

Experience *in* Action!

King County RSVP's news for people 55 & older

Volume 32 | Number 3 | Fall 2018



Connections...

Making them Lifelong

By Peter Langmaid

Nancy Lockwood moved to Seattle from Long Island, NY over Labor Day 2017 to be near one of her sons and his wife. She knew no one, but true to her admission that she's "very organized," she made a list of four things she needed to do to connect with her new home upon arrival: find a library, find a church, volunteer, and (possibly) find a part-time job.

So far, she's found a church, a library, a volunteer opportunity, and is uncertain she has enough time for a part-time job.

Additionally, to help familiarize herself with her new home,

Nancy joined a walking group at her local Y with excursions around the area, and she bought a car with a navigation system, so she can explore her new home on her own.

Nancy loves it in Seattle and has no regrets leaving her home on Long Island. Among the things she likes about the Northwest are "no snow, no humidity, great sunsets, and mountains all around."

The only things she misses about Long Island are her garden and the colorful Cardinal songbirds that populate the East coast.



Lifelong Volunteer Driver, Jeannine Liston (l) & Satellite Site Coordinator, Nancy Lockwood (r) (Photo courtesy of Lifelong)

Soon after arriving in the Seattle area, Nancy picked up a free newspaper at the grocery store and read an article on volunteering listing Jan Hancock of RSVP as a person to call for volunteer opportunities.

After consulting with Jan, Nancy chose the Chicken Soup Brigade (CSB) program at Lifelong, a community health organization offering a wide variety of services for people living with chronic illnesses.

Lifelong's CSB program has been serving clients across the greater Seattle area with nutritious food and meals for over 30 years.

Every week, staff and over 200 volunteers prepare, package and hand deliver more than 1,000 nutritionally specific meals. The food and meals are processed from CSB's main distribution center in Georgetown, then delivered to satellite distribution locations around the area for final delivery to clients.

Nancy is the Satellite Site Coordinator at the Bellevue distribution center. Every week, she organizes meals for delivery and supports volunteer drivers as they prepare their deliveries.

Here's how the people who work with Nancy describe her contribution: "[She] keeps everything running smoothly and effectively, puts people at ease, and really seems to enjoy her

volunteer role. We couldn't do it without her and are grateful to be able to depend on her steady presence, good humor, and stellar skills and know how."

About half way through our time together, Nancy told me a story that changed her outlook on food. Twenty years ago, she was in the checkout line with about a week and a half supply of groceries for herself and her two growing boys.

Behind her in line was a woman with two small children who was buying three TV dinners, three bananas, a box of Cheerios, and a carton of milk. The contrast between her full shopping cart and this woman's hand-to-mouth food shopping made a deep and lasting impression on her.

No stranger to food delivery, Nancy's parents volunteered with Meals on Wheels for over 20 years and instilled in her the importance of volunteering. Her father was also active with the Boy Scouts, while her mother made recordings for the blind.

Nancy has "always been interested in getting food to people who need it," and, she says, "the need in Seattle is enormous."

When not volunteering for Lifelong, Nancy cooks for The Sofia Way shelter at her church, stays informed on current events,

Continued on p. 3

Solid Ground
RSVP (Retired and Senior Volunteer Program)
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E*ia* Inside This Issue...

Connecting with Community

- ▶ Ruminations on community.....p. 3
- ▶ The blessings of community.....p. 4
- ▶ FamilyWorks ... works!.....p. 5
- ▶ Become an RSVP Ambassador.....p. 7



Speaking Directly

by Jen Gahagan, RSVP Director

Building community

As I reflect on this past year, I realize the most joy and learning came from the times that I have connected to my community. Whether that was sharing time with my family, talking with good friends, meeting and making plans with coworkers, holding recruitment events with site partner colleagues, getting great ideas from ambassador volunteers, problem solving a database issue with a committed volunteer, or visiting RSVP volunteers at their site – connecting to community gives my life meaning.

