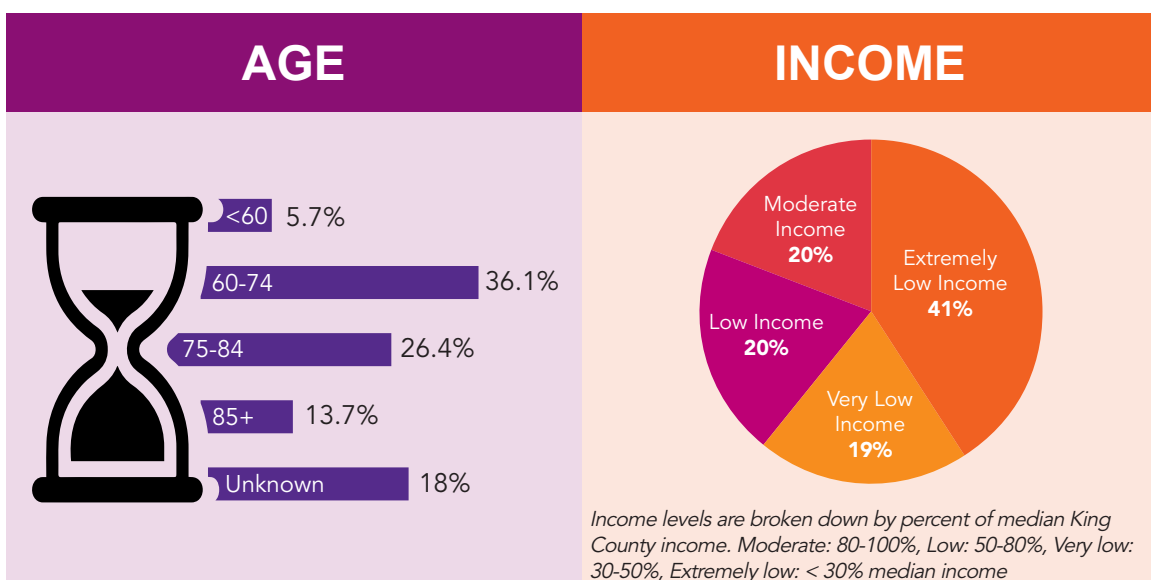
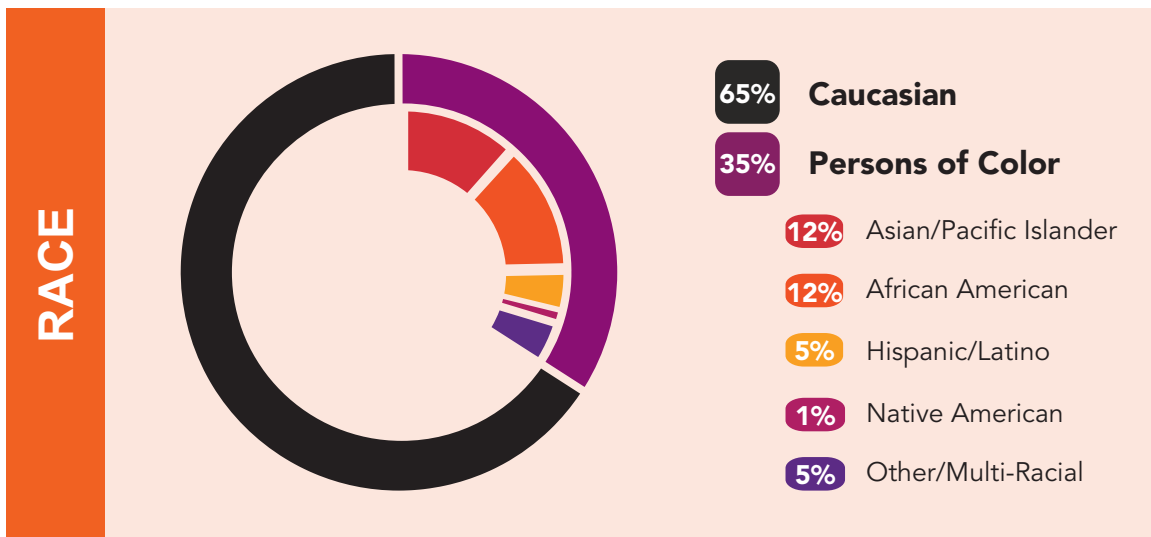
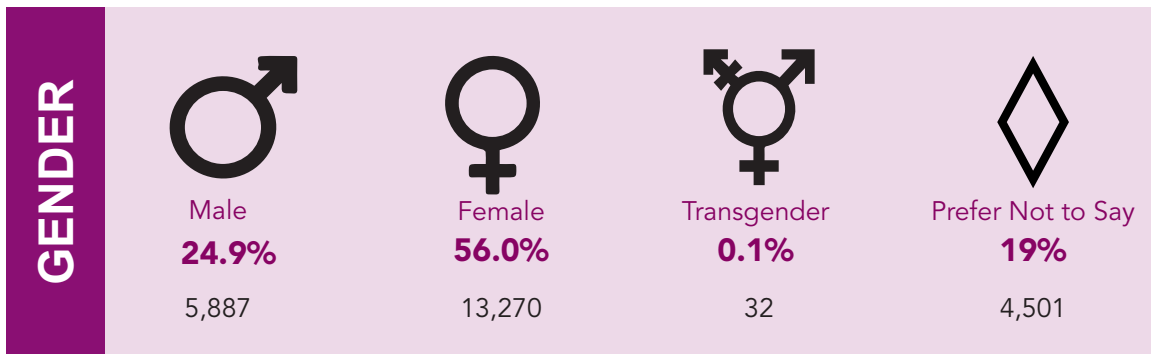


