

Experience *in Action!*

King County RSVP's news for people 55 & older

Volume 35 | Number 2 | Spring 2021



AmeriCorps
Seniors



Volunteer Highlight: Darci Beacom with Power of One

by David Thornbrugh

Similar to many other retirees, Darci Beacom found her way to AmeriCorps Seniors RSVP as a way to “explore beyond the community of my house, and renovations, and the grandchild.” Her journey led her to the Shoreline Lake Forest Park Senior Center, whose Power of One Volunteer Program placed her at Shorewood High School as a mentor to students in the school’s English as a second language (ESL) program.

Sally Thomas, the school’s ESL teacher, jumped at the chance to experiment with the idea of having an adult in the classroom.

As Darci explains, she and several other volunteers were interested in working with older kids, and their involvement was “kind of a breakthrough program at the high school level.”

Contributing to Power of One’s success was the diversity and expertise among the volunteers. As Darci says, “We had a fellow who was an absolute wizard at math and somebody else who knew several languages – so we all brought something different to the classroom.” Guided by the teacher, her emphasis was on really getting the kids to stay focused and practice their



Darci Beacom in her home tutoring “classroom”

English. The classroom they were in was specific for reading comprehension and writing at the upper level. Because they would rotate classes, the kids would then go on to a regular chemistry or biology class.

Darci describes her professional background as “a lot of experience in corporate America.” She had mentored a Spanish-speaking adult family some years earlier while living in Illinois, but that had been mainly “for getting assimilated to the country and its values.”

When entering the high school classroom for the first time, she admits to being concerned “because there wasn’t one common language.” She had some knowledge of French and Spanish, but “none of the students had those languages in their background.”

Relieved at not having to know the students’ languages, Darci was able to relax with her young charges. “They would laugh with us – they would laugh at us, probably. But they worked so hard. It was very inspiring to see how hard those kids worked.”

Being in the classroom for a year enabled Darci – who modestly describes her primary volunteer talent as “enthusiasm” – to find her footing. She learned that Ms. Thomas structured

her class as pods, which rotate among the students’ language skills: “One pod would be focused on building language vocabulary and another pod would be working on comprehension and writing. And so, it was actually very easy to come into it, because the expectation was that English is what they were there to master.”

Like everyone else, when the pandemic hit, the ESL volunteers had to scramble to adjust to a new reality. But Darci explains that Ms. Thomas “worked with the school district to get the OK for the volunteers that were assigned to her classroom to continue to participate via Zoom. We participated by helping in breakout rooms, as though we were in the classroom.”

Darci also worked one-to-one with a student whose parents expressed a desire for help for their daughter “following the curriculum that [Ms. Thomas] had laid out.” Now, Power of One – along with the ESL program – is again on hiatus. Darci says that during pandemic restrictions, “Our program follows what the schools are doing. Until they make the decision it’s okay to bring nonformal educators to the classroom, we’re on hold at all levels.”

Continued on page 3

**Solid Ground’s King County RSVP
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Speaking Directly

by Megan Wildhood, RSVP Coordinator

A month of recognition: Older Americans Month and recognizing our volunteers

The theme of this *Experience in Action!* (EIA) issue is *Recognition*. AmeriCorps Seniors programs across the nation annually recognize their volunteers in different ways.