Volunteers go right to the heart of creating the community for which I want to live and contribute. The Retired and

Senior Volunteer Program and our sponsor, Solid Ground, believe in the importance of building community to end poverty and addressing community needs. RSVP volunteers are a big part of our local community and are also a part of one of the largest networks of volunteers across our nation. I am proud to be in community with all of you.

If you find yourself thinking about ways to build your connections and expand your community, I encourage you to join us at one or more of our events early next year (listed to the right) to learn about pressing community needs and what volunteers can do to address them! ●



Financial Planning

by Bill Pharr

On the lookout... Monitoring your money

Whether you own a home or not, all of us have recurring expenses that we should monitor on an annual basis, at the very least. If you have an agent for your car insurance, home insurance, renter's insurance, or other insurance, it is very important at the annual renewal date to sit down and discuss the coverages and limits.

Home Insurance: Recently a friend who lives in the Sonoma area of California updated me on the general current financial situation of the people who owned homes during the major fires of two years ago. The bottom line for many who had their homes totally or partially destroyed in those fires is that they were woefully underinsured or uninsured, especially in the category of replacement costs.

The obvious question is how this could happen when most, if not all, of these people had insurance agents. Her response, along with my interpretation of that response, is a good reminder for all of us.

Auto Insurance: By way of example, a friend of mine did not have underinsured motorist's coverage on his auto insurance policy last year. A person without any auto insurance crashed into his brand new automobile. In the reporting of the accident, he discovered he did not have uninsured/underinsured coverage. When he asked his agent about the lack of this coverage, his agent did not have a good answer. The cost to repair his car was many times what the cost of insurance would have been.

Hopefully, this can be a timely message to call your insurance agent to set up a meeting and review all your coverages. If your



insurance agent is already doing this annually, then you probably have a very good and conscientious agent!!!

This message is not just for insurance coverages. There are some professionals you pay fees to who do not look out for your best interests. As a result, it is important to analyze the fees you are paying on a regular basis.

Banks & Credit Cards: They often charge many fees, and if you are not paying attention, these can add up. If you have a brokerage

account, check on the fees you are paying. In any of these situations, call and set up a meeting to discuss fees. Many times, you can negotiate better fees at a higher level of service. I guarantee you that the professional involved, once they know you are watching fees, will be more careful with your account.

A Personal Example: Our Comcast monthly fee jumped one month. It turns out that some of our features had a time limit on them such that when the time period ended, the rates went up to a maximum level. I called Comcast and spoke with a billing specialist to see what could be done to reduce our bill. The specialist

found lower rates for our services, and our monthly bill went down considerably.

In summary, it is important to monitor the fees you pay whether you have an agent or not. In the end, you are responsible to understand the services you are paying for, and the fees you are paying should be clear and fair. ●

Bill Pharr is a retired business owner and financial advisor, RSVP member, and regular contributor to the EIA.

VOLUNTEER OPPORTUNITIES

To register, call **206.694.6786** or visit the specific event links listed below.

Complimentary light lunch served at each event!

TUTORING EVENT

Be a positive influence in the life of a young person! Attend a discussion with RSVP and CCS Youth Tutoring Program:

Wednesday, January 30, 2019, 11am-1pm

NewHolly Tutoring Center
(7058 32nd Ave S, Ste 103, Seattle WA 98118)

www.solid-ground.org/tutors-1-30-19

COMPANIONSHIP EVENT

Help elder neighbors remain independent in their homes.

Join RSVP and Catholic Community Services:

Friday, February 22, 2019, 11am-1pm

Solid Ground (1501 N 45th St, Seattle WA 98103)

www.solid-ground.org/companions-2-22-19

SOMETHING NEW! Priority Opportunities Event

Passionate about making a difference? Learn about nutrition education, tutoring and companionship support services opportunities. Join RSVP to find out more.

