

# Experience *in Action!*

King County RSVP's news for people 55 & older

Volume 38 | Issue 3 | Fall 2023



## Site Partner Spotlight: Mount Si Senior Center celebrates seniors

by David Thornbrugh

Probably, most seniors have certain expectations for what they'll find at their local senior center. Health and wellness checks, without a doubt. Fitness classes, as well as chances to learn how to knit or paint, most likely. Healthy meals at a reasonable cost, sure. But a monthly "Tea at Three"?

Overlooked by the horizon-hogging volcanic mass of Mount Si, Mt. Si Senior Center serves seniors from the Upper Snoqualmie Valley near Carnation to its site in North Bend, a 45-minute drive by

freeway from Seattle.

According to Kelly Sullivan, a grant writer for the center, 40% of the center's volunteer hours are for nutrition programs. These include twice-weekly light breakfasts and daily lunches, which are beyond the usual soup and salad of many centers. On the day that *Experience in Action* interviewed Kelly and Senior Advocate Leah Wilson, the lunch offering was goulash. Other days, Chef John Merrill might serve street tacos or a Thai dish, subtly spiced to suit the palates of Mt. Si seniors.

**Solid Ground's King County RSVP  
(Retired and Senior Volunteer Program)**  
1501 North 45th Street  
Seattle, WA 98103-6708

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Mt. Si senior volunteers help at a bake sale fundraiser.

As Kelly points out, such meals support the center's diversity and inclusion efforts. "It's important that we try to serve culturally sensitive meals [as well as balance the nutritional needs of our diverse population]."

Established in 1977 and operating in the current building since 1979, the center operates Snoqualmie Valley Transit (SVT), with routes running from North Bend to Monroe. Last year, the service provided 35,000 rides, with the majority being for disabled riders.

Under the umbrella of SVT, center volunteers offer rides to doctors' appointments or outside the immediate valley service area if needed. These and other services are absolutely necessary, according to Leah.

While the Mt. Si Senior Center employs five full-time and two part-time staff, everybody else who teaches a class, prepares a meal, or does any of the front desk services is a volunteer. Among them, the youngest is 14 and the oldest is 96. "We couldn't do anything that we do without our volunteers," Leah says.

Currently, 123 volunteers participate in Mt. Si's activities, logging nearly 8,000 hours a year. Of those, 28 are RSVP volunteers, making up 23% of the volunteer pool. As Kelly points

out, these volunteer hours are the equivalent of 3.8 full-time positions. At minimum wage, that would be \$124K a year.

At Mt. Si, volunteers offer classes in crocheting, quilting, and playing the guitar, among many other activities.

As for the earlier mentioned "Tea at Three," it's another kind of cultural outreach. Based on the traditional British afternoon tea, it's served buffet style by volunteers and is part of the center's effort to supplement seniors' diets. It also provides a chance for people to socialize in a relaxed setting.

Leah points out that the center's nutrition program is very popular. Last year, they served an average of 27 meals daily, which has almost doubled this year – and they expect to serve 11,000 meals this year, the highest number ever.

Overall, Mt. Si offers about 93 unique programs annually. This includes everything from one-time events to daily activities, such as fitness classes and meals. Annually, the center connects with about 1,200 seniors.

Leah feels that people are drawn to volunteer when they see what the center is doing for the community. This includes its

## *EiA* Inside This Issue...

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## Speaking Directly

by Megan Wildhood, RSVP Coordinator

### 'Dove moments'... Learning from wisdom gained through life experience

As the holiday season ramps up and 2023 draws to a close, I'd like to take a moment to acknowledge the seniors in our lives and communities. The theme of this *EIA* edition is **Celebrating seniors**, because we wouldn't be where we are as a community and a program without your wisdom, experience, and generosity.

My grandparents were excellent role models for contributing to the good of those around us in whatever ways we're able. When they moved into an assisted living facility, my grandfather volunteered to ensure that all residents made it safely back to their apartments for the evening.

