

# Experience *in* Action!

King County RSVP's news for people 55 & older

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RSVP



## “Mr. Inspirational”... The face behind Financial Beginnings

by Bill Pharr

What makes for a successful business? Typically it comes down to two things: the right product and the right person

**The Right Product**  
*Financial Beginnings: a Pacific Northwest-based nonprofit founded by business executive Melody Bell in 2005.*

After years of working in collections and credit services, Melody was convinced of the need for early unbiased financial education for youth and young adults in order for them to take charge of their financial future. Her goal was to provide them with the knowledge to help

maximize their wealth, achieve their dreams, and protect themselves financially – and she did just that.

Classes were first provided to Portland-area schools in 2006 and have been growing ever since. Financial Beginnings currently works in partnership with schools, community organizations and other nonprofits to deliver this education throughout the Pacific Northwest.

It has recently expanded operations into Washington state and joined the Solid Ground RSVP family of partner sites.

**Solid Ground**  
RSVP (Retired & Senior Volunteer Program)  
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Clinton Taylor, “Mr. Inspirational” (Photo courtesy of Financial Beginnings)

- There are four age-appropriate programs:
- **Financial Footings** – For elementary students, grades K-2 and 3-6
  - **Financial Framings** – For middle school students
  - **Financial Foundations** – For high school students
  - **Pathways to Post-Secondary Success** – Transition from high school to college

Each program combines a comprehensive curriculum targeted to students and young adults. Participants engage with the materials through lectures, PowerPoint presentations, and hands-on, classroom-based activities. Lessons include supplemental materials including visual aids and handouts. Each participant receives a student manual for home and personal reference.

All programs are full service and provide the curriculum, materials, and volunteer speakers at no charge to participating schools and community groups. The curriculum is reviewed annually for updates and improvement ensuring that it is always current.

**The Right Person**  
*Clinton Taylor: the man in charge who makes it all run like a well-oiled machine.*

He is currently the Washington State Program Manager for Financial

Beginnings. It is no secret that Financial Beginnings is growing very quickly in Washington state. Success and growth are good challenges and without a doubt the right man is managing operations in Washington state.

I say this because in all my years of business I have never run into a person who works harder than Clinton. He is a whirlwind of energy, activity and enthusiasm.

After serving his country for four and a half years in the United States Army, including one tour in Iraq (Desert Storm), Clinton returned home only to find himself struggling for the next several years to overcome personal battles with drugs, alcohol, and criminal behavior – which led to him being sent to prison for seven years.

Since his release from incarceration 13 years ago, Clinton has earned three college degrees, most recently his Master’s Degree in Organizational Leadership, and successfully reintegrated himself into society – proving that one can turn life’s stumbling blocks into stepping-stones.

Having this life experience – united with his deep passion for helping others to overcome barriers in their lives – fueled Clinton, and in 2005 he started his own company, *Right State of Mind*, a consulting and speaking business.

Continued on page 3

## E*iA* Inside This Issue...

### The power of connections

- Breaking bread.....p. 3
- Come on down!.....p. 4
- Keeping up with the times.....p. 5
- Harvest of new RSVP partner sites.....p. 7



Speaking Directly

by Jen Gahagan, RSVP Director

RSVP celebrates 45 years

This year marks the 45th Anniversary of RSVP (Retired & Senior Volunteer Program) in the nation.

RSVP is a part of Senior Corps which was conceived during John F. Kennedy's presidency. Senior Corps currently links more than 270,000 Americans to service opportunities.

Their contributions of skills, knowledge, and experience make a real difference to individuals, nonprofits, and faith-based and other community organizations throughout the United States.

In King County, RSVP was established in 1972. Since that time, more than 6,000 RSVP volunteers have provided service

to over 200 organizations in the county. That is quite a legacy.

RSVP has long been a program that has connected seniors and communities. As you know, volunteering is a wonderful way to stay connected while having a positive impact in the lives of others.

Many of the articles in this issue of the EIA speak to the importance of each of our connections in the communities we serve.

In commemoration of RSVP and all the volunteers who have given of their time to enrich our community, I would like to share with you this message at right from President Obama. ●

The White House  
Washington

August 26, 2016

America is what it is because we built it together. With collective effort and in common purpose, generations have endeavored to enrich their communities and our country, adding their voices to a tradition of civic engagement that has guided us since our Nation's founding. The America we know today was shaped by the contributions of people of all ages and from a multitude of origins, and we are joined together by a belief in the enduring power of our country's promise.

