

**NARFE SEATTLE CHAPTER 0043**

**May 21, 2026, at 11:30 a.m. (Lunch)**

**12:00 p.m. (Meeting/Presentation)**

**Spiro's Pizza & Pasta Restaurant**

**18411 Aurora Avenue North**

**Shoreline, WA 98133**

**[www.ilovespiros.com](http://www.ilovespiros.com); (206) 546-2900**

This month's speaker is Cat Munsen, Community Engagement & Advocacy Coordinator, Sound Generations. Her presentation **Thriving at Home: The Essential Role of Aging in Place**, centers on the ability to live safely and independently in one's own home as crucial for aging adults' emotional well-being and overall happiness. Remaining in a familiar environment surrounded by cherished memories and neighbors can positively impact mental health. In Seattle and King County, senior care services home care or modifications are often more affordable than moving to a residential care environment. Cat Munsen will also dig deeper into the role of caregivers by ensuring support programs, such as connecting unpaid caregivers and home visits as well as counseling and any other assistance they need in their important role. She will also address **Support Older Adults in Seattle & the Greater King County Area Today**. Sound Generations provides a wide range of services for older adults in Seattle/King County.

No RSVP is required to attend. If you have any questions or need additional information, please contact Chapter Secretary Theresa Blahato at [tpblahato@gmail.com](mailto:tpblahato@gmail.com) or (206) 552-6911 (cell).