



RSVP
...a program of Solid Ground



RSVP Partner Sites & Volunteer Opportunities: South King County

AARP Fraud Fighter Call Center: Help the elderly recognize, refuse, and report fraud. Volunteer responsibilities are primarily telephone tasks and administrative assistance. Volunteers call individuals delivering information regarding fraud prevention. Victim assistance through referrals and resources is provided to those who have experienced fraud. Clerical support and data entry is needed for ongoing projects.

American Cancer Society: Give as little as four hours a week and become part of the volunteer team at the **Cancer Resource Center at the Highline Cancer Center or Valley Medical Center** and make a difference in the lives of those fighting cancer. Support patients by linking them to support services and community resources. Help save lives by fulfilling yours. -- **Road to Recovery Program:** Volunteer drivers are also needed to take cancer patients to medical appointments.

Auburn Community Food Bank: Lend a hand and help those less fortunate. The Auburn Food Bank is a volunteer directed organization that provides food, referrals and emergency assistance to those in need. Volunteer opportunities are available in the food room as a counter person, door person, bagger and vegetable/bread attendant and also an opportunity as van helper assisting with loading and unloading food donations.

Bloodworks Northwest: Become part of the lifesaving link that delivers blood to patients in need in your community. Many opportunities available depending on whether you prefer to be a donor monitor, making certain donors feel well after donating, or working at the front desk, greeting and registering donors in the computer system. Weekly shifts, Monday – Saturday during the day and some evenings are available.

Cancer Lifeline: Help while volunteering from your home! 24 hour Lifeline provides emotional support and resource referrals for all people living with cancer: patients, survivors, friends, family members, caregivers and co-workers. Should be comfortable listening to profound emotions, be a good listener and be able to provide non-judgmental support. Must have phone and have access to the Internet. 30 hours of training provided. Commitment of up to 4 daytime shifts a month asked.

City of Renton: Serve as a volunteer at the Information Desk at Renton City Hall. Volunteers answer phones, greet and direct visitors to City Hall offices and meetings, and provide information and referral services to the public and occasionally assist with small projects. Volunteering at the lobby desk provides a great opportunity to learn more about municipal government, city operations and community issues in a relaxed environment with lots of people contact while providing a valuable service to the city and the community. Requires a 4.5 hour shift one day per week.

Communities in Schools of Renton: You can make a difference in the life of a child! Become a mentor. There are many students waiting for a mentor who need your help. Provide encouragement, guidance, fun and friendship to a child in weekly one hour, during the school day, on school grounds, sessions. By sharing life experiences, hobbies and playing games, you bring support, consistency and stability to a child's life. Currently seeking mentors for the 2015-2016 school year. Training provided.

CourtWatch: Interested in learning more about the criminal justice system? Would you like to help improve this process for victims of sexual assault and domestic abuse? CourtWatch is recruiting volunteers to serve as court monitors. Monitors sit in on court cases, take notes, and report back about what they observe. Volunteer positions are available at the King County Superior Courthouse in Seattle and the Maleng Regional Justice Center in Kent.

The Educurious solution is an innovative curriculum that uses a blended learning model featuring teachers as guides, relevant and interesting projects for students, as well as professionals to provide feedback and real world experiences to students. We are in need of volunteers professionals to serve as virtual mentors for high school students. All communication with the students is flexible and can fit it in around volunteer schedules. It is not necessary to visit the classroom or be available during school hours

Financial Beginnings: This volunteer driven, community oriented organization utilizes trained volunteers to teach students elementary through high school age 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

Full Life Care: Adult Day Health Care in Renton, Kent and Columbia City needs you. Assist or lead a variety of fun activities for frail elders and others with disabilities. Programs function much like senior centers in that they are places where folks can socialize and enjoy group activities while maintaining an independent and dignified

lifestyle. Volunteers needed between 9am and 2pm or anywhere in between. --
Elderfriends program needs volunteers as well. Make regular visits with an isolated older adult 2 – 3 times a month. Spend time with them cooking, talking, and going on walks, to appointments or to the movies.

Habitat for Humanity Seattle – King County has over 30 different volunteer roles for people who want to help them support local affordable housing. Volunteers assist by working on construction sites, in two area retail stores, with community outreach efforts, in the office, and with partner families. Monthly volunteer orientations are held where you can attend and learn about all these opportunities.

Jewish Family Service: Family mentor volunteers are needed in Kent! Help newly arrived refugees become acquainted with their surrounding communities and face the challenges of resettling in a new country. Volunteers will meet with an individual or family for an average of 2-3 hours per week for three months to help them navigate the crucial facets of American life including transportation, banking, ESL skills, job search process, and health and child care information.

Kent Senior Center: Join the group of dedicated volunteers at the Kent Senior Activity Center. Whether you volunteer on a regular basis or only for special occasions, the Center needs you to help keep their programs successful and running smoothly.

Multi Service Center volunteers help adults complete their GED, help students learn English as a second language by helping them to improve their reading, writing and speaking skills, help students improve basic reading, writing and math 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.

Pacific Algona Senior Center: The center is growing and needs your assistance. They are looking for volunteers to help with many areas. Help with meal services in the preparation, serving and cleanup or as an office admin assistant or with programs in arts and crafts to special events to gardening. Come and share your expertise and passion!

Port of Seattle: Join a dynamic group of volunteers to assist travelers at Sea-Tac Airport. Help travelers find their way around the airport, give information about the Seattle-Tacoma-Everett area, provide service to those needing assistance in changing planes and help travelers in distress.

Sound Generations (Formerly Senior Services) of Seattle-King County: Put your good self to good use by helping Sound Generations in a number of senior centers throughout King County. Volunteers needed in the community dining programs to help prepare and set tables for lunch, assist in the preparation of food, serve lunch to guests, and clear dishes and assist with clean up. Meals on Wheels drivers are also needed to be responsible for the delivery of meals within a designated route. Become involved in a pilot pet food Meals on Wheels project or consider volunteering in Information and Assistance or Transportation Services.

Technology Access Foundation was founded in 1996 to help reduce the opportunity gap in education and bring more youth of color to STEM-related disciplines and careers. Hundreds of students have graduated from our programs and attended their first or second choice of college. Over half have graduated college already and many of those have since returned to their communities as invested role models and leaders. Volunteers are needed in a variety of capacities including serving as tutors and mentors.

Tukwila Pantry is a food bank established to serve the residents of Tukwila, SeaTac and Boulevard Park with their emergency food and other referral needs. Volunteers are needed 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 on food bank distribution days 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 weekly with the tasks associated with serving up to 100 people who show up for dinner each Tuesday in the dining hall.

Volunteer Services of Catholic Community Services (CCS) welcomes volunteers to enable low-income elders and adults with disabilities to remain independent in their own homes. Volunteers may help the same persons or be listed for on-call opportunities depending on their schedule and interests. Requests range from transportation, chores, laundry, cooking, yard work, yard tools upkeep to office work. Volunteers receive training, mileage reimbursement and insurance.

Volunteer Services of Catholic Community Services (CCS) has a special project called Phone Buddies that seeks to connect isolated elderly and disabled adults with members of the community through weekly phone conversations. Many older adults live isolated lives at home without the ability or means to travel outside. Some do not have family or friends in their local area or no longer have these supports in their lives. If you are able to

donate time once a week to have a phone conversation with an isolated adult, please let us know.