Friday, March 1, 2019, 11am-12:30pm

Solid Ground (1501 N 45th St, Seattle WA 98103)

www.solid-ground.org/rsvp-3-1-19



It Seems to Me...

by Peter Langmaid

Ruminations on community

The word 'community' is one of the most elastic in the English language. Communities can be large like a neighborhood or small like your weekly bridge partners, but all communities form and are sustained by a common interest.

The role communities play in our lives, especially as we age, cannot be overstated. Communities give us a sense of belonging and connectedness, and add to our feeling of self-worth. Communities also are a crucial hedge against the dreaded and disabling fears of isolation and loneliness.

If you pay attention to the news, America is becoming increasingly tribal, with a list of bona fides that must be met for membership. Communities are different from tribes in that the common interest can be narrow.

I have been playing clarinet in a community band for over 20 years. It's an important form of recreation for me and I look forward to our weekly rehearsals and performances.

But what do I know of my fellow band mates other than we all enjoy playing music together? Almost nothing.

I know the woman sitting next to me is a dentist, but that's about it. Because we are an ensemble, working together and listening to one another deepens the feeling of togetherness and is essential to producing a good sound.

Communities are not static. I have been an avid squash player (a racquet sport similar to racquetball) for the past 30 years. I played five to seven times a week, participated in all local tournaments, and even travelled

to participate in national and international events.

I am, however, 70 years old, and almost all my old mates have quit the game due to injury, relocation or old age.

Because my cohort dwindled over time, I hardly noticed until I simply ran out of people to play with. I still go to the gym regularly, but my squash community barely exists. It is a great loss.

Volunteering is a great way to become part of a community. I volunteer at my local food bank each week, and I look forward to socializing with fellow volunteers and clients.

We volunteers enjoy each other so much that a number of us get together about once a month for lunch. Combining fun with the satisfaction of helping others is a great joy.

Being an RSVP volunteer, especially in the Ambassador program, is another fulfilling community.

For many of us, the people we work with are an important community. After all, we spend half our waking hours with them. When we retire, that community disappears and the loss is significant.

If you're retired, ask yourself, what do you miss more, the work or the people you worked with? For me, though I loved my work, it's the people I remember.

Which brings me to the subject of communities that are formed and interact through the Internet, like Facebook, Twitter, etc. Though many will argue



otherwise, I think a community without presence lacks depth.

There is a crucial magic that happens when people interact in person that can't happen through a phone or computer screen. And, trying to live through your computer (unless you're homebound) tends to perpetuate isolation and loneliness.

It's like the difference between seeing a picture of a juicy hamburger and chowing down on a juicy hamburger. This is not to say that the Internet is not extremely useful for staying in touch with friends and family, but it's no substitute for being there.

Communities don't just happen. They need to be built and maintained through openness and inclusion. And, a useful measure of a full life is the number of communities you are involved with.

Get out there! ●

Peter Langmaid is a semi-retired businessman, RSVP Ambassador, and longtime EIA contributor.

RSVP



The Retired and Senior Volunteer Program (RSVP)

is a nonprofit National Senior Corps program sponsored locally by Solid Ground. RSVP meets critical community needs by encouraging and supporting volunteerism in King County for people 55 and older.



Building community to end poverty

At Solid Ground, we work passionately to end poverty and build a more equitable community. Our services support people experiencing poverty by helping them achieve stability and expand their skills to realize their dreams. **And that's just where our work begins!** In addition to providing immediate services, we organize people, especially those most impacted by poverty, to participate in advocacy that makes our region more just for all.

EIA

Experience in Action! (EIA) is published by King County RSVP and distributed to 3,500 RSVP members, senior volunteers and friends. **EIA** is dedicated to providing news, information and opportunities about senior volunteerism. Articles express writers' opinions, which are not necessarily the views of RSVP or **EIA**. We reserve the right to refuse any material deemed unsuitable. Articles may be edited in accordance with technical and editorial policy guidelines.

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Lifelong connections continued from p. 1

watches TV when there's a good movie on, and enjoys cooking and baking.