Each resident was to signal they'd arrived home and weren't planning on leaving again until the next day by hanging a wooden dove on their doorknob.

All Pop had to do was walk down the hall, wheeling his oxygen tank with the squeaky wheel, and check whether or not a dove was present – but he went above and beyond his assignment to “check for doves.”

If he saw a dove but hadn't seen that resident at the evening meal, he'd gently knock on their door and announce his presence by saying, “Just wanting to say hello since we didn't get to do so today.”

He'd wait to see if they'd answer the door and if so, chat for a few minutes – mostly about grandchildren. If not, he'd say a blessing over the residence and move on.



Megan's Pop and Nana, circa 2005.

If he didn't see a dove, all he was required to do was note the door number of the doveless residence and report to the nurse on duty that night, but he'd take the time to knock on that door, too. More often than not, the resident had simply forgotten to hang their dove.

So he'd get to brag about his grandchildren and how well his daughters were raising them all over again, and take joy in whatever the other resident shared as well – and he saved both the resident and the nurse a potentially nerve-wracking encounter.

Then my grandmother would make sure to ask whose doves weren't out that Pop didn't talk to so she could look for them at a meal the next day.

Pop passed away in 2008, but I still look for opportunities to “check for doves” in his honor. As the Retired and Senior Volunteer Program (RSVP) Coordinator, I have many opportunities to see or hear about “dove” moments in the lives of RSVP volunteers.

Created to encourage volunteerism among seniors, RSVP is one of the largest volunteer networks for people 55 and over in the country.

King County's program has almost 40 site partners and over 200 active volunteers!

These volunteers tutor K-12 students, support isolated seniors to remain independent in their homes, mentor refugee families, assist people living on low incomes with tax preparation, pull weeds and plant seeds at Solid Ground's Giving Garden, hold various roles at food banks, and much more.

Program coordinators at various partner sites often tell me how RSVP volunteers go the extra mile to make sure that each student gets the help they need, that every program participant gets their questions answered, or that a

family new to the area knows how to bus to the closest grocery store so they don't have to navigate Seattle traffic on top of everything else they're adjusting to.

Hearing about and seeing RSVP volunteers' “dove moments” is one of my favorite parts of this job – and watching the wisdom gained from life experience get passed down is one of my favorite parts of celebrating seniors. ●

### Mount Si Senior Center *cont'd from p. 1*

two apartment complexes, which offer the only subsidized housing for seniors in the valley. As she says, “Even though there's a waitlist, we at least have a place that seniors can go to for affordable housing around here.”

The center has nurses who come to do foot care, eye care, and ear care. Leah believes that “when people see the good that we're doing in the community, they want to contribute to that, too.”

Some people who come to Mt. Si for a certain program meet seniors in the center's Ambassadors program. These are volunteers who welcome people to the organization, take them under their wing, and show them what's going on, which helps them get involved.

Leah herself began working as a volunteer in the center's thrift store after many years as a physical therapist before she moved to the Valley in 2018. Kelly landed a rare position as a grant writer after years as a reporter.

Now, both women can lunch on fare that runs from bánh mì sandwiches to tonkotsu ramen and shepherd's pie.

The next time you're passing through North Bend, drop by at noon on a lunch day. For five bucks, you won't leave hungry. And you're sure to be greeted by a friendly volunteer. ●



“We couldn't do anything that we do without our volunteers.”  
~Senior Advocate Leah Wilson, Mt. Si Senior Center



# Skills for emotional wellbeing by Todd Beller

The world is full of things that cause distressing thoughts and vie for our attention, and we're full of intrusive and repetitive thoughts and behaviors that we "practice" unconsciously.

The choices we make every moment of every day are greatly influenced by the unconscious.

Since choices are power, it's well worth investing time in exploring our unconscious, as it has enormous influence on our lives, how we perceive things, and the millions of little choices we make every day. This is why most attempts to change behaviors via willpower don't work long term.

