



Sonia Gilman, (she/her)

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I personalize each visit to reflect my clients' interests and abilities, making our time together both meaningful and enjoyable. Whether we're exploring a museum, taking a ferry ride, or sharing stories over lunch or coffee, I love creating moments of connection. My goal is to serve as a trusted companion, offering families peace of mind when they can't be there themselves.

Every day offers something new and Sonia embraces it with heart and purpose. A lifelong learner and connector, she brings over 30 years of corporate experience and many years of private counseling practice. Originally from Bolivia, Sonia has called the Pacific Northwest home for nearly three decades.

Her career with a Fortune 100 company and her work counseling individuals and groups through grief have shaped her into a compassionate listener and thoughtful problem-solver. Now retired from corporate life, Sonia continues to offer her experience into meaningful community engagement.

Through her work with Aging Wisdom, Sonia has found the perfect outlet for her passion: connecting deeply with others and offering a wide range of activities. The interaction with people through Aging Wisdom allows her to live the life she thrives in- experiencing something new every day.