

Experience *in* Action!

King County RSVP’s news for people 55 & older
Volume 37 | Issue 3 | Fall 2022



Volunteer highlight: Christa Friedrich *by Gwen Campbell*

Volunteering has been a mainstay in Christa Friedrich’s life for over a decade. “You get more out of [volunteering] than you put in,” says Christa, a long-time volunteer at Seattle-Tacoma International Airport. Christa has volunteered assisting travelers for more than 13 years, contributing over 2,000 hours to RSVP’s national impact, ever since she retired from her career as a legal secretary in 2006.

Stationed at the information desk outside the new International Arrivals Facility, Christa assists visitors from around the world. With the opening of the new facility, 31 airlines now serve 28 non-stop

international destinations. Originally from Germany, Christa settled in Seattle in 1968. Her German language skills sometimes come in handy, but with visitors arriving from many different countries, she often relies on basic English and Google Translate to assist them. Airports can be overwhelming, with many people trying to get to many different places – usually in a hurry – with an almost constant stream of audible public announcements. People arriving from a long overseas flight may be, as Christa says, “discombobulated,” and she finds it very satisfying to help them with their immediate needs.



Christa Friedrich, SeaTac Airport volunteer

**Solid Ground’s King County RSVP
(Retired and Senior Volunteer Program)**
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She also enjoys meeting some interesting people. Questions about car rental, transportation, and area activities are typical, but missing luggage is the hot topic now. With the current upsurge in airline travel combined with recent airline staffing issues, more travelers seek help locating missing bags. Trying to navigate an unfamiliar airport to find a staffed airline counter or office can be difficult and frustrating for even seasoned travelers fluent in English. Christa recalls assisting a woman who was unable to connect with airline personnel at the airport in search of her missing luggage. Christa took her to the airline’s office, which was not staffed at that time, and found the entire corridor full of unattended suitcases. The woman was elated to find her bags among the pile. Travelling can be stressful. Travelling with young children can be even more stressful (I remember those days!), and Christa goes the extra mile to help travelers. She remembers a family returning home on a military flight. With many bags and two small children in tow, they were trying to get to their hotel. Christa gave them detailed directions to the hotel shuttle bus. The woman responded with a look of overwhelming incomprehension, so Christa led the parents, children, and bags to the shuttle bus herself. The opening of the International Arrivals Facility changed the traffic pattern of arriving travelers, and Christa misses some of the sights she used to see from her post at the information desk, which was more confined than where she volunteers now. She says she often misses witnessing the joyful family celebrations when overseas relatives were greeted by family living in the US. Also, military flights don’t come in on a regular basis anymore, so she misses the “dog/ passenger reunions” she used to witness. Now at her new location, though, she gets to see “barking concerts” that accompany the reunion of military flight passengers and their crated dogs in the baggage claim area. Having done this volunteer work for about 15 years, to what qualities does Christa attribute her success? Persistence. When

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Speaking Directly
by Megan Wildhood, RSVP Coordinator

Marking the start of fall

It’s hard to believe we’ve arrived at the last 2022 EIA newsletter already! Fall is in full swing, and though I always find it difficult to say goodbye to summer, I celebrate the various fall traditions of my family, my friends, and my community.

That’s why we’ve chosen *Traditions* as our theme this issue. Whether it’s raking up a big pile of leaves and inviting grandkids or neighborhood kids to jump in them, indulging in everything pumpkin spice, or getting back into a regular volunteer rhythm, marking the changing seasons is an important tradition in my own life.

One of my favorite fall traditions growing up was visiting the corn maze near our house. When my siblings and I were younger, we’d only go once or twice before the weather got cold enough to freeze the corn (and

little fingers and toes!). After I became a teenager, I carried on this family tradition with my friends: More than one autumn, we would see how many times we could go between the maze’s opening and Halloween, trying to beat our record from the last year.

The first year, we actually had to “throw the plume,” which meant releasing a bright orange flag into the air from a pressurized cannister each group received at the beginning of the maze in case they got lost or needed assistance. The maze watcher from the high tower at the corner of the field came to our rescue us by showing us the way out.

The year after that, we decided to start keeping track of the time it took us to complete the maze so we could try to beat it the next year: We’d race both each



other and our times from the previous year. It took us longer than it should have to realize that the maze was actually the same every year. Still, per our initial experience without adults to guide us through, it’s a wonder we managed to finish at all. I’d say its difficulty level was set at “Adult.”

Unfortunately, my high-powered memory does not seem to function quite as well for spatial-visual tasks, but that served to level the playing field among my friends. We had each other to goof around with, and everyone who visited the maze was friendly.