A common goal is developing skills to manage one's emotional state, avoid emotional turmoil, and find long-term peace. This requires not only learning a new set of behaviors but making the unconscious conscious.

I want to offer concrete and specific ways we can approach this goal of emotional wellbeing as well as posit solutions for managing distressing feelings.

An important skill in maintaining peace is avoiding personalizing things. Taking responsibility for our distress when negative events happen empowers us to make choices for our wellbeing instead of feeling as though we're at the mercy of our circumstances.

Of course, we're only in control of ourselves, but that's the good news! We can't control events or timing, but we can choose our responses – and these choices add up over time and contribute to our overall emotional state.

As we are in control of our thoughts, we can focus on steering them in positive ways, which impacts how we feel.

Another important skill for emotional wellness is seeing the good in every situation. My grandparents lived through four years in a Nazi concentration camp. When something negative happened to my grandmother after she and my grandfather were released from Auschwitz, she would talk about "seeking the gift."

## **Grandmother suggested there were three reasons people were unable to seek the gift:**

- 1)** The problem (or opportunity) doesn't come "wrapped" in the package we're used to seeing.
- 2)** Sometimes the opportunity doesn't happen in our timeline.
- 3)** Sometimes the problem doesn't happen for us, it happens for someone else, and we're merely the conduit.



My grandmother made sure that every time I was upset, I remembered that a gift existed in every situation. This is not to deny the reality of painful circumstances.

It's also not to deny the gifts in our circumstances that exist alongside the challenges. This helps us choose to focus on what we want versus what we don't like, even as both might be happening.

When I mention exercise as vital to overall health, including mental and emotional wellbeing, you'll likely nod your head; you've heard this suggestion before.

## **Exercise does a few things:**

- 1)** It usually requires some level of mindfulness and being present in the current moment, giving us a break from the world that pulls us in a million directions at once.
- 2)** It's known to lower stress by helping to diminish cortisol levels. Cortisol has an immunosuppressive effect, meaning that if your body constantly has high levels of this hormone, you're more likely to be susceptible to illness, infection, stress, or disordered thinking.

Gratitude lists can be helpful for some. If you're someone who struggles to make these, I invite you to try focusing first on what makes you feel good, and then think about all of the good things in your life, however small.

Another skill for emotional wellbeing is focusing on possibility and options versus issues and problems. Many things are possible, but not that many are likely.

Finally, another skill for emotional wellbeing is practicing mindfulness. This can look a lot of different ways, but here's a suggestion for a place to start:

Visualize your emotional debris in a pile on the floor. Imagine yourself sweeping up these negative thoughts and feelings and throwing them away.

Another option is to see your negative emotions on a cloud as it floats past you.

As you practice these skills, be kind to yourself and don't expect perfection.

Whatever you decide to do on your emotional wellness journey, best wishes and good luck! ●



# RSVP



## AmeriCorps Seniors

**The Retired and Senior Volunteer Program (RSVP)** is a nonprofit AmeriCorps Seniors program sponsored locally by Solid Ground. RSVP meets critical community needs by encouraging and supporting volunteerism in King County for people 55 and older.



**At Solid Ground, we believe poverty is solvable.** Our approach combines direct services with community-based advocacy. We support individuals while working to undo racism and other oppressions that create barriers – so everyone can achieve their full potential.

# EIA

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

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## Financial Planning

by Bill Pharr

### Senior discounts

As I did research for this article, I found myself constantly amazed at the sheer number of senior discounts available. And I was surprised at the many discounts I was not taking advantage of myself! I found three websites that appear to be useful – you can make that determination for yourself – and they each take a different approach to “discounts.” They’re an excellent starting place to research discount opportunities pertinent to your own circumstances.

The first, [SeniorLiving.org](http://SeniorLiving.org), breaks discounts into categories: retail, grocery, cruises, internet and communications, and cellphones, to name just a few. In your own search for discounts, you can determine the category you want to look at and just click on the link. Some of the discount opportunities require an AARP membership. (In their magazine and online articles, AARP often includes information on discount opportunities). In addition, be aware that some discounts are only offered one day a week or even one day a month.

