

# Experience *in* Action!

King County RSVP's news for people 55 & older

Volume 31 | Number 2 | Fall 2017



## What's for dinner?

### ... just ask Louise

By Peter Langmaid

“Absolutely love it!”  
That’s how RSVP volunteer Louise Green enthusiastically describes her experience with the Solid Ground program Cooking Matters. “Can’t say enough about the program and organization. Simply wonderful!”

Cooking Matters partners with other organizations in low-income communities to provide hands-on education, combining cooking, nutrition, menu planning, and kitchen safety and sanitation.

The program is comprised of six weekly, two-hour classes to

groups of 8-15 students recruited by partner organizations. The setup is mobile with the only requirements being a sink and students eager to learn.

Each Cooking Matters ‘team’ consists of a staff coordinator and three trained volunteers: a Chef Instructor, a Nutrition Instructor, and a Class Assistant. Louise, who has already participated as a member of five teams and has signed up for two more, is a Class Assistant.

A Class Assistant helps with setup, food prep, cleanup, preparing take-home bags, and



Louise Green conducting a Cooking Matters class (Photo by Lindsey Tran)

anything else that needs to be done to make the experience run smoothly. But Louise’s satisfaction doesn’t come from the work itself but from “...watching people working together, chatting, supporting each other, and socializing.”

A typical class starts with a menu followed by a cooking lesson. Students then, with help from team members when needed, prepare the meal. And, when the cooking’s done, everyone (students and team members) sits together to enjoy the food.

As a final bonus, each student leaves with a menu and a bag full of groceries so they can make the meal at home.

The goals of each meal are inexpensive, nutritious, easily attainable ingredients and easy prep. Louise cites tacos and lasagna as examples of typical meals.

As an added hands-on experience, most Cooking Matter classes go to a grocery store where they learn how to read labels and how to make ingredient substitutions. (Or, as Louise describes it, (“Work with what you’ve got!”)

In addition, participants are given a \$10 gift certificate and challenged to shop for a nutritious meal for a family of four.

Louise’s work with Cooking

Matters has not gone unnoticed. As her staff supervisor, Lindsey Tran notes, “Louise’s service and commitment to Cooking Matters is exceptional. Through her enthusiastic and engaging manner, she has made an incredible impact in our program, empowering families and individuals with the confidence and creativity to buy, cook and eat nutritious foods daily.”

Louise was born in Southern California, became a CPA (Certified Public Accountant), and moved to Seattle in 1991. Working in a small CPA firm, her clients included small businesses and individual clients. She loved her work (“engrossing” is the word she used) and she loved her clients.

One aspect of the Seattle area that drew Louise here is our outdoor lifestyle. She enjoys hiking (Summerland in Mount Rainier is her favorite spot), biking, kayaking, “art” movies, gardening, travel, and, of course, cooking.

Her favorite types of food are Asian and Middle Eastern because they involve minimal meat and lots and lots of vegetables.

Louise always intended to volunteer in retirement, but it took her a while to find her groove. Then she discovered Cooking Matters.

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**Solid Ground**  
RSVP (Retired & Senior Volunteer Program)  
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## Speaking Directly

by Jan Hancock, RSVP Coordinator

# Answer the call to serve

As many of you are aware, RSVP is one of the largest volunteer networks in the country for those 55 years of age and older.

As an RSVP member, you use the skills and talents you have learned over the years and often develop new ones while serving in a variety of volunteer positions within your community.

The range of opportunities can be as diverse as the communities in which you are called to serve and may include:

- ▶ Tutoring and mentoring low-income, refugee and immigrant youth by providing homework help, encouragement and structure.
- ▶ Increasing food security by volunteering in food banks,

community dining programs, and cooking and nutrition classes.

- ▶ Assisting older adults working to maintain their independence by providing companionship and support services.

This is just a small sample of the opportunities available throughout King County. As a volunteer, you choose how, where, and how often you want to serve.

You receive orientation and training from the organization that you decide to serve with and also receive supplemental insurance while volunteering.