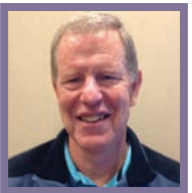
We didn’t get frustrated; the cold, especially the later in October it got (there was always the looming threat of

snow), motivated us to finish as fast as possible. By the time we were seniors in high school, we managed to finish in less than an hour!

I still have no idea how reasonable (or not!) a time that was, but I will never forget those halcyon autumn days as a teenager – there hasn’t been anything quite like that since!

Maybe you have memories like this from your youth. Even if you don’t, our writers detail some of their own in hopes that you’ll be able to curl up with a blanket near a window with a steaming cup of tea or hot chocolate and share in the reliving of some lovely times in life.

May the cocoa – as well as the nostalgia – be sweet!



Financial Planning
by Bill Pharr

Financial traditions:
Planning for the holidays

Recently, I took a trip down memory lane and spoke with my sister about some end-of-the-year traditions in our family of origin. I want to share a few from which my sister and I learned a great deal and had lots of fun doing!

We lived in Carlsbad, California in the 1950s, and our father was a captain in the Marine Corps at Camp Pendleton. Every Thanksgiving and Christmas, we invited a few single Marines to have a meal with us.

I remember how much fun it was to meet the soldiers. I enjoyed learning about their lives as Marines and listening to them talk about where they were from. My mother made great meals, and our guests were made to feel welcome in our home; the Marines were always very appreciative.

My sister reminded me of another tradition, which was the gift of S&H Green Stamps. I suspect a few readers of this article know about these. It was essentially a customer loyalty rewards system wherein a person could take their green stamps and paste them in an S&H Green Stamp book.

Once the book was full, my sister and I would redeem our points for merchandise. Planning how we could “spend” our book of stamps was fun. This program has been discontinued in recent years, but

it’s another example of the year-end tradition of giving and saving, one that taught us saving practices, which is so important at an early age. The process was lots of fun because we didn’t have to spend any money to get cool things! My sister and I learned a great deal about saving as well as gifting and being kind to people with the resources we have.

I continue these practices today: I have a calendar for financial matters, which helps me remember what needs to be done and by when it needs to be done. One use is to assist me in planning saving for a specific purpose in advance of when it is due. Examples are property tax due dates, estimated tax due dates, IRA contribution dates, etc. I also use it to remember to gift the kids in our family some money at the end of the year!

I brought this up because a tradition in my extended family is the gifting of EE savings bonds (iBonds are the popular choice now) for the children and grandchildren. My parents and grandparents lived during the depression and were in favor of giving the kids money that would grow in value rather than toys with a short shelf life.

My sister and I accumulated quite a few of these bonds. Even though they were \$25 or \$50 initial purchases, they grew to be quite a lot of money because of the quantity acquired through the years. It was great fun to go to the bank and cash them out.

When we cashed them out, it was a time to reflect on who gave the gift to us. It was also a moment to learn about saving money, how compounding interest works, and a chance to get comfortable going to a bank and opening up a checking account with the money.

What are some ways that your family traditions have carried on throughout the years into your lives today?

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





It Seems to Me...
by Peter Langmaid

For the love of traditions

The world is full of traditions. Every religion has its own set. Nations have traditions such as Memorial Day, Labor Day, and July 4th in the United States. Families have traditions such as particular ways to celebrate holidays and birthdays, and we as individuals have our own traditions.

As an example, for 20 years after my father died, I would take a hike by myself on his birthday to remember him. We all love our traditions because they are meaningful, focus us on things that matter, and give comfort and grounding in our complicated, anxiety-provoking world.

Of the many traditions in my life, my two favorites are Passover and our annual Hanukkah party. Even though I'm not Jewish, my wife grew up in a conservative Jewish family. Though not religious herself, she is a 'secular' Jew and looks forward to celebrating the holidays.

The Passover story is one of freedom's triumph over oppression and tyranny. The central Passover event is called a Seder and the central activity (besides eating) is the reading of the Haggadah, which recounts the Passover story. To many, it is deeply religious.

Years ago, however, my wife wrote a secular version of the Haggadah, which she updates yearly to include current events, such as Russia's invasion of

Ukraine this year. For more years than I can remember, we have hosted the Passover celebration with a core group of participants and a changing variety of others. Our custom for the reading of the Haggadah is to go around the dinner table with each in attendance reading a portion.

For me, the shared reading reinforces the feeling of community. After the reading, we begin the much-anticipated meal with world-class Matzah ball soup followed by a lavish feast. All participants bring their favorite dish. It is a joyous and inspiring occasion, loved by all.