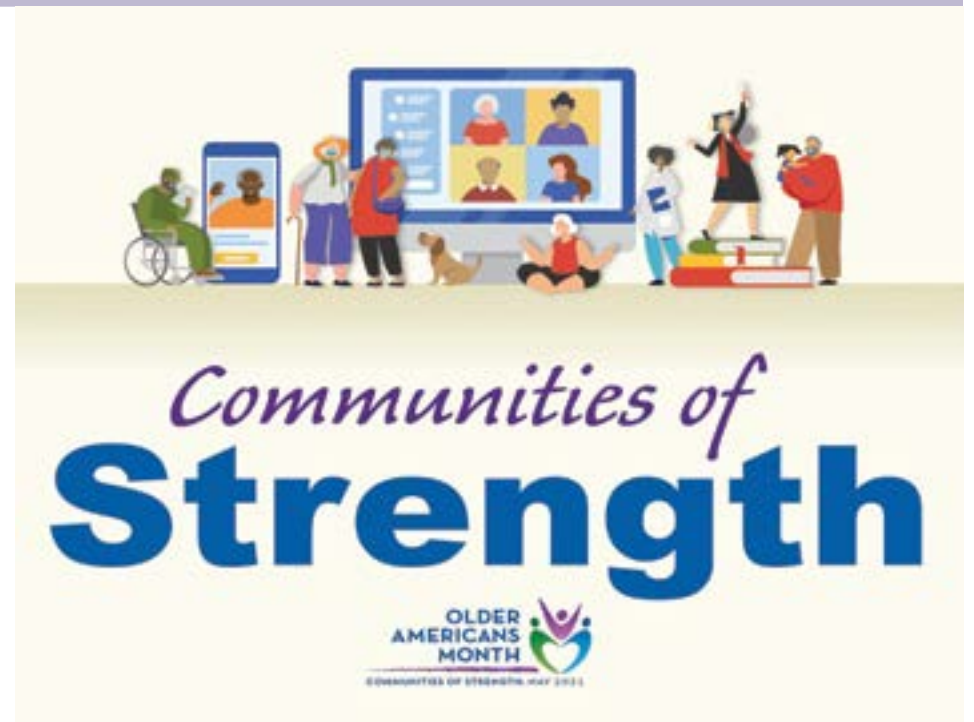
I'd like to commit this issue to honoring the service and commitment of RSVP volunteers across King County who – despite unprecedented challenges that lasted longer than anyone this time last year expected – continue to give of your time, gifts, and wisdom.

Whether you virtually tutor a student, deliver necessities to a senior in your community, assist a food bank, connect with an isolated community member over the phone, or play another role in our community, you are essential to the work Solid Ground does to meet basic needs, nurture success, and spread change.

Your dedication to serving others, even through immense difficulty in the world, is awe-inspiring. Thank you for your offerings to our community and for giving me the honor of working with you to strengthen our communities.

Speaking of recognition, every year in May, the Administration for Community Living leads our country's observance of Older Americans Month. The theme for 2021 was "Communities of Strength."

Older adults have built resilience and strength over their lives through successes, failures, joys, and difficulties. Their stories and contributions help support and inspire others. We especially want to recognize the contributions RSVP volunteers have made to site partners across King County to strengthen our



communities and make the places we live better and more connected.

This year has been challenging in so many ways – and staying connected with each other has been especially difficult. Social connection plays a vital role in our health and well-being, and in that of our communities. Through virtual companionship and other volunteer opportunities, RSVP volunteers maintain connection with isolated seniors across King County as well as with each other.

Thank you so much for being a part of AmeriCorps Seniors, RSVP and Solid Ground. Please enjoy this edition of *Experience in Action* in recognition of your

valuable service, connection, and other community contributions.

To see how the Administration for Community Living (acl.gov) celebrated older Americans during their month-long recognition, visit their Older Americans Month (OAM) webpage (acl.gov/oam/2021/older-americans-month-2021). You can also visit the White House Briefing Room website to read the White House's Proclamation on Older Americans Month (www.whitehouse.gov/briefing-room/presidential-actions/2021/05/03/a-proclamation-on-older-americans-month-2021). ●

Celebrating Older Americans Month!





It Seems to Me...

by Peter Langmaid

Giving and receiving recognition

Ask anyone who volunteers why they do it, and you'll likely get variations on the theme of 'giving back.' And while that motivation is sincere and commendable, there is also an underlying need for recognition – especially for retirees and especially during COVID-19 – for our efforts to make our communities better places.

I volunteer at my local food bank and write this column for the *Experience in Action* newsletter that RSVP publishes three times a year. Both organizations are dedicated to their missions and understand they cannot achieve those missions without the help of volunteers.

Both organizations truly appreciate the contributions of their volunteers and show their gratitude in several ways. The food bank, for example, hosts two volunteer appreciation events a year, one in summer and one during the holiday season. At these gatherings, we learn about the health of the organization, share a meal, and socialize with other volunteers in a casual atmosphere.

While it's wonderful and energizing to be appreciated by an organization, it's even more powerful to be recognized and appreciated by food bank

customers, who I have grown to see as friends. When I returned to the food bank after missing several weeks due to surgery, I was thrilled and gratified when customer after customer asked me where I'd been and told me that they missed me.

