

Experience *in* Action!

King County RSVP's news for people 55 & older
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Sylvia Shiroyama... Lifelong education fanatic

By Peter Langmaid

When Sylvia Shiroyama retired two years ago, she didn't have a plan beyond a strong belief that a healthy retirement is an active retirement. So, at the urging of her insurance provider, she attended a senior fair for volunteer opportunities hosted by RSVP and sponsored by Premera. After considering the options, she decided to get involved with RSVP sites Reading Partners and CourtWatch.

Reading Partners is based on the twin facts that literacy is essential to learning and that if a student is not reading at grade level by fourth grade, the chances for future learning and success

in life become more and more remote.

Reading Partners teams up with under-resourced schools to provide well-trained volunteers to work one-to-one with students struggling with reading. Volunteers follow a research-based and proven curriculum that Sylvia describes as "stellar" and meet with their students twice a week for 45 minutes.

This is Sylvia's second year in the program. Last year she worked with a 3rd grader who was six months behind in reading proficiency. By the end of the year, she brought her student up to grade level. Very satisfying.



Sylvia Shiroyama (Photo courtesy of Sylvia Shiroyama)

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This year's student is a 1st grader. In a moment of recruiting fervor, Sylvia also pointed out that there are more students in need than volunteers available (hint, hint).

What the volunteer brings to the program is human relations skills. Reading Partners tries to match students with volunteers and, Sylvia says, the personal relationship formed between student and volunteer is a key motivator in a student's success. And, she adds, success breeds confidence and confidence breeds more success.

Maya, the site coordinator at the elementary school where Sylvia volunteers, can attest to the advances and self-assurance students have made under her guidance. She has this to say about Sylvia: "Sylvia gives her all. We are extraordinarily lucky to have her, and so are her students. Last year, Sylvia developed a wonderful bond with a 3rd grader, who still asks about her to this day.

"This year, Sylvia is working with a 1st grader who, thanks to her tutelage, is quickly approaching grade level in reading. With her background in

math and the sciences, Sylvia is an expert at engaging students with books on dynamic STEM subjects – distant planets, fascinating animals, dramatic weather patterns – and shows her students that reading is essential for any subject area."

Sylvia also finds time to volunteer at CourtWatch, a program under the auspices of King County Sexual Assault Resource Center. She was drawn to CourtWatch by her interest in how the judicial system works. CourtWatch volunteers unobtrusively observe trials related to sexual assault and child abuse, fill out questionnaires, and are debriefed about their experience. The information is used both to track individual cases and to identify trends/patterns within the judicial system.

When Sylvia describes herself as a "lifelong education fanatic" she's not just bragging. "When I was a kid," she says, "you couldn't find me without a book in my face." Her mother taught school from age 18 to age 70, and her father was a CPA. After

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Making volunteering easy

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Speaking Directly

by Jen Gahagan, RSVP Director

Challenges & gratitude

In recent news, you may have heard about the proposal to eliminate the Corporation for National & Community Service (CNCS), Senior Corps and RSVP. While the future of Senior Corps and RSVP is uncertain, funding levels will remain stable through September 30, 2017.

The acting CEO of CNCS, Kim Manasary, shared with us that the Fiscal Year 2017 omnibus spending bill “provides \$1.03 billion for CNCS to support our vital work to solve problems, strengthen communities and expand economic opportunity. ... Through the funding provided in this bill, CNCS and thousands of nonprofit, faith-based and community organizations we support will continue to expand economic and education

opportunity and engage millions of Americans in solutions to our most pressing challenges.”

During this time, Mansaray urged us to continue to do our important work and thanked us for our dedication and service.

I pass this message on to you, in turn, to thank you for being part of one of the largest volunteer efforts in the nation for people 55 and older. Last year 245,000 Senior Corps volunteers provided 74.6 million hours at 28,100 organizations that met community needs. This is an amazing contribution.

In commemoration of Senior Corps week, that occurred May 15-19 2017, we share with you the Senior Corps pledge. Thank you for being a part of Senior Corps and RSVP! ●

Senior Corps Pledge

I will get things done for America – to make our people safer, smarter and healthier.

When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.

When faced with children at risk, I will help them stay in school and on track for a brighter future.

When faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.

Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.

I am a Senior Corps RSVP volunteer, and I will get things done.



The Largest Volunteer Program For Adults Age 55 Plus.



Financial Planning

by Bill Pharr

Realize your financial plan... Yes you can!

Putting your financial life in order and developing a long-range professional plan can be a daunting process, especially when one starts at ground zero. But once the initial plan is completed, you can concentrate on the specific items you can control and build contingencies into your plan to address those items you cannot control.

The plan you have developed with your financial professional is really just your best guess today in preparing for the unknown events in your future. No one makes a financial plan at age 25 and has that plan play itself out perfectly over the next 60 years.

A financial plan is quite similar to an airplane pilot's flight plan. The pilot has an end goal of their destination, makes sure the plane is mechanically ready, and that the plane has fuel. If bad weather or mechanical difficulties ensue, the pilot has been trained for alternative routes and knows where airports are located in case an emergency landing is required.

In a similar fashion, in implementing the financial plan, you must ignore all the various and sundry events that are uncontrollable and concentrate on the items that are controllable. You can control if you start – and when you start – the implementation of your personal financial plan.

It is a given that if you do not start planning your financial future at some point, you will not have a plan to implement, and probably no savings down the road. So implement the plan you developed

with your advisor – i.e., take money from your paycheck and put it into the bank, get a will in place, open a brokerage account and put money into it, start an education fund for the kids. Whatever you and your advisor developed together, get it started

Next, you can control the monitoring of your plan. You can choose to monitor the plan annually and make appropriate changes, or ignore monitoring your plan results, and likely have financial issues to deal with.

Your financial plan needs to be monitored at regular intervals through the years, because life will always throw curveballs at you. Health issues, insurance needs, and changes to beneficiaries are just a few of the many items that will change through the years.

You make assumptions based on the best knowledge you have today – and then prepare to make necessary and logical changes and updates regularly as you grow older.

Planning and managing your assets never really stops. Inflation, taxes and life events ensure the accuracy of this statement! With the passage of time, your planning choices have enough opportunity such that financial assumptions are replaced by reality and results, and you can measure how well you did. ●

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





It Seems to Me...
by Peter Langmaid

Napping

People lauding the benefits of retirement routinely characterize it as an opportunity to do whatever you want: start a new career, volunteer, learn to play a musical instrument, travel, start a vegetable garden, spend time with the grandkids, etc. What they fail to list as a benefit of retirement is the chance to do nothing, the afternoon nap. I am a devoted napper.

According to The Daily Dozers (<http://blog.mattressfirm.com/author/thedailydozers>), history is full of famous nappers. Thomas Edison slept only three-to-four hours a night and augmented his short nights with long naps during the day.

Eleanor Roosevelt napped before speaking engagements to sharpen her mind and gain energy.

Like Edison, Leonardo da Vinci slept little at night and took 15-minute naps every four hours during the day.

Salvador Dali revitalized himself with micro naps that would last just a few seconds.

Albert Einstein, like Dali, took micro naps in addition to sleeping 10 hours a night.

Other famous nappers include Winston Churchill, John F. Kennedy, Napoleon Bonaparte, Ronald Reagan, and John D. Rockefeller.

On the days when I have no commitments, my entire morning

routine is aimed at my trip to the gym, lunch and my beloved afternoon nap.

I have three requirements for my nap. One, a comfortable place to nap. I prefer the couch (no shoes, no blanket) in the living room because napping in bed seems too much like sleep. I nap on my back and sleep on my sides. Two, I like my naps to follow closely after lunch. A full tummy tends to relax me. And three, I need something to read. A bit of reading lying down in a comfortable place after eating puts me out within a couple of pages.

My typical nap lasts between 15 and 30 minutes. I don't use an alarm, but the duration rarely varies – I just wake up. The challenge of my afternoon nap is, after waking, resisting the urge to close my eyes and drift back to sleep.

Once up, I need a household task – doing a load of laundry, washing dishes, etc. to shake off the residual drowsiness. After that – *voila!* – I'm a new man. In fact, I frequently feel more energized by my naps than after a full night's sleep.