Enrich your life while making a difference in the lives of others. You won't regret it! ●



## Financial Planning

by Bill Pharr

# Do what you can... & then RELAX

The overall theme for this newsletter is education. The foundation of education and learning is reading. The key to learning about financial issues, investing, and financial planning is to read as much as possible on these topics. Since there is so much written, it is easy to be overwhelmed by all the opinions out there by so-called experts. So how does an interested person get started?

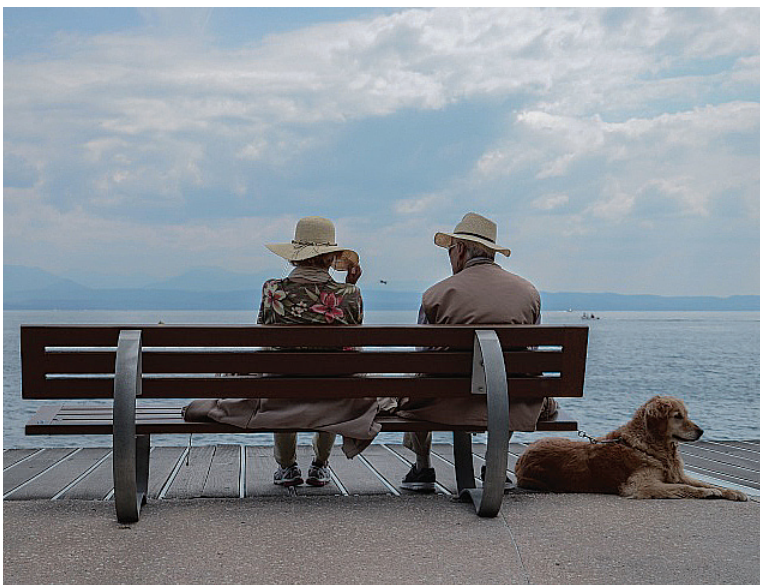
My favorite financial and investing book is "The Behavior Gap" by Carl Richards. It is an easy, nontechnical, summary of how to get started in investing. In fact, I believe one sentence in his book is the most powerful sentence in all of financial planning. Richards states early in the book, "Do what you can, and then RELAX."

The first part of that statement, "Do what you can" (i.e., be smart), means:

- Read and learn about investing and financial topics pertinent to you.
- Start saving now.
- Work with trusted advisors.
- Open up accounts with no or few fees.
- Maximize your 401k and matches.
- Open up a Roth IRA if you are eligible.
- Pay off your credit cards every month.
- Check your beneficiaries.
- Keep your will current.

The list of what you can do and control is very long. It requires some education and a great deal of discipline.

The unstated and implied message of the sentence above is, 'Don't undertake certain actions just because you can'



(i.e. don't be stupid). For example, you could:

- Invest in things that you do not understand.
- Spend more than you make per month.
- Procrastinate.
- Give money to a financial advisor you have not thoroughly investigated.
- Use simple passwords.
- Take on a loan you cannot afford.
- Buy the new car, not the used car ... you get the idea.

Every day people make financial decisions that are not well thought out and not good decisions – because they can.

The last part of his message is "RELAX." Studies show that people are their own worst enemies in financial matters – especially when it comes to investing. The majority of people buy higher and sell lower, and as a result, experience returns less than market averages.

"Relax" means do your homework and create a well thought out financial, savings and investing plan, and then sit back and relax. Check in on it every year and make changes that are called for. But for the most part, sit back and relax and let the markets do their thing. No one can control or predict the markets with regularity, so "Do what you can, and then RELAX." It is a good message. ●

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

## TUTORING EVENT – We need YOU!

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

**Thursday, October 5, 11am-1pm**  
CCS Offices | 100 23rd Ave S, Seattle, 98144

- ▶ Learn about the critical community needs of low-income, refugee & immigrant youth.
- ▶ Find out what is being done to assist them.
- ▶ You can provide homework help, support & structure!

*Complimentary light lunch served!*

To register, call 206.694.6786 or visit [www.solid-ground.org/volunteer-tutors-10-5-17](http://www.solid-ground.org/volunteer-tutors-10-5-17)

## COMPANIONSHIP EVENT – Please Attend!

Help elder neighbors remain independent in their homes! Join RSVP & Catholic Community Services:

**Tuesday, October 17, 11am-1pm**  
First Congregational Church, 1st Fl Rm #1  
11061 NE 2nd St, Bellevue, 98004

- ▶ Learn about critical needs of low-income, isolated seniors.
- ▶ Find out what is being done to assist them.
- ▶ See how volunteers are making an impact.
- ▶ You can provide companionship, support & services!

