

# Experience *in Action!*

King County RSVP's news for people 55 & older

Volume 35 | Number 1 | Winter 2021



AmeriCorps  
Seniors



## Knit-It-Alls program overcomes pandemic challenges

By Megan Wildhood

For years, RSVP has distributed hundreds of knitted and crocheted items to agencies serving those experiencing homelessness and low-income program participants across King County. This year, while strange and difficult for everyone, has fortunately been no exception. With a few tweaks to our distribution system and volunteer involvement, RSVP's Knit-It-Alls (KIA) program was once again able to support agencies county-wide in providing some homemade care to members of

our community who are living on low incomes and/or unsheltered.

All year long, RSVP members from all over King County continued to knit blankets, sweaters, hats, scarves and more for babies, children, and adults – just as they had in pre-pandemic times. Collecting these items, however, was a bit trickier than in the past. Because RSVP staff were not regularly in the office to receive donations as volunteers would drop them off, staff had to coordinate with volunteers individually to make



KIA tagging at home (photo by Lily King)

**Solid Ground's King County RSVP  
(Retired and Senior Volunteer Program)**  
1501 North 45th Street  
Seattle, WA 98103-6708

Nonprofit Org  
US Postage  
PAID  
Seattle, WA  
Permit # 3057

sure someone would be able to meet them and take in their items. The extra logistical work was well worth it – I personally got to connect with more RSVP knitters than I had previously – and connection, especially during these physically-distanced times, cannot be taken for granted.

It was heartening to get to see the hands and faces behind the stunning items that come through our KIA program. RSVP and Solid Ground staff marvel over the creations knitters make to donate to perfect strangers. This year, it was an unexpected blessing to meet some of the volunteers who donate their time and talent making such beautiful items to help folks stay warm during the colder months.

Normally, we distribute in time for agencies' holiday gatherings and celebrations. This year, due to pandemic-related delays and scheduling difficulties, our distribution happened after the New Year. Sadly, we also could not hold regular "tagging days" where groups of volunteers come in to sew tags that say "Hand Knit By RSVP" to label the knitted items we receive throughout the year.

These tagging days are one activity I truly missed this year. I always enjoy spending time with volunteers, and while we

tag together, we often play music and swap stories. You can really learn a lot about a person by the kind of music they're willing to admit, in public, that they love! (Bob Segar, Steve Miller Band, The Eurhythmics, Tom Petty and 1940s swing/big band are my go-tos!) Afterwards, we often enjoyed lunch together.

Reflecting on this past year, I realized that those tagging days encapsulate nearly everything I am grieving the loss of and yearn to return to post-pandemic.

The tagging did get done, however. With major support from three of our long-time volunteers who have helped with tagging in the past (including one who also knits blankets to donate) as well as members of the Volunteer Services Team (Jen, Lily, and Sam), we were able to tag the almost 1,500 items we received this year.

While this number is lower than in previous years, we expected this due to the effects of the pandemic. We distributed items countywide to individuals and families experiencing homelessness through four agencies: Eastside Baby Corner, Jewish Family Services, North Helpline, and Solid Ground.

While not part of the holiday

## *EiA* Inside This Issue...

### New Year, Hopes for a New Season

- ▶ New National Service brand: AmeriCorps Seniors.....p. 2
- ▶ Looking back.....p. 4
- ▶ Welcome Sam Stones.....p. 5
- ▶ Volunteer Spotlight: Kathleen Turner.....p. 7

Continued on page 2



## Speaking Directly

by Jen Gahagan, RSVP Director



# AmeriCorps Seniors

## New year, new name: AmeriCorps Seniors and RSVP

Happy New Year to the King County Retired and Senior Volunteer Program (RSVP) community! Despite the challenges we faced in 2020 and continue to face at the start of 2021, a new year brings new possibilities. Over the last year, we have worked hard alongside our site partners and volunteers to develop exciting new ways to volunteer virtually and stay engaged, which you can learn more about in this edition of *Experience in Action (EIA)*. We look forward to continuing to strengthen safe volunteer opportunities in King County and welcome your ideas and engagement.

