

# Experience *in* Action!

King County RSVP's news for people 55 & older

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## Beware... AARP Foundation Fights Fraud

By Peter Langmaid

I have a friend who recently received a threatening phone call from someone posing as an IRS agent informing him he was delinquent with his taxes and warned that if he didn't call back immediately to resolve the situation, it would become dire in a hurry. My friend was panicked and needed assurances from his wife and a neighbor that he was being scammed.

This story is typical of many so-called 'impostor scams.' What's frightening about this incident is that my friend is a lawyer and a former high-level Microsoft employee. If anyone should have known better, he

should have! If it can almost happen to him, it can certainly happen to you and me.

Whether by phone or through your computer, chances are you've been a target of an impostor scam or other type of scam designed to steal your money.

In 2017, the Federal Trade Commission (FTC) received 347,820 imposter scam-related complaints, with the number of unreported incidents presumably much, much higher.

Leeta Scott, Program Director at our local AARP Foundation Fraud Fighters Call Center, is all too familiar with impostor scams



Val Laidlaw (Photo courtesy of AARP)

with their countless variations.

Leeta says the perpetrators are smart, successful and persistent. And, she adds, they prey on vulnerable populations, such as the elderly and the isolated. Together, the Seattle call center and the Denver call center receive over 20,000 calls a year asking for help. Often, it's too late, but it's never too late to protect yourself from further damage.

The Seattle call center utilizes trained volunteers to do its work. Volunteers who interact with callers need to be comfortable on the phone, comfortable giving advice, good listeners, patient, and empathetic. The overarching goal of the call center, says Leeta, is education.

Val Laidlaw found her way to the call center through RSVP. (She recently received her five-year pin.) In caring for her elderly mother, Val realized how vulnerable the elderly can be and the work at the call center sounded "interesting and a worthwhile activity to do with my time. Plus, it didn't involve a huge time commitment."

She also found the call center work a good fit for her skills since she prides herself on her communications abilities and likes helping people.

Training to work the phones requires one-on-one observation and interaction with a seasoned volunteer, familiarizing yourself with the various types of fraud, familiarizing yourself with the

library of literature and resources available to callers, and quarterly meetings and presentations identifying new types of fraud.

All calls are callbacks from victims or potential victims who have reached out to the call center. The average call takes about 20 minutes, and Val likes to do research before making a call to make sure she is as effective and efficient as possible.

Val sees her role as that of a counselor. She helps victims clean up the mess they're in, counsels them on prevention, and sends out literature that might be helpful in the future.

Val is candid about her reaction to the work. Some days, she says, are nerve-wracking, but she always goes home believing she's been helpful. "Helping people is a common human trait," she says. Val also values interacting with her fellow volunteers, and because the call center provides lunch, she chuckles, "Don't let anyone tell you there's no free lunch."

To protect yourself, be skeptical of all communications through your phone or your computer if you're not certain they're 100% valid and familiar. And if you have the slightest doubt, call AARP Fraud Fighters for help (877.908.3360).

Nothing is so urgent it can't be vetted before responding. In fact, the alleged urgency of the contact is a good tipoff that something's not right. ●

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

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Speaking Directly

by Jen Gahagan, RSVP Director

Ignite your spirit... volunteer!

Each year, more than 900 RSVP volunteers provide needed services all over the county! From fighting fraud, to helping veterans and their families, to working with kids, to providing support to other seniors, RSVP members make a difference every day.

One thing we hear over and over from volunteers is how much volunteering means to them. Whether you have one free hour a week or more time to give, there is something for everyone. I invite you to join us now by contacting us directly.

You can also attend one of our fall events (listed at right) to learn more about high-priority issues and what you can do through volunteer service. Please help us spread the word!

Finally, if you are new to RSVP, please consider joining an academic study through Colorado State University's Aging Clinic of the Rockies to provide information about how volunteering impacts overall health and volunteers' life enrichment. If you are interested in joining the study, please contact us at 206.694.6785, and we can provide additional information.

Enjoy this issue of *Experience in Action*. We look forward to hearing from you! ●

A commitment to serve

Spotlight on Samyriah Crain, by Chris Villiers, guest contributor

Her father did a tour of duty in World War II, and most of the men in her family served in the military. Her mother was a nurse and most women in her family – going back multiple generations – worked in the medical field.