As Senior Corps volunteers, you have helped carry forward this legacy and set a powerful example of service – one that can have a tremendous impact on the lives of those around you and inspire others to step forward to serve. In your dedication, we see the spirit of shared purpose – the understanding that we are all bound to one another – that is at the core of our national character.

As you gather from across our country to reflect on the difference you are making, know you have the deep appreciation of a proud and grateful President.



~President Barack Obama



Financial Planning

by Bill Pharr

Choosing a financial planner... 'Failing to plan is planning to fail'

Nowhere is this more accurate than with one's personal financial situation. Future financial health is often determined by the well-thought-out and intelligent decisions made today. Knowing the available choices and financial areas of importance is a key ingredient of this process.

It is more important for people with fewer total financial assets to visit a financial professional than it is for people with a large amount of assets.

Proper organization of key financial documents, the topic of last issue's article, is the last step before starting the process of selecting a person to work with.

Before the search begins, it is important to note that whomever you select works *for* you, as well as *with* you. The cost of utilizing a professional should be minimal compared to the benefits achieved.

There are many lists on the internet of step-by-step questions to ask of prospective financial planners. Here are some of the questions to ask of a prospective Financial Advisor, keeping in mind that the final decision is equally qualitative (intuition) and quantitative (scientific):

- 1) What experience and qualifications do you have?
- 2) What is your approach to financial planning? What can we expect?
- 3) What services do you offer and how do you charge for these services?

- 4) Do you typically work with people with our level of assets?
- 5) Have you ever been publicly disciplined for doing anything unethical or illegal in your career? You can check with FINRA (Financial Industry Regulatory Authority) ([finra.org](http://finra.org)) or CFP (Certified Financial Planner) ([cfp.net](http://cfp.net)) websites.

Along with those questions, and any that you want to add, a

person selecting a financial planner should know that the industry includes "key traits" for people who do financial planning. During the interview process, thinking about these traits can assist the decision process. A common list of traits often include the following:  
Competence, objectivity, integrity, clarity, diligence, compliance and of course privacy.

A person cannot be too old or too young to consult with a financial planner; from 14-year-olds starting Roth IRAs from summer earnings to 80-year-olds reviewing their will or planning how to make their assets last their lifetime.

Time can be one's friend or one's enemy in terms in making the right decisions financially. It does not matter how much money and assets you currently have. It does matter that you work with a person with the skills to help you make intelligent financial decisions now, and monitor those decisions in future years. ●

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

Breaking bread

I volunteer at my local food bank on Tuesday mornings. Tuesday mornings are the distribution to seniors, 55 and older. I work a front-line station, which includes legumes, pasta, root vegetables, rice and assorted canned goods. Variety varies according to availability.

The clientele at the food bank is a rich mixture of people from around the world, and the variety of languages spoken reminds me of being in the lobby of a large, busy international airport. Much of the clientele are the same people week-to-week, and I greet everyone with a hearty “Good Morning!” and a jumbo smile.

The line moves slowly, and it is great fun to interact with people as they move through my station on their way to the dessert station (my onions find it hard to compete with pies, cake and cookies!). One man usually brings a joke. (E.g. Question: What do you get if you cross a snowman with a vampire? Answer: Frostbite!)

The food bank is a busy, busy place with food coming and going constantly. Most of the work happens behind the front line where volunteers receive, sort, package, store and prepare the food for distribution. It’s like a big, well-organized game of hot potato where nothing stays in the warehouse for long.

As our distribution unfolds, we on the front line run out of certain items and need replenishment. Among many other chores, replenishment is the work of four men – Bobby, Big Mike, Goatee Mike and James. They are all pleasant, hardworking, good natured, engaging and totally committed to the task. Bobby is the self-appointed barista for whom an empty coffee cup is a failure of duty. I enjoy working with these guys, and we have a lot of fun together.

Several weeks ago Bobby proposed a ‘boys’ lunch after an upcoming shift. We all thought it was a great idea.

We picked a restaurant near the food bank, and the first order of business was what we all did during our careers.

Turns out we are a diverse group: Big Mike worked overseas for the State Department, Goatee Mike was a building contractor, Bobby was a dentist, James was a food broker, and I was a product development manager for a company in the outdoor recreation business.