One positive change we saw in 2020 was the name change of our national funder, AmeriCorps Seniors (formerly called SeniorCorps). Many of you

may have seen the new name or logo and wondered about it, so I would like to share some more information about the name change and answer some common questions.

### What is AmeriCorps Seniors?

It's a network of national service programs for Americans 55 years and older, made up of three primary programs: Foster Grandparents, Senior Companions, and RSVP. Each program takes a different approach to improving lives and fostering civic engagement. As an AmeriCorps Seniors volunteer through RSVP, you commit your time to address critical community needs including tutoring, elder care, nutrition education, capacity-building for nonprofits, and more.

### What is RSVP?

If you are picking up this newsletter for the first time or have ever wondered what RSVP does, the Retired and Senior Volunteer Program (RSVP) is one of the largest volunteer networks in the nation for people 55 and over. As part of the federally funded AmeriCorps Seniors, Solid Ground receives funding to run RSVP for King County. We partner with nearly 50 organizations throughout the county where RSVP volunteers serve, with all contributed hours meeting local community needs and counting toward a national service impact.

### How does the name change impact my service as an RSVP volunteer?

Other than now being called an AmeriCorps Seniors volunteer, there are no other changes that will impact your service. You are still part of the RSVP program through Solid Ground and have the same great benefits. Registering as an RSVP volunteer with Solid Ground opens the door to opportunities at nearly 50 King County organizations. RSVP's AmeriCorps Seniors volunteers receive supplemental accident,

personal liability, and auto liability insurance free of charge.

The *EIA* newsletter, which you are now reading, keeps recipients and community members up to date on opportunities, the impact of fellow volunteers, and issues that matter to our community.

During the COVID-19 pandemic, RSVP staff have worked to stay up to date on and support current virtual and safe volunteer activities. I want to personally thank our staff, amazing site partners, and especially you, AmeriCorps Seniors volunteers through RSVP, for your resilience, engagement and commitment to stay safe over this past year.

Going forward, please continue to prioritize your health and safety, follow your volunteer site and health department guidelines for safe volunteering, and stay tuned for more information about virtual and safe volunteer opportunities that are the right fit for you. Opportunities are updated often, so please feel free to contact us to learn more. Together, we're helping to solve poverty and support healthy, resilient communities. Happy New Year. ●



# AmeriCorps Seniors

### Knit It Alls *continued from page 1*

celebration it usually is, KIA survived this difficult year. People who need it have a bit of warmth to remind them that there are people thinking of them throughout the county – along with comfort in the knowledge that this care continues despite the extraordinary circumstances of the pandemic.

On a personal note, this year's KIA tagging and distribution has shown me just how strong and supportive a team I am a part of. I don't know anyone who had an ideal year in 2020, but it's through adversity – as much as or perhaps even more than during positive times – that people either come together or push apart.

My team came together to offer immense support for KIA this year and more. While I wouldn't want to do 2020 again, I am deeply touched by and grateful for being able to go into 2021 knowing what a caring, hardworking team I have to count on for support and encouragement as we continue to weather this pandemic and its fallout.

Thank you team, thank you taggers, and thank you knitters – KIA would definitely not have happened this year without your dedication to your community. ●



Upper right: Patty Stolozof helps during KIA distribution day 2019 (photos by Liz Reed Hawk)



## It Seems to Me...

by Peter Langmaid

# A more perfect union

2020 is over and I made it! I survived a stroke, open-heart surgery, the pandemic, social media battles, the election, the bewildering and confusing assault on the media, fake news, conspiracy theories, protests and counterprotests, and a country divided by fear.

And yet, through all of the accusations and counter-accusations, I'm hopeful about the future of our country. Let me explain.

Back in the 1960s when I was in college, many of us naively believed we were on the brink of a humanist revolution in this country, a revolution that would overthrow the establishment and put people ahead of profits, peace ahead of war, and cooperation between nations. Then reality intervened as we fell in love (*Make Love, Not War* was the slogan), married, had families, and were quietly absorbed into the establishment. Good intentions, poor execution. In retrospect, our numbers were too small, our commitment too weak, and idealism is not a winning strategy.

