

# Experience *in* Action!

King County RSVP's news for people 55 & older

Volume 32 | Number 1 | Winter/Spring 2018



## Building trust, providing friendship & more...

### Meet a volunteer companion

By Peter Langmaid

After 27 years teaching reading in the Kent School District, Linda Hollingsworth woke up one morning a retiree (though she still makes herself available to work as a sub) and quickly realized she needed something to do. So, she got involved with the Kent Senior Center working in the coffee bar and joining a group of women knitting items to donate. I asked Linda if she had knitted the colorful scarf she was wearing during our interview, and she shyly said yes.

Linda discovered Catholic Community Services (CCS) through RSVP's *Experience in Action (EIA)* newsletter. She contacted Jan Hancock at RSVP and now volunteers in CCS's Volunteer Services. The mission of Volunteer Services is to "...assist low-income elders and adults with chronic illnesses or disabilities remain independent in their own homes." The substance of the assistance is worked out between volunteer and client, but can entail chores such as trips to the



Long-time teacher Linda Hollingsworth offers companionship & daily living support.

grocery store, dog walking, light housework, and driving to doctor appointments. The first step in building a relationship is to build trust. "Clients need to feel safe," Linda says. Once trust is established, Linda modestly sees her role as "mostly just listening." She tries to find out what her new companion is interested in, encourages finding alternatives to frustrations and struggles, and celebrates good news, such as positive visits to the doctor. For her part, Linda comes away from her visits "feeling blessed that I can walk, drive, see, and have the freedom to do what I want when I want to."

Linda applauds CCS as a "Great organization." Her calls are returned quickly and there's always someone ready to talk through issues. She regards her volunteering as "fun" and encourages everyone to get involved with volunteering. "I love to tell people about volunteering and RSVP," she says, adding, "There are more needs out there than volunteers to fill them." In her first six months as a volunteer for CCS's Volunteer Services, Linda has already given over 60 hours of service! Says Hollianne Monson, Program Manager of Volunteer Services, "VS relies on volunteers like Linda who not only alleviate the loneliness and isolation of

older adults in the program, but also assist them with simple, key household tasks like taking out the garbage, vacuuming and driving to appointments or the grocery store. They make an enormous difference in the life of program participants who often don't have any family or friends to call on for help." Whereas Linda describes herself as a "new volunteer," her personal history tells a far different story. A lifetime Seattle-area resident, Linda met her husband in October of her senior year at the University of Washington, and they were married the following June after her graduation with a degree in Business Administration. Linda had been accepted into the Peace Corps, but romance and marriage intervened and altered her plans. Linda and her husband were married for 47 years, and during that time, they adopted and raised seven children. The oldest is from Korea (age 48) and the youngest is from Romania (age 23). They have four grandchildren and one great-grandchild, with another on the way. To put the span of their adopted family in perspective, Linda points out that her oldest grandchild is older than her youngest adoptee! If raising seven adopted children isn't volunteering writ large, I don't know what is!

The family lived on one acre

Continued on page 3

**Solid Ground**  
RSVP (Retired and Senior Volunteer Program)  
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THANK YOU FOR YOUR SERVICE!



**THANK YOU** for helping to transform our region into a more vibrant and equitable community for all! Last year YOU helped RSVP accomplish the following and more in King County!

- ▶ 800 RSVP volunteers
- ▶ 95,000 service hours
- ▶ 2.8 million dollars in value of volunteer time

*~In deep appreciation, Solid Ground & RSVP*



Financial Planning  
by Bill Pharr

Reverse mortgages... Should you or shouldn't you?

Readers have expressed interest in reverse mortgages. I can only touch on the highlights here because the topic demands more space and details.

Reverse mortgages are complicated! They rarely make sense for people (in my opinion), but having said that, there are circumstances where they could be the right decision. The lending institutions that offer these reverse mortgages do not offer them to lose money. There are many fees involved. If you do consider a reverse mortgage, you must investigate them thoroughly and work with a trusted advisor(s).

