



**AmeriCorps  
Seniors**

**RSVP**

**Retired and Senior  
Volunteer Program**



**55 or older? Use your talents and skills to help us meet critical community needs.**

Across King County, everyday people volunteer their time to meet critical community needs – particularly those over 55 looking to use their skills to help others.

These tutors, mentors, home helpers, nutrition champions, and capacity builders inspire young people’s potential, enhance families’ health, and support the well-being of our elders.

Your experience and skills can make a big difference in the lives of others in your community. *Join RSVP today!*



**CONTACT RSVP:**  
[RSVP@solid-ground.org](mailto:RSVP@solid-ground.org)  
**206.694.6786**

*Your wisdom and time changes lives.*

**RSVP is part of AmeriCorps Seniors, a federally funded national service program.**

Join a national community of changemakers. If you’re 55 or older and want to positively impact your community, King County’s RSVP – an AmeriCorps Seniors program run by Solid Ground – is a great starting point. When you become an RSVP volunteer, you join a local and national network of volunteers who collectively give thousands of hours of time, wisdom, and support every year toward the most urgent needs in our community.

**A few RSVP opportunities**

- ▶ **Aging in place.** Promote independence by providing food, transportation, and companionship to older adults and those living with disabilities.
- ▶ **Nutrition programs.** Fight hunger by helping at food banks and community gardens, and providing nutrition education to those in need.
- ▶ **Tutoring & mentoring.** Children of all ages and grade levels need your support to be successful in school.
- ▶ **Join the RSVP Ambassadors.** Represent RSVP by encouraging others to volunteer and contribute to their community.

**RSVP volunteer benefits**

Registering as an AmeriCorps Seniors volunteer in the RSVP program opens doors to opportunities at nearly 50 King County organizations.

Volunteers receive supplemental accident, personal liability, and auto liability insurance free of charge.

You also receive our quarterly *Experience in Action (EIA)* newsletter, which keeps readers up to date on opportunities, fellow volunteers’ impact, and issues that matter to our community.

**RSVP is committed to matching you with volunteer projects that draw on your strengths, passions, and interests – and support you to use your talents and skills to make a difference.**



**How to join RSVP:**

- 1) Browse our webpage to get an idea of the options available to you:  
[solid-ground.org/RSVP](http://solid-ground.org/RSVP)
- 2) Fill out a volunteer registration form:  
[solid-ground.org/rsvp-registration-form](http://solid-ground.org/rsvp-registration-form)
- 3) Call us to get started! 206.694.6786



King County RSVP is an AmeriCorps Seniors program of...



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Seniors**



**MAILING ADDRESS:**  
1501 North 45th Street, Seattle, WA 98103  
**PHONE:** 206.694.6786 | **TTY:** 7.1.1  
**EMAIL:** [RSVP@solid-ground.org](mailto:RSVP@solid-ground.org)  
**WEB:** [solid-ground.org/RSVP](http://solid-ground.org/RSVP)

**Interpretation services and reasonable accommodations for disabilities made on request.**