So it was inevitable that retiree Samyriah Crain would volunteer at Seattle's VA hospital.

From its campus on Beacon Hill, the VA Puget Sound Health Care System treats more than 100,000 veterans in Washington, Oregon, Alaska, Idaho and Montana. It's the job of Samyriah, and fellow volunteers, to help veterans navigate the sprawling campus.

"Most of the patients are anxious when they get here," she says. "Some want to stop at the desk and vent a little. Some want to talk about their military experience. Some want to talk about their long commute. I just try to make them feel comfortable.

"We're here for people who served the United States," she adds. "They deserve to be pampered."

Volunteering uses skills Samyriah developed during her career, which includes 15 years at Southern Pacific Railroad and a job ensuring the right cars were loaded on the right tracks. After the railway went out of business, she worked medical claims at Virginia Mason Medical Center before retiring from retail giant Safeway.

"After I retired, I said, 'I've got to find something to do.' I wasn't just going to sit at home, order Xfinity, and watch TV," she jokes.

Samyriah volunteers on Thursdays, when the staff treats a high number of dialysis and prosthesis patients, and she hopes to add



Samyriah Crain (Photo by Chris Villiers)

another shift.

"You have to be very observant. You have to have patience, be a good communicator and have some humility," she says.

On a recent Thursday, a hesitant young veteran said he needed no help getting to his appointment, yet his body language sent the

opposite message. Without uttering a word, he gracefully accepted Samyriah's assistance in guiding him through the maze of corridors in the hospital basement.

On another occasion, a patient having difficulty walking insisted on not using a wheelchair. "I saw something different in his body language," she recalls. "I told him just to sit down and rest a minute. I let his wife push him to his appointment. I later found out that he was a colonel, a high-up ranking guy, and he didn't want to show any weakness."

Samyriah "has been a volunteer since January 2017, providing more than 180 hours of service," notes Mitra Gobin, chief of Voluntary Services at the VA. "We appreciate [her] volunteering in this highly value-added position."

She was connected to the VA through the Retired and Senior Volunteer Program (RSVP), a national service nonprofit locally sponsored by Solid Ground. "I wanted to volunteer," Samyriah notes, "and I knew Solid Ground has outreach programs for low-income people."

So, does Samyriah recommend other retirees volunteer their skills to help the community? Absolutely.

"Volunteering is a commitment and requires teamwork," she says, adding that being a volunteer "is a rewarding treasure." ●

VOLUNTEER OPPORTUNITIES

To register, call 206.694.6786 or visit the specific event links listed below.

Complimentary light lunch served at each event!

TUTORING EVENT

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

Thursday, September 27, 11am-1pm

NewHolly Tutoring Center (7058 32nd Ave S, Ste 103, Seattle WA 98118)

[www.solid-ground.org/volunteer-tutors-9-27-18](http://www.solid-ground.org/volunteer-tutors-9-27-18)

NUTRITION EDUCATION EVENT

Passionate about cooking and food? Share your skills with communities in need! Attend a discussion with RSVP and Solid Ground's Nutrition Education team to find out more:

Friday, September 28, 11am-12:30pm

Solid Ground (1501 N 45th St, Seattle WA 98103)

[www.solid-ground.org/nutrition-ed-vols-9-28-18](http://www.solid-ground.org/nutrition-ed-vols-9-28-18)

COMPANIONSHIP EVENT

Help elder neighbors remain independent in their homes.

Join RSVP & Catholic Community Services:

Friday, October 5, 11am-1pm

Catholic Community Services Kent Family Center (1229 W Smith St, Kent WA 98032)

[www.solid-ground.org/volunteer-companions-10-5-18](http://www.solid-ground.org/volunteer-companions-10-5-18)





It Seems to Me...  
by Peter Langmaid

Ponzi & me

Charles Ponzi was an Italian immigrant who, in the early 20th century, swindled investors by fabricating fictitious investment reports that promised big returns. However, returns to older investors were paid from money from new investors rather than from the legitimate returns from the investments themselves. Ponzi himself ended up in jail and his infamous legacy – based on his investment frauds – is the term “Ponzi scheme.”