Appreciation flows in several directions. I appreciate the new friendships I've made with fellow volunteers and customers. I appreciate socializing with fellow volunteers and feel a sense of community and purpose. And when I file a column or finish a shift at the food bank, I feel good about myself for having done something useful.

But appreciation extends far beyond volunteering. During my working years, recognitions came in the forms of promotions, performance reviews, increased compensation, and acknowledgment from colleagues for a job well done. I never actively sought recognition, but it always made me feel good and inspired me to work harder and smarter.

Since retirement, I have discovered that the need for recognition is a powerful motivator. During my working and child-raising years, my wife and I were so busy with the various demands on our



life that we didn't take time to acknowledge each other for the multitude of things, big and small, that we did to keep our family moving forward. Today, with the kids out of the house and the pace of life less hectic, we make a point of thanking each other and acknowledging each other's contribution to our pleasant home life.

My wife does the shopping and food preparation (she's a great and imaginative cook), and I put the groceries away, do the dishes and cleanup, and perform minor home improvements to the best of my limited talents.

To be sure, my wife's contribution dwarfs mine, and I have always appreciated her efforts, but I never told her how much I appreciated what she does. I do now and it feels good to tell her how much I appreciate what she does, and I hope she likes hearing it. We work well as a team, but she's definitely the MVP.

Appreciation is a good habit to cultivate. Remember that recognition, like charity, begins at home. ●

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

Darci continued from page 1

Darci remains confident that she will again be able to rejoin her students in the classroom, not least because she thinks Ms. Thomas is "absolutely incredible. She is very creative and empathetic. When I see a teacher working that hard to help the kids succeed, I just want to help. I've been in touch with her, and she is thinking they will open up next term. That's what I hope."

Meanwhile, Darci continues to contribute to her community as a volunteer. "The whole RSVP program is amazing. I had no idea there were so many facets to it. We also volunteer for Northwest Neighbors network. It's to try to help seniors stay in their houses, as long as they want. My husband and I are working both ends of the spectrum: I'm working with kids as they come up, and we're working with seniors as they're trying to stay in their house."

Thanks so much for your service, Darci! ●

SITE PARTNER RECOGNITION

"I am continually amazed by the commitment and enthusiasm of the Power of One volunteers, and **Darci Beacom** is no exception to this. She loves connecting with kids and watching them come to life in different ways as they learn and grow. Being able to contribute to this in a meaningful way keeps her motivated as a volunteer. We're fortunate to have her in our volunteer program!"



Darci Beacom in her garden

~Terry Monette, *Power of One Partners in Learning Program Coordinator*

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.

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Financial Planning

by Bill Pharr

Charitable giving: Recognizing our values

The pandemic has deeply impacted charitable giving, and nonprofits have been hit hard. People who have lost jobs now don't have the resources to donate to causes they care about at the same level they had prior to the pandemic.

Additionally, Harris Insights and Analytics – an American market research and analytics company that has tracked the sentiments, behaviors, and motivations of American adults since 1963 – found in a poll last year that two in five families are making less than they did before the start of the pandemic.

Many nonprofits are challenged by the increased need for their services due to the pandemic, and simultaneously, donations seem to have decreased. In this article, I'm going to share information on charitable giving and provide some resources for people looking to dig deeper into the organizations they want to support.

I suggest that the first step in charitable giving is to get a handle on why you are donating money. It seems like an easy task, but it is important to take seriously. Do you give because it makes you feel good? Do you contribute because you want to help people or an organization achieve their goals? Is it part of how you live out your values?

When most people start to think about contributing money, it usually starts locally.

Nonprofits that your friends and their children are involved with are often first on the list. Next come other local nonprofits, then national nonprofits, and international nonprofits.

You can also give money to one organization that distributes your donation to multiple agencies. After creating your list of organizations to give to, it is nice to figure out which ones allocate their resources efficiently. One tool to help with this is charitynavigator.org.

The next challenge is to figure out how much money you are able to donate. Most people have a certain amount of discretionary funds they can allocate to giving, and an almost unlimited number of causes they want to give to. There is no algorithm for this question, but a small gift of money can go a long way to helping out a family or community in need.

Pete Singer, author of [The Life You Can Save](https://www.thelifeyoucansave.org), can help



Photo credit: Charity Today

answer the above questions. His book is a great read for charitable giving, and his website, thelifeyoucansave.org, is an excellent resource for understanding the impact charitable giving can have on people and nonprofits. It also lists nonprofits by efficiency of funds.