Napping has been stigmatized as a sign of laziness. I think equating naps with laziness is a

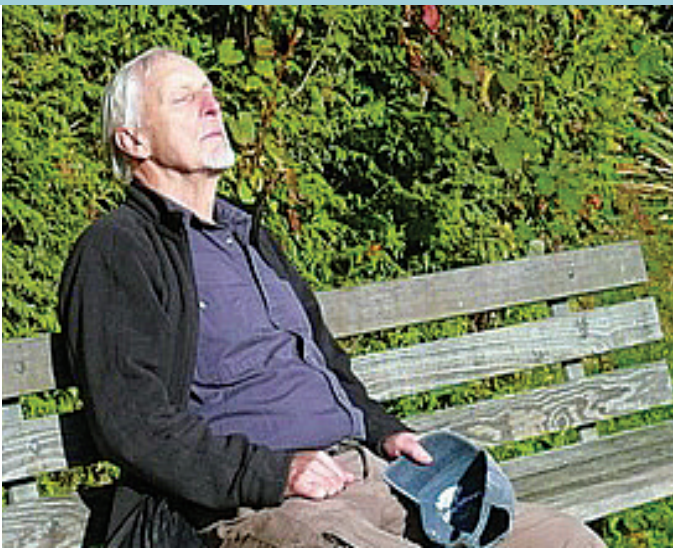
device used in movies and books for characterization. And I think there's a fundamental confusion between avoidance and laziness. If you don't want to cut the lawn but you do want to go for ice cream, you're avoiding. If you don't want to cut the grass or go for ice cream, you're lazy!

The health benefits of napping are well established: increased energy, increased alertness, improved mood, lower stress, increased relaxation, among others. I experience all those benefits.

For me, my nap is my daily reset button where I transition from the morning past to the afternoon and evening ahead. It's like getting two days every day!

A word of caution: Naps are not for everybody, especially people who have trouble sleeping at night. But for people like me who feel sluggish midday, having the time for a brief afternoon nap is a joy. If you don't nap, give it a try. I think you'll like it. Sweet dreams! ●

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



RSVP



The Retired & 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.



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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Sylvia continued from page 1

college, Sylvia embarked on a 40-plus year career in a wide variety of IT jobs, beginning as a programmer and working her way up to senior executive. She also went back to school for her MBA and a Master's degree in Software Engineering. She is currently enrolled in a web design program with the goal of designing websites for nonprofits.

Sylvia encourages everyone to volunteer. "People don't understand how much they have to give," she says, before adding, "Just giving money is impersonal; giving time is more valuable."

When not volunteering Sylvia rides her bike (she has been on bike tours to Italy, Spain, Taiwan, and France), attends her grandkids' sporting events, reads (mainly nonfiction), and watches

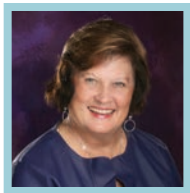
TV in the evenings with her husband (she prefers programs that showcase strong women).

On the domestic side, she doesn't cook and she doesn't clean. "A clean house," she declares with the hint of a smile, "is the sign of a wasted life." ●



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Aging with Wisdom
by Carol Scott-Kassner

Volunteering with spirit

If you are like me, you find yourself going through various stages as you get older. I find both my energy and my focus shifting at the age of 75. I’ve always been a person who has been “out there” in the world as a high energy extrovert who loves to organize and to lead groups and causes.

At this point, however, I find myself moving more and more inward. It isn’t that I care less about the world; I just don’t have the energy I used to. I’m longing to be quieter and more introspective.

Psychologist Erik Erikson suggests that the second half of life is about exploring the opposite energy to the one you’ve expressed most of your life. Ram Dass, the American

Buddhist teacher, says that the last third of life is moving from being ego-driven to being more in touch with your soul, which I call my deepest inner longings.

So where does that leave me as a volunteer? I still feel a calling to use my life experience and wisdom to help heal the world. That calling is leading me in new directions, however. Instead of feeling compelled to drive great distances to supervise an intern or chairing a board for which I have to organize meetings, I’m moving toward a time of simply offering a compassionate presence to others.