Now, 50 or so years later, I believe the country has fundamentally changed in many ways, and I further believe we're at a tipping point of an historic sea change – a dramatic and transformative change in perspective. The tumultuous events of 2020 were the last gasp of the old order against the

insurgency of social justice that won't be denied.

In broad generalizations, the old order can be characterized as white male privilege, devotion to their own self-interests, indifference to the suffering of others, a disregard for the environment, and a willingness to say or do anything to stay in power. The new order will be inclusive – women, people of color, LGBTQI folks, and poor people in leadership roles – and foster a deep abiding belief in social justice, a real concern for the environment, and trust in future generations.

What makes me think the time for transformative change is here is the incredible tenacity of purpose of those demanding change. People have taken to streets and are still there demanding change. In the past, the establishment paid lip service to social justice issues, then asserted the need for law and order, and waited for the protesters to tire and go home. Not this time.

Though I truly believe we've finally reached the tipping point in the struggle to become a more inclusive society, the battle between the old order and the new order will continue into the foreseeable future. Lasting change doesn't happen overnight but over time, and it takes patience and relentless focus.



What surprised me about 2020 was the widespread use of social media to create alternative realities that cultivate fear and the failure of leadership to calm fear and instill hope. Though the weaponizing of social media platforms was not foreseen or intended, big tech has the responsibility to tame the beast they have created. I believe they have the talent, resources, and determination to do so.

What also surprised me in 2020 is how militantly divided we are as a country. One would imagine that something as terrifying and as pervasive as COVID-19 would bring us together as did reaction to the events of 9/11.

The Pledge of Allegiance describes us as "One nation, indivisible..." Nothing could be further from today's reality. It will take strong, consistent leadership to bridge the current divide and restore our faith that we're all in it together. However, the inevitable move is closer to the aspirational ideal of "a more perfect union" with justice and opportunity for all. ●

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

# RSVP



## AmeriCorps Seniors

**The Retired and Senior Volunteer Program (RSVP)** is a nonprofit AmeriCorps Seniors 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 believe poverty is solvable.** Our approach combines direct services with community-based advocacy. We support individuals while working to undo racism and other oppressions that create barriers – so everyone can achieve their full potential.

# 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 to meet technical and editorial policy guidelines.

#### EIA EDITORS

Jennifer Gahagan, Lily King, Liz Reed Hawk, Sam Stones, and Megan Wildhood

#### EIA NEWSLETTER COMMITTEE

Peter Langmaid, Bill Pharr, and David Thornbrugh

#### PHONE

206.694.6786

#### EMAIL

RSVP@solid-ground.org

#### MAILING ADDRESS

1501 N 45th St, Seattle, WA 98103

#### WEB

www.solid-ground.org/RSVP

#### PRINTING DONATED

DCG ONE





## Financial Planning

by Bill Pharr

# Looking back, looking forward...

As I type, COVID cases are surging and we are awaiting a vaccine. Continuing and recurring health issues from those who are infected may have lifetime ramifications. Realistically, we have another year of (serious) pain in the pandemic recovery process. The negative toll on our children's education is underestimated, as well as the toll on our teachers. The economic turmoil hit record levels of pain at the end of 2020 that will continue in the first quarter of 2021 and beyond.

There are two economies existing concurrently. It has been an amazing year for the stock market; however, the actual economy functions like a letter "K". The upper arm represents the stock market. Approximately 10% of Americans own 84% of the stock market. The lower arm of the letter "K" represents the actual economy.

The number of people who are hungry, homeless, unemployed, and generally struggling is staggering. I wish I could understand why such a situation exists. America has seemingly unlimited financial resources and yet so many people are really hurting. I wish everyone had food in their stomachs and a roof over their heads every day of the year. I have friends who are teachers and healthcare workers. Each one works very hard, and they have been working harder than ever this past year. Each one feels like they should be getting better results from their work.