If you are 62 or older, have equity in your home, and need money for some reason, you might consider a reverse mortgage.

When you have a regular mortgage, you pay the lender every month to buy your home over time. In a reverse mortgage, you get a loan in which the lender pays you as an advance on your home's equity. Generally, you do not have to pay back the money for as long as you live in your home. When you die, sell your home, or move out, you, your spouse, or your estate would repay the loan. Sometimes that means selling the home to get money to repay the loan – and this is a point to consider carefully before signing up for a reverse mortgage!

If you get a reverse mortgage of any kind (there are three types), you get a loan in which you borrow against the equity in your home. You keep the title to your home. When the last surviving borrower dies, sells the home, or no longer lives in the home as a principal

residence, the loan has to be repaid. In certain situations, a non-borrowing spouse may be able to remain in the home.

Here are some points to consider about reverse mortgages:

- ▶ There are fees and other costs. Read the fine print!
- ▶ You owe more over time.
- ▶ Interest rates may change over time, increasing your costs.
- ▶ Interest is not currently tax deductible each year.
- ▶ You have to pay all other costs related to your home.
- ▶ What happens to your spouse? Get answers you understand.
- ▶ Estate consequences: What can you leave to your heirs?



If you are considering a reverse mortgage, shop around and shop thoroughly, taking notes. Decide which type of reverse mortgage might be right for you. You must determine exactly what you want to do with the money. Compare the options, terms, and fees from various lenders. Learn as much as you can about reverse mortgages before you talk to a counselor or lender. Ask lots of questions to make sure a reverse mortgage could work for you. You want to verify that you are getting the right type of reverse mortgage for your situation. ●

*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

A time for adjustments

Ten years ago I wrote an article for this publication titled “0-60 in ... What Happened?” in which I detailed my astonishment at the speed with which I became 60 years old.

Well, I just turned 70, and though the past 10 years have certainly flown by at hurricane-wind speed, the most notable aspects to my 60s are the adjustments I’ve had to make to my slowly, but inexorably, declining body and mind.

In retrospect, these adjustments sort themselves into three categories: **No Big Deal, Frustrating but Tolerable, and Anguishing.**

No Big Deal

The easiest adjustments for me have been the usual for a person my age: trading in my 2.5 diopter ‘readers’ for full-blown bifocals, and reconciling myself to hearing aids after realizing that my conversations were dominated by the word, “What?”

These simple adjustments were easy for me because they are vanity related, and my vanity level is relatively low.

Frustrating but Tolerable

In this category is my ever-increasing inability to bring up words and names – words and names I know I know but can’t bring to the surface. This is

frustrating to be sure, and embarrassing at times, but I knew it was coming and I’ve been preparing myself for a long time.

Years ago we had an elderly neighbor who struggled mightily trying to remember things, and watching the anger and pain it caused in him made me vow I was never going to react that way. So, instead of tightening up with frustration when I can’t bring something up, I relax and let my subconscious mind do the work. It doesn’t always work in a timely manner, but it does work.

Anguishing

What’s been hard for me to adjust to is the decline in my physical abilities – strength, coordination, flexibility – and my inability to do what I’ve been doing for decades at the same level of proficiency.

For the past 35 years, I have been a competitive squash fanatic, a solid social golfer, and an avid hiker. (Squash is an indoor racquet-sports game that is intense and requires a high level of fitness.)

Over the past 10 years my level of proficiency in each of these activities has steadily declined: I can’t move around quickly enough to keep squash rallies long and interesting; I can’t hit a golf ball as far as I’m accustomed



to; and I strain to do the hikes I used to do easily.

Adjustment

Two simple adjustments have brought joy back to these activities. One, I have replaced ‘proficiency’ with ‘fun’ as my goal.

