

Experience *in Action!*

King County RSVP's news for people 55 & older

Volume 33 | Number 1 | Spring 2019



Kokoro Kai...

Compassion from the heart

By Peter Langmaid

Kokoro Kai Adult Day Center (Kokoro = heart/compassion; Kai = group) is a Keiro NW program located in Nikkei Manor in Seattle's International District.

This adult daycare program provides seniors "with companionship, activities, and meals, all with the goal of increasing independence and well-being."

Open three days a week, Kokoro Kai is anything but a dreary "parking lot." It offers a dynamic, balanced, and varied schedule of activities and events that keep participants moving and engaged.

A typical day begins with Tea Time and snacks. This allows the group time to settle in, chat, and renew acquaintances.

After tea comes Game Time. Research has shown that playing games is vital for maintaining mental acuity as we age. Game Time is followed by group exercise and lunch.

I was lucky enough to be invited to share lunch with everyone. Conversation was lively, the atmosphere was beyond friendly, and the food (a typical Japanese meal with miso soup, rice, and beef with vegetables) was delicious.

Afternoons offer a wide variety



Lillian Hayashi (Photo by Chris Villiers)

Solid Ground
RSVP (Retired and Senior Volunteer Program)
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of activities such as crafts, singing, dancing, watercolor painting, field trips, charades, and on and on.

A key to the success of the program is the variety: no time to get bored, and the routine never gets stale.

With limited staff, Kokoro Kai relies on volunteers to keep the program running.

RSVP volunteer and Ambassador Lillian Hayashi – who has served Keiro NW for over 40 years(!) – is one such volunteer. Lillian's regular day is Wednesday, but as is typical of Lillian, she is on call for the other two days.

When Lillian and I sat down to talk about Kokoro Kai and her life of volunteering, she began by stating that she's honored to be featured in an article, but she doesn't like to be singled out for something that's a team effort. Again, that's Lillian!

A Seattle native, Lillian received a BA degree from UW in Geography/Education with an emphasis in cartography. (She loves maps). She later received a license as a Nursing Home Administrator.

In her decades-long work

career, she told me, Lillian has been blessed to never have had to look for work. Work found Lillian.

Lillian credits her passion for helping others to the example her parents set. She then told me a story that's been a lifelong memory and guiding principle.

A young Lillian and her mother were in the checkout line in a grocery store. The woman in front of them had two small children. The tally for the woman's groceries was more money than she had, and she began looking for items she could do without.

Lillian's mother intervened and offered to pay for the woman's groceries. With tears in her eyes, the woman said she had no way to repay Lillian's mother for her kindness. "Do something for someone else in need," her mother replied. "That's all the payment I need."

With the spirit instilled in her by her parents, Lillian sees volunteering as an opportunity, not an obligation. "Be a good neighbor to everyone," she says, "especially those in need."

And, she adds, volunteering energizes her; the more she

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RSVP Volunteers are Superheroes!



Thank you for believing in the hero in everyone.
RSVP volunteers jump into action to meet basic needs, nurture success, and spread change!

In 2018, **906** RSVP volunteers served **128,029** hours, meeting critical needs in organizations across King County.

In deep appreciation ~ Solid Ground & RSVP



Financial Planning

by Bill Pharr

Final affairs ... Do it now

In a discussion with a lawyer recently, he mentioned a major problem area in wills is people who are neglectful in communicating their desires with their adult-age children or heirs as well as their executor while they are of sound mind.

Here are some tips on how to avoid that issue as well as some additional items to take note of in first creating and then reviewing your will as the years go by.

Executor: In a will, people usually list the person who will serve as the executor of their estate. The executor is the person who oversees making sure that everything in the will is taken care of as efficiently as possible.

Too often, however, people automatically name their oldest child, best friend, or even spouse as the executor of their estate without thoroughly examining their qualifications for the task at hand.

It usually makes more sense to name an executor who is organized, efficient, independent, ethical to the highest degree possible, has some financial background – and is not a direct family member, or someone so old that she or he may die before you.

Personal property: Not surprisingly, this often leads to the biggest family disputes. Typically, personal items have far greater sentimental value than dollar value, and it can be important that the children and heirs know where these items are and to whom they are designated in the settlement of the estate.

In this category, most experts recommend that their clients sit

down with the children and family members and talk about what each one wants. In some situations, this conversation can become messy, but it is better to have it before death than leave it for the executor to negotiate later.

Once the personal property and who receives what is decided, it is best to make a list and include it with the original will along with a clause that instructs the executor to sell outright any disputed item if the heirs cannot decide who inherits it. My friend printed a very nice five-page form used to list important personal property, its location, and to whom it should go after death.