Compassion means to “be with” – to listen deeply without trying to fix. For me it is turning out to be present to “adopted” grandchildren whose parents

have invited us into their lives. I want to be present to people who are struggling with addictions, so I’m volunteering for an organization that addresses those issues. And, I’m trying to be more present to my own journey of aging – caring for my health, my spirit, and my body as I age. I cannot be compassionate for others if I’m not compassionate for myself.

Here are some other options I’ve thought of that are close at hand:

- I could volunteer at a school in my neighborhood to help children learn to read.
- I could work at a nearby food bank, not only distributing food but being present in spirit to those seeking to be fed. I could help prepare meals for those homebound.
- I could practice presence at an Alzheimer Café taking place at a neighborhood coffee shop, where people with memory impairments and their caretakers come together throughout this region.

- I could join a Wisdom Circle through the King County Library system.
- I could bring my elder wisdom to work with younger people through ‘Generation to Generation,’ a new initiative in Seattle to connect people over 50 with children and youth who need our wisdom and care. <http://generationtogenerated.org/communities/seattle>
- I can write letters to key people to express my concerns for this country and for the world.

There is much to be done. May you continue to find opportunities to volunteer that meet your interests, energy, and needs at this stage of your life. The world longs for healing and for people like you who contribute with such generosity. ●

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.

Life without my automobile

by Anita Warmflash

Some may not react to life without an auto as that unusual or excessively maudlin. After all, there are many for whom this condition is not new. If you consider the good it does as far as my personal health and the health of fellow citizens, who are spared the environmental damage and pollution of the air they breathe when I drive, then that may be reason enough to give up one’s auto.

When I think of that last reason, I feel a measure of guilt for having been so attached to my automobile for the privacy it guaranteed and the instant gratification it provided of going wherever I desired and with minimal effort.

Nevertheless, honesty requires that I acknowledge that I enjoyed the possession of an automobile for many decades after I reached my 25th birthday. Then a day of reckoning arrived when I had to admit that certain health issues could make this activity a potential danger for myself and others who might, so to speak, cross my path.

It is now seven months since I gave up the possession of an automobile. I am still in the phase of making a psychological adjustment to this loss and expect that I will need a little more time to complete the process of mourning. I can tell that I haven’t finished it yet when I find myself, while a passenger with either **Lyft** or **Uber**, taking note of certain routes to try out when I next get into my own auto.

The secret to my life without an automobile is in the use of one of these two agencies. Of course I already had in my possession an iPhone, which is a necessary accessory for calling these companies, although it is possible to use any type of smartphone to reach them. For a number of weeks, I found myself frustrated in successfully

making contact, but I also found that any stranger of a young age could help me figure it out.

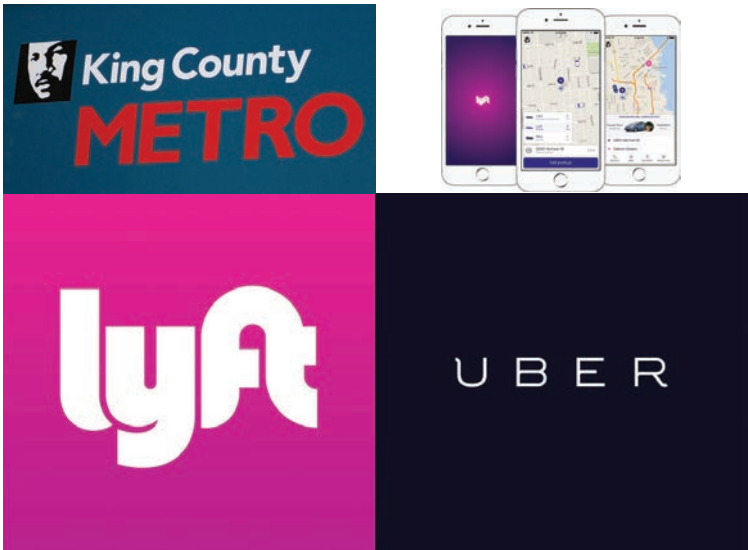
I met a lot of people in the process. After six weeks I suddenly had gotten the knack of it and I could do it on my own. It felt so easy. I wondered why I had gotten so hung up about it. I confess that once in a while it still stumps me when Lyft or Uber introduces a change in the process of reaching them, supposedly to make things easier or more efficient. Truly, I wish they’d stop trying to make “improvements” as I am quite satisfied with things as they are.