This has allowed me to play a modified squash game that is once again interesting and a great workout. I have also moved up a tee box in golf, which makes the holes shorter, more manageable, and lots more fun. And for hiking, I have traded the 10-mile hikes for 8-mile hikes. And two, I now focus on what I can do rather than lament what I can no longer do.

These simple but not always easy adjustments have been incredibly liberating and, not surprisingly, share a common element: They’re all attitude adjustments. The lesson learned is that while aging is an inevitable process, your attitude toward it is optional. ●

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



Linda sporting the colorful scarf she knitted (photo by Peter Langmaid)

Volunteer companion, continued from page 1

in Kent, along with donkeys, chickens, goats, rabbits and dogs. In addition to their adopted children, Linda and her husband also took in foster children – and even foster dogs and cats from the Kent animal shelter.

In addition to her work with CCS, Linda volunteers with the American Association of University Women. Founded in

1881, this nonprofit organization advocates for equality for women and girls.

As a final question, I ask Linda if there is anything she wants to add. “Yes,” she says, “I hope this article inspires people to volunteer. There’s no satisfaction greater than helping others.” ●



The Retired and 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.



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

## Holistic aging

To age holistically means attaining a balance between all parts of yourself rather than being off balance. The term “holistic” comes from the Greek “holism,” which means all, whole, entire, total. A holistic philosophy encompasses the entirety of an interdependent system. It recognizes that each aspect has an effect on the whole; that individual components do not function in isolation. Everything affects everything else.

You may want to check how you are doing in each of the following areas: **Intellectual, Social/Emotional, Physical and Psycho/Spiritual.**

Don't try to do everything at full tilt, but rather seek to find a balance between 'doing' and 'being' and pay attention to your body and your spirit. Remember, one of the biggest gifts of retirement is that most of us can

choose how to spend our time. Here are some possibilities, many of which have been proven to extend life by assuring good physical, mental and spiritual health:

### Intellectual

Read books, both fiction and nonfiction; do math puzzles, cross-word puzzles, and other puzzles; read the newspaper and discuss the news with others; take courses online or in person (remember you can take courses at the University of Washington for \$5 provided there is space); go to interesting lectures at Town Hall or other venues for arts and letters; write letters supporting causes you care about.

### Social/Emotional

Spend time with other people (very important to good mental health); mentor someone younger; volunteer

to do something good in your community; spend time with grandchildren; be active in various organizations such as women's or men's clubs; laugh every day; start conversations with strangers; give hugs to people who are receptive; smile a lot; connect with family members and old friends, healing any relationships that need healing.

### Physical

Walk or do equivalent exercise 30 minutes per day; eat healthy foods, avoiding processed foods; drink alcohol in moderation if at all; drink four to five glasses of water every day; get 8 hours of sleep per night if possible (nap to make up for lost sleep).

### Psycho/Spiritual

Spend time each day walking in nature, or simply sitting and looking out your window; build something; create something such as arts and crafts, music or dance; meditate or pray (this can be guided by books of daily reflections); journal - reflect on your life and lessons learned; forgive those who have wounded you and forgive yourself (this can be done with



the help of a therapist); belong to a Wisdom Circle; develop a gratitude practice; express joy; step into grief as you need to; do something for someone else; be a blessing to others.

*May this time of your life be lived with balance, joy and intrigue.*

*May you learn something new each day.*

*May you be a blessing to others and to the world.*

*May you celebrate a life well lived.* ●

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).

## Putting the 'social' in Senior Social...

### The Bergers of Mercer Island's Senior Social Program, by Jan Hancock

Meet Edna and Chris Berger. They were married on January 23, 1948 – or as Edna likes to put it, “on 1, 2, 3, 4, 8.” In the ensuing 70 years, they not only raised their three sons but also fostered 20 children, all the while volunteering wherever they saw the need, whether as a scoutmaster, cub scout den mother, church usher, thrift store assistant or general factotum.