Another thing I'm sad about is that the issues we are currently facing are going to roll into the future and will be with us for some time. In addition, many of the negative aspects to our lives are out of our control. It is hard when one does not control one's fate. The challenge is how to deal with this situation? I think there are several areas that we can control. One

choice we can control is how much we read, educate ourselves, and keep up to date on current issues. As avid lifetime reader President Harry Truman said, "The only thing new in the world is the history you don't know." As I watch the news, and talk to people from many places, it seems to me that educating ourselves through reading is so important.

The pandemic has exposed issues in our society, many that go back decades. [\*\*Spillover: Animal Infections and the Next Human Pandemic\*\*](#) by David Quammen

and the National Geographic articles on viruses and pandemics from last summer provide a complete guide to pandemics and the steps a government can take to control the spread.

If you read [\*\*Capital in the Twenty-First Century\*\*](#) by Thomas Piketty, you realize that a major weakness in the capitalistic economy is that wages are too low for the working class – at the same time as salaries for upper-level managers are unreasonably high.

How can an economy like ours have some 50 million people hungry when we have so many multi-millionaires and billionaires? If you read [\*\*Thieves of State: Why Corruption Threatens Global Security\*\*](#) by Sarah Chayes, you get an understanding of the effect on the world's population from the poor and often corrupt leadership of leaders around the globe.

My favorite read in 2020 is [\*\*How Democracies Die\*\*](#) by Steven Levitsky. He gives the reader real insight into the last 40 years to the present day as well as a history of democracies around the globe that have failed with the reasons why failure occurred. There are many other books I could add to this list – and I even have several fun reads as well! – but the point is that we can control whether we decide to



constantly learn and inform ourselves.

In addition to reading, I just heard about a new podcast from AARP. These are hosted by Bruce Carlson. He interviews experts on many topics, including finance, happiness, and health as well as experts on local issues. You can find this at [aarp.org/WAPodcast](https://aarp.org/WAPodcast) or by searching for AARP Washington State Podcast. This is another way to keep up to date on topics and learn a few things along the way.

Volunteering is another part of life that we can control. There are still many places that need volunteers either online or in person. I love the variety of the places I volunteer and all of the people I have the opportunity to learn from and help (I only volunteer in person at three places now, and always with a facemask on). It does add meaning to my week.

Part of volunteering is role modeling positive behavior. Our young people need role models who show them, through our actions, how to deal with conflict, differing opinions, and so many other areas of behavioral choice.

Working with and helping other people tends to add some

purpose and meaning to one's life.

If you have other ideas on areas of your life you can control to add to my list above, please send them to me via [meganw@solid-ground.org](mailto:meganw@solid-ground.org). I would love to hear your comments. If you have areas of your life you are struggling with, especially on the finance side of life, please send those in as well. We can't get through difficult times without our communities. Also, if you have some special books you have read this year, please send those suggestions in as well.

### FINANCIAL TIPS RECAPS

In continuing to think about what we have control over during these challenging times, I am reminded of previous *EIA* articles I wrote, which were sparked by the events of 2020. Two areas in finances and budgeting, and a broad tip to pay attention to the world around you stood out to me, so I'd like to repeat them here.

#### Annual financial review

One personal finance concept I previously discussed was annually evaluating your finances with a trusted person or advisor. Investing for the long term means having a plan in place in advance and sticking to that plan.

The stock market last year took a huge downturn in the first quarter and then came roaring back to historic highs. The people who made the decision to invest for the long term did not sell in the middle of the panic are now happy about that decision. People who did not have a plan in place and sold in panic during the fast downturn are likely paying extra taxes as a result and trying to figure out how to get back in the markets.

*Continued on page 5*

**Looking forward** *continued from page 4***Six months' cash savings**

Another financial concept is the need to have cash savings for six months or more of living expenses, because you never know what danger is out there. I know how hard this is for many, but by budgeting religiously and working with someone as needed, cash savings can be accumulated. We will have more crises occur in the future, and everyone needs to be ready.

**Protect yourself from fraud**

In a previous newsletter, I discussed fraud and techniques to use in your daily life to combat it. The thoughts and comments in that article are relevant today. During this pandemic, fraudsters have created more ways to

illegally use your identity and personal information. With so many people working from home now, it makes it somewhat easier for people with ill intent to try to steal your information.