*Complimentary light lunch served!*

To register, call 206.694.6786 or visit [www.solid-ground.org/volunteer-companions-10-17-17](http://www.solid-ground.org/volunteer-companions-10-17-17)



It Seems to Me...

by Peter Langmaid

‘Remember me?’  
On gratitude & why we volunteer

My job at our local food bank is checkout: I pleasantly survey a customer’s shopping cart to make certain they haven’t exceeded the guidelines and help them bag it. I perform this chore with good humor, and the customers respond with good humor.

Usually, that is.

A few weeks ago, a fellow checkout volunteer came to me in near-tears because a customer had been rude, aggressive and abrasive to her. I consoled her, explaining that if it ever happens again, she should excuse herself and reach out to a paid staff member for support.

But this incident stuck with me and got me thinking about why I volunteer. If you asked me why I volunteer, I would reflexively tell you that it’s my way of giving back to those less fortunate than me.

*The more I thought about it, however, I began to discover a deeper, more personal and selfish reason: a need for gratitude.*

When our girls were in middle school, my wife and I wanted to introduce them to volunteering with the hope it would become as normal a part of their lives as eating a nutritious breakfast.

We chose Teen Feed in the University District where, once a month, we prepared and served a meal of spaghetti, salad and

French bread to 50 or 60 youth experiencing homelessness.

The vast majority of the youth smiled and thanked us, but occasionally we were confronted with an unhappy customer who would complain that there was no meat in the spaghetti, or that the bread was overcooked, or that the salad dressing was lousy.

Though rare, these complaints would bother me for days, and that’s when I came up with my rule #1 for volunteering: *If you’re in it for the gratitude, you’re in it for the wrong reason!*

But we all crave gratitude as a validation of our actions and feel let down when we don’t get it. Who doesn’t want to feel appreciated? All it takes is a smile or a simple “Thank you.”

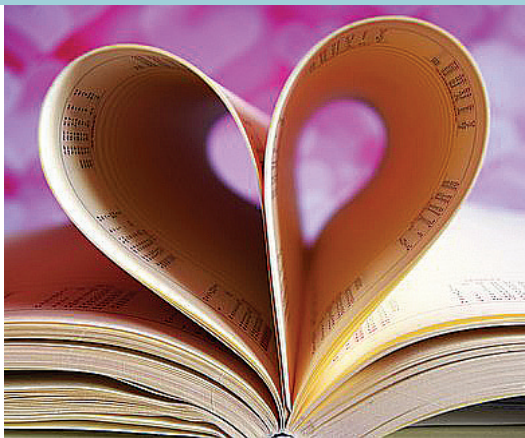
Which brings me to a recent incident that changed the way I think about gratitude.

My wife and I were in the lobby of the Uptown Theater to see a movie presented by the Seattle International Film Festival (SIFF). I felt a tap on my shoulder and turned to face a young man in his early 20s.

“Remember me?” he asked.

Much as I wanted to say “Yes, of course,” I had no recollection of ever seeing this person before. “No, I’m afraid not,” I replied.

The young man then tapped an older woman on the shoulder and said, “Mom, look who’s here.”



The woman turned around and a big smile exploded across her face. “Well hello,” she blurted out. “You tutored my son back when he was in grade school.”

Somewhat flummoxed at my inability to place him in my memory, I replied, “Great. What are you up to these days?”

The young man explained that he had finished high school and was about to begin an apprenticeship to become an electrician.

“Fantastic,” I said. “No way will your job ever be shipped overseas!”

We were about to go into the movie as the mother said to me, “I always wanted to thank you for helping my son. Not only did you help him with his schoolwork, but you also helped him understand the importance of education.”

My heart was pounding so hard with pride I can’t remember what the movie was about.