Mr. Singer encourages people to ask these four questions when considering donating to organizations:

- 1) How much difference can I make?
- 2) Am I expected to abandon my career?
- 3) Isn't charity bureaucratic and ineffective anyway?
- 4) Isn't it a burden to give up so much?

Two other websites that can assist with the giving process are givewell.org and givingwhatwecan.org. One of the most important features of each is the filter process that allows you to get more information on many nonprofits and narrow down where you would like to donate based on your interests and concerns – including searching for local nonprofits – and providing detailed information about each one.

Donating time and money is one of the most important activities Americans do every day. While the process can be challenging, remember that you can engage in it at your own pace and for your own reasons. It can also be fun and encouraging to see all the good work being done in our communities, which you can be a part of with your giving. You just need to decide where to donate.

For those who cannot give financially, volunteering is just as helpful to organizations; a volunteer's time is worth over \$30 an hour in Washington. Time, donated by volunteering, is money. ●

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

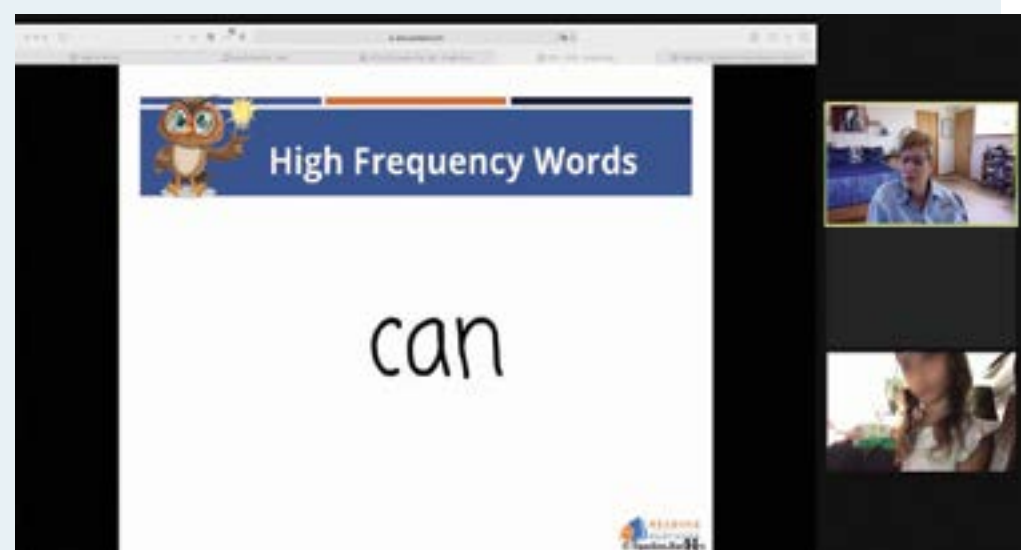


Photo credit: FrontStream

SITE PARTNER RECOGNITION

“**Sylvia Shiroyama** is in her 5th year of tutoring. She is part of the Sanislo family and is a fantastic tutor for any student who is paired with her for the school year. Sylvia really listens to her students and makes adjustments where necessary so her students feel challenged but not overwhelmed. She also makes learning and reading fun and engaging by finding just the right book. This year, Reading Partners moved the curriculum to a virtual platform, and Sylvia was up to the challenge. She is dedicated to the program and committed to her students' success. I appreciate Sylvia's patience, flexibility, commitment, and dedication to Reading Partners.”

~Cecilia Herrera, Sanislo *Reading Partners* Site Coordinator



Screenshot of Sylvia Shiroyama in a Zoom tutoring session



Aging with Wisdom

by Carol Scott-Kassner

Regular recognitions: Creating rituals as we age

We go through so many transitions as we get older: retirement, attending grandchildren's graduations, downsizing and moving, celebrating the lives of friends and loved ones who have died, and achieving milestone birthdays and anniversaries. Some of these occasions already come packed with tradition and rituals:

- ▶ The retirement celebration honors the retiree.
- ▶ The graduation ceremony sends the new graduate off into the world.
- ▶ The funeral or memorial service celebrates how the life of the deceased has touched others.