There is another way to get around without getting behind the wheel of your auto: a program called **GoGoGrandparent**. All you need is a touchtone phone. Although it is recommended that users have a cellphone so that they can always be reached, it is not essential.

The service works with Uber and Lyft to ensure you get affordable rides and charges a small concierge fee plus the Uber/Lyft fare. You don’t pay the driver, but are charged by the card on file with the program.

You can register for free and find out if the service is available in your area at gogograndparent.com or by calling toll-free at 1.855.464.6872.

Of course these are more expensive options when a bus would do just as well. **King County Metro** transit will even provide personal guidance into the use of the transit system. All you have to do is to call them at 206.749.4242 to find out about free specialized instructions in how to get around using the regular bus service, or call 206.553.3000 for route information. ●



Volunteer Spotlights

Spreading the word, by Jan Hancock

Sandy Howard and Lil Hayashi met over seven years ago while carpooling to an RSVP recognition event in South King County. It did not take long for them to discover they had a lot in common, and they quickly became fast friends. Both had husbands employed by Boeing, and both had lived in Nagoya, Japan while their husbands were employed there (although at different times).

Volunteering has long been a staple of their lives. Sandy immersed herself in an international women's cultural exchange group while living in Japan, volunteering to serve as its president for two years. She also contributed her considerable skills as a writer for the RSVP newsletter, *Experience in Action*, for many years.

Since its inception, Lillian has been a longstanding, active volunteer in the Asian community's Nikkei Concerns (now known as Keiro Northwest), which provides health and wellness services for the elderly. In addition, her volunteer work with her church and many local nonprofit organizations, including Sound Generations and AARP, not only gives her a deep sense of purpose but keeps her very busy.

Soon after joining RSVP, Sandy and Lil became Ambassadors – a core group of volunteers who serve in an advisory capacity and help increase the visibility of RSVP in King County. They do this not only by attending quarterly ambassador meetings to network with other RSVP members and by learning more about volunteer opportunities in order to spread



Lil Hayashi & Sandy Howard (Photo by Jan Hancock)

the word in their communities, but also by sharing the mission of RSVP at senior fair events, relating their own experiences to others and through their continual recruitment efforts.

Even if you have not attended a resource or senior fair and met Lil or Sandy personally, you may recognize them from the RSVP informational brochures and recruitment board their images grace. They are RSVP's smiling, gracious *'poster pals'* and have helped us immensely in spreading the word about the benefits of joining RSVP.

At times, volunteering and being part of RSVP may seem bigger than the both of them. Says Sandy, "Giving back is important to me. I am so glad to have a group that encourages this, while also meeting new friends and volunteers, such as Lillian."

Lillian chimes in that RSVP means "opportunities and opening of doors to friendship; meeting my good friend, Sandy. It is spreading the word to others of the rewards of volunteering and helping the community in the process. It keeps me alive, sharp and healthy." From her beaming smile, it is evident that this is what Lil loves to do.

As the interview was coming to a close, Sandy may have summed it up best: "If everyone volunteered, showing kindness and love around the world, wouldn't that be a great step to world peace?" Yes, indeed it would. ●

Children come first, by Anita Warmflash

Cindy Etter is one of RSVP's newer volunteers, starting volunteering about two years ago after retiring from a long career as an educator. With a degree in Special Education in grades K-12, Cindy lived in France for a year as an undergraduate, and lived and taught English in Spain for two years as a post graduate. She believes that these experiences helped her prepare for her chosen career.

Her professional career for a number of years was as an ESL Instructor at the University of Washington with foreign students who, in order to pursue their education goals, had to improve their English language skills.

Upon retirement, Cindy felt she wanted to work with young children in a way that would support their development. While contacting RSVP for some guidance, she learned about volunteer opportunities at the First Place School, a private nonprofit school located in Seattle's Central District.

First Place was founded in 1989 to serve families experiencing homelessness and living in transitional quarters while awaiting permanent housing. The numbers of children living in these unstable and substandard conditions were quite large, and it was felt that traditional public schools were unable to meet their special needs.