ORGANIZATIONAL DESCRIPTION

Our thirteen programs and six senior centers are constantly striving to expand the provision of food security, transportation, health & wellness, and assistance services to underserved and marginalized populations. We are committed to helping all people, especially those in low-income communities and communities of color, obtain the services they need while feeling included and respected in a community that affirms aging.

DEMOGRAPHICS | Who We Serve

We are committed to serving **ALL** people, no matter one's gender, race, age, or income.



STORY | Our Clients Say It Best

There is no better way to hear about the positive impact of Sound Generations' pillars of service than from our program participants themselves. Here are several first-hand accounts from older adults who are able to thrive in their communities thanks to your generous support.

Food Security

Community Dining client, Beth, has been getting freshly made, healthy meals at her local senior center for several years now. Like many other Community Dining participants during the COVID-19 lockdown in Lake Forest Park, Beth started receiving her meals to-go to ensure she could eat while remaining socially distant.

"The food always tasted good. It was just comforting during what was a very stressful time... It was a lifeline for me. Seeing someone every day, who saw me, and staying connected to the senior center even in this one small way, seeing the volunteers come by to bring the food and even chat just for a few minutes. It was nutritionally helpful because living on your own, especially in isolation, you don't buy as many groceries. [It was] emotionally comforting to still have the connection and the hope that once it was all over that we could come back again."



Transportation

Jerry Carriveau was born in Seattle, Washington in 1944. Jerry's birth was extremely premature and resulted in total blindness due to blood vessels in his retina bursting. Jerry's condition was the very first case recorded in King County history.