The second site I found is [TheSeniorList](http://TheSeniorList). I like it because it details the offering company, the discount, and the requirements to qualify for the discount. For example, it lists Amazon Prime with a 50% off Prime Membership, and you must be a recipient of SSI, SNAP, or other government assistance to qualify. CVS.com offers 20% off select products and free shipping if you’re Active Duty or retired military. Goodwill offers 15-25% discounts to shoppers over age 60 on Tuesdays. (Note that it requires some research to locate the discounts of interest to you and deals you qualify for, and you’ll need to verify that each discount is still current.)

The third website is [The Krazy Coupon Lady](http://TheKrazyCouponLady). This brought back memories of my mom and dad collecting coupons from the local newspaper and using them at the store. It was very easy to collect the coupons and apply them at the store, and we did save a



fair amount of money using them. This website seems to provide a similar variety and amount of coupons that are easy to use.

As you research discounts online, be aware of scammers! Only use company or informational websites, as listed above, that you have thoroughly checked out. And do not give out personal information. (A friend of mine recently got a great deal on shoes online at Dick’s Sporting Goods only to find out that the website was fraudulent. He had to cancel his credit card as a result.)

In summary, it’s best to prepare ahead of time while looking for discounts by thinking about what categories are important to you: grocery, leisure activities, prescriptions, etc. Another key is to jot down where you do your shopping – Amazon, CVS, Home Depot, etc. – and use the websites above or go to companies’ websites to look up available discounts.

In addition, it’s helpful to be aware of qualifying standards. As mentioned above, retired veterans qualify for many discounts, different income levels qualify for discounts, and joining AARP can provide some discounts and information about other discount sources.

Finally, be careful to verify the legitimacy of sources as you take advantage of the many opportunities for discounts available to seniors! ●

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



## Age Friendly Seattle’s Gold & FLASH Discount Cards

Age Friendly Seattle maintains a Discount Directory where retail, service, arts, entertainment, tourism, and other greater Seattle-area organizations can provide special discounts: [seattle.gov/agefriendly/programs/discounts](http://seattle.gov/agefriendly/programs/discounts). Some discounts only apply to Gold Card or FLASH Card holders. Seattle’s Gold Card is a handy resource for Seattle and King County residents aged 60 or older, while the FLASH Card is for adults ages 18–59 with qualifying disabilities.

**You can apply for a Gold Card online ([civiform.seattle.gov/programs/gold-card-hsd](http://civiform.seattle.gov/programs/gold-card-hsd)) or in person at:**

- ▶ Customer Service Bureau, Seattle City Hall, 1st Floor (601 5th Ave, Seattle, WA, 98104)
- ▶ Customer Service Centers: [seattle.gov/customer-service-centers](http://seattle.gov/customer-service-centers)
- ▶ Seattle Animal Shelter: [seattle.gov/animalshelter](http://seattle.gov/animalshelter)
- ▶ Seattle Parks and Recreation community centers: [seattle.gov/parks/find/centers/community-centers-a-z](http://seattle.gov/parks/find/centers/community-centers-a-z)
- ▶ The Seattle Public Library branch nearest you: [spl.org/hours-and-locations](http://spl.org/hours-and-locations)
- ▶ Senior Centers located in Seattle





## Aging with Wisdom

by Carol Scott-Kassner

# Hooray for seniors

*Hooray for people in the second half of life who...*

- ▶ Devote their time to serving others.
- ▶ Take food to people who are hungry.
- ▶ Read to children who need grandparenting.
- ▶ Hold and rock babies.
- ▶ Greet strangers in the grocery store and on walks.
- ▶ Return carts to the grocery store after unloading them.
- ▶ Speak to people experiencing homelessness with kindness.
- ▶ Garden.
- ▶ Make art.
- ▶ Make music.
- ▶ Write poetry.
- ▶ Smile at strangers.
- ▶ Repair things.
- ▶ Break down divisions between groups, welcoming diversity.
- ▶ Laugh, dance, and sing regularly.
- ▶ Choose to live in peace.
- ▶ Bless others with their presence.
- ▶ Help immigrants succeed in this country.



