Seniors serving seniors: Bridging the digital divide
by Gwen Campbell

Email, Facetime, telehealth, online shopping, bill paying … digital devices put communications and services at our fingertips, but only if you have access and know-how, which many seniors lack. A new partnership between Solid Ground’s RSVP and CIRC aims to change that.

CIRC, a nonprofit organization, provides affordable housing and support services to 40 properties throughout the Puget Sound region and manages and operates 15 of them. Approximately 90% of the 7,000 residents are older adults, 50% of whom are severely rent burdened.

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

CIRC four pillars describe their approach to this work:
1) Real Homes that Make a Real Difference
2) Empowering Choice
3) Community, Collaboration, and Support
4) Purpose, Not Profit

CIRC resident services is made up of program managers and resident service coordinators who are community “concierges,” assisting residents with daily living challenges. Creating safe and stable home environments, facilitating conflict resolution, and helping with paperwork for residential and government-supported services are some of their hands-on activities. They’re part of a valuable information and referral hub for financial assistance, physical and behavioral health care, food insecurity and nutritional challenges, transportation, and educational activities.

CIRC partners with service providers and cultural and community groups to build neighborhood networks within two miles of each property. Networks are individualized to meet the needs of each living community.

Food pantries are an example of how resident services use the “four pillars approach” to address the food insecurity and nutritional challenges of seniors living on low or fixed incomes. They connect residents with a community partner, such as a local food bank or charitable organization, to supply the food. Building trust and community through collaboration, resident volunteers receive the equipment, tools, and training to run their own food banks and make operational decisions to meet their community’s needs.

Residents value the food banks for both the actual food and peace of mind. For some residents, the food they receive through CIRC makes up their entire weekly food budget. In 2022, these food banks served over 20,000 meals!

Despite any physical frailties, most residents feel they still have something to offer: They want to give back to their community, they want to leverage their strengths to make their world a better place, and they all want to be treated with dignity. Residents serving residents meet these needs.

CIRC’s community health advocates focus on supporting residents’ healthcare and wellness needs. They assist residents to communicate with their healthcare providers, understand treatment options, and make their own decisions. Partnerships with nursing and social work students address residents’ physical and emotional needs. Fitness classes keep participants active, and emergency preparedness training supports safe communities.

Bridging the digital divide is CIRC’s latest initiative to give residents tools for success. The benefits to older adults are much the same as for younger adults.

► Access to telehealth connects residents with primary care providers and critical care.
► Keeping in touch via quick messages, leisurely phone calls, or video chats with family and friends eases loneliness and isolation.
► Playing online puzzles and games exercises cognition and memory muscles.
► Sharing hobbies and interests in community groups facilitates social connections.
Looking forward, looking back

Happy New Year to the King County Retired and Senior Volunteer Program (RSVP) community! For our first 2023 Experience in Action, our writers are exploring the theme of innovation.

From computer applications that help us track our finances to a program that pairs volunteer mentors with people who want to learn new skills, we’re excited to explore innovative ideas that came from the last few years of difficulty. We also want to celebrate the ways people adapt to different life stages and rise to the challenges of the modern day and beyond.

As we look forward, we’d like to give a refresher on AmeriCorps Seniors, the Retired and Senior Volunteer Program (RSVP), Solid Ground, and how we support volunteering for people 55 and older in King County, Washington state, and nationally!

What is AmeriCorps Seniors?
AmeriCorps Seniors is 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 the RSVP program, you commit your time to address critical community needs, including tutoring, elder care, nutrition education, healthcare access, digital navigation, capacity-building for nonprofits, and more.

What is RSVP and how is it connected to Solid Ground?
If you’re picking up this newsletter for the first time or have ever wondered what RSVP is, you’re not alone. RSVP, or the Retired and Senior Volunteer Program, is one of the largest volunteer networks.