It is not an overreach to say that if they see something that needs to be done, they do it. In 1994 there was a need for an adult day program that would provide care and a safe place to be during the day for those experiencing dementia and Alzheimer's symptoms, while allowing for a few hours of respite for their caregivers. Edna stepped up and was instrumental in co-developing the Senior Social program.

The program has grown considerably since then and meets on Tuesdays, Wednesdays and Thursdays from 10am to 2pm. According to Program Lead Leslie Sylvetsky, included are physical and mentally stimulating activities, such as arts and crafts, games, exercise, guest speakers and education.

Edna and Chris are major volunteers with this program, seen as “the glue that holds it together,” according to their son Jerry. The dedication and long hours they put in during the early days allowed it to grow and become what it is today: a thriving and valued social group program that both attendees and volunteers look forward to participating in three days a week.

Leslie Sylvetsky has this to add: “Chris and Edna are extremely loyal and dependable and bring a super easygoing attitude. They are fun loving, joke telling , informative and a big help for anything that needs doing. They have no limits on what they are willing to do to be helpful.”



Chris & Edna Berger (photo by Jan Hancock)

The Bergers themselves are modest about their contributions, deferring to the talents of the many others who volunteer, as the true core and strength of the program. However, it is not difficult to see how proud they are of what has been achieved over the past 23 years.

While they ready the room for participants by setting up the chairs, making the coffee, putting out napkins, and being certain it is comfortable for participants when they arrive, it is easy to see that the Bergers are in their element. Edna and Chris really care about this program. They joke that it “gives us a reason to wake up and somewhere to go.”

But you know that it is much more than that. Edna and Chris cannot hide the fact that they have a deep connection and commitment to Senior Social. And it is more than evident the program is richer for their efforts.

The Bergers have volunteered with RSVP for 30 years, together providing over 15,500 hours of service. We are proud of their contributions to RSVP, and of their service to the Mercer Island Senior Social Program and their community over the years.

Congratulations and thank you, Edna and Chris! ●



# Food Lifeline...

## The food bank's food bank, by Anita Warmflash

Until recently, I thought I had a good handle on all the links in the chain of multiple food providers in Washington state for those experiencing food insecurity due to loss of income, poverty or a disability. Now I have learned of another link called Food Lifeline. It has been performing its vital functions since its founding in 1970 and covers the western part of our state.

Food Lifeline's mission is to seek out possible sources of food donations, collect the food, prepare it for distribution, and deliver it to sites for the intended recipients. Among the locations which ultimately receive the food are more than 300 food banks, as well as shelters and sites which serve meals for those in need of prepared foods.

Every day, 97,000 meals are provided through these donations. A donation of cash, as little as \$1, can provide food for four meals. The quantity of food donated in 2017 was about 40 million pounds, which otherwise would have gone to waste – ending up in landfills, generating gases into the atmosphere, and contributing to global warming.

Food Lifeline identifies the farms and factories where surplus food is available for donation and sends out a fleet of drivers to collect it and bring it back to its facility, a new building called The Hunger Solution Center. Staffed by over 100 employees, this building contains many 'green' features which contribute to a healthier environment for all of us – and it still has room to grow in the future.

At the warehouse, volunteers sort and package the food. By providing fresh produce and food supplies to over 300 food banks, shelters and meal programs throughout Western Washington, each day one can easily see why Food Lifeline is known as 'the food bank's food bank!'

It would not be able carry out its role and live up to this name, however, without the numerous volunteers behind the scene. Volunteers play a critical role in sorting and repacking the food each day. In 2017 they numbered over 13,000!

Pictured at right are Christine and Tom, who have provided over 260 hours of service to Food Lifeline and have maintained their weekly volunteer commitment over the past year. In fact, they even celebrated their wedding anniversary volunteering for a session at Food Lifeline!

Christine and Tom believe that as retirees, volunteering helps to keep them engaged. "It is a great place to volunteer with



Volunteers Tom & Christine (photo courtesy of Food Lifeline)

a diverse group of people who are nice and fun to work with. We enjoy sorting and repacking fresh produce to help our community members who need it the most."