RSVP Coordinator Megan Wildhood with 2021 Knit-It-Alls (KIA) volunteers

- ▶ Knit and sew warm clothing for people who need them.
- ▶ Pick up litter.
- ▶ Write family stories and compile them for children and grandchildren.
- ▶ Welcome new neighbors.
- ▶ Continue to learn.
- ▶ Share generously.
- ▶ Contribute to causes that help heal the world.
- ▶ Age consciously and with joy, despite the challenges of aging.
- ▶ Hold an open heart to contain all the people they've lost.
- ▶ Work to change what needs changing in ways they believe in.

*...for you are making the world a better place to live.*

*Carol Scott-Kassner is a Certified Spiritual Director and a Certified Sage-ing Leader with Sage-ing International ([sage-ing.org](http://sage-ing.org)).* ●



## Gearing up for the winter cold

Solid Ground's Knit-It-Alls (KIA) volunteers have been at work all year knitting, crocheting, and sewing warm winter items for people who need them during the cold winter months.

### **KIA volunteers...**

- ▶ **Create a range of warm items** like hats, scarves, and mittens, as well as baby and children's clothing.
- ▶ **Count, tag, and sort KIA donations.**

This winter, we'll distribute thousands of items to people we serve and to other nonprofits to pass out to their participants. It's not too late to contribute new, cozy, handmade items.

For more info, contact Carol-Ann Smith, Solid Ground Volunteer Coordinator, at 206.694.6825 or [volunteers@solid-ground.org](mailto:volunteers@solid-ground.org).



# The nuts & bolts of nonprofit grant funding

by *Becky Rosenberg*

Nonprofit organizations' donation requests and newsletters often include acknowledgements of grants gratefully accepted from public or private institutions. Grantors are essential to organizations providing housing assistance, educational support, access to medical care, and other services. But acquiring and retaining these funds is no small feat. To understand more about how Solid Ground and similar organizations acquire funds, we're going to look at the grant process.

What does it take? It's somewhat formulaic, but there are many steps, and successful applications require a great deal of attention and expertise. Each funder has its own application and decision-making process, but what they have in common is they all require clarity about what the program seeking funds does or will look like.

What needs does it address? How does it go about addressing those needs? To whom will services or resources be provided? How many will benefit? What are the required budget details? How will the organization assure that it will have the wherewithal to carry out the program (staffing, space, expertise, access to the target population, etc.)? How will the organization measure impact?

To gather all of this information requires grant writers to work closely with the program staff who designed and/or will implement a program. And in turn, the program staff often learn a lot about grant applications when grant writers come to them for clarification.

Applications for substantial grants require detailed budget and staffing plans. This means that grant writers must collaborate with finance, program, and human resources staff for their applications to be thorough and accurate.

Applicants' program assessment plans can take many forms, but they usually entail regular reporting on impact measures established in the application, often based on surveys and observational or quantitative data. Grant recipients always hope the results will be positive but may have to explain along the way why things aren't quite panning out the way they had hoped.

Applications also require compelling narratives. While the applicants' priorities might be quite straightforward, funders often like to support innovative or unique projects. Thus, identifying an element that will grab the funders' attention can involve doing something entirely new or making changes to a project that has worked in the past, but will work much better with a twist.

Then comes the submission: formatting, meeting the deadlines, and making sure that the application has all the supporting documents required – a bit of tedium.

After all that work, a successful application is just the beginning. There's the implementation of the program and the concurrent need to regularly report to funders. This includes not only accounting for how money was spent, but reporting on how well the program is meeting its stated goals.