Communication: An example of upfront communication with potential heirs occurs when parents have reasons to leave one child more than the other children. This can cause hard feelings with those who receive less.

The parents should schedule a family meeting and explain their thinking to the whole family. By doing this, the whole family can hear the reasons behind the parental decision, and it keeps the children from blaming one another later or making it difficult to settle the estate.

Review: Estate plans and wills should be reviewed every few years. A prime example occurs when there is a divorce and wills are not updated to reflect what the parents truly want to happen with their estate. The new spouse and children can often get into arguments and lawsuits over the assets in the estate.

Another reason to review your will every so often occurs as assets change because of market conditions, houses are sold, or people go into assisted living facilities and use their assets.

As a final note it is highly recommended that everyone regularly review the beneficiaries to their IRAs, 401k plans, life insurance policies, etc. These are not passed through by will, but they are often a key part of a person's estate in this day and age. ●

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





It Seems to Me...

by Peter Langmaid

Loyalty

I have been a member of a community band for more than 25 years. Over the years, the band has lost members, gained members, faced financial trials, and survived the retirement of our founder and music director. The band's survival is largely attributable to a core of relatively few diehard members.

In addition to the above challenges, a few years ago we lost our rehearsal space at a community center and relocated further north. At the same time, I moved south.

As a result, my commute time to rehearsal jumped from 20 minutes each way to 45 minutes each way, leaving me with a 1½-hour commute for 1¾ hours of playing – an uninviting ratio!

We rehearse once a week, and every week – especially in the winter – I complain to my wife about the dreaded commute and wonder if it's worth it. Why not, she always says, join our local community band, which rehearses only five minutes away?

Loyalty

The answer to her question, I've come to believe, is loyalty. I've been with the band through good and bad times, and to quit now for another band seems like disloyalty and a betrayal.

I believe loyalty is one of our country's bedrock social values. Loyalty is the glue that keeps families, communities, and

societies together. Loyalty builds trust and deepens and strengthens relationships. And, it gives us a sense of belonging.

We can have our arguments and differences over a wide range of issues, but when the dust settles, we realize we're all in it together, regardless of outcomes.

Self Interest

For values to be strengthened and sustained over time, they must be reflected in all social interactions. But when I contemplate the dominant values in our society today, I sense a weakening of loyalty and the rise of "me first." A "me first" person is loyal to their own narrow interests and sees no value in a bigger picture.

The most evident example of this trend is found in the workplace. I can remember when the Japanese concept of 'employee-for-life' was heralded as the key to the dominating success of such companies as Honda, Toyota, Nikon, and Sony.

Today, it sometimes seems that neither companies nor employees are loyal to one another, due to such factors as technology, outsourcing, downsizing, and automation.

When I was in the workplace and reviewing résumés, an applicant listing many previous



jobs threw up a red flag (Why can't this person hold a job?).

Today, I'm told, a candidate with a long tenure with one employer is looked at with suspicion (*Is this person such a mediocre performer that they can't find another job?*).

Values

Values shape attitudes and attitudes shape behavior. We spend an enormous amount of our lives at work. If loyalty is a fundamental and important social value, it should be reflected in the workplace. Otherwise, over time, it loses its value.

And so, in the spirit of loyalty, and despite traffic, weather, darkness, and distance, I continue to trudge north every Thursday for rehearsal – and complain about it! ●

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

RSVP



The Retired and Senior Volunteer Program (RSVP) is a nonprofit National Senior Corps 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 in accordance with technical and editorial policy guidelines.

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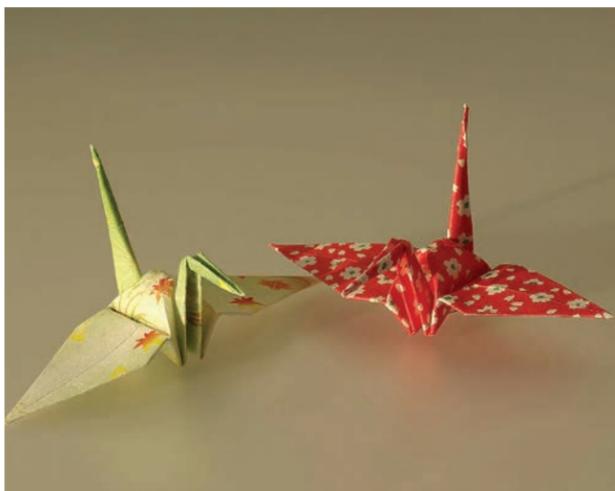
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volunteers, the more she wants to volunteer. She punctuates that sentiment with a quote from Winston Churchill: "You make a living by what you get, you make a life by what you give."