As you can see, the functioning of Food Lifeline is extremely dependent on the work of volunteers. They come from all walks of life and are of all ages, including senior citizens whose participation is especially appreciated.

Currently, according to Volunteer Engagement Director, Renee DeRosier, especially needed are volunteers who can serve during weekdays assisting in the packaging and sorting of food items. Schedules are flexible and the registration process is quick and easy. It is a great way to spend part of your day and to help out in Food Lifeline's "Hunger Doesn't Have to Happen" movement.

Anyone interested in volunteering should contact RSVP at 206.694.6786 or [rsvp@solid-ground.org](mailto:rsvp@solid-ground.org).



(L to r): Volunteer Coordinators Paulien Sloan-Evans & Leah Stoller, with Volunteer Engagement Director, Renee DeRosier (photo by Jan Hancock)



The lobby of Food Lifeline's new facility (photo by Jan Hancock)



# RSVP NEEDS **YOU** TO VOLUNTEER!

See below for three great opportunities to learn more.  
Call 206.694.6786 or visit [www.solid-ground.org/events](http://www.solid-ground.org/events) to reserve your space now! *(Complimentary light lunch served at all orientations.)*

## VOLUNTEER COOKING ENTHUSIASTS

Passionate about cooking and food? Share your skills and passion with communities in need! Join the Retired and Senior Volunteer Program (RSVP) for a discussion with Solid Ground's Nutrition Education team.

**Friday, March 9, 2018 | 11am – 12:30pm**

**@ Solid Ground (1501 North 45th Street, Seattle WA 98103)**

*You'll learn about...*

- ▶ Food security and nutrition needs of families and children in your community.
- ▶ How Solid Ground is helping to address these needs through Nutrition Education programs.
- ▶ The impacts that volunteers are making.
- ▶ How you can provide hands-on skills, information and support while learning and having fun!

**To reserve your spot:** Visit [www.solid-ground.org/volunteer-cooking-3-9-18](http://www.solid-ground.org/volunteer-cooking-3-9-18).



## VOLUNTEER TUTORS

Be a positive influence in the life of a young person! The Retired and Senior Volunteer Program (RSVP) invites you to a discussion with the Youth Tutoring Program of Catholic Community Services on...

**Tuesday, March 27, 2018 | 11am – 1pm**

**@ NewHolly Tutoring Center, 7058 32nd Ave S, Ste 103, Seattle, WA 98118**

*You'll learn about...*

- ▶ The critical community needs of low-income, refugee and immigrant youth in Seattle.
- ▶ What is being done to assist them.
- ▶ The impacts that volunteers are making.
- ▶ How you can provide homework help, encouragement, support and structure.

**To reserve your spot:** Visit [www.solid-ground.org/volunteer-tutors-3-27-18](http://www.solid-ground.org/volunteer-tutors-3-27-18).



## VOLUNTEER COMPANIONS

Help elder neighbors remain independent in their homes! Join the Retired and Senior Volunteer Program (RSVP) for a discussion with Catholic Community Services on...

**Thursday, March 29, 2018 | 11am – 1pm**

**@ Shoreline Public Library (345 NE 175th St, Shoreline WA 98155)**

*You'll learn about...*

- ▶ The critical needs of low-income, isolated seniors in your neighborhood.
- ▶ What is being done to assist them.
- ▶ The impacts volunteers are making.
- ▶ How you can provide companionship, support and services.

**To reserve your spot:** Visit [www.solid-ground.org/volunteer-companions-3-29-18](http://www.solid-ground.org/volunteer-companions-3-29-18).





# Getting healthy eating right as we get older

by Jan Hancock

Eating right does not need to be a difficult or time-consuming ordeal. It can be relatively easy and even fun if you follow a few basic guidelines:

Drink plenty of water. As we grow older, we lose some of our sense of thirst, so it is important to drink water often to stay hydrated. 100% juice or non-sugary drinks also fit the bill.