*The message here is that gratitude is embedded in the act of volunteering.*

It may show itself immediately, not at all, or, as in this case, years later. ●

*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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DCG ONE

What’s for dinner? continued from page 1

Just like her career as a CPA, Louise loves “interacting with the students – the feeling that we’re all in it together.” And she loves what the program is all about: How to eat healthy, easily prepared food on a minimal budget. Or, as she puts it, “Real food for real people.”

Louise has a daughter she adores and three grandchildren she really, really adores who live on the East Coast. She makes sure to visit them at least five times a year, and the grandchildren take

turns visiting her here during the summer.

Much as she loves her work as



Sushi made in Louise’s Cooking Matters class

a class assistant, Louise aspires to the position of Chef. She says she lacks the teaching skills, but I think she was just being shy.

BREAKING NEWS: As I was poised over the ‘send’ button to deliver this story for publication, I received the following email from Louise: “Not sure if this might be too late for your article, BUT I’ve graduated to Chef!”

I could feel the pride coming through my computer screen. Well done, Chef Louise! ●



# Aging with Wisdom

by Carol Scott-Kassner

## Aging with grace

I was with a close friend recently who reflected on the aging journey of two of her university colleagues. One she described as becoming bitter and intransigent – unwilling to do anything that he didn't want to do and continuing to try to build up his self-importance by lying about his accomplishments.

Another refuses to retire but is unable to drive himself to work because of mental confusion. His wife has to drive him to work and pick him up. My friend ended her reflections by saying, "I hope that I age with grace."

It is hard to get older. Our bodies decline and sometimes our minds do too. For some, thinking of retiring is like looking into a dark abyss of meaninglessness.

So, rather than risk change

and make the identity shift they need to do to let go of who they have always thought themselves to be, some people keep doing what they've always done regardless of whether or not they still have the vitality or dedication to do it well.

Seeking to age with grace is an alternative to aging with bitterness, recalcitrance, and confusion. It is an act of choosing to age consciously by seeking inner resources, trusting that at the deepest level you do not have to be afraid of the natural processes of aging. It is choosing to actively step into this time of your life and its invitations for growth as well as loss. Aging with grace is trusting that you have the tools to age well.

Most people who choose to age consciously say that this is the best time of their lives because they have the time and freedom to do



what they've always wanted to do and to become who they've dreamed of becoming. It is a time for gaining increased self-knowledge, confidence, and capacity to be true to ourselves.

In her book, "Living in Gratitude," Angeles Arrien writes of several spiritual practices that can help us to age well.

- Practice mercy and atonement
- Attend to the heart
- Engage in compassionate service
- Practice equanimity
- Embrace nature
- Cultivate peace
- Be open to guidance and wisdom
- Letting be and letting go
- Practice grateful seeing

These and other possibilities for conscious living and aging provide a rich array for us to choose from as we live fully into the later years of our lives.

May this time of your life be one of richness, full of the abundant gifts that aging can bring.

May you continue to live life with vibrancy and curiosity as well as grace. ●

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](http://www.sage-ing.org).

## Retirement & its choices

by Anita Warmflash

I often think about the choices I made when I decided to retire. The most important one was the decision to relocate to Seattle from New York/New Jersey. That choice was not mine alone but in concert with my husband as we wanted to be near our young granddaughter. Beyond that, however, we had to make decisions as individuals about how we would fill our leisure time.

Retirement had never been a welcome prospect for me. I was accustomed to an active life filled with multiple responsibilities; in current parlance, I might describe myself as a multi-tasker who reveled in functioning under pressure. However, the concept of pressure and Seattle didn't seem a good mix, undoubtedly a biased view, and one that might be easily refuted by other Seattleites.



One requirement for me for a successful retirement was to engage in an activity which contributed to the well-being of others. This had been an essential element of my professional life in the field of social work. Now I had to find expression for it in a different venue and I came to RSVP to consult with Jennifer Gahagan, who at that time was the RSVP Volunteer Program Coordinator. She helped to point me in the direction of tutoring children.

For the next three years I helped children improve their reading skills in the Beacon Hill International School. I tutored one day a week, retaining time to engage in other activities. As a tutor I could also observe how the educational system worked and I came to appreciate the stresses for both children and teachers. This, in turn, led me to other activities.