As a followup to my visit, I asked Tomoko Faasumalie, Kokoro Kai Supervisor, to describe Lillian's contributions to the program.

"I've never seen a dedicated person like her. ... I sometimes worry if she sacrifices herself because I know she's involved with a lot of groups and is needed by all of us. We really appreciate her thoughtful consideration and support."

As Lillian and I returned to our cars, she opened her trunk and presented me with a beautiful banana chiffon cake she had baked especially for me. Where, I wondered, does she find the time? ●





Aging with Wisdom

by Carol Scott-Kassner

Doing what you love

Each spring, RSVP focuses an issue on celebration of the wonderful work you do as volunteers in the Puget Sound region. The countless hours you've spent during this past year have been a gift to our community, making it a better place to live. The lives you've touched have been blessed by your generosity.

I found the following poem by Charlotte Tall Mountain that reminds me of the need to do whatever I do with love. I thought you might enjoy this poem too. I find it inspiring.

For Love of the World

*For the love of a tree,
she went out on a limb.*

*For the love of the sea,
she rocked the boat.*

*For the love of the earth,
she dug deeper.*

*For the love of community,
she mended fences.*

*For the love of the stars,
she let her light shine.*

*For the love of spirit,
she nurtured her soul.*

*For the love of a good time,
she sowed seeds of happiness.*

*For the love of nature,
she made compost.*

*For the love of a good meal,
she gave thanks.*

*For the love of family,
she reconciled differences.*

*For the love of creativity,
she entertained new possibilities.*

*For the love of her enemies,
she suspended judgment.*



Many of these kinds of love are more difficult than others, but as we grow older, we are called to perform acts of reconciliation, forgiveness, and healing as well as nurturing and celebration.

May you find the breadth of space in your life for myriad forms and acts of love. May you truly celebrate the kinds of love you are spreading through your work as volunteers. ●

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 Spotlight: Charla Sullivan, by Jan Hancock

Volunteer Charla Sullivan has a long and varied history of service to her community. She came into it in two stages: first as a young woman and then again after a longer absence when she had turned 65, was no longer working full time, and her husband had passed away.

As a result of contacting RSVP, she is now an Ambassador representing the program at senior and volunteer fairs, and at volunteer site recognitions. She is instrumental in promoting volunteerism by speaking to community groups and participating in community meetings.

Charla is also a longtime volunteer of Visit Seattle, a nonprofit economic development agency responsible for marketing the Seattle area as a destination for individual travelers, conventions, and tour groups. Charla loves keeping up to date on what is happening in the city, and this is an ideal way to do so.

While serving as a Board member of the Seattle Parks Lifelong Recreation Advisory Council for eight years, Charla was a strong and effective advocate on issues that maintained and improved the social and physical wellbeing of seniors.

In addition, Charla has volunteered with MoPOP, the Museum of Pop Culture, and the conservation group Washington Wild, and she is always there with her can-do attitude. This attitude goes way back and has not only served others but herself as well as she pays it forward.

When Charla is not busy volunteering she takes great pleasure in reading, with mysteries, biographies, and history topping the list of



Charla Sullivan (Photo by Chris Villiers)

her favorites. Watching subtitled foreign mysteries with lots of murder and mayhem comes in a close second, and she never seems to grow tired of what is on offer in the thriller and suspense categories.

A pet aficionado, Charla has provided a safe and loving home to an array of dogs and cats over the years. Her latest addition is Luna, a rescue cat who hissed and growled for months on end but is now so calm and secure that she will purr contentedly for hours while sitting on Charla's lap while she reads or watches her favorites on TV.

Whether with pets or with people, in her love of volunteering, Charla lifts the spirits of those she engages with. She is the consummate volunteer and brings good things to all she encounters. ●

BECOME 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 the mission of RSVP with other seniors. If you would be willing to represent RSVP at events around King County, we would like to talk to you.

To sign up or ask more questions, please contact: Jen Gahagan, 206.694.6785 or jeng@solid-ground.org.

Join the Backpack Brigade

by David Thornbrugh

Assuming that exercising your mind keeps it sharp, here's a riddle for you: What Seattle food vendor feeds 872 customers seven meals weekly, 38 weeks a year, yet has neither an address for Yelp critics to pinpoint nor menus to choose from – and also doesn't charge for its services or expect to be tipped?