With everything she's involved with, it's hard to imagine Nancy ever having time for a part-time job! ●

Lifelong



Aging with Wisdom

by Carol Scott-Kassner

The blessings of community

I sat today with my downstairs neighbor whose wife just died at 100 years of age. He is quite weak and often in bed but is determined to keep going. Tears started flowing as he expressed his gratitude for the generosity of so many people who've gathered to support him at this time of life and loss. He is surprised and overwhelmed that so many people are there for him.

We talked briefly about the importance of community and how we must come together to support each other as we move through the ups and downs of life. We spoke with regret about the divisions in society at the moment and said a short prayer that we all might find ways to overcome those divisions to create a better world and stronger country.

A sense of community is important to establish peace and harmony within society. The division of work, feeling of association, togetherness, and cooperation – all these help in establishing a healthy atmosphere filled with unity, harmony and friendship. Nurturing human connection is necessary to our survival. We wither without such connections.

As we travel along our journey of aging, we often lose connection with people dear

to us through death or through the necessity of moving to other locations. Yet, we still long for deep connection. We still long to be heard, to share our stories, and to laugh and cry with others. We know that isolation can lead to depression and loneliness.

The word “commune” means to converse or talk together, usually with profound intensity and intimacy. We need places where we can exchange our thoughts and feelings. We need to be held in places of trust where we will be understood and accepted.

One means of forming that kind of community is to create a Wisdom Circle. This is especially valuable as we age and are ready to harvest and share our wisdom from having lived a long life.

A Wisdom Circle usually consists of six to 10 people who commit to gathering together regularly from once a week to every two weeks, or once a month.

Usually one or two people decide to convene a group, and everyone agrees to commit to shared leadership and participation. Everyone pledges to respect the need for trust and agrees not to share stories about anyone outside of the circle.

The Wisdom Circle I'm in meets once a month for two



hours. We've chosen to read books on the spirituality of aging and discuss a chapter each time we gather.

Different people bring objects for an altar and readings each time to accompany our book discussions.

Other Wisdom Circles choose topics such as caring for grandchildren, preparing to die, finding meaning as we age, etc.

Perhaps the most important part of our gathering is the “check in” which occurs each time. We listen silently as each person shares what is happening currently in their life. Usually that takes about five minutes per person.

We hold each person in silence after they've spoken, sending supportive energy to them. If someone needs to have feedback because they are in a crisis, we take more time with that person.

May you be blessed to find your place in community. May you have the courage to find and/or create a nourishing community. May you continue to contribute to the larger community for the sake of us all. ●

SOME RECOMMENDED BOOKS & RESOURCES ON THE SPIRITUALITY OF AGING:

- ▶ *The Second Half of Life: Opening the Eight Gates of Wisdom* by Arrien Angeles
- ▶ *The Gift of Years: Growing Older Gracefully* by Joan Chittister
- ▶ *Life Gets Better: The Unexpected Pleasures of Growing Older* by Wendy Lustbader
- ▶ *On the Brink of Everything: Grace, Gravity & Getting Old* by Parker Palmer
- ▶ *From Aging to Sage-ing* by Zalman Schachter-Shalomi & Ronald Miller
- ▶ *The Spirituality of Age: A Seeker's Guide to Growing Older* by Robert L. Weber & Carol Orsborn

You can also find an extensive guide for forming Wisdom Circles at: www.sage-ing.org/about/circles-chapters

Carol Scott-Kassner is a spiritual director and a Certified Sage-ing Leader in Sage-ing International. To find out more about what Sage-ing offers, go to: www.sage-ing.org.

A heartwarming time of year

By the time you have read this, RSVP will have distributed close to 2,000 beautifully handmade hats, scarves, mittens, sweaters, blankets and other knitted and crocheted items to families and individuals experiencing homelessness or at risk across King County. This is due to the efforts of RSVP and other senior volunteers who have donated their time and talent throughout the year to this worthwhile project by crafting the items, as well assisting in the sorting, inventory, labeling and distribution process.