Traditions invite us to mark these important moments in ways that have significance for us. Creating rituals can help us to grieve significant losses or celebrate meaningful moments. They can help us symbolize what a particular moment or relationship means to us. They can allow us to invite others to share with us to celebrate or mourn, or we can create private rituals to help us move through difficult losses. Humans have created rituals for thousands of years, some of which have remained with us in our contemporary culture. They help us invite the sacred into our lives and create meaning on the deepest levels.

When I was 32, I said to myself that I want to be wise when I'm an old woman, but I didn't know how to achieve that. My mother-in-law was extremely wise, and I wanted to emulate her. As I aged, I realized that wisdom came from experiencing the many challenges of life and learning from them. Being self-reflective, continuing on a path of spiritual deepening – and being honest with myself about the ways I needed to heal from old wounds and continue to grow.

Much later, as I approached my 70th birthday, I decided that I wanted to do something to claim my status as a wise older woman. I felt confident that, as a result of my journey of learning and deepening, I had a gift of wisdom to offer others. I wanted to invite friends to welcome me into this status and hold me to my commitment to share my wisdom.

I decided to hold a Croning Ceremony. Most of us think of a Crone as a shriveled older woman who is bent and cackles much of the time. I discovered that the original meaning of the word Crone is crown; it represents a woman in the crown of her life. Thus, I wanted to hold a ceremony to mark my entrance into this stage of life.

This is a ceremony that is very ancient in its origins, and I usually associate it with Celtic Christianity from the British Isles, which is an earth-centered and woman-centered religious tradition. Ancient tribes realized the value of honoring the wise older women among them, and after the ceremony, gave them power as important leaders.

When I had my ceremony nine years ago, I invited a very wise Native American friend of mine to help me plan it. We are both singers and dancers, and we both love rituals, so it was quite easy for us to incorporate those essential elements. I invited women from their 20s to 80s, including two important mentors.

A friend who is an Indigenous woman from this region helped me plan the ceremony. There was singing and dancing and blessings, and my daughter placed a shawl around my shoulders to signify this new status. It was one of the most meaningful times of my life. There are



now many more resources online, and it appears that the Unitarian Church has developed a Croning ritual with a script that is available online.

Friends who are celebrating their 50th, 60th, or 70th wedding anniversaries have held a blessing of their long marriages, often with a minister or priest having them repeat early vows and renewing their commitment to each other until "death do [they] part." Others have had all of their children and grandchildren gather in their home, or some lodge or beach location, and performed rituals of blessing and remembrance.

A woman with whom I worked was trying to let go of regrets and difficult memories. I invited her to write each of the things she wanted to release on separate pieces of paper. We put these in a large ceramic bowl and, after some prayers of release, we burned them as an act of letting go.

As a part of the aging work I do with others, we invite people to actually plan their own memorial service, choosing favorite music and readings, and designating who they want to speak on their behalf. I've even encouraged those who are dying slowly of some incurable condition to not only plan what they want but have the

ceremony while they are still alive so they can hear the lovely things their friends and family have to say about them. A true celebration.

On the final day of my mother's life, I created a ritual of a blessing of her hands during which her grandchildren told stories of all of the things Grandma had made for them or taught them, and the ways she had blessed them.

When I was alone with her, I removed the clothing from her mid-section and did a blessing of her womb, thanking her for giving birth to me, my sister, and my brother – and thanking her for all of the ways she nurtured us. Although she was in a coma, I choose to believe that she still received these final gifts.

I hope you will consider celebrating the important moments and passages of your life as you age. I invite you to think through what kind of celebration you would enjoy; who you wish to be present, if anyone; and what symbols and rituals you will use to make these celebrations deeply meaningful for you. I also hope you will create rituals of release to help you to move into and through the grief

associated with the tremendous losses we experience as we age.

May you be richly blessed as you go through these important life passages unique to aging. May you find meaningful ways to mark those passages. May you invite those you love to celebrate you and celebrate with you. ●

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.