With the individual work histories out of the way, we talked about the usual topics: congestion, overdevelopment, Bertha, the Mariners, our ailments, and, of course, the weather. Instinctively and in the



spirit of not ruining a good meal, we judiciously stayed away from politics. The food, incidentally, was so good I’ve been back since.

The event was pleasant but unremarkable on the surface. However, below the surface something wonderful was happening. I didn’t realize until the following Tuesday that the five of us bonded in a way we hadn’t before.

There was an ease between us that hadn’t existed before, and I think we all experienced a subtle shift from dedicated and supportive coworkers to something closer to friends. I can’t say if the others felt the shift, but I sure did.

The point of this story is that there’s more fulfillment available to volunteering than simply doing the work. We all appreciate each other’s service, but we don’t often get to know one another with any depth. And there’s no better way to get to know your fellow volunteers than sharing the magic of a meal together. ●

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

“Mr. Inspirational” continued from page 1

Clinton has traveled across the country speaking at colleges, high schools, middle schools, youth academies, drug and alcohol facilities, prisons, correctional institutions and Fortune 500 companies.

His peers herald Clinton as a powerful, engaging speaker and trainer, often referring to him as “Mr. Inspirational.” When you meet him it does not take long to realize this is accurate.

With his wealth of experience, Clinton is perfect in his role with Financial Beginnings. One of those key roles is to recruit volunteers to present the subject matter for the programs. It is not necessary to have a financial

background, just a desire to help young people.

A new volunteer goes through a training program with Clinton as the instructor. He is extremely good at this training, keeping everything at a very understandable level. Training takes around an hour and a half, with plenty of time for questions. There are also opportunities to shadow volunteer instructors until the volunteer is ready to “go live.”

With training completed, the volunteer gains access to the Financial Beginnings volunteer website. The website is very easy to use and navigate! The volunteer can quickly see all the

available scheduled programs that need a volunteer as well as the ability to access all the modules of all the programs to prepare for a class or to review. Financial Beginnings makes it very easy to volunteer and to manage the activities.

Volunteers can make a substantial impact teaching these important financial concepts to youth, better equipping them to function in larger local and global economies.

To find out more, contact RSVP at 206.694.6786 or [janh@solid-ground.org](mailto:janh@solid-ground.org). ●



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.



Each year, more than 60,000 King County residents come to Solid Ground to address urgent food and housing needs, and build skills to overcome poverty and thrive. Through 40+ years of innovation, partnership and action, we work to undo racism and other oppressions to change the institutional practices and policies that perpetuate poverty.



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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# Aging with Wisdom

by Carol Scott-Kassner

## Connections

I was reflecting on the topic of friends as I swam my laps today in our condo pool. I've felt blessed throughout my life to have many friends, some of whom I still connect with on Facebook and some of whom I see at high school reunions. Most I would consider occasional friends, meaning I connect with them occasionally and enjoy them when we get together.

Another group of friends, I call my intimate friends. Over the years I've heard it suggested that we are fortunate if we have more than two really close friends. I've been blessed with five friends I put in that category.

These are women who know my story in great depth and with whom I can immediately pick up a conversation even when we haven't talked for months. I know their stories too and we hold those stories in trust as sacred to our friendship. I could call any of

them in the middle of the night and they would listen and be supportive.

I would be remiss if I didn't include my husband in this list. He is truly my best friend. He is remarkable in his support of me in every way – including his willingness to listen to me, to understand where I am on my journey, and to meet me there. I try to do the same for him.

The challenge as we age is that we begin to lose our friends. Some may move away, others may die. By our late 80s or into our 90s we are often apart from those we love, holding them in memory rather than in their physical presence. These losses are one of the most difficult parts of aging.

We know from current research on mental and spiritual health as we age that being connected with others is crucially important.

We can find those connections in senior centers, places of worship, volunteer organizations, or perhaps in the housing community where we live. But as we become more fragile, it is often hard to get out and socialize. We can find ourselves isolated.

One woman I know falls into that category, but she and her friends follow a pledge to meet at a coffee shop once a week and visit. It takes some effort but it sustains all of them and gives them something to look forward to.

Another woman I knew said she and her girlfriends tried to find the worst greeting cards about aging they could and send them to each other on their birthdays, giving each other great laughs as well as a reminder that they are remembered and loved.

A model for deep connection that has been in place around the country for a long time is to gather groups of 8-10 people and create a Wisdom Circle.\*

Wisdom Circles usually meet once a month and people pledge to keep the contents of the conversations private. At each meeting, every member of the circle has a time to check in with

the group. If anyone needs extra support from the group, they can ask for that.