It is a substantial undertaking with many moving parts, and we could not accomplish it without the devotion and love that our volunteers bring to it each step of the way. We thank you from the bottom of our hearts.

You can be involved in this project as a knitter, crocheter or hand crafter or help us behind the scenes throughout the year with sorting and labeling. Make a difference by contacting janh@solid-ground.org or calling **206.694.6786** for more information. ●



FamilyWorks ... works!

by Bill Pharr

Where do individuals and families go if they live on low incomes or are hungry? How do young parents find the support needed for help with parenting skills? What do people whose first language is Spanish do when they need someone to advocate for them?

The questions and needs are limitless, but the answer is the same for many individuals and families in Seattle – FamilyWorks. Located in Wallingford, FamilyWorks is unique in that it is a food bank and a resource center.

The diversity of programs FamilyWorks offers is as impressive in number as in the range of those they help. FamilyWorks exists to serve anyone in the community, regardless of income or circumstances. People from all walks of life who find themselves in need of services are welcome to come in and ask for assistance.

Their programs assist babies, teenage mothers, families, parents, individuals living on very low incomes, those who are hungry, kids starting school, homebound senior citizens, and on and on. Equally important, if the staff at FamilyWorks can't deliver the direct service to solve someone's problem, they do what is necessary to connect them to someone who can.

It was an eye opening and humbling experience being a volunteer at FamilyWorks for two years. During that time, I found the best part was the opportunity to work alongside employees and volunteers whose life mission is helping people. An added bonus was meeting many wonderful people in our community who depend on FamilyWorks.

On my first day, Jake Weber, the charismatic Director of FamilyWorks, explained to me that the two food banks under the auspices of FamilyWorks – the Wallingford and Greenwood food banks – both provide donated fresh and healthy food to people who are hungry or who do not have the financial resources to always go to the grocery store. This was a good thing to know as many individuals and families would walk in the FamilyWorks door in need of food.

As a volunteer, one of my jobs was to assist men and women experiencing homelessness who came in and asked for a food bag. Food bags are prepared each day for people who are hungry, and they are provided free of charge to those in need.



Bill Pharr, FamilyWorks Volunteer
(Photo by Jan Hancock)

One day a young mom came through and inquired about her weekly diapers, which are provided for people enrolled in a program with the same sign up rules as food bags. After receiving her diapers, the mom went through the available free

clothes for her daughter (along with some clothes she even found a stroller!). Clothing items for all ages are donated regularly to FamilyWorks, some of which are handmade by RSVP volunteers from a nearby senior retirement community.

I especially remember a worried Spanish-speaking mom and her children coming in on one occasion. Gladys Martinez, Teen Parent & Family Program Coordinator, is bilingual, and she was able to answer all her questions. This was a great source of relief to a stressed-out mother searching for resources.

I witnessed numerous examples of staff acting with both knowledge and compassion as they were able to advocate for those who did not know where else to turn.

Haley Berra, Family Advocate, was able to assist an upset, anxious young woman by helping her access the WIC (Women Infants Children) program, a supplemental nutrition program for women with infants and children under the age of five.

When a young American woman and her husband from Eastern Europe (and a new citizen) were having trouble signing up for healthcare, Haley was again able to advocate. By making some



Jake Weber, FamilyWorks Director & Kat Johnson, Volunteer Coordinator
(Photo courtesy of FamilyWorks)

phone calls, she determined the agency these folks needed to contact and helped resolve their predicament.

These are just a few examples of the many ways in which FamilyWorks assists people in the community.

I believe there are three keys to the success of FamilyWorks. Clearly the first lies with the employees. They are dedicated to helping the people of the community, and they all love their work. The employees make a difference in people's lives – is there a better statement that can be made?

Second, FamilyWorks survives on the donations received every year. Cash donations are a primary source used to run operations. Other donations that are critical include diapers, socks, kids' clothing, books, games, toys, strollers, etc. – and of course qualifying food donations.