Try loading up your plate with high fiber fruits, vegetables and whole grains. Your digestive system will thank you, and you will also have more energy.

You have probably heard this one many times before, but yes, put down the salt shaker, and also look out for sodium in foods you buy. Experiment with using spices or herbs or salt substitutes to season food.

Don’t forget about calcium and protein. Older adults need more calcium and vitamin D, so zero in on low-fat milk, yogurt or cheese every day. Protein can be gotten from a number of sources, so vary your choices from seafood, nuts, beans and peas as well as lean meat, poultry and eggs.

And it goes without saying to take note of how much you are eating. You can choose foods that provide the nutrients you need without all the calories you don’t need. As older adults, we need fewer calories, so yes, we need to avoid those oversized portions.

Now, get out there and move around a bit! Choose some activities you like (walking is a good one), and start slow if you want to, but get started, because it all adds up. I let myself slowly slide out of condition for over two years and ended up with all sorts of aches and pains as a result. I am back to walking on a regular basis again, becoming stronger, and think I am all the better for it.

Here is a favorite recipe that will get you moving in the morning. With a small bit of effort the night before, you can roll out of bed the next day and have some rolled oats for breakfast.

## OVERNIGHT OATS

**Total time:** 5 minutes | **Yield:** One serving

### Ingredients:

- ▶ ½ cup rolled or quick oats
- ▶ ½ cup plain yogurt
- ▶ ½ cup milk of choice

### Per serving:

- ▶ Calories – 256
- ▶ Fiber – 6.6g
- ▶ Calcium – 51% DV
- ▶ Vitamin C – 72% DV

- 1) Stir together the oats and yogurt in a container that has a lid.
- 2) Add the milk and stir again until all the ingredients are blended.
- 3) Put the lid on and refrigerate overnight. In the morning, you can microwave for a minute or two to heat through, stir and enjoy.
- 4) You may want to add your favorite sweetener, fresh fruit or nuts for a topping

Nutrition-wise it packs a punch and gets your day off to a good start! You can make up a couple of these at a time as they will last up to three days in the fridge. ●



## Senior on the Street

by Jan Hancock

# What is your favorite healthy food?

## AARP Fraud Fighter Center volunteers rally to respond!

“Avocados! I need them for the potassium but I love them and I will eat anything with avocado in it! ”

~Mitch Lagasca



“Fruits and vegetables most definitely. I lived in Chile seven years and became spoiled with all the wonderful produce.”

~Valerie Laidlaw



“Apples! I love the crisp, tart flavor of a really good apple!”

~Chet Nachtigal



“Bananas – cannot be beat in my book! My father was a produce wholesaler, so I was fortunate to grow up with fresh produce.”

~Pat Loftin



“Fins and feathers! Fish and chicken are my thing. Definitely my ‘go to’ food.”

~James Lewis



“I have discovered a real taste for seaweed served in restaurants! It’s the best.”

~Esther Franch



# 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

**AARP Foundation Fraud Fighter Call Center:** Provide consumer education and fraud prevention information to older consumers who have been victimized or are at increased risk. The call center also provides preventative scripted calls. If you have counseling experience, good phone skills, and are comfortable on the computer, you will be an ideal volunteer. *SeaTac*

**Bailey-Boushay House:** Looking for volunteers who are peers to residents and clients. 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. Also currently seeking vibrant personalities to volunteer at the front desk. *Central Seattle*

**Bloodworks NW:** Needs your help to ensure a stable community blood supply. Assist with donor registration, greeting and registering blood donors – or be a donor monitor, serving refreshments and observing donors for adverse reactions following the donation process. Volunteers especially needed M-F during the day, who can go into the community to help out at blood drives. *Greater Seattle*