There have been numerous Ponzi schemes through the years, the largest and most famous being that of Bernie Madoff. Convicted of various types of fraud, Madoff is currently serving a 150-year prison sentence.

The largest Ponzi scheme in Washington state history was perpetrated by Darren Berg under the title of Meridian Mortgages. We were victims of this scam.

Our involvement with Meridian began with our hiring a friend as our investment advisor. What attracted us to his services was that he was independent and worked on an hourly, rather than percentage, basis. Heavily invested in securities, we tasked our friend with getting us into alternative investments.

Over time he introduced us to Meridian.

Meridian ran a variety of funds promising ‘reasonable’ returns that could be either reinvested or paid in cash. We started with one fund and it performed as promised.

Over a couple of years, we invested in other funds as they



became available. We used the returns from some funds for income and others for growth.

Besides our money, I also invested money my father left to my children in the form of a trust, with me as the trustee. Again, all performed as expected.

All went well until the phone call from our investment advisor that made my head spin: It had all been a scam, a Ponzi scheme.

As the details of the scam

were revealed, Berg had bilked hundreds of investors of more than \$100 million dollars to fund his lavish lifestyle. Many of the investors were savvy financial professionals. Berg had fooled us all, including the professional auditors who verified the accuracy of his phony financial statements.

At trial, Berg pleaded guilty and was given an 18-year prison sentence. (Note: Berg recently escaped from a minimum-security prison and has not yet been reapprehended.)

I would like to continue this article with clever and foolproof ways to avoid being suckered as we were, and how to distinguish legitimate investments from fraudulent ones, but I can’t. The perpetrators are just too good.

Investing is ultimately a matter of trust and faith in the people you work with. Once that trust is broken, as it was in our case, it can never be restored. I will forever be wary of all investments and investment advice.

Although I don’t have advice, I did learn some very expensive lessons.

- ONE:** Don’t mix finances and friendship. More than the money we lost, we also lost a friendship. I don’t blame our friend, but we’ve become estranged.
- TWO:** Stay diversified. This becomes more than a cliché when the reality of a substantial loss hits you in the face. Don’t let the collapse of any one investment cripple you.
- THREE:** Don’t get greedy, especially in retirement when your earning days are over. Stay conservative and avoid opportunities that seem too good to be true, because you know what they say about things looking too good to be true! ●

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



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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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.





# Aging with Wisdom

by Carol Scott-Kassner

## Connecting

Summer is here along with warm weather and the invitation to be out-of-doors more. What a great time of year to be in the Puget Sound region! Mt. Rainier is out in her snow-covered glory, and the plants have gone through their spring greening and flowering and continue to reward us with their beauty. The sun appears more often and most of us can find a place to “soak up some rays” as long as we wear sunscreen and a hat.

When we go outside we can connect with this beauty and energy and drink it in. This can truly be a wonderful boon to us as we age. Whatever we can do to get oxygen and vitamin D into our systems, the better our lives will be. It provides a big energy boost. Add 20 minutes per day of walking and, according to

statistics, you will also live longer.

I’m always shocked and saddened when I read news that 28% of older people live alone and experience loneliness and depression. I read an article recently that said that people are now paying others to give them hugs. Social isolation and lack of human contact, both verbal and physical can be dangerous for us.

Happily, there are many solutions to that. One of the best is laughter. George Bernard Shaw once said, “You don’t stop laughing when you grow old, you grow old when you stop laughing.” People tend to laugh less and less as they age but that doesn’t need to happen.

If you are alone in your home, going to a community center or a public park offers solutions to isolation. Join in meals, games,

and conversation at a community center. Watch families and children play at the park. Laugh with them – delight in the children – strike up conversations with people you meet.

One client of mine chose to connect by simply sitting next to her living room window and watching a lovely tree outside change throughout the seasons. Regardless of whether it was full of leaves or empty of them, the tree offered beauty and a touchstone for her life. She would meditate on how the changes in this tree were a metaphor for her as she aged.

And, she made sure to get together for coffee at least once a week with good friends and volunteered in a nursing home with people who couldn’t leave their beds. Another friend who is single now simply asks people she knows for hugs. Most people happily comply.