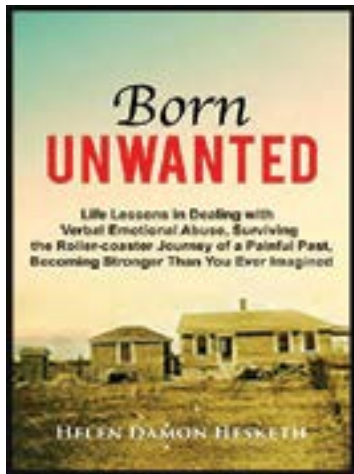


Volunteer Highlight:

Helen Hesketh, RSVP Ambassador and author

by Jennifer Gahagan

Helen Hesketh, longtime AmeriCorps Seniors volunteer through RSVP at Solid Ground, has been busy as usual. Last year, she became a published author when her first book was released in February 2020: [*Born Unwanted: Life Lessons in Dealing with Verbal Emotional Abuse, Surviving the Roller-coaster Journey of a Painful Past, Becoming Stronger than You Ever Imagined*](#). In her book, Helen invites readers on a journey of self-discovery by exploring their own life experiences through memoirs.



Helen shares a series of short stories from the time she was born through her school years during the depression, her young adult and married life, raising eight children, her career, and her retirement years. Each of her stories comes with writing prompts for readers to explore their own life events and how those experiences have shaped their behaviors, decisions, and life choices.

Helen's honest, heartfelt accounts of her past and how they impacted her reactions and responses inspire readers

to do the same. Helen also shares moments when she realized where her behaviors came from and how she consciously chose which behaviors to continue and which to change.

With over 21 years and 8,000 hours of volunteer service through RSVP, Helen is a true inspiration. She has dedicated much of her life to her family and community. She has provided leadership in



Helen Damon Hesketh with her husband Joe (photo by Liz Reed Hawk)

the organizations she's served, including her RSVP service. In 2002, RSVP awarded her the Organizational Volunteer of the Year for her leadership at SeniorNet of Puget Sound, an agency that was dedicated to seniors teaching seniors computer skills.

Currently Helen serves as an RSVP Ambassador along with her husband Joe, bringing her passion and support for service to our program, helping us recognize the service of other volunteers, and spreading the word about RSVP opportunities in the community.

Helen encourages anyone who has thought about writing a book but has felt fearful or doubtful: "The world needs your story; maybe it will help someone else." A lifelong learner, leader, and volunteer, she reminds us that it is never too late to make changes, build knowledge, learn new skills, improve relationships and happiness, and be of service to your community. Thank you, Helen, for sharing your life experience, wisdom, and service!

Born Unwanted is available on Amazon. ●

SITE PARTNER RECOGNITION



Lil Hiyashi (center) with Kokoro Kai program participants

"**Lillian Hiyashi** has volunteered with Kokoro Kai's adult day program for 10 years. She always says, 'I will want to assist the program in any manner I can. I will be there!' In this difficult time, she makes a regular call to a participant, and she brings sweets she bakes to cheer us up. All of our volunteers are very dedicated to the program, and it's impossible without our volunteers. Our participants, the families, and volunteers are so looking forward to having the program and seeing each other again."

~Tomoko Faasumalie, *Kokoro Kai Adult Day Center*

Site Partner Highlight:

Northshore Senior Center (NSC) Kindness Crew

by Foram Shah, NSC Volunteer Coordinator

One casualty of the pandemic has been the cheerful gatherings we are so used to having to celebrate special occasions with near and dear ones. To provide a small bit of personal touch to such occasions, the Northshore Kindness Crew has been busy at work creating handwritten cards and sending them to members and volunteers of the Northshore Senior Center.

The modern way of greeting on special occasions is sending e-cards, which at times might feel a bit impersonal and isolate folks who aren't as comfortable with technology. Paper and ink convey emotions and a personal touch that typed text can't as there is true effort and time required to make them.

Lead volunteer **Cynthia Bemis** has worked tirelessly to collect cards from the local community members, schools, and local crafters, and worked with other volunteer members to make personalized cards and mail them out to members. The Kindness Crew has sent 400 cards a month – 12 cards a day!

The charter of the Northshore Kindness crew is to spread cheer within the community, and all of the members have exemplified this. We wish them the best in continuing to bring cheer to the community. ●



Volunteer Highlight:

Mark Davey finds serenity in helping others

by Peter Langmaid

Almost immediately after meeting Mark in the foyer of the Northshore Senior Center, I sensed there was something special about him. No one, I thought to myself, can actually be this calm, relaxed, and cheerful. And yet, Mark is indeed.

Mark was born and raised in Alaska. In 1969, he enrolled at the University of Wyoming to study electrical engineering, with the intention of a career in computer design and development. This was during the age of the punch card, and Mark found the work too sedentary. So guided by the wisdom of “find a job you love doing,” he moved back to Alaska and worked construction for 45 years. He’s never regretted his decision.