Some of the current methods are: Fraudulent unemployment claims using your information, extortion scams, hate crimes, targeting children online, fraudulent sales of healthcare equipment (COVID-19 test kits, unapproved treatments of various sorts), and blackmail.

Additionally, ***please remember the government does not call you.*** Monitor your phone calls, and if you do not know who is calling, do not answer it. If it is a legitimate phone caller, they will leave a message.

If you do get into a conversation with someone you do not know, do not give out your social security or credit card numbers to anyone. Make sure you use strong passwords. Using password managers like OnePass and LastPass is highly recommended. Do not open up links in emails. Rather, try to figure out the web address in the link and type it directly into your web browser and see what happens. Set up strong passwords at Social Security and monitor your earnings record and your general information. Do the same thing for Medicare if you are old enough to be a recipient. In general, identity theft originates from friends and family, phones, computers, and emails.

**Prepare for a rainy year**

If there is one financial thought to take away from the events of 2020, it is this: At the individual level, I think we need to change the classic phrase "prepare for a rainy day" to "prepare for a rainy year" – for the rest of our lives. It will be quite a while before our current problems resolve, and there will be more years like this one that will hit randomly in the future. Education, reading, and following the financial advice in my articles and/or from your financial advisors is critical to surviving tough times. ●

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

# Welcome Sam Stones!

*by Lily King*

Solid Ground's Volunteer Services would like to extend a warm welcome to our newest team member: Sam Stones started in the Program Assistant role with our team in October 2020, and we are so glad to have him on board! We asked Sam to answer a few questions so that our community could get to know him. Please read below to find out more about Sam.

**Some background**

"I grew up in the Bay Area in California and moved to Washington in 2015 when I joined Washington Conservation Corps building hiking/biking trails and working on native plant restoration projects. I graduated from the University of Washington with a degree in Sociology in June of 2020. In my free time, I enjoy reading and host a monthly virtual book club. I also enjoy camping and riding my bike."

**What brought you to Solid Ground?**

"I first heard of Solid Ground's work when I interned for FamilyWorks and was very impressed with the amount of support Solid Ground provides our communities. I focused my degree on racial and economic disparities in the United States. I firmly believe in Solid Ground's mission statement that poverty is solvable and want to work for an organization dedicated to supporting solutions.

"There is a myth that resource scarcity is causing poverty, but that is simply not true. There are more than enough resources; they are just not being distributed equitably. Solid Ground recognizes this and focuses on key issues such as housing and access to food in its work towards closing these inequitable gaps."

**What is your experience with volunteering?**

"I currently volunteer with two organizations that are completely volunteer led. I helped co-found Queer Scouts, which is a group for LGBTQ adults to build community through teaching each other skills. We host monthly workshops which we call 'skill shares,' where members of the community teach a hobby of theirs.

"A few events we have had in the past include woodworking, pickling, and screen printing. I also volunteer with The Bikery, a community bike repair shop. The Bikery provides a workspace for members of the community to fix their bikes. We provide tools, bike stands, and volunteers to help teach you how to make repairs as you need."



Sam Stones (photo courtesy of Sam)

**Any favorite holiday rituals or New Year's Resolutions you want share?**

"2020 was a difficult year for everyone involving lots of uncertainty and rapid change; for 2021, I am hoping to lean into change, even when it feels hard and uncomfortable. For more tangible goals, I am hoping to ride a full century (a bike ride of 100 miles) and am working to read 24 books by the end of 2021."

**What's it like to start a new job and receive training/meet your teammates, etc., virtually?**

"It is very different to start a job virtually! I didn't realize how much casual bonding with teammates happened organically in person, but I feel like everyone has been very intentional on reaching out and making me feel welcome. I think training is actually better for me virtually because I learn best visually and when I'm able to be hands on. With screen sharing, I can follow along while also doing the task at hand. It's been very helpful for all the computer-based programs my job requires." ●

# HAPPY New Year!



*Thank you for joining us*

in our shared passion to build community by meeting basic needs, nurturing success, and spreading change. We're grateful to have you standing with us in an upending year full of change.