**“Hugging is the ideal gift. Great for any occasion, fun to give and receive, shows you care, comes with its own wrapping and, of course, is fully returnable. Hugging is practically perfect. No**



**batteries to wear out, inflation-proof, nonfattening, no monthly payments, theft-proof and nontaxable.” ~Unknown**

I hope that your health and circumstances allow you to get outside this summer and connect with the sunshine and beauty as well as with other people who are also enjoying those gifts. May you find meaningful and life-giving ways to connect so you can be nurtured as well as nurturing to others. ●

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).



# Financial Planning

by Bill Pharr

## On the lookout... Stolen identities & fraud

Identity theft and financial fraud is about people trying to extract money illegally from individuals, businesses, and the government. The question I hear the most is, “What can I do to make sure I do not have my identity stolen?”

**There are four main sources of identity theft:**

- Friends and close associates
- Phones – cell and landline
- Computers and emails
- People who hack into huge databases and steal stored individual information

**Let’s briefly look at each one of these:**

**1)** One major source of fraud is scammers who intentionally get close to those vulnerable as they get older. It is important to ensure that no one from outside the family or core group starts to have control of checking accounts or gets paid for work that has not been done. Do not let your guard down!

**2)** Do not answer the phone if you do not know who is calling. Fraud is all too often perpetuated by swindlers who pretend to be who they are not. Many people get enticed into sending money to fraudsters because they are so convincing on the phone. Legitimate institutions you may owe money to do not call you on the phone.

Cellphones are particularly vulnerable, and should never be used on public wi-fi without the use of a VPN (virtual public network), especially if you are logging into a site that requires a password.

**3)** Computers are very vulnerable due to two main things: email and poor passwords. Everyone needs to be very careful on email to

verify their authenticity, and to never open an attachment without properly checking it out. Also be wary of opening links in email.

Many people manage passwords very badly as well. In this day and age, it is important to create complex passwords and store them so you always know what they are, or use a password program like 1Password or Last Pass.

**4)** With the fourth and last area – that of hackers breaking into large databases and getting your information – you really cannot do a lot about it. The recommendation here is to set up an account with Social Security, and sign in periodically to check your information.

Additionally, at the very least, go into [annualcreditreport.com](http://annualcreditreport.com) three times per year (April for Experian, August for Transunion, and November for Equifax – i.e. one at a time, four months apart). Check every detail closely to see who is looking at your credit. If something does not look right, call the agency on the phone.

The best overall approach is to learn more about identity theft and fraud on your own. (Two great sources are AARP and Washington State Department of Financial Institutions, but there are many other additional sources.) Keep your eyes open at all times to situations that could possibly leave you vulnerable to fraud, and act proactively to prevent fraud from happening. ●

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





# Green Thumb Club at Echo Lake School

## Community gardening project blooms, by Donna Franklin & Cathy Floit

Several gardens featuring native plants exist in Shoreline, but did you know that Shoreline's Echo Lake School has its own native plant garden? This garden flourishes due to a unique collaboration between grade school students and RSVP members who volunteer through Power of One, an RSVP partner site whose volunteers in the Shoreline public schools provide consistent help working with students in small groups and one-on-one tutoring in the classroom.

Its beginnings go back a ways. During the 2008-09 school year, a 4th grade teacher and a parent decided to create the native plant garden. RSVP member Donna Franklin, at that time a plant steward with the Native Plant Society, advised them in selecting and acquiring plants for the garden. This trio coordinated work parties and planting days during the next three years.

Sky Nursery donated five yards of compost. Washington Native Plant Stewards donated plants and more were salvaged. A couple of grants allowed for the purchase of landscaping materials, tools, hoses, plant tags, and some plants. The garden gradually took shape and came together beautifully under these joint ventures.

Today, the Green Thumb Club consists of enthusiastic 4th, 5th and 6th graders who give up one recess a week to work and learn in the garden. In general, around 35 young people sign on to participate during the school year.