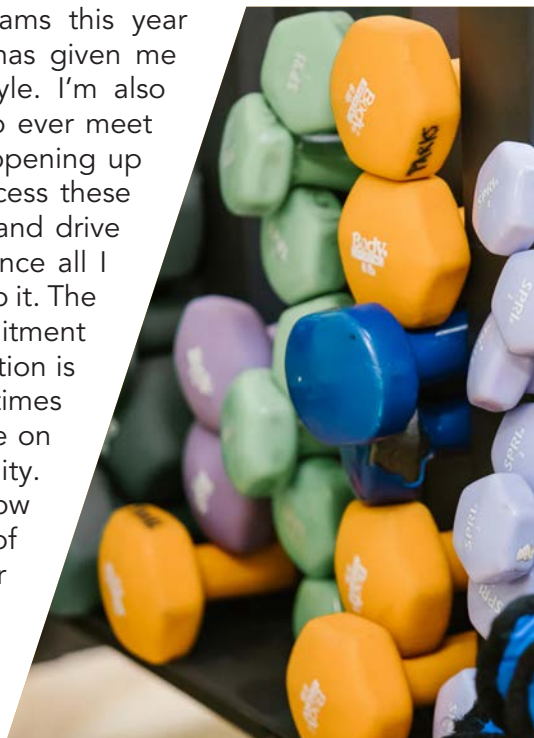
"The services offered by Sound Generations are incredible. I do not know any other that provides quality and selection. I like Volunteer Transportation best and require their help the most. I see my doctor twice a year and my dentist every three months. I reside in Shoreline and need to go to the University for my Medical and Dental visits. I do have the option of transportation through NW Neighbors Network, and I do so frequently. Going with a volunteer who escorts me to the front desk of each appointment is a much better experience. Volunteer Transportation has a wonderful database of volunteer drivers, and the human touch is always appreciated. The social aspect of this service helps me to stay connected to my community. And remain independent. I value the fact that I can age in place with this safety net."



Health & Wellness

"I have been participating in several programs this year including the Enhanced Fitness...Each class has given me new insights and tools for a healthier lifestyle. I'm also connecting with people I'd have no reason to ever meet without these resources. Even though life is opening up more now, I still appreciate being able to access these programs online. If I had to get into my car and drive somewhere I'd find lots of excuses not to. Since all I have to do is open my computer and log in, I do it. The fact that these classes are live I feel a commitment to show up (virtually) each time. So my motivation is much higher than if I had to go to the Y three times a week to exercise. This way, I have a set time on my calendar and a higher sense of accountability. The staff at the Y are incredible and my fellow participants are fun to get to know. I feel part of a community and I'm changing my lifestyle for the better a little more each week."

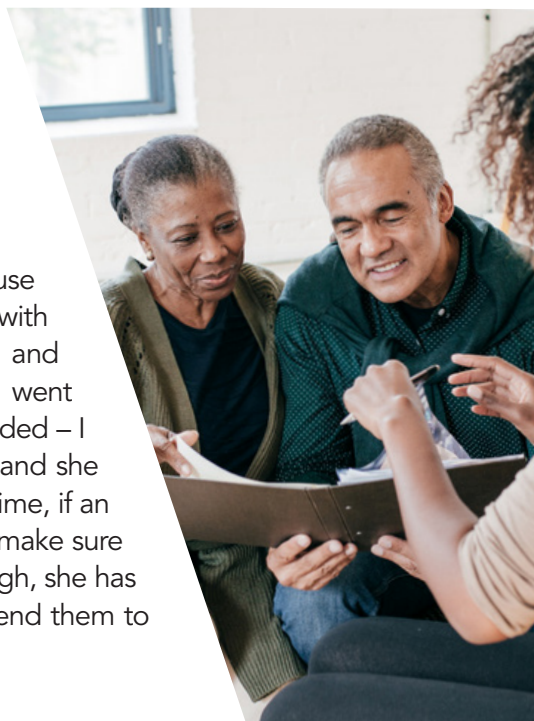
—Bethmarie F.



Assistance Services

Dianne is a Senior Rights Assistance Long-Term Care Project client who worked with program staff and legal volunteers to ensure that her husband's Medicaid long-term care application was complete, a stressful and time-intensive process.

"It wasn't always easy doing all the things because it's complicated, but it was easy working with [Senior Rights Assistance's Program Coordinator] and [volunteer], they made it all very simplified. We went step-by-step and it was just perfect for what I needed – I didn't know anything about how I could do this, and she put a whole load off my mind. I could call at any time, if an issue arose and she didn't have an answer, she'd make sure she'd get an answer within a day. I can't say enough, she has been an angel – if somebody needed help, I'd send them to Sound Generations."