Third, FamilyWorks could not survive without the volunteers who help in all areas of the operation. Kat Johnson, the Volunteer Coordinator, does a wonderful job recruiting and managing the volunteers. She tells me that last year, there were 550 different volunteers who contributed 9,000 volunteer hours!

To find out more about FamilyWorks in general, and about donating and volunteering, visit www.familyworksseattle.org or just drop in and see for yourself. ●

SEND US YOUR HOURS!

Yes, your hours as an RSVP volunteer are important and need to be reported to us. Your hours are not only tied to federal funding with benefits then provided to you, like the excess accident medical and liability insurance, but they also help the volunteer sites and RSVP reach volunteer hour goals. And just as importantly, it helps us recognize you for your service and highlights the contributions you make to meet community needs when you volunteer.

If you have questions, please contact:

Jennifer Gahagan, 206.694.6785 or jeng@solid-ground.org.

Holiday Roasted Butternut Squash

Serves 6, 3/4 cup per serving

INGREDIENTS

- 2 pounds butternut squash
- ¼ cup walnuts
- 2 Tablespoons canola oil
- 1 teaspoon dried sage
- ¼ teaspoon salt
- ¼ teaspoon ground black pepper
- 1 Tablespoon butter or canola oil
- ¼ cup dried cranberries
- 1 ½ Tablespoons maple syrup

MATERIALS

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Large mixing bowl
- Baking sheet
- Small skillet
- Spoon
- Peeler



INSTRUCTIONS

- 1) Preheat oven to 375°F.
- 2) Rinse and peel squash. Cut off ends and discard. Cut squash at the neck, creating a narrow end and a round end. Cut round end in half and scoop out seeds with a spoon. Cut both ends into ¾-inch, even-sized cubes.
- 3) Coarsely chop walnuts. Set aside.
- 4) In a large bowl, add squash. Toss with oil, sage, salt and ground black pepper.
- 5) Spread squash evenly on a baking sheet. Roast, stirring once, until tender, about 35 minutes.
- 6) In a small skillet over medium heat, melt butter or heat oil. Add walnuts and cook until fragrant, about 2 minutes.
- 7) Remove from heat. Stir in cranberries and maple syrup.
- 8) Gently toss cooked squash with cranberry mixture.

CHEF'S NOTES

- ▶ To make flavors pop even more, stir in 1 Tablespoon cider vinegar along with the cranberry mixture.
- ▶ You can use fresh sage instead of dried. Leave out dried sage in step 4. Roll 4 fresh sage leaves into a log shape and thinly slice. Cook fresh sage in butter or oil along with the walnuts in step 6.
- ▶ Use pecans or hazelnuts in place of walnuts. Try using raisins or dried cherries for the cranberries. ●

Reprinted by permission from Share our Strength's Cooking Matters

So you want to be a writer?

Look no further ... here is a great opportunity! It is never too late to fulfill that lifelong dream, and here at RSVP we welcome you to find out more about this exciting possibility!

We are currently looking for writers for the EIA (Experience in Action) newsletter that RSVP publishes three times a year.

Included in this newsletter are features about RSVP volunteers, articles about our site partners where members volunteer, and other information relevant to seniors. As a writer, you would:

- ▶ Attend meetings of the newsletter committee
- ▶ Interview volunteers or site partners selected for an article
- ▶ Research and write articles
- ▶ Possibly take photos of those interviewed
- ▶ Perform other duties as decided upon

If you can work to a fairly flexible deadline – and have communication, interview and research skills as well as some writing experience – let's talk. Contact me at janh@solid-ground.org or **206.694.6786**. ●



Become an RSVP Ambassador

by Jan Hancock

RSVP Ambassadors help increase our ability to promote RSVP throughout King County by representing the RSVP program at senior and volunteer fairs and volunteer site recognitions. RSVP Ambassadors also provide us with informed and effective support and guidance by serving as knowledgeable and active members of our team.