Donna, a community volunteer for decades and well known for her expertise with native plants, coordinates the Green Thumb Club and guides the youngsters. Donna volunteers considerable personal time and resources to working with the students and maintaining the garden. Donna also enlists community volunteers who enjoy volunteering and gardening to assist her in working with the young gardeners. This spring, Karen Thielke and Cathy Floit, both RSVP retirees, began working with Donna and the children. There is no doubt that



Community garden photos by Donna Franklin

the Green Thumb Club has been instrumental in the success of the native plant garden. Club members have been volunteering their time since 2010.

The young gardeners learn what tools to use for different tasks, the proper way to remove weeds, how to prepare a planting bed and add new plants, how to divide and transplant, how to water, and what plants to grow in various ecosystems.

During the school year, the youngsters can be found hard at work maintaining and improving the garden and its pathways. We owe a great debt to these hardworking students.

Current plans and projects include updating the garden's comprehensive plant list of approximately 120 species, and redoing the prairie ecosystem. One of Donna's goals is to hold annual Open Garden Tours, such as the one held on May 19.

The garden is located at 19345 Wallingford Ave N, Shoreline, WA 98133, on the north side of Echo Lake School. If you are in the area, stop and peek through the fence! During the summer, the garden will be open on Wednesdays from 10am to 12 noon.

Both young and mature volunteers benefit from the partnership in the native plant garden. The act of volunteering has a ripple effect, helping to develop future leaders and engage community members. We all help improve our piece of the world. The hope is that these youngest volunteers will become lifelong volunteers – and gardeners!

This native plant garden is truly a testament to the power of intergenerational volunteering. ●



Donna Franklin - Green Thumb Club Coordinator (Photo by Steve Schneider)



### SEND US YOUR HOURS!

Yes, your hours as an RSVP volunteer are important and need to be reported to us. Your hours are not only tied to federal funding with benefits then provided to you, like the excess accident medical and liability insurance, but they also help the volunteer sites and RSVP reach volunteer hour goals. And just as importantly, it helps us recognize you for your service and highlights the contributions you make to meet community needs when you volunteer.

*If you have questions, please contact:*  
Jennifer Gahagan, 206.694.6785 or [jeng@solid-ground.org](mailto:jeng@solid-ground.org).



# Summer tutoring

by Anita Warmflash

A few years ago, I wrote an article for “Experience in Action” about the Youth Tutoring Program (YTP) sponsored by Catholic Community Services. Recently, I revisited the program upon learning they have a six-week summer program for children which I hadn’t heard of previously.

I met with the Volunteer Coordinator, Maureen Ricks, who described the program and its mission, which is intended to provide a safe and supportive environment to refresh educational skills that might be lost over an extended summer vacation.

The program operates at six tutoring centers in low-income housing communities, most of which are operated by Seattle Housing Authority (SHA). 99% of the students served are students of color, and most come from immigrant or refugee families.

Students from these diverse backgrounds represent many nationalities, cultures, languages and religions.

Operating July 9 through August 16, Monday through Thursday, summer tutoring is geared to students from 1st to 8th grades. The program starts in July so that children can enjoy some down time after a school year. It ends during the middle of August, so that they will also enjoy free time before school commences in the fall.

In five of the locations, the sessions take place four days a week, two sessions per day, each an hour and a half in the early-to-late afternoon. At the sixth location, Yesler Terrace, the program operates five days a week from 8:30am-2:30pm, with the help of additional grant monies. The enrollment at Yesler Terrace is usually 75 children who are entering grades 1-5.



While the design of the program has in mind the social, emotional and educational needs of youngsters, it provides a review of subjects such as reading, math and science through the selection of appropriate educational materials.

Unlike YTP’s schoolyear program which offers one-to-one tutoring, the summer program provides small group tutoring through literacy circles.

With reading retention and progress being an important goal, one of the methods used to achieve this is to have children read aloud and take turns at enacting roles such as a Discussion Director or a Word Wizard as roleplay has been found to build self-confidence. Another objective is to build an expanded vocabulary.

The tutors are volunteers who can serve for one day a week or more for either a short session of an hour and a half or longer as fits their own schedule. It is expected that they will be available for the length of the six-

week program.

The most essential qualities in a tutor are patience, compassion, and an ability to manage a group with the guidance and support of the Center Supervisor. Another quality is flexibility while also maintaining program goals and respectful interactions among participants.