*“Do not stop at the wall looming before you. Make a door. Make a door wide enough not only for you but for others.”*

– Maggie Smith, poet



*On behalf of Solid Ground ...*

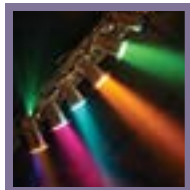
Volunteer Services and the Retired and Senior Volunteer Program (RSVP) of King County wish you a safe, grounded, and healing new year!

## Volunteer COVID-19 self-screening tool

**Solid Ground and RSVP work in alignment with Public Health – Seattle & King County to fight community transmission of COVID-19. Staff, volunteers, and visitors are asked to stay at home if they have COVID-19, feel at all unwell, or have been exposed to people who have COVID or COVID-like symptoms. Please use this screening tool, adapted from the Washington State Department of Health, to screen yourself before in-person volunteering.**

- 1) Do you have ANY of these symptoms that are not caused by another condition?  YES  NO
  - ▶ Fever or chills
  - ▶ Fatigue
  - ▶ Recent loss of taste or smell
  - ▶ Cough
  - ▶ Muscle or body aches
  - ▶ Sore throat
  - ▶ Shortness of breath or difficulty breathing
  - ▶ Diarrhea
  - ▶ Congestion
  - ▶ Headache
  - ▶ Nausea or vomiting
  
- 2) Within the past 14 days, have you had contact with anyone that you know had COVID-19 or COVID-like symptoms? Contact is defined as being 6 feet (2 meters) or closer for more than 15 minutes with a symptomatic person or having direct contact with fluids from a person with COVID-19 (for example, being coughed or sneezed on).  YES  NO
  
- 3) Have you had a positive COVID-19 test for active virus in the past 10 days?  YES  NO
  
- 4) Within the past 14 days, has a public health or medical professional told you to self-monitor, self-isolate, or self-quarantine because of concerns about COVID-19 infection?  YES  NO

**If any of the above statements are true, please stay at home. If you begin to feel ill or start to experience any symptoms of COVID-19 while volunteering, immediately contact your volunteer supervisor. THANK YOU! ●**



## Volunteer Spotlight

by David Thornbrugh

### Kathleen Turner

For substitute librarian Kathleen Turner, virtually tutoring a middle school student in math as a volunteer for the Youth Tutoring Program (YTP) has brought a welcome change: She no longer has to perform that traditional librarian function: “shushing” too-noisy library users. However, she does have to make sure her Zoom settings (the web platform YTP uses) are set appropriately for privacy and to minimize background noises of both her and the student’s computer.

Instead, Kathleen now has the uniquely contemporary challenge of establishing rapport during remote tutoring, where making eye contact is difficult, and a 45-minute tutoring session goes by quickly. “That is not a lot of time just once a week,” she explains. “I think establishing any kind of a relationship through a screen is difficult.”

The weekly sessions are scheduled for afterschool hours, which works well for Kathleen. In fact, when meeting in-person becomes possible again, she is considering tutoring additional students now that she has experience with online tutoring. “Learning how to do it, I wanted to make sure that I didn’t overcommit.”

Since beginning tutoring for YTP in late September, Kathleen has been very impressed with how the program is run and how they have adapted to the online environment. “They have tried to do some of the fun things that they do during normal times, such as having an end-of-year party. They had a day where there was no tutoring; everybody [logged on], and they could go to a breakout room and play games or watch a movie.”

YTP has incorporated this relationship building into tutoring sessions as well. “Many times, they have a question of the day or

a thinking game or something to start it off. They have been really amazing and really tried to adapt to making it fun [in addition to the] work” with the students.