It is not a place to give advice unless people ask for support and perspective. It is also a place to discuss topics relevant to everyone in the group such as: listening, loss, transitions, grace, negotiating older age, relationships with others, and so forth. Wisdom Circles are powerful vehicles for creating intimacy.

**May you be blessed with the richness of deep connection with others. May you be held closely in the loss of loved ones. May you find ways to be in community and connection no matter how old you are. ●**

\*Directions for how to form a Wisdom Circle and more Wisdom Circles resources can be found at: <http://sage-ing.org>.

Carol Scott-Kassner is immediate Past-President of Sage-ing® International, an organization dedicated to helping people age with grace and wisdom. Carol also works one-on-one with individuals. Contact her at [carolkassner@comcast.net](mailto:carolkassner@comcast.net).

## Come on down!

### AARP Fraud Fighter Call Center moving south to SeaTac, by Mary Pierce

The Call Center is pleased to announce that in September they relocated from their site in the Northgate area to SeaTac. There are more volunteer opportunities available than you might imagine, so to find out more read on! Then get in touch with RSVP, and we will help you take that first step in becoming a bona fide Fraud Fighter. (Think superhero; Captain America, Wonder Woman and Superman, but without the capes!)

The AARP Foundation Fraud Fighter Call Center has a long and strong history of delivering effective fraud prevention to older Americans, their families, caregivers and support networks. The Call Center utilizes trained volunteers to counsel older persons on scammer techniques and fraud prevention. Volunteers provide one-to-one peer counseling that covers fraud prevention tips, resource and referral information, and victim assistance.

Leeta Scott, Program Director with the AARP Foundation states, "I am excited to work with volunteers at our new site. There is flexibility in scheduling that we can vary with the needs of each volunteer." As an added bonus a light lunch is offered. Longtime volunteers often remark that this is an ideal time to get to know their fellow volunteers. More than one new friendship has developed over the years as a result of taking the time to have a bite to eat together while volunteering.

Experienced AARP Fraud Fighter volunteer Pat Loftin, who lives in north Seattle and has been with the program since its inception, is determined to make the trek south as the agency moves to SeaTac.

She speaks highly of both the volunteer experience and the need for the service. She has taken calls from many unfortunate seniors who have been victims of fraud saying, "They are preyed upon by those running the most unscrupulous scams. They often lose hundreds of thousands of dollars. I feel we can help most by getting them to share their story so it won't happen to someone else and by making preventative calls so people know what to look out for."

Typically volunteers work two-to-three hours on their scheduled days. Additionally, volunteers are given the opportunity to do something a bit different from their usual volunteer role and travel on behalf of the program giving presentations at such places as community and senior centers.

There is incredible value in being of service to others and AARP Fraud Fighters is in real need of volunteers that live in the south King County area to help them as they continue their important work.

If you are interested in protecting older, vulnerable citizens and fighting fraud please contact RSVP at 206.694.6786 of [janh@solid-ground.org](mailto:janh@solid-ground.org) for more information. ●



Leeta Scott getting ready to roll (Photo by Mary Pierce)



# Keeping up with the times

## Catholic Community Services, by Anita Warmflash

*“I feel more valued as a person because I can share experiences with my volunteer and have enjoyable conversations with him.”*

~CCS Volunteer Services Client

### Volunteer Services

No one disputes that volunteers are the heart of a community. This is readily apparent at Catholic Community Services (CCS) of King County, providers of a broad range of services to families and individuals. Volunteers here draw from a rich diversity of faiths and backgrounds as they come together with a common purpose to serve those no longer able to do for themselves.

*“I really care about the clients and think about how hard it would be to be in their situation. They are always so appreciative for something that is so easy for us to provide,”* says one volunteer, emphasizing just how important service to others is.

Another volunteer notes, *“I like to be able to do something to help others, and driving is pretty easy. Driving doesn’t even require physical exertion. I always bring a book to read while the client is having an appointment or doing their shopping. It gives me a good excuse to sit, read and enjoy myself while doing a ‘good deed.’ I always enjoy visiting with clients and getting to know them.”*

### The Program & Its History

Since its inception in 1981, CCS intended that volunteers would be the providers of service for low-income elderly persons who needed help with some basic chores in order to maintain independent living. To keep up with the times, the Volunteer Services program of CCS expanded its services to include disabled persons over 18 years of age.