RSVP History Timeline

- **1965**: Community Service Society of New York launched an RSVP pilot project on Staten Island with a small group of volunteers dedicated to serving their communities in various ways.
- **1969**: RSVP became a nationwide program through the Older Americans Act.
- **1972**: Seattle RSVP was established under United Way of King County administration.
- **1973**: East King County RSVP launched under City of Bellevue sponsorship.
- **1974**: Seattle RSVP and East King County RSVP merged to form King County RSVP, sponsored by the Seattle/King County chapter of the American Red Cross.
- **1993**: The Corporation for National and Community Service was created to administer all national service programs.
- **1994**: Fremont Public Association became King County RSVP’s new sponsoring agency.
- **2007**: Fremont Public Association changed its name to Solid Ground.
- **2012**: RSVP shifted focus to meeting critical needs by increasing food security, K-12 success, and keeping seniors independent in their homes.
- **2020**: The Corporation for National and Community Service changed its name to AmeriCorps, and Senior Corps became AmeriCorps Seniors.
- **2021**: Solid Ground became the new King County sponsor of the Statewide Health Insurance Benefits Advisors (SHIBA) program. RSVP and SHIBA teamed up to provide free, unbiased Medicare counseling.
- **2022**: RSVP added a focus area to improve access to healthcare.
- **2023**: RSVP added a focus area to support digital navigation.

What is Solid Ground?
Solid Ground works to end poverty and undo racism and other oppressions that are root causes of poverty. Each year, its 22 programs and services help more than 75,000 households overcome poverty and build better futures throughout King County and across Washington state. Key service areas include housing and housing support services, food and nutrition, access to health care and public benefits, transportation, and more.

What does RSVP look like in Washington state?
Last year, 2,242 RSVP volunteers in 23 counties met critical community needs at 182 nonprofits by serving in literacy programs, food banks, nutrition programs, disaster preparedness, veteran assistance, and older adult service programs. These volunteers provided 307,032 hours of service, valued at over $10.7 million.

Learn more about Solid Ground!
RSVP volunteers are invited to join us for an upcoming virtual volunteer orientation that covers our mission, current volunteer opportunities, and how staff and volunteers work together to solve poverty. The two-hour orientation includes an hour discussing anti-racism principles. Visit [solid-ground.org/volunteer/selection](http://solid-ground.org/volunteer/selection) to sign up for a Solid Ground Volunteer Orientation today!

- **Thursday, April 13, 2023, 1-3pm**
- **Thursday, June 8, 2023, 5-7pm**
- **Thursday, September 14, 2023, 5-7pm**

What is the mission of RSVP?
The mission of RSVP is to meet critical community needs by helping people 55 and older find volunteer opportunities in their communities that match their interests, talents, and skills.

What is the history of RSVP?
RSVP first started when private groups and government agencies came together to create opportunities for engagement, activity, acquaintanceship, and growth for older Americans.

What is the history of Solid Ground?
Solid Ground meets critical community needs for people 55 and over. Solid Ground receives federal Senior Volunteer Program money and is one of the largest volunteer networks for older Americans.
Innovations in my lifetime

Innovation is the driving force in our economy and contemporary culture. It solves problems and creates other problems that require future innovative solutions. Innovation breeds more innovation, prominent examples being the Internet, smartphones, and all the useful (as well as useless) apps that have followed. The world these days is literally in our hands. But for the purposes of this article, I will focus on a few less earthshaking innovations that make modern-day life safer and easier – and impact our lives in smaller, less obvious ways.

‘Click It or Ticket’: Seatbelts have long been standard in most cars. When I was growing up, seatbelts were often stuck under the seats. Wearing seatbelts is now mandatory and, along with airbags, they’ve saved countless lives and prevented injuries.

Cash machines: When cash machines first appeared around town, I was skeptical and figured this was a new scheme by banks to steal my money, one transaction at a time. If I needed cash, I would rush to one transaction at a time. If I was robbed by banks to steal my money, I figured this was a new scheme in town, I was skeptical and

Microwave cooking: The first reasonably priced and practical countertop microwave oven hit the market in 1967. We no longer had to impatiently wait for the oven to heat up or eat cold leftovers. With today’s hectic schedules, a hot dinner is only a few minutes from the table.

Post-it notes: Have you ever left a note for someone who didn’t see it? Or worse, left yourself a note and then couldn’t find it or remember what was so important that you needed to write it down? Post-it notes solve those annoyances by turning every surface in your house into a bulletin board.