In addition, Ambassadors help spread the word by speaking to community groups, participating in community meetings, visiting with volunteers and meeting with partner sites, compiling reports, and bringing the RSVP message to their communities. Being an RSVP Ambassador means contributing to the full extent of your experience and expertise.

Although we meet officially on a quarterly basis, we do not ask for a specific time commitment, only that you share your passion for volunteering and help us encourage others by relating your own experiences and telling your communities about RSVP.

We like to think we provide a fun, interactive training and give you the opportunity to meet a group of active, enthusiastic people. It can be a meaningful and rewarding experience and one you will not regret. Please contact us if you would like to learn more. ●

RSVP



Ambassadors Joe & Helen Hesketh (foreground) & Bill Van Horn (background) at Northshore Senior Center Recognition (Photo by Jan Hancock)



RSVP Ambassadors & Staff (l to r): Charla Sullivan, Bill Pharr, Pat Loftin, Marty Thompson, Lillian Hayashi, Joel Napp & Jennifer Gahagan (Photo by Chris Villiers)



Senior on the Street

by Jan Hancock

Why do you serve as an RSVP Ambassador?

"It keeps me in touch and involved with those who are doing significant things to improve the lives of others in their communities."

~Bill Pharr



"It lifts my spirits in these divisive times to see all the good things being done by others I meet as an Ambassador."

~Charla Sullivan



"The involvement in the noteworthy purpose of volunteering and providing advice as an Ambassador is important to me."

~Joel Napp



"I am especially drawn to the recruitment part of being an Ambassador and enjoy getting others involved in volunteering."

~Marty Thompson



"My connection with the Ambassadors is an enriching experience and provides me with a network to meet some of the many needs in our communities."

~Lillian Hiyashi



"Being an Ambassador gives me the opportunity to stay informed on what is going on in the community and to enjoy the camaraderie of the other Ambassadors."

~Pat Loftin



Volunteer Opportunities through RSVP

The following are just a few of the opportunities RSVP has to offer. To talk to a real person about opportunities that are just right for you, call Jan Hancock at 206.694.6786 – or visit our website at www.solid-ground.org/RSVP for volunteer opportunity listings organized by region.

Bailey-Boushay House serves people with HIV/AIDs as well as those who need end-of-life care with conditions including cancer, ALS and Huntington's Disease, among others. Be a vital part of the agency providing one-to-one companionship. Assist with community meals, outings, activities and escorts to medical appointments, as well as at the front desk. *Central Seattle*

Associated Recreation Council (ARC): In partnership with the Seattle Parks Department, ARC offers afterschool arts and STEM classes to K-8 students at 26 schools in the Seattle School District. Volunteer assistants are needed to help instructors for their classes, support children in the classes, and help with cleanup. Expend some energy and join the fun by volunteering for a shift. *Greater Seattle*

Bloodworks NW: Help save lives. Assist with donor registration, greeting and registering blood donors – or be a donor monitor, serving refreshments and observing donors for adverse reactions following the donation process. Volunteers especially needed M-F during the day, who can go into the community to help at blood drives. Volunteers needed in *Seattle & Countywide*.

City of Kent ShoWalk: Kent4Health strives to encourage residents to lead healthy lifestyles in their community and would like your help! The ShoWalk volunteers work as a team to staff the sign-in table to greet new and existing attendees walking indoors at ShoWare. Volunteer opportunities are Mondays, Tuesdays and Wednesdays, 9-11am. Help them provide residents a dry, warm, safe space to walk. *South King County*

Community Food Education is a program of Solid Ground designed to teach community members living on low incomes how to prepare healthy and appetizing meals on a limited budget. Volunteers are trained to assist in providing hands-on cooking, nutrition education, menu planning, kitchen safety and setup. Commitment is to participate in a series of 6-week classes. *Greater Seattle Area*