The answer is Backpack Brigade, which since 2014 has been distributing weekend food supplies to homeless and displaced Seattle schoolchildren who might otherwise go hungry. And though the grunt work of filling nearly 900 white plastic bags with Cup of Noodles, rice and beans, and oatmeal is done by a small army of volunteers, the heart and brains of the operation is Executive Director, Nichelle Hilton.



Nichelle Hilton (Photo by Jan Hancock)

While attending training on how to run a food bank, Nichelle learned that hundreds of Seattle schoolchildren were at risk of going unfed over the weekends, when their challenging home situation might fail to provide the nutrition they got during the week at school. "How could we let this happen?" she remembers thinking.

For this woman who has worked in nonprofits since she was 18, the response was to put food into the hands of the hungry children.

Beginning with eight bags in 2014, Backpack Brigade distributes packages of seven meals – three dinners, two lunches, two breakfasts, and snacks – to K-8 schoolchildren at the end of the school day on Fridays.

High schoolers, if identified as in need by a nurse or counselor, may be discreetly offered an inconspicuous box of food to take home.

This gets done on a yearly budget of \$200,000 – which, as Nichelle points out, "someone could sneeze that, in this city."

What makes such a low-cost operation possible – each bag of food for a hungry child costs less than eight dollars – are the more-than-50 volunteers who weekly work in the program's small warehouse not far from CenturyLink Field to fill the white plastic bags with food and get them to the children.

Wednesday, between eight and 10 volunteers show up to begin setting up the bags, which includes doing inventory and fluffing open the bags that then go in bunches of eight into blue plastic crates on the room's 17 tables. Many of these volunteers are regulars.

Thursday, when the preparation includes bagging small amounts of rice and beans and assembling the meal bags, is a popular day for work groups such as Microsoft and other tech companies, church groups, and even book clubs.

"Just to get the count from the storage to the tables, that's too much to do in one day," notes Nichelle.

Friday, when the food bags are delivered to some 20 schools, is the busiest day requiring the most volunteers, about 25 people, including 16–18 drivers.

The biggest delivery is 19 heavy crates, which both the vehicle and the driver must be able to carry – not to mention the little 5-year-old kindergartener girl who has to lug it home.

At the end of the day, "We sweep and push all the tables into the



(L to r): Sarah Parhurst, David Thornbrugh, and Charla Sullivan (Photo by Jan Hancock)

middle, and then all those volunteers take off," says Nichelle. "I wait for all the drivers to come back and push all those crates into the middle, and that's that."

She impishly adds, "There's a funny little competition between Friday and Wednesday: If anything goes wrong on Friday, it is Wednesday's fault, and when Wednesday gets here and there is a mess, it's Friday's fault!"

Backpack Brigade is looking at providing its services to the Seattle schools that offer six weeks of summer classes to fill the gap for children who can't make it to a Summer Meals site around the city.

As Nichelle explains, "We partner with a lot of schools, a lot of the

parks, and then the school districts have referrals of all the different parks and food banks. And some are even at shelter sites that host summer meal programs – which is free lunch, every day, for anyone under 18, no questions asked." It is all about filling those gaps.

Not surprisingly, "We always need money, food, and volunteers," Nichelle says. "With everything we do, there's not much overhead. I just need one champion; I just need one Seahawks player to come and champion our cause."

In the meantime, the Backpack Brigade warehouse is an excellent place to meet other concerned Seattleites and gain the satisfaction of knowing you've done something tangible to put food in a hungry child's mouth.

As Nichelle puts it, "Here, the bags you touch now will be in a child's hands tomorrow." ●

Please welcome David Thornbrugh, our newest writer, to the EIA. He is an RSVP member and an experienced writer, editor, and proofreader. We are thrilled to have him on board!



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.

If you have questions, please contact:

Jennifer Gahagan, 206.694.6785 or jeng@solid-ground.org.

Springtime Chips & Dip

GUACAMOLE

Serves 8, ¼ cup per serving

INGREDIENTS

- ▶ ¼ red onion
- ▶ 1 medium clove garlic
- ▶ 2 plum tomatoes
- ▶ 1 medium lime
- ▶ 2 medium, ripe avocados
- ▶ ¼ teaspoon salt

MATERIALS

- ▶ Cutting board
- ▶ Measuring cups
- ▶ Measuring spoons
- ▶ Medium bowl
- ▶ Sharp knife
- ▶ Spoon

OPTIONAL INGREDIENTS

- ▶ ½ teaspoon ground cumin
- ▶ ¼ cup fresh cilantro leaves

INSTRUCTIONS

- 1) Peel onion and garlic clove. Rinse tomatoes.
- 2) If using, rinse cilantro. Pluck leaves from stems. Tear into small pieces.
- 3) Mince onion and garlic. Dice tomatoes into ¼-inch pieces.
- 4) Rinse lime and cut in half. In a medium bowl, squeeze juice from each half. Discard seeds.
- 5) Cut avocados in half. Remove pits. Using a large spoon, scoop out flesh and add to bowl with juice.
- 6) Add salt to avocado. If using cumin, add now. Mash well with a fork.
- 7) Add onion, garlic, and tomatoes to avocado mixture. If using cilantro, add now. Stir well.