After three years, I decided to have a different experience which was tutoring adults at Literacy Source, located in the Fremont area until they moved to the Lake City area. Their focus is mainly immigrants who need to develop English language skills. I also helped some students prepare for citizenship exams. The setting offered the additional pleasure of interacting with people who came from unfamiliar places in the world and to learn from them.

I think the choices I made reflected and fulfilled both my interests and skill sets while also benefitting others. When faced with the challenge of retirement, I recommend considering your interests and personal needs in deciding which activities to engage in. RSVP can be most helpful in this process. ●

*Editor's note: Anita is also involved with RSVP as an Ambassador, acting in an advisory capacity and writing for this newsletter. Read more about being an Ambassador at left.*

### WHAT IS AN RSVP AMBASSADOR?

An RSVP Ambassador is an RSVP Volunteer who is willing to help us spread the word about the benefits of volunteering. Because of our small staff, we have assembled a wonderful group of volunteers who help us share the mission of RSVP with other seniors. If you would be willing to represent RSVP at events around King County, we would like to talk to you.

We do not ask for a specific time commitment, only that you occasionally share your enthusiasm for volunteering and help us encourage others by relating your own experiences and telling about RSVP. We provide a fun, interactive training and give you the opportunity to meet another group of active, enthusiastic people.

To sign up or ask more questions, please contact: Jan Hancock, 206.694.6786 or [janh@solid-ground.org](mailto:janh@solid-ground.org).

# Volunteer Spotlights

## Counting her blessings, by Jan Hancock

Linda Urbaniak loves to talk, so it comes as no surprise that as a volunteer she has drawn on her considerable talents in engaging others one-on-one.

During her interview, she spoke of many different volunteer jobs she has held throughout her life, going all the way back to when she was a young military wife and volunteered with the Navy Relief Society for almost 10 years.

Later, when she had children, she saw opportunities for involvement in the schools with the PTA, with taking on the responsibilities of a room parent, and in running bake sales and paper drives.

Adhering to a long-held belief that there is no way one can be isolated if reaching out to others, Linda has always lived her convictions.

She volunteered through RSVP for the Meals on Wheels program for a number of years and would seldom, if ever, change her scheduled volunteer time in order to do something else – the job was that important to her.

She is emphatic that Meals on Wheels is one of the most significant programs available, not just because of the enjoyable, nutritious meals, but just as importantly because of the companionship it brings to those who receive the meals. Over the years she has become friends with the elders she served and has found them a source of inspiration in her own life, deeply admiring them for their ability to deal with the trying circumstances they come face-to-face with on a daily basis.

Helping others to rely on themselves and their talents as they came to realize that almost anything was possible was an

unexpected outcome of her volunteer experience at the Union Gospel Mission. Starting out by flipping eggs in the kitchen, Linda soon moved on to tutoring women who wanted to improve their writing skills and found that this was her niche, since she enjoyed writing and had considerable talent in this area. She was especially touched recently by one young woman who wrote her a special poem of gratitude, letting her know how much she had helped her not only with her writing, but with life skills as well.

Being a docent for 13 years at the Bellevue Botanical Garden, Linda was able to share her passion for gardening and being with people by greeting visitors and giving garden tours.

She also puts to use her years of gardening expertise through *The Garden Lady* column she writes for the RSVP *Experience in Action* newsletter.

Actively participating in RSVP’s Ambassador team is yet another way that Linda shows she is giving back to her community and reaching out to others. You will find her in her element at senior fair events, talking with people about the benefits of joining RSVP and the great experiences she has had volunteering.

When asked why volunteering is important to her, Linda had this to say, “I have had it all and done it all in my life. I have been enormously blessed. Someone once said, ‘Volunteering is the rent you pay for your time on earth.’ That sounds like more than a fair deal to me.” ●



Linda Urbaniak (Photo by Jon Bolivar)

## Stopping to smell the roses, by Mary Pierce & Jan Hancock

Meet Shirley, a woman who is never at a loss for something to do. She is a whirlwind of energy with many interests, hobbies and various pursuits vying for her time.

At the moment, her main passion is volunteering with Power of One. This longtime RSVP partner site serves the Shoreline Public Schools by placing volunteers in a variety of positions that include reading and math support, working one-on-one with students, preparing classroom materials, or assisting in the school libraries.

