

# April 2018

Join us for coffee and conversation with

**Alain Rhone, Community Support Specialist**

**Linda Phillips, Volunteer Coordinator**

## Sound Generations



Senior Services is now Sound Generations

**Thursday, April 19**

10:00–11:00 a.m.

**The Central Building**

810 3rd Avenue

1st Floor Conference Room  
(between Columbia & Marion  
in downtown Seattle)

Alain Rhone will discuss Sound Generations Pathways, and other services that can enhance the lives of older adults and people with disabilities. Linda Phillips will provide an overview of volunteer opportunities with Pathways, the Statewide Health Insurance Benefits Advisors (SHIBA) program, and Senior Rights Assistance.

Bring your questions, ideas, and input on services for older adults and people with disabilities.

For questions about accessibility or to request an accommodation, contact Rowena Rye (206-684-0500 or [seniors@seattle.gov](mailto:seniors@seattle.gov)). Requests should be made as soon as possible (at least three days prior to the event).



Age Friendly Seattle Coffee Hours are held on the third Thursday of every month at the Central Building and on other dates in Seattle neighborhoods.

The events bring community elders closer to City officials to explore topics of interest. Presentations often include cutting edge information about healthy aging, legal and planning issues, and more.

Participants learn about City programs and services, and officials hear from their constituents.

Coffee and refreshments are served.

### Age Friendly Seattle

Tel. 206-684-0500

711 Relay Service

[seniors@seattle.gov](mailto:seniors@seattle.gov)  
[www.seattle.gov/agefriendly](http://www.seattle.gov/agefriendly)