Franciscan Hospice & Palliative Care (FHPC): Affirming every life, FHPC invites you to join them as a volunteer, enhancing the compassionate care they provide to patients and families. Volunteers will make home visits to see patients. Be part of a team of professionals and volunteers to discover and meet the unique needs of hospice patients and their families, providing them with both practical companionship and emotional support. *South King County (especially Auburn & Kent)*

Goodwill: Last year, 677 volunteers supported over 13,300 students in Goodwill's free Job Training and Education programs. More than 1,700 students earned jobs, and over 7,000 students experienced an increase in annual income. Support their students this year by volunteering at Goodwill's Job Training Centers, where they offer training and education programs to people in the community and help them find jobs. You can also get involved as a volunteer in their Administration department or help bring their Vintage Fashion Collection and Special Events to life. *Greater Seattle Area*

Jewish Family Service seeks a reliable volunteer to work in their Food Bank, Fridays from 9:45-10:15am. They operate a consumer choice model where clients choose products according to their needs and preferences. Duties include distributing food and toiletries as selected by clients, restocking items, and light clean up. The ability to lift 25 pounds is preferred but not required. This will be an ongoing, regular shift. *Seattle*

Lifelong: For more than 30 years, Lifelong's volunteers – who are the heart and soul of the organization – have played a vital role in helping provide quality care and services to clients. Volunteer opportunities include: repacking food donations, prepping food, packaging meals, delivering nutritious food, assembling healthcare kits, administrative projects, thriftstore assistance, and lending a hand at events. Make a difference now and volunteer your time. *South & Central Seattle, Eastside*

North Helpline Emergency Services & Food Bank: Join them and help keep your North Seattle neighbors housed and fed! Opportunities available include sorting donations, food bank distribution, office work, grocery rescue, and home delivery box packing. They are open Tuesdays through Saturdays, and they hope to see you come in soon! *Lake City (across the street from Fred Meyer) & Bitter Lake (across the street from the Community Center)*

Reading Partners is an education nonprofit that mobilizes community volunteers to provide one-on-one tutoring to struggling elementary student readers across 5 Seattle schools. They seek volunteers who can commit a minimum of 1 hour/week for the school year. Tutors are paired to work with the same student and are provided with an easy-to-follow curriculum that includes all books, worksheets, and step-by-step lesson plans. A staff Site Coordinator is available to support tutors at all times. Tutoring runs Mondays-Thursday from 8am-3pm. *Throughout Greater Seattle*

Seattle Cancer Care Alliance (SCCA) is seeking volunteers at their retail store, Shine, and their gift shop. In this role, you will provide excellent customer service for patients, families, staff and community members who enter Shine. You will assist with purchases, answer phones, and process sales transactions. *Seattle*

Sound Generations Transportation: Help make a huge difference in the lives of seniors near you by becoming a volunteer driver. Using your own vehicle, you would help older adults maintain their independence by taking them to much needed medical appointments. This opportunity is extremely FLEXIBLE, allowing volunteers to pick the days, times, frequency, and areas they wish to drive. *Countywide*

University District Food Bank seeks volunteers to help fight hunger in northeast Seattle. There are many ways to help out; volunteer in the grocery style walk-in food bank, deliver food to homebound folks, assist with the food bank's rooftop farm and much more! Volunteers like you power the University District Food Bank, and they would love for you to join their team! *North Seattle*

Volunteer Services of Catholic Community Services (CCS) welcomes volunteers to enable elders living on low incomes and adults living with disabilities to remain independent in their own homes. Volunteers may help the same person or be listed for on-call opportunities depending on their schedule and interests. Requests can include companionship, transportation, light chores, laundry, cooking and clerical support. Volunteers receive training, mileage reimbursement and insurance. *Countywide*

Youth Tutoring Program (YTP) needs caring volunteers to tutor students in low-income housing across Seattle. YTP serves diverse students, many from immigrant and refugee families. Tutors and students are matched one-to-one to foster the best mentoring and tutoring relationships. Volunteers are trained to be effective tutors and provided tools they need to make a difference. *Greater Seattle*