Over the years, changes in the health care delivery system, which have included health coverage to more people, advances in medicine, and also new technologies, have led to growth in the numbers of people wanting to maintain an independent lifestyle.

In the beginning, the scope of services was limited to basic household chores as well as transportation to medical appointments. With time and experience came a realization that besides offering services to a broader population, it was necessary to add additional tasks in order for independent living to be a viable option for elderly and disabled persons.

And as the lifespan of the aged has increased, it paradoxically creates new needs to match an extended life with a quality of life. This also applies to younger persons who despite chronic disabilities now can hope for an independent life as long as basic in-home services are available.

The services now provided by volunteers go beyond transportation to include a variety of errands, limited household repairs, attending to laundry, or some light housekeeping and yard care or even cooking. These are just a few of the basic needs that can present themselves, and there are still others such as providing companionship or respite for a caretaker.



Volunteer Coordinator Belina Van

### The Staff & Volunteers

The Volunteer Services program of CCS was described to me by Belina Van who is the coordinator for the program in the North King County area. She has been working in the program for several years, and I was impressed with the empathic understanding she has for the population served by the program.

One of the most important aspects of Belina’s job is working with volunteers to identify the tasks that sound appealing to them along with taking into consideration the personality of the volunteer and the client in order to make a good match so that both can find pleasure in one another’s company.

Each contributes the skill which they are most comfortable performing, and scheduling is flexible. Volunteers may serve the same person each week, or twice a month, or be listed for on-call assistance based on their schedules and interests.

Volunteers are provided with a thorough orientation to the program and to their responsibilities, as well as ongoing support. Mileage reimbursement is provided for volunteers transporting clients, and they are covered by volunteer insurance.

Especially encouraging about the program and its leadership is the fact that they are open to new perspectives. This winter the program will be expanded to include help with pet care and also transportation to social events.

As a side note, I was delighted to learn that among the volunteers have been two of our own RSVP Ambassadors, Helen and Joe Hesketh. I was not entirely surprised, as Joe and Helen try to serve whenever possible where there is a need.

Catholic Community Services has five district offices: North Seattle, Central Seattle, Eastside, South King County and Southwest King County. There are clients waiting to be served in all areas, so if you are interested in volunteering, please contact RSVP at 206.694.6786 or [janh@solid-ground.org](mailto:janh@solid-ground.org).



Volunteer Services client Andrew, with volunteers Dean, Dharmendra, & Michelle making quick work of a few chores. (Photo by Doug Shepard)



SHARE YOUR LOVE OF COOKING & NUTRITION!



55 & older? Join RSVP (Retired & Senior Volunteer Program) & get in touch with your inner chef!

The Cooking Matters program seeks volunteers to be:

- ▶ Cooking Instructors
- ▶ Nutrition Instructors
- ▶ Class Assistants

Participate in 6-week classes teaching cooking skills and nutrition concepts to adults and families living on low incomes. No professional experience needed; training provided.

For more details, contact Solid Ground's Volunteer Coordinator: [nicoleb@solid-ground.org](mailto:nicoleb@solid-ground.org) or 206.694.6825.

Staying healthy as you age...



One of the greatest challenges of aging is how your support network changes. Staying connected isn't always easy as you grow older – even for those who have always had an active social life. Career changes, retirement, illness, death and moves out of the local area can take away close friends and family members. And the older you get, the more people you inevitably lose. In later life, getting around may become difficult for either you or members of your social network. It's important to find ways to reach out and connect to others, regardless of whether or not you live with a spouse or partner. Along with regular exercise, staying social can have the most impact on your health as you age. Having an array of people

you can turn to for company and support as you age is a buffer against loneliness, depression, disability, hardship and loss. The good news is that there are lots of ways to be with other people. It doesn't matter what you do, so long as you get out of the house (if possible) and socialize. **Connect regularly with friends and family.** Spend time with people you enjoy and who make you feel upbeat. It may be a neighbor who you like to exercise with, a lunch date with an old friend, or shopping with your children. Even if you are not close by, call or email frequently to keep relationships fresh. **Make an effort to make new friends.** As you lose people in