Sno-Valley Senior Center

"Diane is such a wonderful volunteer and senior center member. She participates in almost all of our trips, is a key volunteer in the kitchen, and is so welcoming to everyone who comes in."

—Kira Avery, Assistant Director, Sno-Valley Senior Center

"When I was working, I didn't participate a lot, except for at the steak dinners, then they had me help make salads. And so that kind of got me going, and then when I quit working, it was just kind of a natural thing, because they always need help and it was always fun. I enjoy having a variety of things to do, not just the trips. We've got a pen pal program that is going to start again. It sounds like our senior center is a lot busier and has a lot more things going on. The new people who have been coming have been saying "Oh wow, it's so friendly" and that's pretty important. It's great, I think, to have [the senior center]. And if somebody doesn't get involved very much, well you know, you can encourage them."

—Diane A., Sno-Valley Senior Center Participant & Volunteer



Lake City Senior Center

Below is a brief interview with Cookie, age 81, who has been a participant at the Lake City Senior Center for 6 years or so. She is a client at the Senior Center, participates in EnhanceFitness Classes, and is a Community Dining participant.

How has COVID impacted you?

"Transportation has been harder, and I really miss the socialization aspect. Mostly it has had larger effects on my family. I am glad for all the technology even though it is hard at times as well."

What programs do you like the most?

"Exercise classes with the Senior Center but everything has its moments. Keeping these classes running through the Pandemic has made a big impact on my health."

What's your favorite part?

"The lunches with Community Dining- They are great because of my health; I am unable to cook and these meals mean a lot to me, plus, they are delivered to me which helps"



OPENING A NEW SENIOR CENTER WITHOUT WALLS



One of the easiest ways to reduce barriers to program participation is to meet people where they're at – figuratively but also quite literally. Senior centers are the hubs of community connections, providing meal programs, health and fitness classes, social activities, tech support, and resources for the older adults in their area. But most centers are restricted in who they can serve by the number of people who can come to their building. Luckily, there's a solution – spreading the joy of senior centers to multiple locations by operating a "senior center without walls." By partnering with community centers and urban farms, Sound Generations saves on overhead facility costs and can prioritize program expenses.

And now, Sound Generations has two of these groundbreaking models - our Lake City Senior Center and East African Senior Center (EASC) - which combined operate five days a week out of four different locations with two sets of staff, who change locations depending on the weekday.

Sound Generations and partners created the East African Senior Center in late 2021 from the East African Elders Program at Northgate Community Center and Community Dining's East African Senior Meal Program sites. Program clients repeatedly expressed a need for wraparound services beyond meals, desiring the community connections and supportive programs offered by senior centers. Being "without walls" has allowed the best of both worlds – flexibility of where they can operate with the structure of clients seeing the same qualified staff, programs, and resources wherever they go. And by focusing on the older East African diaspora specifically, EASC can cater to this group's unique needs that were previously unmet. Now, East African elders can connect with program staff, access social services, engage in enriching activities, and create community.

LOOKING FORWARD – CLOSING THE DIGITAL DIVIDE

Our partner senior centers have various technology programs to help support a growing concern – the “digital divide” and the barriers technology (or lack thereof) can cause in daily life for older adults.

Community members come to the Senior Center of West Seattle with questions, concerns, and computers, and the Digital Equity program staff and volunteers listen, observe, and apply their experience to answer those questions and resolve those concerns. Changing the narrative on tech support from “learning the device” to “helping people achieve their goals by using technology” has allowed for personalized, private sessions to meet people where they’re at. Our staff and volunteers have given clients the joy of accessing online music libraries, helped them to have the security of a shared photo library, and even advocated for individuals struggling with inaccessible service providers. We build trust through relationships - people are the core of the program, not their devices. Technology can help achieve so many goals, but only when someone listens to what that goal is.