Cindy volunteers one day a week in a class for kindergartners as

a tutor and a mentor. She sees her role as one of support for both the teacher and the students. Her tasks can vary depending on the immediate needs in the classroom. As the second adult in the classroom, she also sees herself as being there to encourage and guide the students. She enjoys this opportunity, sensing that the children welcome her presence. And, as a white person in a mixed racial environment, she hopes that she is another bridge between races.

When asked why she volunteers, Cindy said, "We all know that the future is in our children – all children. The needs are great, and working in the schools is about as important as it gets for the future. Almost every public school has a significant number of children experiencing housing insecurity. I feel that I can make a small difference in a few lives by spending time with young children facing difficult experiences."

Cindy was kind enough to meet me in my home, and our conversation was so interesting that we spent more than the usual length of time in conversation. We speculated about several influences in our backgrounds that we had in common, leading us to involvement in service roles. It is likely that this applies to many others who volunteer and is worth reflecting on for all who engage in service to individuals and their community. ●



Cindy Etter (Photo courtesy of Cindy Etter)



The Garden Lady

by Linda Urbaniak

Grape hyacinths... Not quite what they seem

Grape hyacinths aren't actually hyacinths at all, but they can look amazingly similar. The most common species of the *Genera Muscari armenicum*, sport bright blue tiny "grapes" arranged atop slim stems – similar to true hyacinths. When they have multiplied enough, wide swaths blooming in mid-spring can provide rivers of blue.

The horticultural variety 'Valerie Finnis' is more of a sky blue but doesn't multiply quite as quickly, and there are even

all-white varieties. But these are not the only *Muscari* species to provide spring flowers.

Perhaps the most interesting is *Muscari macrocarpum* 'Golden Fragrance,' which starts out a grayed purple and eventually turns golden yellow, giving it an intriguing two-toned effect, highlighted by a musky sweet fragrance. They are especially nice in pots where they can be easily 'sniffed' for their sweet aroma. Many of the other *Muscari* have light sweet scents, too,



although few people realize it.

Muscari latifolium are a bit taller, up to 10-to-12 inches, and have wider leaves. The flowers are light blue or white on top with very dark blue "grapes" below on the same stem. For a variety that looks more like true hyacinths, look for *Muscari comosum* 'Plumosum' that looks like cotton candy on 8-to-10 inch stems (sometimes higher). These are especially effective in bouquets.

Keep in mind that hyacinths originated in the Middle East. This area has cold but not severe winters, dry hot summers, and good rain during most of the rest of the year – similar to our climate here in the Pacific Northwest but with drier summers. So don't fret if your soil doesn't get a lot of summer sun or water, although it should get some.

Plant grape hyacinths in the fall to bloom about mid-spring.

They can be planted in almost any soil except dense clay, in sun to light shade, but need adequate drainage. They are deer, rabbit and squirrel resistant – but remember if hungry enough, all of these animals will take a nibble or two. *Muscari* will live longest if they are allowed to dry out their leaves until yellow and the bulbs dry out a bit in the summer.

To start your own 'river' of color, buy your bulbs this fall, pick out an area in the garden where they can naturalize, and plant them about 4 inches apart in every direction – then sit back and enjoy the blaze of color that will delight you next spring. ●

After retiring from 13 years as a docent at Bellevue Botanical Garden, Linda now tends her own two large gardens. She is happy to respond to email questions at lindagardenlady@comcast.net.



Connect with an Elder: Become a Companion!

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RSVP seeks volunteers to provide...

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- ▶ Fun activities

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New volunteer opportunities in bloom for spring & summer



Bailey-Boushay House seeks dependable volunteers to fill a 4-hour shift each week. Be a vital part of the agency providing 1:1 companionship, assisting with community meals, outings, activities and escorts to medical appointments. Volunteers are the heart of Bailey-Boushay House, increasing the quality of life to residents and clients and enhancing programs 365 days of the year. *Central Seattle*

Bureau of Fearless Ideas (BFI) is a vibrant, creative and welcoming writing and tutoring community with a myriad of programs that are free and open to any student 6-to-18 years old. Each program incorporates writing at its core, and injects it with fun, creativity and personal growth. Volunteer opportunities at BFI include tutoring in all subjects, creating and assisting workshops, cashiering at the store and data entry. *North Seattle*