Solid Ground is a relatively large local nonprofit with a total annual budget of more than \$30 million, most of it in the form of government and private contracts and grants. It has a grant writing staff of four. Each grant writer takes primary responsibility for raising public and private funds for different Solid Ground program areas.

I spoke to one team member, Naomi Natsuhara, Solid Ground's Grants & Contracts Manager. I was particularly interested in a couple of issues concerning current fundraising challenges.

Nonprofit organizations have difficulty providing living wages to staff, which puts stress on employees – especially in an area like Seattle with its high cost of living – and makes recruitment and retention of experienced employees difficult.

Naomi confirmed that many funders acknowledge the need for improved investments in wages but have so far offered little increase in funding to support wages. She's hopeful, however, that we'll see better funding and more flexibility in spending soon.

For example, the City of Seattle's Office of Housing, a public entity, has provided some money to improve wages this year. But not all funders designate the same wage ranges, meaning that equity across staff pay is difficult to achieve.

Another challenge identified by both Naomi and Jennifer Gahagan, Solid Ground's Volunteer Services Manager, is that fewer funding opportunities are available to some kinds of services. This is especially true for much-needed long-term programs, where funding increases don't keep pace with rising costs, creating funding gaps.

To meet the need, organizations may turn to private foundations and individual donors whose general operating support provides a more flexible approach. These donors help nonprofits apply funds to their areas of greatest need, supplementing more restrictive funds that may not cover full program costs or allow adaptation to meet emerging needs.

One final point: Administrative expenses are often pointed to as an area of bloat in nonprofit budgets. But consider how much administrative time, energy, and expertise is required to accomplish what we've just summarized!

Keeping our organization adequately funded is an enormous task, and appreciating its demands is important for those who support it through funding and volunteering. We owe so much to all those involved. ●

## WHAT'S AN RSVP AMBASSADOR?

**RSVP Volunteers willing to help us spread the word about the benefits of volunteering are RSVP Ambassadors!**

Because of our small staff, we've assembled this wonderful group of volunteers who help us share RSVP's mission with other seniors. If you're willing to represent RSVP at events around King County, we'd like to talk to you.

We don't ask for a specific time commitment, only that you occasionally share your enthusiasm for volunteering and relate your own experiences with RSVP to encourage others to join. We provide a fun, interactive training and give you the chance to meet other active, enthusiastic people.

## SEND US YOUR HOURS!

**Yes, your RSVP volunteer hours 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 our 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.



**To sign up, send hours, or ask more questions, please contact: Megan Wildhood, 206.694.6786 | [meganw@solid-ground.org](mailto:meganw@solid-ground.org)**

# Medicare Open Enrollment: Sunday, 10/15 – Thursday, 12/7/23

**Medicare Open Enrollment is almost here!**

**Sunday, October 15 – Thursday, December 7, 2023** is the one timeframe of the year when everyone can make changes to their health and drug plans for the next year. New coverage begins **January 1, 2024**.

## SEPTEMBER & OCTOBER: Review & Compare

**REVIEW:** Your plan may change. Review any notices from your plan about changes for next year.

**COMPARE:** Do your research. Find and compare plans to meet your needs.

## OCTOBER 15: Open Enrollment Begins!

**DECIDE:** October 15 is the first day and December 7 is the last day you can change your Medicare coverage for 2024. The plan administrators must receive your enrollment form by December 7.

### Ways to get help:

► **Medicare will mail out Medicare & You 2024 handbooks** in late September. Look over this booklet to see new listings of plans in your area. Review any information you get from your current plan, including the “Annual Notice of Change” letter.

► **Starting October 15, SHIBA volunteers** can help you compare plans for Open Enrollment!

Call or email to get free, personalized health insurance counseling at [shiba@solid-ground.org](mailto:shiba@solid-ground.org) or 206.753.4806. ●



## MEDICARE OPEN ENROLLMENT WORKSHOPS

**Tuesday, 10/24 & Monday, 11/6, 1-3pm**

**Solid Ground (1501 N 45th St, Seattle, WA 98103, 1st fl)**

Join us for a free, in-person Medicare Open Enrollment Workshop to learn how to navigate the system. We'll cover...