Those willing to give a little will find they will gain a lot in this exceedingly rewarding experience. Contact RSVP to find out more. ●



## An invitation to get on board!

Solid Ground, RSVP’s sponsoring organization, is actively looking for people who might be interested in becoming a volunteer member of the Solid Ground Board of Directors.

The Board has some specific goals for reaching tripartite status: One third of the members should represent the community at large, one third represent elected officials, and one third represent low-income communities.

The Board is looking for members with current lived experience in any of the direct service areas of Solid Ground (Housing/ Homelessness, Food Security or Transportation).

This is a great opportunity for people to use the knowledge they’ve gained to support, help and advocate for their community.

If you have a strong connection to an underserved, underrepresented or low-income community – or have lived experience to draw from and you are interested in being an active member on the Solid Ground Board of Directors – please let us know.

We would be happy to meet with or talk to anyone who would like more information about what Board membership at Solid Ground looks like. The current Board is pictured at right.

Contact Mary Kay Olson ([marykayo@solid-ground.org](mailto:marykayo@solid-ground.org) or 206.694.6804) for more information. ●

### SOLID GROUND BOARD OFFICERS



Wendy Werblin



Justin Hellier



Alain Dias



- Board Chair** — Wendy Werblin (Impinj)
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### SOLID GROUND BOARD MEMBERS



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Julie Silverman



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Sherry Williams



# Putting community first... International Drop-In Center

## EARLY BEGINNINGS

RSVP partner site IDIC (International Drop-In Center) got its start back in the 1970s when Sabino Cabildo returned to Seattle from serving in Vietnam. He witnessed many elderly living in cramped and run-down quarters in Chinatown sustaining themselves through periodic work in Alaska and elsewhere. They had few, if any, relatives to rely upon. Sabino's activist interest compelled him to call attention to the plight of these elderly Filipinos. He formed the IDIC at 6th & Maynard Streets in the summer of 1971.

At the time, none of the agencies in the International District had any interest in helping elderly Filipinos in the area, and IDIC quickly took the active role of focusing attention to their plight. There was growing concern over the impending construction of the Kingdome Stadium which, because of its proximity to Chinatown, spurred fears of displacement for those living there. Activist protests from young Asian youth – and soon thereafter concerned adult volunteers from the health and religious professions – made a difference as they stepped forward to help. The collective effort sustained the movement, and in August of 1974, IDIC became a 501(c)(3) nonprofit, charitable organization.



## SERVICES & ACTIVITIES

At the present home of IDIC on Beacon Hill in South Seattle, there are a broad range of activities and services available to members and community residents such as information and assistance, veterans' advocacy and benefits assistance, health seminars, estate planning guidance/referrals, subsidized housing referrals, disability and public benefits advocacy, and other concerns that senior citizens encounter.

Seniors benefit from programs such as PEARLS (Program to Encourage Active, Rewarding Lives for Seniors), developed by mental health specialists to address mild depression in veterans, their spouses, and adults 55 years and older. IDIC hosts a senior community dining program in collaboration with Sound Generations, prepared by a specialist Filipino chef. It provides an ideal venue for seniors to socialize. A food bank is also available for seniors in need of food support.

In addition to services offered to seniors at IDIC, there are numerous activities to keep everyone engaged and having fun at the center – ranging from bingo, line dancing and fitness programs, Filipino TV programming, folk dancing and singing, table games, and karaoke – to monthly birthday celebrations and field trips. There is no excuse for being bored if you are a member of IDIC!

## VOLUNTEERS ARE KEY

IDIC is managed by an Executive Director who reports to an all-volunteer 15-member Board. With its current limited resources, IDIC has a total of nine full and part-time staff with support from tireless volunteers, both young and old. Without their help, IDIC would not be able to deliver services and run activities that benefit the community.