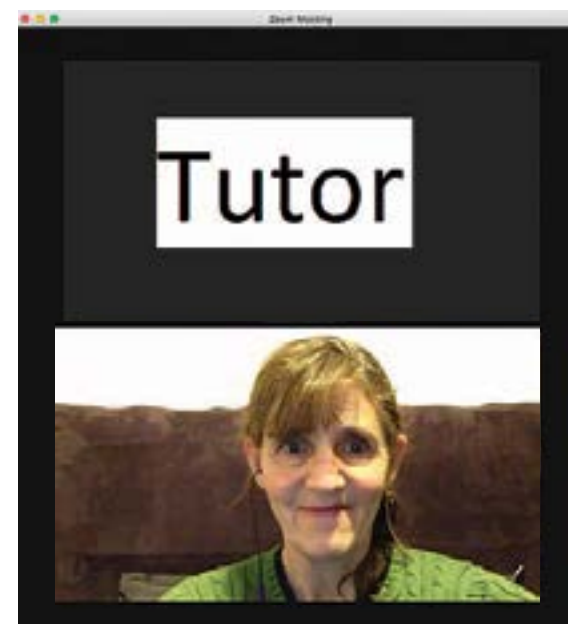
Much of the time, Kathleen does her virtual tutoring from the remote Shaw Island in the San Juans, among a population of 150 people, where she and her husband help maintain a family cabin. As she puts it, “No one ever comes to Shaw unless you have a reason to come.” Like many other people in these isolated times, she and her husband have adopted a puppy, now four months old, which she describes as very time consuming.

Kathleen recommends becoming a virtual tutor to other prospective volunteers, especially if they are interested in getting to know a young person. “They live in a different world, in a way. Life is very different in school than it was when we were in school. It’s really been interesting to try and navigate how to speak about events in the world, because there have been questions come up, and comments. ... It pushes you, a little bit. I would recommend it for someone who wants to be learning themselves – because you are not the only one that’s teaching. I would say I’ve learned more from my student than maybe they have learned from me.

“It’s interesting getting to know someone who’s very different from me in their life. It’s been very illuminating, and I feel very honored to be able to do that. Don’t expect you won’t be challenged,” Kathleen makes sure to clarify, “and not in a bad way. Just be open. You have to be a little humble, because you get little glimpses of how other people are coping [with the current circumstances].”

The Youth Tutoring Program, which matches volunteers with elementary-to-high-school-age students for one hour of tutoring support a week, excitedly welcomes new volunteers for its school-year and summer programs.

At the time of this writing, YTP is completely virtual, using the Zoom platform to connect students and volunteers; their training and onboarding includes technical support for those who need it, so don’t let that be a barrier to becoming a tutor. If you’re interested in learning more about YTP, please contact Megan Wildhood at [meganw@solid-ground.org](mailto:meganw@solid-ground.org) or 206.694.6786. ●



Kathleen Turner during a tutoring session on Zoom (courtesy of Kathleen Turner)

**COMMUNITY BRILLIANCE & RESILIENCE**

Save the Date

for our

ANNUAL BUILDING  
COMMUNITY FUNDRAISER!

Streaming Live  
from Town Hall Seattle

Thursday

MARCH

25

4:30 – 5:30pm

### 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 RSVP’s mission 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 relate your own experiences with RSVP to encourage others to join. We provide a fun, interactive training and give you the chance to meet other active, enthusiastic people.

To sign up or ask more questions, please contact:  
Megan Wildhood, 206.694.6785 | [meganw@solid-ground.org](mailto:meganw@solid-ground.org)

MORE INFO: 206.694.6862  
[events@solid-ground.org](mailto:events@solid-ground.org)



## 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 Megan Wildhood 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...

**Cancer Lifeline:** Volunteers are an integral part of the Cancer Lifeline team. Lifeline Specialists help by staffing the telephone lifeline, assisting in administrative tasks, supporting classes, and much more. Volunteers provide a wide range of specialized talents and skills, and Cancer Lifeline depends on their energy and enthusiasm. Volunteering is currently remote, with volunteers helping from their own homes, but Cancer Lifeline hopes to have in-person volunteering once the pandemic is over.

~Central Seattle

**Jewish Family Services'** Refugee & Immigrant Services Program is in search of Virtual Professional Mentors with expertise in Law, Engineering, Computer Science, IT, Data Analytics, or Business Management. This opportunity will help support and coach highly skilled individuals in reestablishing their careers in the U.S. Minimum 3 hours per month and a 6-month commitment.