The Passover story annually renews my faith and commitment to freedom of all people, and our world-class Passover feast with friends is always something I look forward to.

Hanukkah celebrates the rededication of the Holy Temple in Jerusalem marking the preservation of Jewish culture. Hanukkah – known as the "Festival of Lights" – lasts for eight days. Each night, a succession of candles is lit in a candleholder known as a Menorah. All families at our party bring their own Menorahs, passed down to them through the generations.

We celebrate Hanukkah with two families we met and became friends with as our children went through school together. The



evening begins with the lighting of the candles and the recitation of the appropriate prayers. This is followed by a delicious potluck meal, multiple glasses of wine, and mutual good cheer.

After dinner, we all congregate in the living room for the much-anticipated gift game. Each person brings a wrapped gift costing no more than \$20. Each participant then draws a number from a hat to determine their place in the picking order.

The first person picks and unwraps a gift. The second person can either 'steal' the first person's gift or select another. The third person can either steal one of the two previously unwrapped gifts or choose another.

The game proceeds until all gifts are opened and all steals are exhausted. As you can imagine, there are lots of laughs, pleadings, family strategies, and heartbreak. Through the years, the chocolate treats are the most coveted gifts.

Traditions are the glue of connection and community. They are a time to celebrate life and each other. They mark the passage of time and provide identity, ritual, and joy.

Those are my two favorite traditions. What are yours?

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

Christa continued from page 1

she sees a problem, she tries to solve it; she doesn't give up. If she doesn't know something, she finds the answer. She adjusts to a changing environment and finds her way around.

When I asked Christa what inspires her volunteer work, she responded simply, "There is a need." Before the pandemic, she volunteered for the Wellspring Family Store (formerly The Baby Boutique) where she helped families experiencing homelessness select clothes and toys for their children.

Today, she continues to care for the donated dolls. She takes them home, cleans them up, and makes them new clothes. Imagine the smiles on the faces of children who go home with those dolls!

As Chelsea Rodriguez, Airport Volunteers

Manager, says, "SEA Airport Volunteers are ambassadors for both the airport and our region. We recognize that for many travelers, SEA is both their first and last impression of our region – and we want it to be a good one!"

Chelsea adds, "Christa is the ideal SEA ambassador. She is welcoming, helpful, and above all else persistent in getting the correct answer for travelers. Her support at the exit of our International Arrivals Facility is invaluable, and we are grateful that she chooses to donate her time at SEA." ●

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

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. The EIA is dedicated to providing news, information and opportunities about senior volunteerism. Articles express writers' opinions, which aren't 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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A Book Review by Bill Pharr: *Where the Crawdads Sing*

****SPOILER ALERT!**** *This review reveals some of the plot of the book.*

Where the Crawdads Sing by Delia Owens is a hard book to put down. With many themes and stories woven throughout it, the reader can’t wait to see how the next timeline and interaction plays itself out. The title is an expression that means far in the bush where critters are still wild.

The story takes place in and around Barkely Cove in North Carolina in the 1950s and ‘60s. The story begins with the main character Kya’s mother leaving the family unexpectedly one day when Kya is six years old. Three of her four older siblings have already left home. Her last older sibling leaves soon thereafter. This leaves her with an abusive father who is gone much of the time. The small home deep in the marsh on the coast is all Kya has in the world; she’s basically alone and on her own to survive in the world.

When Kya is around 10, her father quits drinking and spends time teaching her about fishing and the use of the boat. This time does not last very long as her father disappears, leaving her officially on her own.

Owens goes into detail on the challenges Kya faces, and about life in the marsh. She needs money, so she figures out how to sell mussels and smoked fish – quite a learning process! She befriends a man by the name of Jumpin’ and eventually befriends his wife Mabel as well. Jumpin’ runs a gasoline station where she trades her goods for gas and some food. Mabel helps her get clothes that fit, and is there for her as she gets older. The three remain friends throughout the book.

An administrator from the local elementary school arranges for Kya to go to school. This lasts one day. She does not have nice clothes, and she does not know how to read. The tactics she uses to get by – getting to know the world around her, marsh patterns and life with animals, insects, and plants – are quite intriguing to read.

Around age 15, Kya randomly meets a young man who loves nature, Tate, out in the marsh. When Kya’s mother left the family, she didn’t take her watercolors and paints with her. He teaches her to read, and he brings her many books from his high school. She is very smart and advances very quickly.