Volunteers play a crucial role in the center, in implementing programs, raising funds through events, assisting in daily operations and activities, and helping ensure that IDIC can continue to support and serve more than 500 seniors each year. Volunteers are, without a doubt, the heart and soul of this organization. ●



## Senior on the Street

by Lanvin Andres

## Why do you participate in IDIC's services & activities?

*"IDIC has supported me and helped bring my family together."*

~Bienvenida Credo



*"IDIC has changed my tears of sadness to tears of joy."*

~Rosita Garcia



*"If not for IDIC, seniors would just stay home and get sick. They improve our quality of life."*

~Obdulia Castillo



*"I forgot my homesickness and loneliness because of IDIC."*

~Naty Tayao



*"IDIC is my second home. They make me happy and help me stay active."*

~Emma Lapuebla



RSVP Recognition Event at IDIC (Photo courtesy of IDIC)



# 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

**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 at blood drives. *Greater Seattle*

**Bureau of Fearless Ideas (BFI)**, a writing and tutoring center for youth age 6–18, offers a panoply of summer workshops! Workshops are on anything related to writing and the creative use of words. They’re offered Monday–Saturday in 2–3 hour sessions, for 1–4 sessions/workshop. Volunteers can assist in workshops at either location. *Greenwood or Yesler Terrace*

**Community Food Education:** A program of Solid Ground designed to teach families living on low incomes how to prepare healthy and tasty meals on a limited budget. Looking for volunteer chefs, nutritionists and assistants for six-week courses. Training provided. *Various locations throughout Greater Seattle area*

**FareStart:** This popular community meals program incorporates recovered food into nutritious meals serving several area emergency and transitional facilities. Come harvest a variety of vegetables with them at Oxbow Farm in Carnation and Food Bank Farm in Snohomish! There are various dates from July through October, with shifts from 10am–2pm and 12–2pm. Volunteers must provide their own transportation. *Eastside*

**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. Volunteers will make home visits to see patients. 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. *Columbia City/South Seattle.*

**Full Life Care** provides social and health services to older adults with chronic or terminal illnesses and adults with disabilities at day health centers. Volunteers can assist or cofacilitate group activities, such as arts and crafts, trivia, exercise and music. Most adult day health centers are open from 9am–5pm.  
Full Life Care also coordinates the **ElderFriends** program. Volunteers 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. Training and ongoing education and support for volunteers provided. *Countywide*

**Jewish Family Service** helps vulnerable individuals and families in the Puget Sound region achieve well-being, health and stability. Volunteer opportunities include: food bank shifts, food bank home delivery, friendly visitors for older adults and people with disabilities, making and delivering holiday gift baskets, and supporting resettled refugees. *Seattle, Redmond & Kent*

**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*

**Northwest Parkinson’s Foundation:** Are you a retired social worker, nurse, medical assistant or counselor? NWPF is looking for skilled volunteers to assist with client intakes via phone and work in tandem with our social work team. NWPF is also seeking volunteers to collate and mail resource packets (HOPE Kits) for individuals and families newly diagnosed with Parkinson’s disease, for employment needs, and for Parkinson’s Carepartners. *Mercer Island*

**Power of One Senior Volunteers:** Seeking volunteers to work in the Shoreline Public Schools. Connect with children in a positive way! Volunteers provide consistent help in a range of areas – from working with students in small groups and one-on-one tutoring to classroom tasks and library skills. *Shoreline*

**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*

**Sound Generations Transportation:** Help make a huge difference in the lives of seniors near you by becoming a volunteer driver. Using your own vehicle, you would help older adults maintain their independence by taking them to much-needed medical appointments. This opportunity is extremely flexible, allowing you to pick the days, times, frequency and areas you wish to drive. *Countywide*

**Youth Tutoring Program** provides free one-to-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 Greater Seattle area*

**Volunteer Services of Catholic Community Services (CCS)** welcomes volunteers to enable elders living on low incomes and adults living with disabilities to remain independent in their own homes. Volunteers may help the same person or be listed for on-call opportunities depending on your schedule and interests. Requests can include companionship, transportation, light chores, laundry, cooking and clerical support. Volunteers receive training, mileage reimbursement and insurance. *Countywide*

☐ Please call to help me find a volunteer opportunity suited just for me.

☐ Please send information about RSVP.

☐ Please note my new address.

Name:

Phone:

Email:

Address:

Please mail this form to:

RSVP, 1501 North 45th Street, Seattle, WA 98103