With close to 1,700 hours of service logged to date, Shirley started volunteering at a local senior center and Power of One shortly after retiring from 28 years in the retail business.

Years of volunteer involvement in classrooms and with PTA boards when her own children were in school made for a logical connection with Power of One. It all came about as a result of Shirley reading an ad in the paper. As Shirley tells it, she called the Power of One Coordinator and resumed her journey of volunteering in the schools.

She is now beginning her 10th year of volunteering in a first grade classroom with the same teacher at Ridgecrest Elementary School!

So appreciated and valued is Shirley that she received a Golden Acorn Award from the school in recognition of her dedication and work that goes above and beyond in service to children. This is a statewide PTA award, so it goes without saying that it is a very prestigious honor to receive it.

One of Shirley’s most memorable volunteer efforts was working

with a student who was having difficulties. School staff told her that the student would most likely not respond to her. But, undaunted, Shirley took on the challenge, the student responded, and they ended up working really well together.

Of this experience and similar others, Shirley says, “I find that volunteering in the schools is so very rewarding when a student

who is struggling looks at me with a beaming face and is so happy they have acquired reading skills. They feel so good about their accomplishment. I feel this is my gift and calling to work with children who need extra help.”

Volunteering is what Shirley does, not just because of the difference she can make but because of the great satisfaction and enjoyment of working with others that it brings to her.

In addition to volunteering with Power of One, Shirley has played clarinet in the 60-piece “Around the Sound Community Band” for the last nine years, as well as serving on their Board. This is a unique band in that it is open to all adults who share a love of music. No auditions are necessary, and they accept all skill levels of musicianship. (Even I could join!)

Jazzie, Shirley’s affectionate and playful two-year-old Shih Tzu, is the apple of her eye and her steadfast companion. She is often by

Shirley’s side as she tends to her garden. Roses are a favorite, and stopping to smell them along the way is as central to her life as the sense of wellbeing and contentedness they bring her. ●



Shirley & Jazzie (Photo by Mary Pierce)



# The Garden Lady

by Linda Urbaniak

## Fall flowers Surprise & delight us

After the flowers of summer, there is often a pause in floral display as autumn advances in many gardens – but there needn’t be. There are many flowers to bloom along with the colorful turning leaves in the fall. Here are a few more uncommon plants in our area for you to choose from.

For lively yellow and gold flowers, *Rudbeckia goldsturm* offers bright yellow flowers with dark brown centers giving it the common name of Black Eyed Susan. They will spread slowly to form a colorful clump. These

perennials will need sun to light shade for the best flowers.

The short-lived Coneflowers, *Echinacea*, have colors from yellow through orange and into red as well as pink, purple and white. This is a plant for full sun in good garden soil with occasional watering and can survive some drought.

The perennial Plumbago, *Certostigma plumbaginoides*, grows to a height of about eight inches in moist garden soil and will start blooming with blue flowers in about September until frost. Plumbago will offer



bright red leaves as well in late autumn and it is a real dazzler when the flowers are in bloom. It will slowly spread to form a good groundcover in sun to part shade.

If you are blessed with a sunny spot, Zinnia will provide a bright patch of yellow, pink, red, orange and white from late July until these annual plants are cut down by frost. Zinnias can be easily raised from seed, planting inside on a sunny windowsill in mid-April to May, and transplanting outside when the plants are three inches tall.

Remember to “harden off” anything you plan to transplant by moving the plants outside into bright shade for a week before transplanting. Zinnias make strong cut flowers.

Want to “wow” your gardening pals? Try Yellow Wax Bells, *Kirengishoma palmate*. This plant has large, maple-like leaves, blooms with moonlight yellow bells, and grows two-to-four feet

tall in moist acidic soil in part-to-full shade.

Another “wow” plant is the Toad Lily, *Tricyrtis*. There are many species with flowers about two inches across in shades of pink and purple, even highlights of blue with lovely spotting of the colors on a white background. They will very slowly form a nice clump in rich soil that drains well but retains some moisture in part sun to light shade.

If you want flowers in the fall, why not try some of these more unusual ones to highlight your autumn garden? You will be glad you did. ●

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](mailto:lindagardenlady@comcast.net).