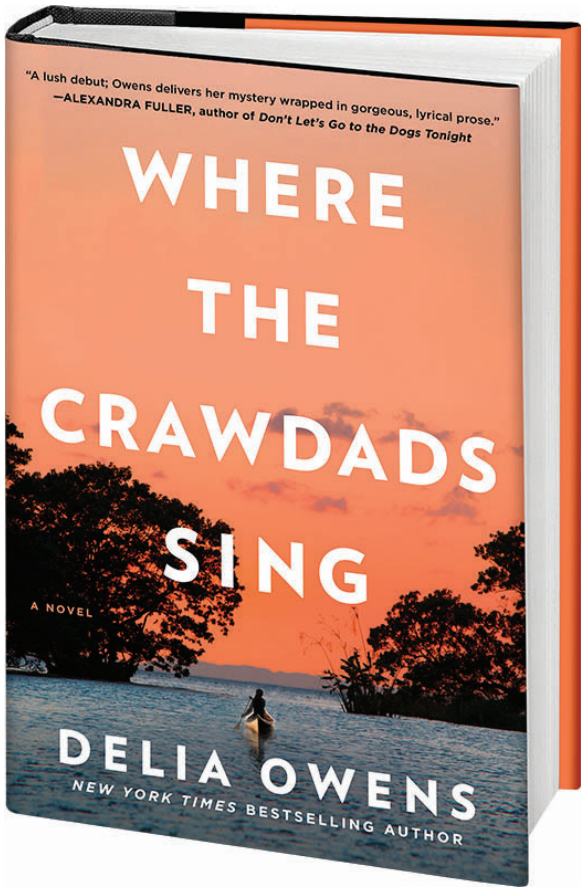
Their friendship gets closer and closer as Tate moves to the end of high school. Through the years, Kya drew pictures of the plants and animals in her world. With Tate’s help she eventually authors a book with all of her illustrations. This book brings in some much-needed money.

Tate is planning on studying biology and science at a nearby college. Kya is not even close to being able to go to college with him. She has no social skills or official education, and they break up while he is in college while Kya goes about her life.

A young man from town, Chase Andrews, comes into her life. He was the local football star and his family is quite wealthy. He and Kya get linked up romantically, and Chase leads Kya to believe they will get married. They go out of town and have a romantic weekend. Later Kya finds out that Chase is actually engaged to someone else in town.

One day, Chase is found dead from a fall from a watch tower. Kya is arrested because there are no other suspects, and she spends three months in jail. At the trial, she is acquitted for lack of evidence. Kya goes back to her life in the marsh. She has an income from her books. She and Tate get back together as friends.

The book leaves you wondering if she actually did push Chase off the watch tower, but happy (and amazed) she survives a neglected upbringing to live a somewhat normal life. It is an immersive experience reading this book – a highly recommended read! ●



ATTENTION RSVP VOLUNTEERS!

If you haven’t yet received your AmeriCorps Seniors shirt, please contact us with your name, size, and the address where you’d like us to mail it. And if you’re not yet an RSVP volunteer, sign up today!



WHAT’S AN RSVP AMBASSADOR?

RSVP Volunteers willing to help us spread the word about the benefits of volunteering are RSVP Ambassadors!

Because of our small staff, we’ve assembled this wonderful group of volunteers who help us share RSVP’s mission with other seniors. If you’re willing to represent RSVP at events around King County, we’d like to talk to you.

We don’t 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 RSVP volunteer hours 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 our 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.**



Life is Interesting

by Gwen Campbell

The things we always do:
Beloved family rituals

Holiday traditions are a common topic of conversation this time of year. Merriam-Webster defines tradition, in part, as: “an inherited, established, or customary pattern of thought, action, or behavior (such as a religious practice or a social custom); a belief or story or a body of beliefs or stories relating to the past that are commonly accepted as historical though not verifiable.”

As this definition acknowledges, traditions may be built on religious rituals. Ritual: “the established form for a ceremony specifically: the order of words prescribed for a religious ceremony; a ceremonial act or action.”

A Passover Seder is rich in ritual. The Seder plate, containing six foods symbolizing the Jews’ exodus from Egyptian slavery, is center stage as participants engage in a 15-step ritual of chanting, singing, reading, and eating.

Depending on how closely the Seder leader hews to the

program, it can last for several hours. While some of the earlier steps feature a ritual “appetizer,” eating the meal is step 11. My grandfather didn’t skip a word.

Sometime during step 5 – telling the story of the exodus – my grandmother would begin to nudge him. “Willie,” she’d say, “die kinder. Willie, die kinder are hungry.” But he kept going. By step 6, my grandmother would be passing pieces of matzah or vegetables under the table to the children. This exchange was as much a part of our Passover rituals as the Seder itself.