Married with three children, Mark and family moved to Lebanon, OR, in 1974 to help start a nondenominational church. Using his considerable construction and electrical training skills, he worked on a three-man crew and oversaw the renovation of a 94,000-square-foot building that used to be a Walmart, utilizing part of the space for the church and leasing out the rest. Though not an ordained minister himself, his church’s stance is that all people can minister to one another.

With a daughter living in Edmonds and a need for big-city services, Mark and family moved to the Seattle area in 2014. He intended to get a contractor’s license but found the city-by-city licensing process too onerous. Instead, he contacted the Northshore Senior Center to see if they could use some volunteer help.

Today, Mark spends 20 to 30 hours a week at the center working as part of the maintenance team, which includes just about everything. “There’s always something to do,” he says.

When I reached out to Zorna Kimball, Director of Administrative Services for Northshore, for her assessment of Mark’s contribution to the team, she couldn’t stop gushing his praises: “Mark’s contribution to Northshore is truly amazing. He has given us so much time and energy. [He’s willing] to come in evenings and weekends when needed to deal with an issue or crisis. His expertise



Mark Davey (photos courtesy of Northshore Senior Center)

and willingness to help has saved us money and time. Most of all we appreciate Mark’s positive attitude. [He is] the kind of volunteer every organization dreams of having.”

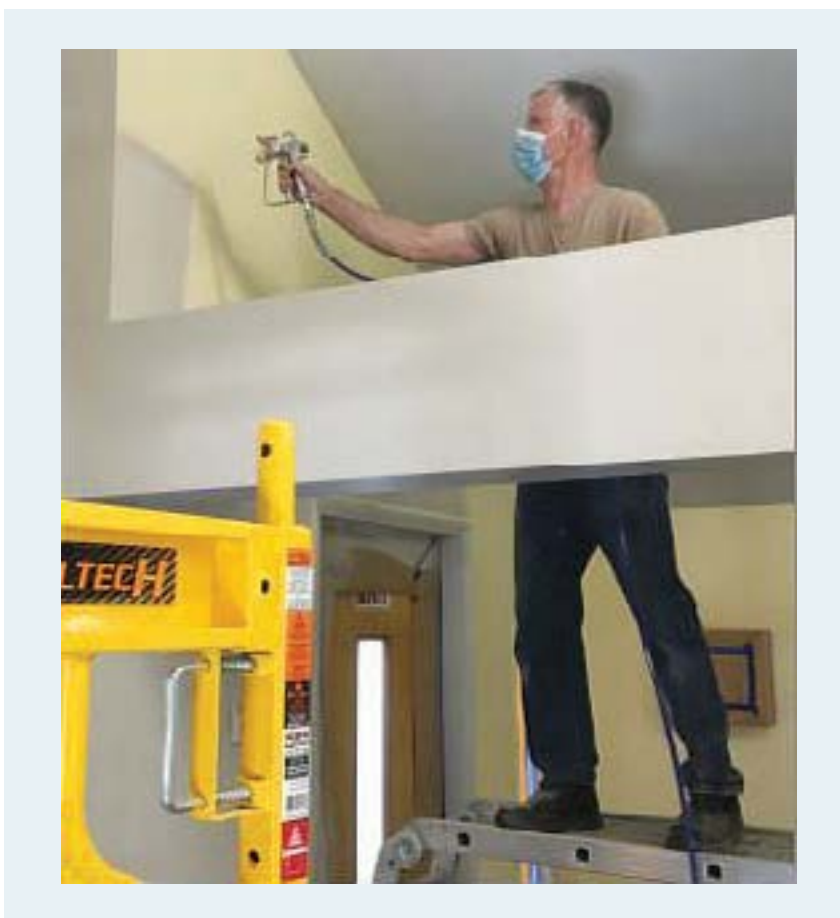
Mark doesn’t do it for recognition, but he does say, “The center’s staff always thanks volunteers for what they do. There’s also a volunteer appreciation week and dinner.”

In addition to his volunteering at the senior center, Mark has been part of a small group of volunteers for the past four years who travel to Tanzania to help expand a remote medical clinic.

When I asked Mark about his hobbies, he said he had none, only to then reveal he plays trumpet in two local bands. Though reluctant to brag about his proficiency, he did say he has been playing since the 6th grade!