## Help a Child Succeed: Become a Tutor!

**55 & older? Join the Retired & Senior Volunteer Program (RSVP). Be a guiding hand on a student’s path to success!**

**RSVP seeks volunteers to provide...**

- Homework help and assistance
- Encouragement and guidance
- Support and structure

Give as little as one hour a week to a student in need. Make learning exciting, relevant and creative. Make a difference!

**Call us today! 206.694.6786**



# Back-to-school time brings many ways to help



**The 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 6-18 years old. Each program incorporates writing at its core, and injects writing with fun, creativity and personal growth. Volunteer opportunities include tutoring in all subjects, creating and assisting workshops, cashiering at our store, and data entry. *North Seattle*

**Communities in Schools of Renton:** Make a difference in the life of a child by becoming a mentor! There are many students who need your help. Provide encouragement, guidance, fun and friendship to a child in weekly one-hour sessions during the school day and on school grounds. By sharing life experiences, hobbies and playing games, you bring support, consistency and stability to a child's life. Training provided. *Renton Area*

**Financial Beginnings:** This volunteer-driven, community-oriented organization utilizes volunteers to teach students in elementary through high school the basics of banking, budgeting, investing, credit and risk management. Inspire students and serve as a strong community role model. Take the time to find out more and direct your compassion to action. *Countywide*

**Friends of the Children:** Volunteer to 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. 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 for youth in the program. *South Seattle*

**Power of One Volunteers** is looking for people interested in helping in Shoreline Public Schools. Members of Power of One help in a variety of ways including reading and math support, working one-on-one with students, preparing classroom materials or in school libraries. Volunteers need to be consistent, willing to take direction, enjoy working with children, and pass a background check. *North King County*

**Reading Partners** is actively seeking volunteers to support young readers at underserved elementary schools. Tutor a child and make a lifelong impact in as little as one hour each week! Reading Partners is a national nonprofit literacy organization that works to expand life opportunities for elementary school children by empowering them with strong literacy skills. *Central, West & South Seattle*

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



## Senior on the Street

by Jan Hancock

### Who was your most inspirational teacher?

*"Mr. Hobbs, because he taught me more about life than high school biology."*

~Peter Langmaid



*"Mrs. Smith, because she made high school history come alive!"*

~Linda Urbaniak



*"Mr. Wrigley, my high school math teacher & sports coach, because he was a great role model."*

~Bill Pharr



*"Miss Rauch, my Kindergarten teacher, because she was gentle & kind & taught us to believe in ourselves."*

~Mary Pierce



*"My high school history teacher, whose name I forget – but whose lessons I remember to this day, because they have stood up to the test of time."*

~Anita Warmflash



*"Mr. Duit, my high school English teacher, because he instilled in us the beauty of the written word."*

~Jan Hancock



# 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 opportunities that are just right for you, call Jan Hancock at 206.694.6786 – or visit our website at [www.solid-ground.org/RSVP](http://www.solid-ground.org/RSVP) for volunteer opportunity listings organized by region.

## VOLUNTEERING

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

**Auburn Food Bank** is looking for committed volunteers to be volunteer receptionists (meet and greet visitors), or be volunteer interviewers (interview people who use the food bank, recording information provided by them to use in referral services). If you like to drive and can lift up to 50 lbs, consider being a van driver or helper. *South King County*

**Bailey-Boushay House:** Volunteers are the heart of this agency, increasing residents’ and clients’ quality of life 365 days a year. Be a vital part of this work through one-on-one companionship; assist with community meal time, outings and activities; and escort residents to medical appointments. They are also currently seeking vibrant personalities to volunteer at their front desk. *Central Seattle*

**Ballard NW Senior Center** seeks volunteers to assist with senior programs and office management. Choose from a variety of positions with commitments of either 4 hours per week or 4 hours per month. They also need volunteers to teach a subject, share knowledge, or who have musical talent. *North Seattle*

**Bloodworks NW:** Volunteer team needs your help to ensure a stable community blood supply. You can assist with Donor Registration, greeting and registering blood donors, or as a Donor Monitor, serving refreshments and observing donors for adverse reactions following the donation process. Get involved now, because blood works miracles everyday! *Greater Seattle*