My childhood family summer vacation was built on rituals, “an act or series of acts regularly repeated in a set precise manner,” that became tradition. We went tent camping in Colorado. Getting there from Chicago was a trek – two adults, three children, and a 92-pound dog in a Chevy station wagon.

The ritual began the night before departure when we staged the camping equipment and personal paraphernalia in the



garage. The next day, my dad packed up the car after work, we ate dinner, and we departed. My dad drove through most of the night, taking advantage of the quiet of sleeping children not arguing about who had to share their space with the dog.

We stopped at a Holiday Inn, always Holiday Inn, in the morning; my dad slept while my mother watched over us at the pool. Dinner was at the local Howard Johnson’s, always Howard Johnson’s, where we had our choice of two – and sometimes up to 28 – ice cream flavors. Camping began the next day, always accompanied by a generous stock of Fig Newton cookies.

Today my grown children enjoy a tradition, a custom, started by my parents. Deli dinner on a Saturday night. Pastrami, corned beef, Swiss cheese, pickles, potato chips, and

pumpernickel bread, cookies and Coke or Sprite – the only time we had soda in our house!

Fantasy character birthday cakes and photo decorations were features of my children’s family birthday celebrations. Winnie-the-Pooh, a Disney Princess, and Hello Kitty (or something resembling them!) appeared on homemade cake creations that delighted my children well past early childhood. On their birthday, they awoke to a photo gallery and colorful signs adorning the walls of our dining room.

We had great fun reminiscing about the times and events in the photos. Time will tell whether this becomes a family tradition. Happy holidays!

Gwen is a retired writer and storyteller volunteering her skills to support nonprofit organizations. ●

Upcoming RSVP Volunteer Informational Events

Passionate about making a difference?
We need YOU to share your experience and skills to help meet critical community needs!
Join Solid Ground and RSVP to learn how.

All are welcome! We’ll discuss...

- Critical needs of families, youth, and seniors in your community.
- What’s being done to assist them.
- The impacts volunteers are making.
- How you can provide support, services, and encouragement.
- All RSVP opportunities (virtual, socially distant, and in-person).

Questions/Technical Support? Contact:
Megan Wildhood at meganw@solid-ground.org or 206.694.6786.

2023
EVENTS
SCHEDULE

11am-12:15pm all dates

Wednesday, February 15, 2023
tinyurl.com/2-15-23-RSVP-Vols

Tuesday, April 18, 2023
tinyurl.com/4-18-23-RSVP-Vols

Thursday, June 8, 2023
tinyurl.com/6-8-23-RSVP-Vols

Wednesday, October 11, 2023
tinyurl.com/10-11-23-RSVP-Vols





Aging with Wisdom
by Carol Scott-Kassner

Ritual as tradition

Whenever I hear the words “tradition, tradition!” I think of the wonderful introductory song from *Fiddler on the Roof*, a story full of rituals, traditions, and customs. The main character is Tevye, a Jewish milkman in Russia who dreams of wealthy husbands for his five daughters. The cultural tradition of the time is that the father negotiates the marriages for his daughters, telling them who they will marry.

The three oldest daughters have other ideas, however, and go on to marry the men that they love, causing much upheaval in the lives of their parents, family, and community. It was the leading musical on Broadway for 10 years and has been performed thousands of times all over the world. Perhaps you know it, too.

It is interesting to contemplate the role traditions have played in our own lives and reflect on which traditions we’ve handed down to succeeding generations. In order to write this column, I looked up the differences between traditions, rituals, and customs, because they are often confused with each other.

The word tradition comes from a Latin word that means to deliver. Traditions are practices passed from one generation to another, usually across three generations, which are still being followed by current-day people. They’re usually observed by most people of a society or culture.

Customs can be short lived and observed at a family or individual level. A ritual is an act or a series of acts performed or observed in a society on occasions, events, festivals, and ceremonies. Rituals have symbolic value and a religious basis.

In the case of *Fiddler on the Roof*, the tradition was for fathers to choose mates for their daughters, and the ritual was the actual wedding. The wedding was performed in a way following the customs of that society in terms of dress and behavior.

Many of the traditions that our ancestors brought to the United States, such as arranged marriages, have faded out because of changing cultural norms. Others have remained and new traditions have been created.

For us as individuals, it is good to reflect on our lives as we age and to note what traditions we have inherited as well as what customs and rituals we have passed on to our children and grandchildren. These are important aspects of our legacies and can be consciously given to new generations if we review our lives and share with our

descendants or others what we hope will continue to be embraced and provide meaning for them after we are gone.