Food Lifeline: Last year more than 40 million pounds of healthy nutritious food was rescued from manufacturers, grocery stores and restaurants. This food often arrives in large quantities that can’t be directed immediately to the more than 275 food banks, shelters and meal programs Food Lifeline serves. Make an impact by helping inspect, sort and repack the food into individual and family size portions. Front office assistance is also needed. *South Seattle*

Friends of the Children: Provide tutoring and specialized academic support in all subjects for students in grades K-12. Tutors work onsite and should have a higher education degree. Hours are normally between 3-7pm, M-Th with some requests for Fridays. Volunteers asked to commit to weekly sessions of approximately 2-4 hours for a minimum of one academic quarter. If unable to make that commitment, please consider being a reading buddy. *South Seattle*

New Beginnings Community Advocacy Program Help Line: Be a critical link in helping domestic violence survivors seek safety and find the services they need to move forward. Provide callers with emotional support, shelter information and resources. Provide safety planning, whether they are staying in the relationship, getting ready to leave, or have just left. Assist callers with prioritizing needs. (Attend 4-week Domestic Violence Volunteer & Advocacy Training and make a 1-year commitment to agency.) *Seattle*

Tukwila Pantry needs volunteers to assist in the food bank with distribution day preparation, which includes unloading the food truck or bagging bulk and other foods, preparing shopping carts, and setting up the bread station. Help is also needed with data entry, customer service, monitoring lines and stations, restocking items and cleaning up. If helping in the food bank is not your thing, table volunteers are always welcomed to help out with the tasks associated with serving up to 100 people who show up for dinner each Tuesday. *South King County*

The Youth Tutoring Program is looking for *summer* volunteers to help prevent summer learning loss in 1st-8th grade students living in low-income housing. Volunteers come for 1.5-hour sessions to read with kids, help with math, and on Thursdays, learn about birds! The program runs July 10-August 18 in the afternoon and early evening in four different centers all across Seattle. Make a difference in a child’s life this summer! *Throughout Seattle*



Senior on the Street

by Jan Hancock

Why do you volunteer?

The Northaven Handcrafters are a group of RSVP volunteers who meet every week to knit, crochet and sew handcrafted clothing items for people experiencing homelessness and others in need throughout King County. They in turn donate these items to RSVP’s KIA (Knit it Alls) program for distribution. We held a special recognition to honor their work and service this spring and asked them why they volunteer.

“Helping others is an honorable thing to do, and being part of this group focuses me on something other than growing older!”

~Eva Hunley



“I am passionate about helping people less fortunate than me.”

~Massooma Sherzoi



“It is important to do this kind of work because it helps so many. I am happy to do whatever I can.”

~Julia Sanchez



“I grew up watching my mother give back to the community, so I know how important it is.”

~Susan Izard-Piper



“It makes me feel good that someone can use what I make. So it is a double benefit; for me and those who receive the items.”

~Nancy Evans



“I enjoy the social camaraderie and recognize the value of giving to the community through our knitting.”

~Nada Jacobson



Volunteer & Community Opportunities through RSVP

The following are just a few of the volunteer and community 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/GetInvolved/Volunteer/RSVP for regional volunteer opportunity listings.

VOLUNTEERING

AARP Fraud Fighters: Help educate seniors about fraud by calling individuals to deliver information and resources to protect personal information and assets. Provide victim support to those who have been scammed. Those with a background in public speaking and interest in making community presentations can be trained and mentored for educational prevention and outreach at senior centers and retirement facilities. *South King County*

American Cancer Society: Seeking volunteers for the Road to Recovery program and Cancer Resource Centers. Help patients by assisting them in finding resources directly in the hospitals where they are being treated, or by driving them to and from their appointments. Training is provided so you don’t need any prior experience to help these cancer patients. *Countywide*

Cancer Lifeline: Volunteers are an integral part of their organization, providing a wide range of specialized talents and skills to programs supporting those living with cancer. Volunteers assist in administrative tasks such as filing, shredding, and conducting reminder calls, as well as with fundraising, mailings and helping with special events. Handy work volunteers needed as well. *North Seattle*

