

Seattle NARFE Chapter 0043
May 21, 2026
Spiro's Pizza and Pasta Restaurant. Shoreline, WA

Speaker Information

Cat Munsen, Sound Generations formerly known as Senior Services, is a program that aids with those over 60 years of age. It has four pillars of service: Food Security (example Meals on Wheels), Transportation (example Hyde Shuttles), Health and Wellness, and Assistance Services.

Meals on Wheels (MOW) Program helps seniors who are homebound to receive nutritious meals. Professional chefs prepare lunches at Senior Centers for \$5.00 or free.

Enhanced Fitness Program encourages exercise and Fall Prevention techniques.

Assisted Services provide Legal Clinics for wills, Guardianships, Power of Attorney, Probate, Estate Planning, Expert Advice for free, as well as a Geriatric Regional Assessment Team (GRAT) to make an assessment and connect seniors to services (crisis prevention).

Sound Generations provides Caregiver Support for unpaid caregivers for those 60+ or disabled 18+, Emergency Respite Care (24 hours), Ongoing Respite Care with sliding scale fee, Caregiver Counseling (6 sessions), housework and errand support, supplies for caregiver independence, etc.

Senior housing – Sound Generations Lillian Rice Building – Belltown Apartments.

Funding is provided by the federal (example Older Americans Act 1965, etc.), state, and local government agencies, private donors/philanthropic foundations, and future funding through the Millionaires Tax, etc.

Cat Munsen suggested Aging Wisdom as another resource for navigating future needs, such as choosing an assisted-living facility and other wrap-around services for aging. It's a private, fees-based company.

Sound Generation website is info@soundgenerations.org; telephone: 206.448.5757