- What you can do during Medicare Open Enrollment.
- Choosing and changing plans.
- What Medigap plans are available.
- How to get help paying for Medicare.

**REGISTRATION REQUIRED!** Please register via our website at [solid-ground.org/workshops/#medicare](https://solid-ground.org/workshops/#medicare) or email Sam Stones, SHIBA Program Lead, at [sams@solid-ground.org](mailto:sams@solid-ground.org).

# VOLUNTEER & COMMUNITY OPPORTUNITIES THROUGH RSVP

The following are just a few of the opportunities RSVP has to offer. To talk to a real person about volunteer roles that are just right for you, call Megan Wildhood at 206.694.6786 – or visit our website at [solid-ground.org/RSVP](https://solid-ground.org/RSVP) for volunteer opportunity listings organized by region.

**American Red Cross:** Volunteers respond to disasters, speak to community groups and schools, develop youth leadership skills, support local blood drives, provide care to service members, and much more. The training and support volunteers receive on a regular basis allows them to be successful in every Red Cross program. Volunteer opportunities are available 365 days a year to provide frontline services in your community.

~Countywide

**Catholic Community Services (CCS) – Volunteer Services** welcomes volunteers to enable elders living on low incomes and adults 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. Volunteers receive training, mileage reimbursement, and insurance. Requests include rides to medical appointments, yard work, phone buddies, and grocery, medication, and/or meal delivery.

~Countywide & online

**Communities in Schools of Greater King County** believes in surrounding students with a community of support, which often includes basic needs such as food access and stability. We're currently seeking volunteers to pick up weekly weekend food bags in Newcastle, WA and deliver them to schools in both Renton and Tukwila to be distributed to students.

~Countywide

**Community Food Education (CFE):** Solid Ground's CFE teaches people living on low incomes how to prepare healthy and delicious meals on a limited budget. If you're passionate about food and nutrition, CFE seeks volunteers for 6-week class series. Work alongside a staff coordinator to facilitate fun, lively, and informative classes. Volunteers work with participants on educational activities and help them prepare a shared meal. In-person and virtual classes are available, and training is provided.

~Seattle & online

**Franciscan Hospice & Palliative Care (FHPC):** Affirming every life, FHPC invites you to be part of a team of professionals and volunteers who meet the unique needs of hospice patients and their families. Volunteers provide both practical companionship and emotional support by making friendly phone calls to patients, enhancing FHPC's compassionate care.

~South King County

**Full Life Care** is dedicated to enhancing quality of life for low-income elders and adults with disabilities. Volunteers support elders through the ElderFriends program, which custom-matches volunteers with lonely and isolated older adults in King County for 1:1 companionship via in-home or remote friendly visits in Seattle and King County.

~Countywide & online

Continued on page 8

# VOLUNTEER & COMMUNITY OPPORTUNITIES (cont'd from p. 7)

**Greenwood Senior Center** is an inclusive community that provides social, physical, and educational activities focused on the needs of older adults. We work to fight isolation, build camaraderie, and enrich each other's lives and have a variety of volunteer opportunities available from serving hot meals to assisting with special events and classes. We welcome all abilities and interests!

~North Seattle

**Habitat for Humanity** seeks regular volunteers to help build and repair homes for hardworking families in King County. Volunteers also coach families in Habitat's Family Support program, helping them find homes. Remote and in-person options are available. Join them for a volunteer orientation session to learn more.

~Countywide

**Hopelink** needs your help to ensure all members of our community have access to food! Volunteer in Bellevue, Carnation, Kirkland, Redmond, or Shoreline. Opportunities occur Monday through Friday during regular business hours and include Check-In (computer skills required), Customer Service (must be able to lift up to 15 pounds), and Restocking (must be able to lift 35+ pounds).