Through a lot of hard work, the staff at the Lake City Senior Center was able to acquire and distribute donated devices like laptops and hotspots to dozens of community members in need. But getting the devices to the community was only the beginning of the program. Jargon barriers, language barriers, confidence barriers... Overcoming the digital divide is more than passing out machines, it's overcoming all the deterrents to using those devices. That's the goal for the program in 2022 – how to provide resources in ways that are truly equitable and allow clients to experience new spaces at a pace that's comfortable for them. With funding help from King County, the senior center is excited to hire a dedicated staff member in 2022 to continue conquering these challenges.

ACCELERATED COGNITIVE DECLINE IN ISOLATION

Over two years after the “start” of the COVID-19 pandemic in the United States and we are still learning about its impact. A major one that we are seeing among clients – supported by local and worldwide data – is that the pandemic and the lockdowns have had a massive impact on mental health. And older adults are feeling the effects. **Isolation caused by the lockdowns has caused cognitive health to deteriorate at a faster rate in people with dementia** (Suarez-Gonzalez et al 2021). Changes to daily routine due to lockdown that can be linked to worsening conditions of dementia patients include:

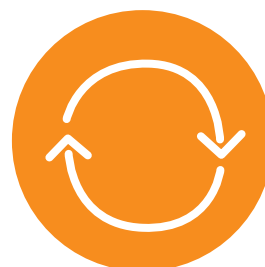
Loss of daily social interaction

Even simple daily interactions like talking to a cashier at the grocery store, or saying hello to the mailman, have the ability to slow the progression of memory disorders in older adults. When these interactions no longer occur, the impact can be especially devastating for someone with dementia.



Decreased cognitive stimulation

Many enriching community activities that older adults were formerly able to partake in, like art clubs, fitness classes, or other hobby groups that provide important cognitive stimulation in addition to an opportunity to be social, have been discontinued.



Increased overall feeling of loneliness

Absence of connection, whether it be with family members, friends, or even just casual interactions with strangers in daily activities, lead to greater internal feelings of detachment and lack of social belonging.



Source:
Suárez-González, Aida, et al. “The Effect of Covid-19 Isolation Measures on the Cognition and Mental Health of People Living with Dementia: A Rapid Systematic Review of One Year of Quantitative Evidence.” *EClinicalMedicine*, vol. 39, 2021, <https://doi.org/10.1016/j.eclinm.2021.101047>.

Carlo Lazzari & Marco Rabottini (2021): COVID-19, loneliness, social isolation and risk of dementia in older people: a systematic review and meta-analysis of the relevant literature, *International Journal of Psychiatry in Clinical Practice*, DOI:10.1080/13651501.2021.1959616

WE LOVE OUR VOLUNTEERS!

Sound Generations recognizes the impact & significance of volunteer service in building community and touching the lives of the aging adults we serve. We would especially like to shine a light on our talented volunteers with a huge THANK YOU for all the hard work and long hours contributed in 2021 to support our programs & senior centers. Last year, a total of 1,025 rockstar Sound Generations volunteers came together to contribute over 75,000+ hours of service --- addressing community challenges and serving others with a smile. We got the chance to catch up with a few of our superstar volunteers, who shared why their service experience has been meaningful to them:

"Working in the café, I've gotten to know a lot of people on a personal level. It brings me lots of joy engaging with seniors and hearing their stories. I also see how much joy it brings them to be able to have the senior center available in the community. I really feel fortunate and inspired each week as a volunteer at the senior center, because not only do I feel I'm doing something directly in my community. I also love the new friendships I've made with the people there. It's a win-win situation."

—Benjamin G., café volunteer at Senior Center of West Seattle

"Volunteering is a selfish thing. You know why it's selfish? It's because it's caused my health to be better. My doctor said that if I had not been volunteering here, I would not be as healthy as I am now. Sound Generations is keeping me healthy by allowing me to volunteer."

—Tak-Wah W., volunteer at Lake City-Northgate

"Volunteering in the reincarnation thrift store, as I've taken in donations, I've experienced both uplifting stories and heartbreaking stories. Often the donations are from friends or families whose loved one has passed on. Many times, the people who bring the donation will tell you of their loved ones whose donation you're taking in. You can tell the friends and family members want to share something with you, memories of the person who has passed. It's an extremely rewarding experience."