your circle, it is vital to make new connections so your circle doesn't dwindle. Make it a point to befriend people who are younger than you. Younger friends can reenergize you and help you see life from a fresh perspective. **Spend time with at least one person every day.** Whatever your living or work situation, you shouldn't be alone day after day. Phone or email contact is not a replacement for spending time with other people. Regular face-to-face contact helps you ward off depression and stay positive. **Volunteer.** Giving back to the community is a wonderful way to strengthen social bonds and meet others, and the meaning and purpose you find in helping

others will enrich and expand your life. Volunteering is a natural way to meet others interested in similar activities or who share similar values. Even if your mobility becomes limited, you can get involved by volunteering on the phone. **Find support groups in times of change.** If you or a loved one is coping with a serious illness or recent loss, it can be very helpful to participate in a support group with others undergoing the same challenges. ● *Authors: Joanna Saisan, M.S.W., Melinda Smith, M.A., Jeanne Segal, Ph.D., and Monika White, Ph.D. Last updated: May 2016, ©Helpguide.org. All rights reserved. This site is for information only and NOT a substitute for professional diagnosis & treatment.*

RSVP VOLUNTEER INFORMATION UPDATE

As part of our record updating process, we would appreciate you completing this form if you have recently moved or if any of the information we are asking for below has changed in the past five years. **We especially need updated emails!** Please note your contact information is confidential and we do not share it with any outside entities except in the volunteer referral process with your permission.

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

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

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Signature: \_\_\_\_\_

Please email info to Jan Hancock or [janh@solid-ground.org](mailto:janh@solid-ground.org) or mail form to: RSVP, 1501 N 45th St, Seattle, WA 98103.



THANK YOU!      THANK YOU!      THANK YOU!      THANK YOU!      THANK YOU!



# Harvest of new RSVP partner sites needs volunteers



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

**EMP (Experience Music Project)** is a leading-edge nonprofit museum, dedicated to the ideas and risk-taking that fuel contemporary pop culture. With its roots in rock ‘n’ roll, EMP reaches multigenerational audiences through its collections, exhibitions and educational programs. As an Information Desk Volunteer you would have the opportunity to welcome and interact with the diverse population visiting the museum. Or as Sound Lab Volunteer, you can assist guests in experimenting with the musical equipment and mixing stations in the lab. *Central Seattle*

**Financial Beginnings:** This volunteer-driven, community-oriented organization utilizes trained volunteers to teach elementary through high school students and young adults the basics of banking, budgeting, investing, credit and risk management. Their volunteers are an inspiration to students and serve as strong community role models. Can you take the time to find out more and direct your compassion to action? *Countywide*

**Friends of the Issaquah Salmon Hatchery:** Keep the salmon coming home by becoming a FISH volunteer. They have the perfect opportunity for you. Lead educational hatchery tours for children and adults, assist hatchery personnel with salmon spawning each fall, help out with in-class presentations by assisting the FISH Education Coordinator, staff the FISH gift shop, represent FISH at local schools during their annual school fair and meet the public at a number of annual outreach activities through educating and sharing the mission of FISH. *North & East King County*

**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 four-week Domestic Violence Volunteer & Advocacy Training and make a one-year commitment to the agency.) *Seattle*

**Seattle Cancer Care Alliance** volunteers provide practical, social and emotional support to patients undergoing cancer treatment and their families. Volunteers provide airport transportation, serve in the gift shop, play healing music in the clinic lobbies, and host monthly social events for patients (crafting, knitting, games etc.) to name a few of the many type of services they provide. *Central & North Seattle*

**Street Youth Ministries (SYM):** Can you donate your time? Join SYM’s volunteer crew! Come, serve and build relationships with street youth at their drop-in center. Assist with signing in youth as they arrive at the center, help youth with procedures for signing up for showering and doing laundry. At mealtime, be available to serve food. Join and facilitate the activity of the evening, encouraging youth to become engaged as they develop social and behavioral skills. *University District & North Seattle.* ●



## Senior on the Street

by Peter Langmaid

# What is your ideal volunteer opportunity?

“Bicycling advocacy for environmental progress.”

~Alden Mudge



“Working one-on-one with refugees.”

~Mari Loria



“Maximum flexibility with maximum emotional return.”

~Zygi Goldenberg



“Healthy and creative eating for seniors.”

~Denise Macko



“Support staff for Doctors Without Borders.”

~Gordon Hirano



“Working on hiking trails.”

~Sally Oien





# 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](http://www.solid-ground.org/GetInvolved/Volunteer/RSVP) for regional volunteer opportunity listings.