**Chicken Soup Brigade:** Join the kitchen crew, a team of top chefs who prepare nutritious and delicious meals for chronically ill clients! Slicing, dicing, chopping, packaging – all are examples of tasks you could do in any given shift. No prior kitchen experience required ... just a willingness to learn a new skill. *Seattle*

**Full Life Care: Adult Day Health Care** in Kent needs you. Assist or lead a variety of fun activities for the elderly and disabled in a structured program from 9am-2pm or anywhere in between. **Elderfriends Program** needs volunteers to make regular visits with an older adult 2-3 times a month. Spend time together cooking, talking, walking, or going to movies or appointments. *Countywide*

**Habitat for Humanity:** Volunteer to help build and repair homes, mentor and partner with Habitat families, or help in two area retail Habitat Stores. If you are retired and looking to be inspired, join in for one of their monthly volunteer orientations to learn more. There are many ways to get involved! *Countywide*

**Jewish Family Services** seeks volunteers to help clients develop their English language skills. Many are refugees or immigrants working on their English to aid in job searches. Serve as classroom assistants, provide one-on-one tutoring, or lead a small drop-in English conversation group. No formal certification is required, but volunteers should have a strong knowledge of the English language. *Bellevue*

**Keiro Northwest** is looking for volunteers to talk, conduct activities, and play games with Asian seniors. They have very flexible scheduling and a variety of different volunteer opportunities located

in their continuing education programs, assisted living facilities, adult day centers, and skilled nursing homes. If you speak any Asian languages, it is a plus but not a requirement. Make every day the best day for their residents and community! *Seattle & Eastside*

**Literacy Source** provides free classes and tutoring in reading, writing, math, citizenship and ESOL (English for Speakers of Other Languages) for adults with low incomes. Help in the classroom as a Class Assistant, 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. *Greater Seattle Area*

**New Beginnings:** You can empower domestic violence survivors by working on the Helpline, in the legal clinic, or providing childcare. You can also work alongside New Beginnings by bringing awareness of domestic violence through events and outreach opportunities, educating on prevention by facilitating conversations on healthy relationships, or as a supporter for New Beginnings. *North Seattle*

**Northwest Parkinson’s Foundation** is looking for volunteers to help put together and mail Hope Kits for people diagnosed with Parkinson’s disease, build information packets for booths at events, input data to their databases, and help with the lending library of books serving to educate and support those with Parkinson’s disease, as well as their family, friends and caregivers. *Mercer Island*

**Pacific Science Center** is looking for volunteers to help fulfill their mission to ignite curiosity in science, technology and exploration in people of all ages! If you are looking for a fun way to share your time and interests, all while giving back to the community, come be a part of their informal education programming. *Seattle*

**Seattle Goodwill** has three Job Training Centers in King County where they offer job training and education programs to people in the community to help them find jobs. Get involved as a volunteer by helping students in these programs, assisting in administrative departments with interesting projects, and bringing their Vintage Fashion Collection and special events to life. *Countywide*

**ShoWare Indoor Walk, Kent Senior Activity Center:** Do you enjoy walking? Are you a people person? Seeking friendly faces to volunteer at the indoor walk table at the ShoWare Center in Kent. Days are Mondays and/or Wednesdays, from 8:30-11:15am. The walk season is November 13 through mid-June. Training is provided; there are two greeters at a time, and each of you has the opportunity to walk. *South King County*

**Volunteer Services – Catholic Community Services:** Help people living with disabilities and older neighbors on low incomes continue to live independently in their homes! Seeking volunteers to assist with daily tasks that are difficult for people with health and mobility challenges. Tasks (assigned according to volunteer interests and availability) could include light housecleaning, transportation, grocery shopping, home repair and yard care. *Countywide*

**YWCA:** Help the YWCA eliminate racism and empower women by volunteering now! They are seeking volunteers to: **1)** Help receive and stock supplies at the **Central Area Food Bank** on Wednesdays before families arrive. **2)** Serve meals at **Angeline’s Day Center for Women** during the week. **3)** Drive boxes of food to local high schools on Wednesday afternoons for their weekly **High School Pantry Delivery** program. *Greater Seattle Area*