I asked Mark what sustains the serene contentment and cheerfulness he exudes, and he pointed to a guiding principle and deeply held belief: “If you take care of the needs of others, your needs will be met.” ●

For more information, please contact Megan Wildhood at meganw@solid-ground.org or 206.694.6786.



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.

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.



To sign up, send hours, or ask more questions, please contact: Megan Wildhood, 206.694.6785 | meganw@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 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

Catholic Community Services (CCS): Volunteer Services at CCS is gearing up to reopen some of its prepandemic opportunities depending on vaccination status. The phone buddies program is open to all regardless of vaccine status. Minor home repairs, grocery/ medication/necessities deliveries is on a case-by-case basis, and yardwork can be done by those who have not been vaccinated if the program participant remains in their home. In-home support and program-participant transportation will be open to volunteers who have been fully vaccinated. Location, days and amount of time is very flexible and driven by the volunteer's preferences as they match up with program participants' needs.

~Countywide

Full Life Care has volunteer opportunities:

1) **Support Home Care department**, making one-to-one calls to each homecare aide (caregiver) to ask about their vaccination status. You would be given a list of names and phone numbers, and you would simply mark their status using Excel (interest/no interest or if received one dose/both doses).

2) **Support Health Home program**, making one-to-one calls to individual clients navigating a transition period in the management of their care. You would utilize motivational interviewing techniques to obtain insight on client circumstances and opinions, and reframe transition, encouraging clients' engagement in reasonable goals and action steps. You would also determine clients' decisions to connect with a new care coordinator to resume service, be placed on hold, or opt out.

At least 5–10 hours a week is preferred, with availability for at least 2 of these hours to consistently be aligned with Full Life Care staff work hours (Mondays–Fridays, 8:30am–5pm) – but all scheduling is flexible and negotiable in general to best accommodate your personal schedule.

~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

Tukwila Food Pantry is a nonprofit food bank that serves around 500 families three times a week. We are in need of volunteers to come in and help out on days we distribute food: Tuesdays, Thursdays, and Saturdays. Tasks generally include bagging produce, loading cars with food, and preparing food to go out. Volunteers usually work from either 9am–12pm or 12–3pm on those days, but we are happy with whatever time you can put in.

~South King County

MORE SITE PARTNER RECOGNITION

“Although the **SeaTac Airport** Volunteer Program paused from frontline customer service duties in March 2020, volunteers are returning this spring. Our community of airport volunteers focuses on elevating the customer experience by addressing their needs. Whether providing directions, distributing hidden disabilities sunflower lanyards, or providing Pacific Northwest tourist recommendations, our volunteers are invaluable members of the airport team. We thank our community of volunteers for returning to welcome travelers. As SEA traffic continues to pick up, the need for additional volunteers also increases. We hope to bring on new volunteers this summer.”

~Chelsea Rodriguez, Airport Volunteers & Customer Accessibility Manager, Seattle Tacoma International Airport

“**The Greenwood Senior Center**, like many other community spaces, closed our physical doors to the public in March 2020. We quickly shifted to offer online programming and other safe activities, including our educational classes, social groups, and memory loss support groups. Our daily lunch program shifted to a delivery service. We made phone calls to the most vulnerable of our members, and ensured our seniors were getting the medicines and food they needed, even with stay-at-home orders.

“We also found new ways to connect with our members and neighbors, partnering with volunteers to build and install a puzzle exchange cabinet, join our Pen Pal Project pairing seniors with youth across the country, perform (and host) our Front Yard mini-concerts, and participate in our Small Gestures program providing inexpensive and thoughtful tokens of appreciation.

“We are so fortunate to have such a dedicated and thoughtful crew of volunteers. Volunteers made phone calls to check on each other and kept our mostly-empty buildings from looking abandoned – and even pretty. They grew almost 200 pounds of produce, which was then used by other volunteers to make delicious and nutritious meals for people in need. They made masks and wrote cards, mowed lawns, and delivered meals.

“We are looking forward to welcoming our community back into our center and are grateful for the continued support. Our volunteers have been amazing, and their creativity and generosity seem boundless. We are grateful for and inspired by our volunteers.”

~LeAnne Chow, Volunteer Program Manager, Phinney Neighborhood Association

- 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