## VOLUNTEERING

**American Cancer Society Road to Recovery:** Seeking volunteers for this essential program. Join a group of volunteers who drive cancer patients to and from medical facilities for life-saving treatments. Schedules are flexible. If you have a car and can spare as little as one morning or afternoon a month to help somebody along the Road to Recovery, they would welcome your help. *Countywide*

**Cancer Lifeline:** Volunteers are an integral part of their organization, providing a wide range of specialized talents and skills to programs which support those living with cancer. As a volunteer, you will help 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 needed as well. We invite you to become a volunteer at Cancer Lifeline! *North Seattle*

**Chicken Soup Brigade:** Like to chop? Cook? Package meals? You can do all these things while helping people living with a chronic illness, and have a GREAT time doing it! Lifelong needs volunteers in the Chicken Soup Brigade kitchen to prepare and package meals for their clients. This is an opportunity to work in a team with fantastic people all while helping hungry neighbors. Lifelong’s kitchen is open Monday through Saturdays. *South Seattle*

**Communities in Schools of Seattle:** Helping students stay in school and prepare for life is what volunteers do through CIS of Seattle. Volunteer opportunities include elementary math tutors, middle school math coaches, and coordinating or helping out at events. Help students in grades K-2 at least once a week to understand math concepts by playing interactive games that will help them reach their next grade level. You don’t need to be a math whiz to volunteer! *Seattle*

**Greenwood Senior Center:** Become a weekly lunch helper and help prepare the meal without having to plan the menu or do the shopping! Also serve and clean up. Must possess or have the ability to obtain a valid food handlers permit and pass a background check. Greatest needs on Tuesdays & Thursdays, 10am – 1pm. *North Seattle*

**Habitat for Humanity Seattle - King County** has over 30 different volunteer roles for people who want to help support local affordable housing. Volunteers help by working on construction sites, in their two area retail stores, with community outreach efforts, in their office, and with partner families. Monthly volunteer orientations are held where people can come to learn about all these options. *Seattle, North East & South King County*

**Mercer Island’s Parks & Recreation’s** Senior Social addresses the need for senior adults who have physical, memory, hearing or vision limitations. It is a social recreation program providing physical and mental activities, music, arts and crafts, dance, exercise, guest speakers and educators. Volunteers work directly with senior participants and help organize and facilitate daily activities and room set up. Bus helpers and drivers are also needed. (Commercial Driver’s License not necessary) *East King County*

**Multi-Service Center (Federal Way)** volunteers help adults complete their GED, and students learn English as a second language (ESL), by assisting them in improving their reading, writing, math and speaking skills, or help sort food and clothes in the food and clothing bank. We ask for a three-hour a week commitment (two shifts of 1.5 hours) for a minimum of six months. No teaching experience required. *South King County*

**Seattle Goodwill** relies on skilled and dedicated volunteers to achieve their mission of changing lives through jobs. There are many ways to get involved as a volunteer including: support students in job training and education programs, assist Administration and Support Services departments with important projects, and bring their Vintage Fashion Collection and special events to life. *Seattle*

**Sound Generation’s Meals on Wheels:** Join the volunteer team to help Meals on Wheels fight hunger! As a Meals on Wheels volunteer, you will belong to a team committed to helping homebound seniors maintain their health and independence with nutritious food, personal contact, and caring service. Volunteers are needed weekday mornings. *Various locations throughout King County*

**The YWCA** works to eliminate racism and empower women. Seeking volunteers to join and serve the community! Help in the food bank each Wednesday to stock and distribute food to families in need. Serve hot meals to homeless women at Angeline’s Day Center in downtown Seattle. Sort, steam and organize clothing for women seeking jobs in the clothing services programs on weekdays. *Central Seattle & East Seattle*

**University District Food Bank:** Seeking 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*

**The Youth Tutoring Program** provides free one-on-one tutoring to children living in six different low-income housing communities around Seattle. Volunteers meet with the same student every week to mentor and tutor them in the skills they need to thrive academically and in life. Afternoon and evening hours are available; sign up for one hour a week or more. *Locations throughout Seattle*

## IN OUR COMMUNITY

**Senior Community Service Employment Program (SCSEP)** helps low-income, unemployed individuals age 55+ find work by matching eligible older job seekers with local nonprofits and public agencies. Job seekers gain job skills while receiving supportive services and training. For more information, contact the SCSEP office: 206.624.6698.

- ☐ 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: \_\_\_\_\_

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