**Courtwatch:** For victims of sexual violence, navigating the legal system can be a terrifying, frustrating experience. CourtWatch Monitors observe the courts to ensure that victims are receiving the justice they deserve. Volunteers receive a firsthand look at how the courts handle cases of sexual violence and play a vital role in improving the justice system. *Downtown Seattle & Kent*

**Financial Beginnings** is looking for individuals who have a passion for helping others and are willing to present our personal finance curriculum to schools and community-based organizations. All of their programs are offered free of charge to the community. Volunteers receive free training. *Seattle & Countywide*

**Franciscan Hospice & Palliative Care (FHPC):** Affirming every life, FHPC invites you to join them as a volunteer, enhancing the compassionate care they provide to patients and families. Be part of a team of professionals and volunteers to discover and meet the unique needs of hospice patients and their families, providing them with both practical companionship and emotional support. *Countywide*

**Friends of the Children** is a mentoring program serving youth facing the toughest challenges. You will provide tutoring and specialized academic support in all subjects (commonly math and reading) for students in grades K-12. Tutors work onsite, are asked to commit to weekly sessions for a minimum of one academic quarter, and have a higher education degree. *South Seattle*

**Greenwood Senior Center: Weekly Receptionist** needed to greet and interact with seniors of all ages and backgrounds – comfortable making phone calls a plus – 4 hours weekly. Also seeking **Office Support Volunteers** with strong computer and communication skills; experience with databases a plus; quick learner and comfortable making decisions – required 2 hours weekly, with some flexibility. Background check required; minimum 6-month commitment requested for both positions. *North Seattle*

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

**Lifelong:** For over 30 years, Lifelong’s volunteers, who are the heart and soul of its organization, have played a vital role in helping provide quality care and services to clients. Opportunities include: repacking food donations, prepping food, packaging meals, delivering nutritious food, assembling health care kits, administrative projects, and lending a hand at events. Location has free parking and is close to bus routes. *Countywide*

**Literacy Source** provides free classes and tutoring in reading, writing, math, work skills, citizenship, GED Prep and ESOL (English for Speakers of Other Languages) for adults with low incomes. Tutor students one-on-one, assist in a classroom, or provide program support to help learners reach their goals. Training and support provided. Learn more at monthly volunteer orientations the first Wednesday of every month, 1pm or 7pm. *Seattle*

**Museum of Pop Culture’s (MoPOP)** community of passionate volunteers enhance the guest experience while extending the reach of staff. Share your enthusiasm for pop culture with visitors through exhibit interpretation, information desk attending, interactive support, event assistance, and much more. If you have a passion for pop culture, they want you to volunteer! *Seattle*

**North Helpline:** Volunteer to help keep your North Seattle neighbors housed and fed! Opportunities include food bank sorting and distribution, emergency services work, grocery rescue, and home delivery driving. Join the team! Open Tuesday through Saturday. *Located across the street from the Lake City Way Fred Meyer*

**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*

**Road to Recovery:** Every day, thousands of people with cancer need transportation to their life-saving treatments. You can help save a life by volunteering as a driver. To become a driver for the American Cancer Society you must: own a safe and reliable vehicle, have a current and valid driver’s license, have proof of auto insurance, have a good driving record, and be between the ages of 18-84. *Countywide*

**Seattle Cancer Care Alliance (SCCA)** seeks volunteers at its retail store, Shine. In this role, you will provide excellent customer service for patients, families, staff and community members who enter Shine. You will assist with purchases, answer phones, and process sales transactions. *Seattle*

**Sound Generations Meals on Wheels:** Join the Meals on Wheels volunteer team and 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.*

**Reading Partners:** A literacy nonprofit that mobilizes community volunteers to provide one-on-one tutoring to struggling elementary school readers is seeking tutors to work with the same student for one hour a week during the school year. No experience required as you are provided with an easy-to-follow curriculum that includes all the materials to teach an effective lesson. A staff Site Coordinator is available to support tutors at all times. *West & South Seattle*