I grew up in the Lutheran Church and realize that many of the traditions I follow come from the tenets of the Christian faith and the ways they were embodied by my parents. The most important tradition was love for myself and for others. I have tried to pass that on to my daughter in numerous ways, and at this time of life, to radiate that to all with whom I come in contact.

When I am drawn away from that commitment because of anger at some wound, I perform various rituals of forgiveness that help me to come back to a center of love. Of course, love and compassion are core traditions of every major faith in the world. We are asked by the wisest among us to express the best of who we can be as humans.

Another core tradition that I inherited from my family was the importance of contributing to society. I saw my parents doing that by serving on boards, volunteering in the community, and serving their church in numerous ways. I have done that throughout my adult life, and my daughter has also found her own ways of contributing.

One of the most important rituals that three generations of my family have followed is voting in every election, both the primaries and the general. I invest a great deal of time becoming informed about candidates and what they will offer to the community.

Take time to reflect on traditions you’ve inherited and passed on or modeled to others in your life. Although younger generations can see from our behaviors what we’ve committed our lives to doing, it is also important that we take time to discuss aspects of our lives and traditions that we hope they will continue to live out in their own lives. This can be done through writing a letter, a poem, or leaving an ethical will. (For one helpful resource, you can Google [Everplans Ethical Will Worksheet](#).)



Here are some questions to consider around this topic:

- ▶ What ancestral legacy (tradition, generational behavior pattern, etc.) is still very much alive in your family?
- ▶ What ancestral legacy may have been purposefully changed by you, another family member, or amongst a new generation?
- ▶ If you were to die tomorrow, how would your family define your legacy?
- ▶ What legacy do you hope to leave with your family?

May you be blessed as you reflect on these questions and the richness and complexity of life.

Carol Scott-Kassner is a Certified Spiritual Director and a leader in Sage-ing International, an organization dedicated to helping people to age consciously. Visit [sage-ing.org](#) for more info. ●

Join the conversation on creating equitable access to opportunity!

WHEN: Tuesday, November 15, 2022 | 12-2pm
WHERE: The Forum at Town Hall Seattle
WHAT: A Social Justice Salon



Too often, people who need and deserve public benefits programs encounter steep eligibility requirements, confounding paperwork, and other barriers – some of them insurmountable. During this in-person community conversation, we’ll discuss how we can untangle our safety net and make it accessible for everyone who needs it.

TICKETS: General Admission: \$10 – [tinyurl.com/RSVP-SocialJusticeSalon](#)

QUESTIONS? Contact Anna Cronin, Senior Director of Philanthropy & Communications, at 206.694.6803 or [annac@solid-ground.org](#). Can’t make the event but want to support this work? You can donate at [solid-ground.org/give](#).



Do YOU need help navigating Medicare? *Talk to a SHIBA volunteer!*

Statewide Health Insurance Benefits Advisors (SHIBA) volunteers assist people through one-to-one counseling via video chat, phone, or in-person appointments. We answer your Medicare questions, make referrals, and help evaluate and compare health insurance policies so you can make informed decisions to find the best possible coverage that fits within your budget and meets your needs. We can also help screen to see if you qualify for low-income programs that may save you money.



Specifically, SHIBA volunteers can help you:

- Find Medicare options that meet your personal needs
- Learn about your Medicare rights and options
- Compare Medicare plans and prices
- Report health care fraud and abuse

To get started, call 206.753.4806 (1.800.562.6900) or email shiba@solid-ground.org, and a SHIBA volunteer will get back to you within 2-3 business days. To make an appointment for an in-person counseling session, please reach out to one of the locations listed below.

In-Person SHIBA Counseling Locations:

EAST

Mini City Hall
Crossroads Shopping Center, #H9
15600 NE 8th St, Bellevue, WA 98008
Every Friday, 2-4pm
Call 425.452.2800

NORTH/NORTHEAST

Evergreen Hospital
12040 NE 128th St, Kirkland, WA 98034
Every 4th Friday, 9am-12pm
Call 425.899.3200 (press 2, then 1)

Kenmore Senior Center
6910 NE 170th St, Kenmore, WA 98028
Every 2nd Friday, 9am-12pm
Call 425.489.0707

Northshore Senior Center
10201 E Riverside Dr, Bothell, WA 98011
Every 4th Tuesday plus
November 8, 15 & 29, 9am-12pm
Call 425.286.1035

Phone Consultation:

Burien Community Center
Every 3rd Wednesdays, 12-4pm
Call 206.988.3700

Central Area Senior Center
By appointment only
Call 206.726.4926

SEATTLE

Greenwood Senior Center
525 N 85th St, Seattle, WA 98103
Every 4th Thursday, 12:30-3:45pm
Call 206.297.0875

SOUTH

Auburn Senior Activity Center
808 9th St SE, Auburn, WA 98002
Every 3rd Wednesday, 9am-3pm
Call 253.931.3016

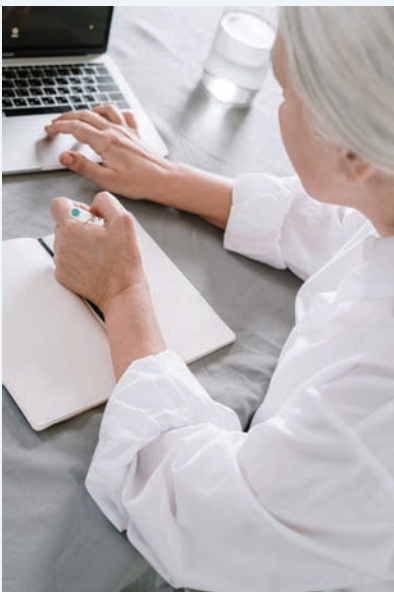
Des Moines Activity Center
2045 S 216th St, Des Moines, WA 98198
Every 3rd Monday, 10am-12pm
Call 206.878.1642

Federal Way Community Center
876 S 333rd St, Federal Way, WA 98003
Every 2nd Thursday, 9am-3pm
Call 253.835.6925

Kent Senior Activity Center
600 E Smith St, Kent, WA 98030
Every 2nd Friday, 9am-12pm
Call 253.856.5150

SeaTac Community Center
13735 24th Ave S, SeaTac, WA 98168
Every 3rd Thursday, 12:30-3:30pm
Call 206.973.4690

It's Medicare Open Enrollment Time! October 15 – December 7, 2022



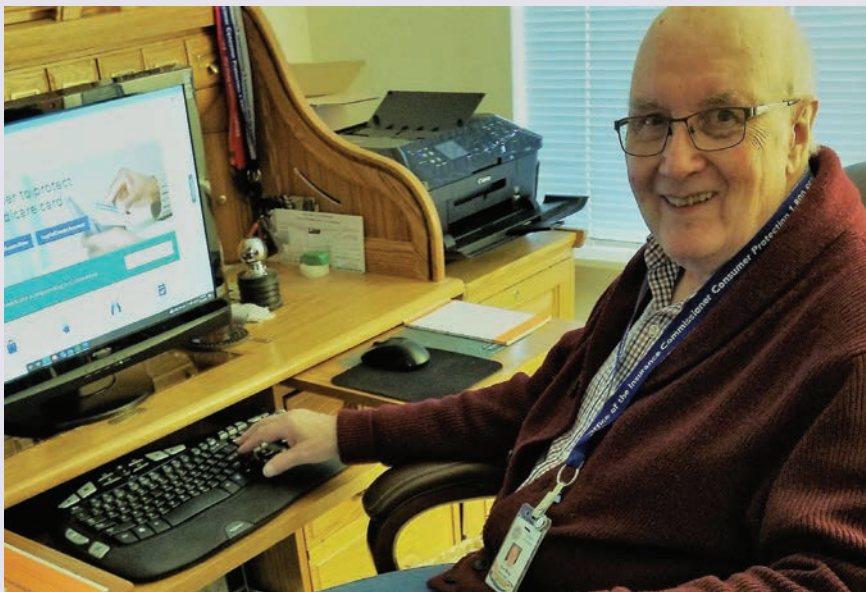
SHIBA volunteers can help you with the following:

- Switch from Original Medicare to a Medicare Advantage plan (and vice versa).
- If you have Original Medicare: Join, drop, or switch to a Part D prescription drug plan.
- If you have a Medicare Advantage plan: Switch to a different Medicare Advantage plan.

SHIBA offers free, unbiased Medicare education and assistance through the Washington state Office of the Insurance Commissioner.

To learn more about SHIBA, visit solid-ground.org/shiba. For help, contact us at 206.753.4806, 1.800.562.6900, or shiba@solid-ground.org.

Welcome to Medicare Workshops: Understand your options!



SHIBA volunteers teach monthly virtual workshops to help people navigate Medicare. We cover:

- Medicare A, B, C, and D
- Understanding your Medicare benefits and options
- Help paying for Medicare
- Enrollment
- Medigaps (supplemental) & Medicare Advantage plans
- Medicare fraud

Visit Solid Ground's Events webpage, solid-ground.org/events, to view and register for upcoming events.