—John M., Sno-Valley Senior Center Board Member & Community Dining Volunteer

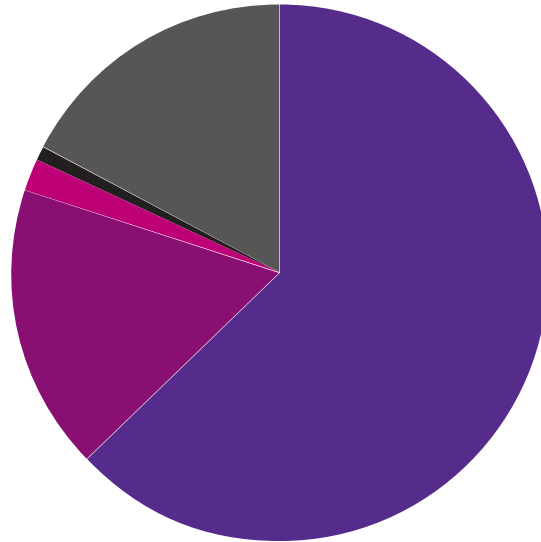
**We love our volunteers! Thank you all for sharing your
time, energy, and uplifting stories with us.**

**May your desire to make a difference in our community
inspire us all to serve.**

Operating Support & Revenue

\$22,233,306

- 63% Government Grants & Fees
- 17% Earned & Other Revenue
- 17% Fundraising
- 2% In-Kind
- 1% Belltown Housing

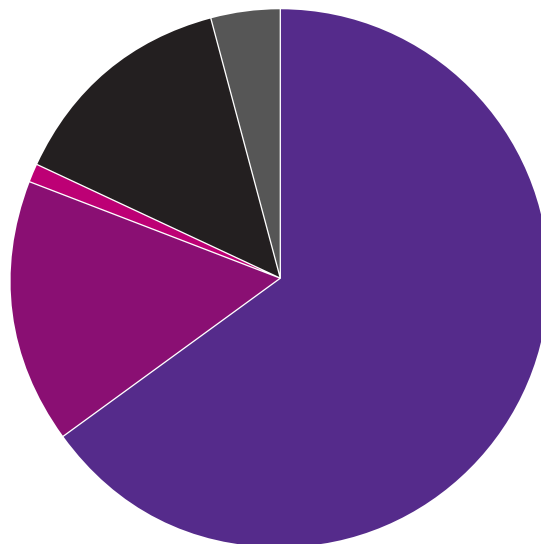


**Unaudited at time of printing*

Operating Expenses

\$19,510,083

- 64% Programs
- 17% Senior Centers
- 12% Management/Admin
- 5% Fundraising
- 2% Belltown Housing



**Unaudited at time of printing*

Change in Net Assets from Operations: \$2,723,223

SUPPORTERS | Foundations, Corporations, Civic Organizations

\$50,000+

American Online Giving Foundation, Inc.

Raynier Institute & Foundation
Retirement Research Foundation

The Biella Foundation
The Seattle Times

\$20,000-\$49,999

Employees Community Fund of Boeing Puget Sound

Foundry10
Joshua Green Foundation
National General Insurance

Schuler Family Foundation
Seattle Foundation

\$10,000-\$19,999

Amazon
Cambia Health Solutions
COING Inc.
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Renton Community Foundation
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The Bradley Family Foundation
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\$5,000-\$9,999

AARP Washington
Aetna
Azose Commercial Properties
Friends of Sound Generations
Humana

Indian American Community Services
Jean K. Lafromboise Foundation
Kaiser Permanente Community Health & Benefits

Live Long and Prosper Foundation
Office of the Secretary of State
The Noble Fir Foundation
The Norcliffe Foundation