Pop tops: In the beginning, we all opened our canned beverages with church keys, which had us frantically rummaging through crowded kitchen drawers hollering, “Anyone seen the church key?” Solving that frustration was the first-iteration pop top. When these became a nuisance and a sharp-edged litter hazard, the present-day pop top, which never leaves the can, was invented. Problem solved. It’s now time for innovation to step up and rid the world of the church key?” Solving that frustration was the first-iteration pop top. When these became a nuisance and a sharp-edged litter hazard, the present-day pop top, which never leaves the can, was invented. Problem solved. It’s now time for innovation to step up and rid the world of the

Velcro: Velcro, as it’s known today, was invented by a Swiss electrical engineer who wondered why burrs clung to his wool socks after hiking in the Alps. Who can forget the bruising battle trying to teach your screaming kids how to tie their shoes? Velcro eliminated those battles and brought peace to the household. Today, Velcro is one of the most widely used products in the world with new applications being dreamed up daily. It also proves that innovation doesn’t need to be a big idea, only a smart one.

Recycling: When I was growing up, packaging was known as trash and found its end in the trash can. The only item we recycled was empty glass milk bottles, which we left on the back porch to be replaced with full ones. As the mountain of trash grew exponentially, alarmed communities began recycling paper, cans, and bottles. Over time, recycling has become a way of life and, along the way, an enormous industry.

These are just a few of the thousands upon thousands of innovations that have shaped and will continue to shape our contemporary life and culture. That’s my list! What’s yours?

Peter Langmaid is a semi-retired businessman, RSVP Ambassador, and longtime EIA contributor.
Financial Planning
by Bill Pharr

Know your numbers

I teach personal finance classes. I also meet with individuals and review their particular financial situations with them. I chat with people regularly about financial topics, specifically about topics of direct interest to them.

At the core of most of these scenarios is the fact that individuals and families don’t track their income and spending. And they seldom track their net worth yearly for comparison and monitoring purposes. Without this knowledge, it’s difficult to develop a plan for investing and saving for the future.

In my classes, I always emphasize the question, “Where are you going to get cash flow when you retire?” Knowing where you stand every month – that is, are you cash-flow positive after expenses? – is the most important question. If not, what expenses can be eliminated or reduced without negatively affecting your lifestyle? After you establish a plan for positive cash flow after retirement, the next consideration is what you’re going to do with the extra cash flow.

In my classes and financial conversations, I overemphasize the importance of dedication and perseverance in tracking one’s financial numbers, because I meet people who are frustrated by the feeling of not being in charge of their financial circumstances.

The root of this feeling is not knowing their income and expense numbers. Knowing your numbers gives you the power to take charge of your financial situation.

The sounds of silence

by Daniel Zucker

Buzz … ring … hiss … woosh … These are some of the many sounds of tinnitus.

Clinically defined as the perception of sound when no actual external noise is present, tinnitus affects an estimated 50 million Americans every year. Tinnitus can present over an extended period as one’s hearing extends. For this group with extended period since 2015. I’ve engaged in hundreds of discussions with tinnitus sufferers. Here are some common takeaways:

1) When your tinnitus flares up, it’s often connected to action, stress or activity that occurred 24 hours ago. For example, if your tinnitus started bothering you more in the morning, look back at the day prior to see if there was something that set it off.

2) Tinnitus can flare up for many reasons, but diet is often cited: coffee, salt, and alcohol are just a few of the foods that are rumored to inflame and irritate tinnitus. This may be the case for some and not for others. Keep an eye on what you ingest and its relationship to increased ringing.

3) There is no one cure for all when it comes to supplements. Some try vitamins, while others use herbs. The most mentioned supplement when it comes to tinnitus is Ginko biloba.

4) It’s not commonly known that it’s important to avoid silence and create a sound-rich environment. Low-level sound, in competition with and to mask (but not cover up) tinnitus and over-the-ear headphones, which do not completely block out external sounds, are suggested.

5) Try not to monitor your tinnitus. Don’t log, check, or track the sound and its volume. This behavior can reinforce the perception of tinnitus.

6) Exposure to loud sound has been demonstrated as one of the primary causes of exacerbating tinnitus. Hearing protection can be used when in the presence of loud sounds for extended durations.

7) Adequate sleep is key to getting relief from tinnitus. Use an app to listen to comfortable and relaxing sounds, such as nature, rain, and white or pink noise, through an external speaker, pillow speaker, speaker headband, or sound pillow. Set the volume just a bit softer than the sound of your ringing. You want to mask your sound, not cover it up.

8) Maintaining a good mood and getting sleep are key. Manage stress through exercise by taking walks outside. If you find that difficult, try just sitting or standing outside in nature. Participate in activities and hobbies that make you happy, promote relaxation, and provide a distraction from the ringing.