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 solid-ground.org/RSVP for volunteer opportunity listings organized by region.

VOLUNTEERING...

American Red Cross: Volunteers respond to disasters, speak to community groups and schools, develop youth leadership skills, support local blood drives, provide care to service members, and much more. The training and support volunteers receive on a regular basis allows them to be successful in every Red Cross program. Opportunities available 365 days a year. ~Countywide

Catholic Community Services (CCS) welcomes volunteers to enable elders living on low incomes and adults with disabilities to remain independent in their own homes. Volunteers may help one person regularly or be on-call depending on schedules and interests and receive training, mileage reimbursement and insurance. Requests include: grocery, medication, and/or meal delivery; rides to medical appointments; yardwork; and phone buddies. ~Countywide

Franciscan Hospice & Palliative Care (FHPC): Affirming every life, FHPC invites you to be part of a team of professionals and volunteers who meet the unique needs of hospice patients and their families. Volunteers provide both practical companionship and emotional support by making friendly phone calls to patients, enhancing FHPC’s compassionate care. ~South King County

Full Life Care is dedicated to enhancing quality of life for low-income elders and adults with disabilities. Volunteers are invited to support elders through the ElderFriends Program, which custom-matches volunteers with lonely and isolated older adults in King County for 1:1 companionship via in-home or remote friendly visits in Seattle and King County. ~Countywide

Habitat for Humanity seeks regular volunteers to help build and repair homes for hardworking families in King County. Volunteers also coach families in Habitat’s Family Support program, helping them find a home. Remote and in-person options are available. Join them for a volunteer orientation session to learn more. ~Countywide

Hopelink is opening back up to the public, and we need your help to ensure all members of our community have access to food! Volunteer in Bellevue, Carnation, Kirkland, Redmond, or Shoreline. Opportunities occur Monday-Friday during regular business hours. Help with Check-In (Computer skills required), Customer Service (must be able to lift up to 15 pounds), and Restocking (must be able to lift 35+ pounds). ~North & East King County

Lifelong: For more than 30 years, Lifelong’s volunteers have played a vital role helping provide quality care and services. The food program Chicken Soup Brigade lies at the heart of easing the lives of people living with or at risk of serious illnesses. We’d love to have you join us in this effort! Volunteer opportunities include: Repacking food donations, prepping food, packaging meals, delivering nutritious food, and assembling health care kits. ~South Seattle

Mount Si Senior Center enhances the quality of life for older adults in the Snoqualmie Valley by providing a comprehensive network of services including social programs, housing, and transportation. Volunteer opportunities include front desk, admin support, data entry, kitchen prep and servers, yardwork and maintenance, medical appointment drivers. We have opportunities to fit every schedule. Training provided. ~East King County

North Helpline Emergency Services & Food Bank believes all deserve adequate food, housing, and respect. We are actively looking for volunteers to join our various onsite programs, particularly for the following activities: Food Bank Distribution (Wednesday & Saturday mornings, Thursday afternoons), Home Delivery Box packing (Tuesday and Thursday mornings), Food Donation Sorting (Tuesday to Saturday mornings) ~North Seattle

Port of Seattle: Do you love to travel and enjoy being in airports? Join a dynamic group of volunteers to assist travelers at Sea-Tac Airport. Help travelers find their way around the airport, give out information about the Seattle-Tacoma-Everett area, or provide service to those in distress or needing assistance in changing planes. ~South King County

Reading Partners, a literacy nonprofit that mobilizes community volunteers to provide 1:1 tutoring to struggling elementary school readers, seeks volunteers to tutor 1 hour a week during the school year. No experience required as you’ll be provided with an easy-to-follow curriculum that includes all the books, worksheets, and step-by-step lesson plans to teach an effective lesson. In person and virtual tutoring positions available! ~South Seattle

Sound Generations is a nonprofit organization serving aging adults and their loved ones in King County. We have been serving our communities since 1967. Our staff and over 2,100 volunteers are dedicated to ensuring older adults can live ample and fulfilled lives in a community that respects and affirms the aging journey. Requests include assisting with events, social media ambassadors, phone-a-friend connectors, and digital card making. ~Central Seattle

Youth Tutoring Program provides free one-to-one, virtual tutoring for children living in six different housing communities for those living on low incomes. YTP student scholars represent many nationalities, cultures, languages, and religions. Volunteers meet with the same student scholar every week to 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. ~Seattle

☐ 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