~North & Central Seattle

**Lifelong:** For more than 30 years, Lifelong's volunteers have played a vital role in helping us provide quality care and services to people living with and at risk of serious illnesses. Each week, volunteers work with Chicken Soup Brigade, our food program, and preparing, bagging, and delivering meals and groceries.

~Central Seattle

**Mt. Si Senior Center:** Located in North Bend, Mt. Si Senior Center seeks volunteers for two different positions. ▶ **Lunch volunteers** assist with meal preparation onsite, Monday through Friday from 9am – 12pm. ▶ **Senior call volunteers** make social check-in phone calls to 20 seniors weekly. We ask that volunteers be ready to make a regular and ongoing commitment.

~North Bend

**North Helpline:** Due to COVID-19, we have altered schedules to now have volunteers work in teams, which are able to work as much or little as they would like for two weeks and then will need to take two weeks off. Opportunities are available Tuesday – Saturday.

▶ **Food bank helpers** work directly with our neighbors W, Th, and Sat to pack foods that match their needs. Volunteers will take down any dietary restrictions and then select appropriate foods from several stations to create a bountiful box designed to last the family for an entire week. ▶ **Food bank sorters** work T, Th, and F to inspect the quality of food coming in from donations and partner organizations. Volunteers will work with eight to nine others (at a safe distance) to sift through items, bag produce and fruit and may also assist with bagging bulk items such as rice, dog food, potatoes, bread, pastries, etc. In addition, we need ▶ **volunteers to help us pack boxes** for people who are unable to make it into our regular distribution. These boxes will be packed according to dietary restrictions and then be delivered by volunteers later in the day.

~North Seattle

**Washington DECA:** Through active membership, high school students embrace four key DECA Values: Innovation, Teamwork, Competency, and Integrity. These values are practiced and lived out in over 50 business-based competitions, scholarships, conferences, campaigns, initiatives, school-based enterprises, and recognition opportunities for students. Volunteer to judge high school student virtual presentations either 10 or 15 minutes long. You will be asked to view 8-10 entries and complete an evaluation. The competition runs from February 28 – March 3 this year.

~Central Seattle

### IN OUR COMMUNITY...

A message from **Northshore Senior Center's** Volunteer Coordinator, *Forman Shah*:

“On behalf of the staff at Northshore Senior Center, I would like to extend our gratitude to all our dedicated volunteers for donating their precious time and energy throughout 2020. Your efforts have an oversized impact on the community and continue to make a considerable difference in so many lives, and we are thankful for it. A constant in our lives will always be the need for helping hands, and these uncertain times reiterate the need to reach out, to help, and to serve those impacted adversely by the current pandemic.

“With the center being closed currently, in-person volunteering opportunities are minimal. That said, we are open to your ideas for volunteering opportunities that are virtual and/or can be done from home. Any suggestions can be emailed to me directly at [Volunteer@mynorthshore.org](mailto:Volunteer@mynorthshore.org).

“As we wade through these challenging times, I'm confident that we are heading towards a time where we all can meet and work together under one roof, sharing stories, meals, and anecdotes. Here's to looking forward to a fantastic and extremely social 2021!”

*Northshore's in-person and virtual volunteering opportunities:*

- ▶ **Food Pantry:** Tuesdays (8am – 1pm), Thursdays (2:30 – 6pm), Saturdays (8am – 1pm). Help sort, stock, and organize the pantry. Help community members who arrive at the pantry.
- ▶ **Drivers:** Help deliver meals and medication, pick up donations, and also provide transportation to seniors. The schedule varies, weekdays.
- ▶ **Kitchen helpers:** Help the chef with meal prep, packing meals, dishwashing, and cleanup. The schedule varies, weekdays.
- ▶ **Yardwork and property maintenance volunteers:** Outdoors work on weekdays.
- ▶ **Friday giveaway event support:** Help unload all donations received from the donors' vehicles, and help distribute and load the cars to the community members who attend the event.
- ▶ **Make greeting cards:** Use your own supplies to make greeting cards for general use.
- ▶ **Tutor online:** Help and share any basic technical skills you may have (e.g., Excel, Word, Zoom, Social Media etc.) and virtually teach our seniors and community members.

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