About the author

Dan Zucker developed sudden onset tinnitus in 2011. After an extended habitation process, he’s been able to serve as a volunteer at the American Tinnitus Association helpline, where he’s committed to providing support to those with the condition. An avid reader of Thoreau, Dan finds nature the most soothing outlet when his tinnitus ringing flares.
Aging with Wisdom  
by Carol Scott-Kassner

Composing your life

As a musician and writer, I’ve always been enamored by the title of the 1991 book published by Mary Catherine Bateson called Composing a Life. The daughter of Margaret Mead and Gregory Bateson, Mary Catherine also became an anthropologist and academic, and often delved into the stories of others, as both her parents had done.

Her 1991 book was a study of five women, mostly in their 40s or early 50s, examining the lives they had created to that point and what factors had influenced their decisions about which directions to go.

In 2010, Bateson published a sequel called, Composing a Further Life: The Age of Active Wisdom. She includes stories of both men and women from their mid-50s to their mid-70s, a period she calls “Adulthood II.” This is what she says about this time of life: “We live longer, but we think shorter.”

As people find themselves entering Adulthood II, they may find that the choices they make – that affirm and complete the meaning of the lives they have lived – play a key role in their experience of adapting to change and contributing their perspectives. In our day, wisdom is no longer associated with withdrawal and passivity, but with engagement with others and the contribution that Bateson calls “active wisdom.”

Most of us gain a kind of freedom when we retire, a freedom that comes with spaciousness and a chance to reinvent ourselves. Some enter this stage with fear – it feels like too much emptiness.

One researcher discovered a retired professor who spent two years playing computer games before she was ready to step into something new. This transition is often challenging because our identity is tied up in the work we’ve done long, but we think shorter.

To sign up, send hours, or ask more questions, please contact: Megan Wildhood, 206.694.6785 | meganw@solid-ground.org.
Get help paying for Medicare

See if you qualify as a Medicare client for a Medicare Savings Program and/or Extra Help, two programs that may help you save on Medicare. Eligible people can save $148 or more per month!

1) The Medicare Savings Programs (MSP)

**NEW in 2023: There's no resource limit for MSPs!**

Sign up for an MSP for help with Medicare Parts A & B costs. Applying is easy. You can have either standard Medicare or a Medicare Advantage plan. If you qualify, Medicare Savings Programs may cover:

- Part A premiums
- Part B premiums
- Medicare copayments
- Medicare deductibles

**Income Guidelines (effective April 2023)**

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<td>Couple</td>
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2) Medicare Part D Prescription Extra Help Savings

**Part D prescription drug coverage Extra Help covers:**

- Premiums
- Some copay costs
- Deductibles
- Donut hole/coverage gaps

**Extra Help for Part D | Prescription Drugs (effective January 2023)**

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<th>INCOME LESS THAN</th>
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NOTE: People who work may have even higher income than what these charts show. For both programs, resources do not include your primary residence and vehicle(s) owned.

Medicare Part B Preventive Benefits

If you have Medicare Part B, take advantage of some of Medicare’s preventive benefits with no out-of-pocket costs to you. Here are just some of the preventive services Medicare offers:

- Annual wellness visit
- Bone mass measurements
- Breast cancer screening
- Cardiovascular screening
- Colorectal cancer screening
- Diabetes screening
- Flu and pneumonia shots
- Obesity screening
- Tobacco-use prevention cessation counseling

See Medicare.gov or your Medicare & You 2023 book for a full list of preventive benefits.

**NOTE:** Additional provider tests or services could add costs. You must meet coverage criteria, so be sure to check with your medical provider for more information before you run these or other tests and services.

SHIBA (Statewide Health Insurance Benefits Advisors) offer free, unbiased Medicare education and assistance through the Office of the Insurance Commissioner in Washington state.

- Find Medicare options that meet your personal needs.
- Learn about your Medicare cost assistance programs, eligibility, and enrollment.
- Compare Medicare plans and prices.
- Report health care fraud and abuse.

For help, call 206.753.4806 or 1.800.562.6900, or email us at: shiba@solid-ground.org. To learn more about SHIBA, go to: insurance.wa.gov/shiba.

2023 RSVP Volunteer Info Events

Passionate about making a difference? We need YOU to share your experience and skills to help meet critical community needs! Join us 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, in-person).