\$1,000-\$4,999

2A Consulting
Aetna Foundation
Alaska Airlines
Ben Bridge
Bristol-Myers Squibb Foundation
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City Of Kent
Costco Wholesale Workplace Giving
Facebook
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Faith United Methodist Church
Frederick Stearns Foundation
Friends to Elect Susan Chang
Helen Martha Schiff Foundation
Holland America Line
HomeStreet Bank

King County Department of Community and Human Services
King County Employee Giving Program
Loomis Foundation
Lovsted Family Charitable Foundation
Mary, Queen of Peace Parish
Merrill Lynch, Pierce, Fenner, & Smith Incorporated
MMS Giving Foundation
Network for Good
Oregon Beach Vacations
Prowess Consulting
Raikes Foundation Workplace Giving
Saint Spiridon Orthodox Cathedral
Salesforce.org
Sisters of Providence St. Anne

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United Metals, Inc.
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USI Insurance Services
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Wilson Sonsini Goodrich & Rosati Foundation
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\$500-\$999

Bright Funds Foundation
Dell Workplace Giving
Emerald Heights Community Grants
Family Life Christian Center
Give Lively Foundation, Inc.

Global Health Labs LLC
SASH Realty
TreeHouse Point
Westside Unitarian Universalist Congregation

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

SUPPORTERS | Individuals



\$10,000+

Anonymous (6)	Jim Wigfall and Maria Villa
Dr. James and Lisa Buttitta	Lois Toomey
George Arnold Smith & Betty Louise Hurd Smith	The Estate of Elisabeth White
Charitable Fund	The Estate of John H. Hooper
Jeannie and Bruce Nordstrom	The Falconers of Seattle

\$5,000-\$9,999

Anonymous (1)	Estate of Terry Jephson	Mr. Donald Delisi	Suzanne and Forester
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CMM Charitable Fund	Chopra	Richard and Nora	The William E. Franklin
David and Doreen	Jennifer A. Graves	Hinton	Charitable Fund
Keyes Foundation	Jim and Susan Powell	Smith Family	Thomas and Deborah
David and Romaine	LDR Giving Fund	Foundation	Kennedy
Watt	Marjorie Chadsey	Steven Schickler and	Vine and Jennifer
Dawson-Stairs Fund	Michael Fardella	Belinda Stern	Meador

\$1,000-\$4,999

Anonymous (40)	Carol and Jeff Harrang	Dr. Michael Mulroy and	J. E. Woods and L. M.
Alan Calkins and Sharon	Fund	Ms. Barbara Kimm	Arango
Lamme	Carol and Tal Godding	E. Baldwin	J. P. Pehoski
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Amy Lee Derenthal	Catherine Foss and	Eleanor Owen	Family Charitable
Anena and Anthony	Michael Noakes	Elizabeth Pisano	Fund
Metoyer	Cecille and Douglas	Ellen Lynch	James and Madeline
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\$1,000-\$4,999 (continued)

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\$500-\$999

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\$500-\$999 (continued)

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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.

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Positive Aging Partners is a passionate and determined group of monthly and quarterly supporters on a mission to provide community connects and accessible services to tens of thousands of older adults and adults with disabilities annually.

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We're Recruiting!

Sound Generations is looking for those interested in being apart of our Board of Directors.

If you're interested, please email Kaleb Greissl at
kalebg@soundgenerations.org



Guidestar is now Candid. Sound Generations has received the 2022 Candid Seal of Transparency, demonstrating our commitment to transparency.

Follow us on social media to stay up-to-date with our mission in action!





SENIOR CENTERS & PROGRAM INFORMATION

Get In Touch with Sound Generations!



Meals on Wheels
206.448.5767



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



GRAT
206.448.5730

info@soundgenerations.org



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



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



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



East African Senior
Center Program
Multiple Locations
206.268.6738
206.713.5856

SOUND
generations



For more than 54 years,
your support has helped
Sound Generations
expand its vital services
to aging adults and
people with disabilities
in King County. Our
evidence-based approach
continues to enable tens
of thousands of people
to age in place safely
while feeling included and
respected.

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