~North & East King County

**Lifelong:** Volunteers are Lifelong's heart and soul, playing a vital role helping provide quality care and services for more than 30 years. Lifelong's food program, Chicken Soup Brigade, eases the lives of people living with or at risk of serious illnesses. Volunteer opportunities include repacking food donations, prepping food, packaging meals, delivering nutritious food, and assembling health care kits.

~South Seattle

**Mount Si Senior Center** enhances the quality of life for older adults in the Snoqualmie Valley through a comprehensive network of services, activities, social interaction, and hot lunches on weekdays. We offer health and wellness checks, fitness classes, information and assistance, social and recreational opportunities, educational programs, volunteerism, housing, transportation, and more.

~East King County

**North Helpline Emergency Services & Food Bank** keeps food on the table and a roof overhead for our neighbors. Over the past 34 years, we've become one of the largest and most comprehensive service providers in north Seattle/King County. We assist our neighbors in obtaining basic needs that affirm their human dignity and worth. Volunteers are essential to our services! We're seeking nutrition volunteers for our Community Dining program and Health and Wellness Center, as well as fitness class instructors. Training and certification provided.

~North Seattle

**Port of Seattle:** Do you love helping people? Do you enjoy busy environments? Is traveling one of your favorite pastimes? Then we have a volunteer role for you! Sea-Tac Airport (SEA) is the first and last impression of our region for the traveling public. Our community of volunteers are invaluable ambassadors for both the airport and the Puget Sound region. Stationed at key info desks throughout the airport, volunteers elevate the travel experience for SEA's travelers.

~South King County

**Reading Partners** is a children's social justice literacy nonprofit that provides one-to-one tutoring to students who need extra support with reading. We partner with elementary schools in underserved communities in the Seattle Highline School District and mobilize compassionate volunteer tutors to support students with the foundational reading skills they need to succeed in school.

~South Seattle

**Sound Generations** is a nonprofit organization serving aging adults and their loved ones in King County since 1967. Our staff and over 2,100 volunteers are dedicated to ensuring older adults can live ample and fulfilled lives in a community that respects and affirms the aging journey. Requests include assisting with events, social media ambassadors, phone-a-friend connectors, and digital card making.

~Countywide

**Washington DECA** prepares high school students to be emerging leaders and entrepreneurs for careers in marketing, finance, hospitality, and management while making a positive social and global impact. We're currently seeking judges for one or more of the following: 1) Fall Leadership Conference (FLC), 11/7/23, 7:30-11:30am, 2) Online written events, 1/19/24-1/24/24 (evaluate 5-8 submissions), and 3) State Career Conference (SCDC), 3/1/24, 7:30am-4pm (half-day option available for some events).

~Eastside & online



United Way of King County tax prep volunteers

**United Way of King County (UWKC) Tax Prep:** Looking for a unique opportunity to exercise your professional and life experiences in service to your community? Consider volunteering with UWKC's Free Tax Preparation Campaign! Tax season can be stressful, especially for folks who are new to the US tax code, just entering the workforce, or have financial or technological barriers to filing. UWKC seeks volunteers interested in preparing taxes (we train you!) or in welcoming clients to our tax sites, January through April 2024.

~Central Seattle & online

**Youth Tutoring Program (YTP)** is a nonprofit academic enrichment program. Our mission is to tutor, guide, and inspire youth living in low-income and public housing across Seattle through onsite afterschool tutoring. We seek volunteer tutors interested in working alongside youth to help guide them on their educational journeys. Our scholars' ages range from 6-18 years old, and we ask volunteers to commit to a minimum of 1 hour/week of in-person tutoring at one of our five centers.

~North Seattle, South Seattle, & online

- Please call to help me find a volunteer opportunity suited just for me.
- Please send information about RSVP.
- Please note my new address.

Name: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Please mail this form to:** RSVP, 1501 North 45th Street, Seattle, WA 98103