**2023 Info Events Schedule:**

- solid-ground.org/rsvp/#events
- Tuesday, April 18, 11am–12:15pm
- Thursday, June 8, 11am–12:15pm
- Wednesday, October 11, 11am–12:15pm

Questions? meganw@solid-ground.org | 206.694.6786
Volunteer Spotlight
by David Thornbrugh

Bob Osrowske: Wrapping up 17 years helping people understand Medicare

Navigating the American health care system can be frustrating for anyone. The commercial options available can be contradictory, opaque, and hard to interpret. Then we hit 65, and Medicare is added to the menu. However, help is available.

Statewide Health Insurance Benefits Advisors (SHIBA) provides free and unbiased help navigating Medicare. Located throughout the state, SHIBA volunteers help people assess their healthcare coverage needs, determine their eligibility for coverage, evaluate and compare Medicare plans, and programs, and help individuals enroll in a plan that fits their needs.

Robert “Bob” Osrowske became a volunteer counselor for SHIBA after he retired from decades with the Boeing company, working on both the Bomarc and Minuteman missile systems.

In preparation for retirement, he attended a class on health care benefits, and the person who presented the lecture was a SHIBA volunteer. Upon officially retiring, Bob became a member of the Boeing Bluebills retirement volunteer group, which “would keep track of our volunteer time as part of our contribution to give back to the community.”

Born and raised in northern Minnesota, Bob was introduced to Washington state in the mid-1950s when his Navy enlistment ended and he came to Bremerton on a ship that was being decommissioned.

“I was on a ferry boat coming into Seattle,” says Bob. “I thought, ‘Man, there is no way that this isn’t going to be the most influential place in my life.’ I was sold on it. I have had my ears and fingers and toes frozen so many times. I thought, ‘If you want snow, you can go to the mountains in the wintertime. Otherwise, it’s easier to deal with drizzly rain than it is to deal with two or three feet of snow.”

He first went through SHIBA training in 2005. While SHIBA volunteers help all year round, the busiest time of the year is during Medicare Open Enrollment, which falls toward the end of each calendar year. It’s the one timeframe when those already enrolled in Medicare can make changes to their coverage effective in the new year.

After becoming a certified SHIBA volunteer, Bob volunteered at various community partner organizations, offering face-to-face counseling help to the public. Over his 17 years as a SHIBA volunteer, he’s offered individual counseling at Peter Kirk Community Center, Redmond Senior and Community Center, and Northshore Senior Center in Bothell. Eventually he scaled back to just counseling at the Northshore Senior Center once a month.

Bob answered people’s questions about Medicare, helped them determine their eligibility for health care coverage programs, and helped them enroll in Medicare. In addition to counseling, SHIBA volunteers also present to the public about how to get started in Medicare and how to detect and report Medicare fraud. Though Bob didn’t specialize in this area, SHIBA volunteers were asked to always mention problems with Medicare fraud – and were given statistics and told about fraud cases.

As he puts it, “All Medicare recipients should be conscious of and pay attention to the charges that they get on their explanation of benefits forms. If you see that you’re getting a charge from a doctor for a powered wheelchair and you don’t have a powered wheelchair, report it. That’s a huge red flag.”

In one case, a doctor sent a claim in for ankle surgery. What tipped Medicare off is that the person’s legs had a claim in for ankle surgery. The resulting investigation led to a whole bunch of claims that were false. Before the case was settled, it was over $50 million.

Bob shares about his overall experience as a SHIBA volunteer with clarity and fondness. “We were set up to have three clients per monthly session. During open enrollment periods, we’ve had four sessions in November instead of one.”

Bob is especially appreciative of the assistance he got as a volunteer from the senior centers he supported. When he started out, he had to carry a SHIBA computer and printer and provide his own paper. Some senior centers would let him sign on to their networks, but others wouldn’t.

“At Kirkland, for instance, they were close to the public library, and I could pick up the public library’s Wi-Fi at the senior center. That was how I would get internet to be able to access SHIBA information during the counseling session.”

After one of the computer techs at Northshore Senior Center spoke with one of SHIBA’s state trainers, he was so impressed with the organization that Bob says, “he put in a real good word for SHIBA.” Bob was assigned a computer with a SHIBA account on it as well as a printer.