Chicken Soup Brigade: Have the wheels (and heart) to deliver some meals? Volunteer delivery drivers are the heart and soul of their food program, delivering thousands of bags of groceries as well as meals each year to clients. Routes generally take 45-60 minutes to complete and on average, you will deliver to 4-7 clients. They have regular routes and sub-driving needs Monday-Saturday. *Countywide*

Cooking Matters: A program of Solid Ground designed to teach low-income families how to prepare healthy and tasty meals on a limited budget. Looking for volunteer chefs, nutritionists and assistants for 6-week courses as well as volunteers to assist as grocery shoppers and help pick up and deliver groceries to Cooking Matters sites. Training provided. *Seattle-wide & Eastside*

Full Life Care provides day health care services for elders and adults with mental and physical disabilities to enhance their quality of life and provide respite for caregivers. Assist with group activities such as art, singing, dance, meal time and companionship. Consistent weekly schedule of at least 2 hours a week, M-F. Shifts vary 9am–1:30pm and 1-6pm. *North Seattle, South Seattle, South King County*

Keiro Northwest: Like to talk? Play games? Asian seniors need your warm touch. If you speak any Asian languages, it’s a plus but not a requirement. Whenever you have time, your help will be greatly appreciated with activities at Keiro’s assisted living facility, adult day center, and skilled nursing home to make every day the best day for their seniors. *Seattle & Bellevue*

Literacy Source provides free classes and tutoring for low-income adults in reading, writing, math and ESOL (English for Speakers of Other Languages). Volunteers can assist in the classroom as co-instructors, provide program support, or tutor students one-on-one to help them reach their goals. Training and support provided. Learn more at monthly volunteer orientations the first Wednesday of every month. *Throughout Seattle & King County*

Multi-Service Center of Federal Way seeks volunteers for the Education & Employment Department to support individuals through one-on-one tutoring, small classes in ESL (English as a Second Language), ABE (Adult Basic Education), GED (General Educational Development), finance, technology or a combination of topics. Volunteers are matched with students based on mutual interests. MSC will be there to provide support. *South King County*

Pacific Science Center is looking for volunteers to help fulfill their mission to inspire an interest in people of all ages – science, technology and exploration! If you are looking for a fun way to share your time and interests, all while giving back to the community, they would love to hear from you. *North/Downtown Seattle*

Puget Sound Labor Agency (PSLA): Food bank program serves 500 to 700 households per week and is in need of community-oriented volunteers with an interest in helping end hunger in Seattle. You’ll support hardworking community members and families, persons with disabilities, seniors, and people experiencing homelessness. Needed are grocery rescue drivers, food distributors, greeters, stockers and intake assistance helpers. *Downtown Seattle*

Seattle Cancer Care Alliance seeks volunteers to provide airport transportation to out-of-town patients and family members. Hours vary and are flexible (week days/weekends, early morning through late evening). Volunteers use personal vehicles for arrivals and departures. Mileage reimbursement available. *Countywide*

Seattle Goodwill: Last year, 780 volunteers supported over 9,700 students in Goodwill’s free Job Training and Education programs. Get involved as a volunteer by supporting students in Job Training and Education Centers, assisting administration departments with important projects, and bringing their Vintage Fashion Collection and special events to life. *Seattle*

The Museum of Pop Culture (formerly EMP Museum) seeks outgoing volunteers to assist with a puppet theater supporting *The Jim Henson Exhibition: Imagination Unlimited*, opening May 20. Volunteers should enjoy interacting with the public and children. If you love puppets, people and pop culture, this will be a perfect fit. Be a part of the interactive experience at the museum! Shifts available 7 days a week. *North & Downtown Seattle*

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

YWCA works to eliminate racism and empower women. YWCA’s Central Area Food Bank needs volunteers Wednesdays to help the food bank receive and stock supplies for the arrival of families. Volunteers also needed to serve meals at Angeline’s Day Center for Women during the week. Childhood Hunger Helpers, a program that delivers weekend meals to students on free and reduced lunch, need volunteers on Wednesday from 10am-12pm and Friday from 9-11am. *Central District & Downtown Seattle*

☐ 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 N 45th Street, Seattle, WA 98103