“I didn’t have to carry the SHIBA computer and printer with me to set up every time I came in to counsel. They really worked with us, providing the counseling room when available, and extra counseling rooms for regular and extra sessions during the open enrollment period between Oct. 15 and Dec. 7 each year. That was very special, and they do their best to support us all the way through.”

After 17 years, Bob just retired from the SHIBA program in January 2023, but he remains enthusiastic about the program.

SHIBA FUN FACTS

SHIBA (Statewide Health Insurance Benefits Advisors) began with an innovative group of volunteers in Skagit County, WA in 1979. They saw the challenges of navigating Medicare, learned everything they could, and began helping others in their community.

Since then, it’s expanded to a national, publicly funded program. Solid Ground has operated your local SHIBA office in King County in partnership with Washington state’s Office of the Insurance Commissioner since 2021. In 2022, Solid Ground SHIBA volunteers served 7,308 hours and assisted 4,607 King County residents.

For more info on Solid Ground’s SHIBA program: www.solid-ground.org/shiba.
The following are just a few of the opportunities RSVP has to offer. To talk to a real person about volunteer roles 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.

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. Volunteer opportunities are available 365 days a year to provide frontline services in your community. –Countywide

Catholic Community Services (CCS) – Volunteer Services welcomes volunteers to enable elders living on low incomes and adults with disabilities to remain independent in their own homes. Volunteers may help the same person or be listed for on-call opportunities depending on their schedule and interests. Volunteers receive training, mileage reimbursement and insurance. Requests include rides to medical appointments, yardwork, phone buddies, and grocery, medication, and meal delivery. –Countywide

At CIRC, we’re developing a team of Digital Navigators to assist our older adult residents explore the ever-changing world of technology. Navigators provide individualized or small group assistance to older adults living in affordable housing. Help people find affordable internet-capable devices and/or coach them in introductory digital skills so they can become effective home internet users. –Countywide

Franciscan Hospice & Palliative Care (FHPHC): 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 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 friends 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 homes. 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 through Friday during regular business hours and include 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: Lifelong’s volunteers – the heart and soul of the organization – have played a vital role helping provide quality care and services to clients for more than 30 years. Lifelong’s food program, Chicken Soup Brigade, eases the lives of people living with or at risk of serious illnesses. Volunteer opportunities include: repacking food donations, prepping food, packaging meals, delivering nutritious food, and assembling health care kits. –South Seattle

North Helpline Emergency Services & Food Bank believes all deserve adequate food, housing, and respect. We’re actively looking for volunteers to join our various onsite programs, particularly for the following activities: Food Bank Distribution (W. & Sat. mornings, Th. afternoons), Home Delivery Box Packing (T. & Th. mornings), and Food Donation Sorting (T. – Sat. mornings). –North Seattle

Port of Seattle: The SEA Airport (Seattle-Tacoma International Airport) volunteer program seeks new volunteers to join our dedicated team. Volunteers focus 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. As SEA traffic continues to pick up, the need for additional volunteers also increases. –South Seattle

Reading Partners: Are you ready to help a student become a lifelong learner? Reading Partners seeks 400 volunteer tutors to work one-on-one with students during the school year. Give a little over one hour per week. We offer flexible Monday to Thursday volunteer times between 8am – 4pm. No experience required; we provide volunteers with a structured curriculum, training, and ongoing support to help you and your student succeed. –South King County

Sound Generations is a nonprofit organization serving aging adults and their loved ones in King County 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. –Countywide

Youth Tutoring Program (YTP) provides free one-to-one, virtual tutoring for children living in five different housing communities for those living on low incomes around Seattle. YTP student scholars represent many nationalities, cultures, languages, and religions. Volunteers meet with the same student scholar every week to mentor and tutor them in the skills they need to thrive academically and in life. Afternoon and evening hours are available; sign up for one hour a week or more and help a child succeed. –Central & South Seattle

Washington DECA serves 13,000 high school students to prepare them to become innovative leaders and entrepreneurs who make a positive social and global impact. We’re currently looking for volunteer judges to evaluate both written and oral business competitions. Students value your feedback as they prepare for the International DECA competition. –Eastside & online

☐ Please call to help me find a volunteer opportunity suited just for me.
☐ Please send information about RSVP.
☐ Please note my new address.

Name: ____________________________ Email: ____________________________
Phone: ____________________________
Address: ____________________________

Please mail this form to: RSVP, 1501 North 45th Street, Seattle, WA 98103