CHEF'S NOTES

- ▶ Serve as a dip with Homemade Corn Tortilla Chips, whole grain pita wedges, or fresh veggies. Add ¼ cup serving of carrot sticks, broccoli florets, celery sticks, jicama sticks, or turnip sticks to have a full veggie component for a snack.
- ▶ The lime keeps the avocados from turning brown. Keep in a sealed container in the refrigerator to maintain look and taste for a few days.



After seven years as RSVP Program Coordinator and an EIA newsletter editor, the time has come to retire. I will miss all of the dedicated people I have known and worked with over the years, especially the senior volunteer EIA writers and the many valued volunteers who provide incredible acts of community service and kindness on a daily basis. I am a better person because of all of you. Many thanks; be well and take care.

~Jan Hancock

HOMEMADE CORN TORTILLA CHIPS

Serves 12, 4 chips per serving

INGREDIENTS

- ▶ 8 (6-inch) corn tortillas
- ▶ Nonstick cooking spray

MATERIALS

- ▶ Baking sheet
- ▶ Cutting board
- ▶ Sharp knife

INSTRUCTIONS

- 1) Preheat oven to 375°F.
- 2) Cut each corn tortilla into six triangles.
- 3) Coat a baking sheet with nonstick cooking spray.
- 4) Place tortilla slices on baking sheet. Lightly spray the chips with nonstick cooking spray to prevent burning.
- 5) Bake until golden brown and crispy, about 8-10 minutes.

CHEF'S NOTES

- ▶ Try whole wheat tortillas instead of corn tortillas.
- ▶ If serving chips with savory or salty foods, sprinkle with garlic powder before baking.
- ▶ For a sweet treat, sprinkle with cinnamon and sugar before baking.
- ▶ Try serving with salsa, hummus, bean dip, or chili.

Reprinted with permission from Share our Strength's Cooking Matters

Senior volunteer programs in 150 communities receive \$13.6 million in federal funds

Funding to support more than 50,000 Senior Corps RSVP volunteers across the nation

WASHINGTON, D.C. – The Corporation for National and Community Service (CNCS) recently announced more than \$13.6 million in funding to support senior volunteer service in more than 150 communities across the country. The Senior Corps grants will both strengthen existing programs and establish new areas of service for the Senior Corps RSVP program.

The funding will support Senior Corps RSVP projects in 40 states and territories and will leverage the experience and skills of more than 50,000 Senior Corps RSVP volunteers.

“As more and more Americans reach retirement age, we are grateful that so many are choosing to make service a part of their second act,” says Deborah Cox-Roush, director of Senior Corps. “Senior Corps provides an opportunity to harness the experience and dedication of an entire generation – to ensure opportunity for generations that follow. With the announcement of the grants on March 5th, we’re building upon the proven concept of senior service and delivering more opportunities for older adults to serve.”

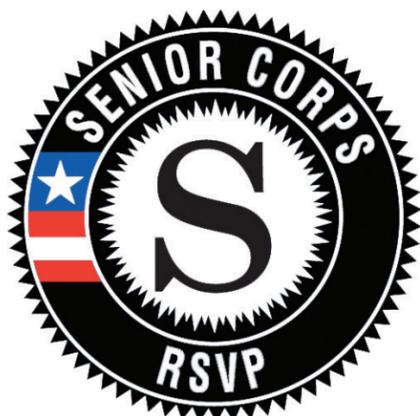
Today, Senior Corps engages approximately 220,000 Americans at 25,000 locations across the nation through its Foster Grandparent, Senior Companion, and RSVP programs.

Established in 1971, RSVP engages Americans age 55 and older in citizen service that addresses the nation’s most pressing challenges – everything from fighting the opioid epidemic, reducing crime and reviving cities, connecting veterans to jobs and benefits, preparing today’s students for tomorrow’s jobs, ensuring seniors age independently and with dignity, and helping Americans rebuild their lives following a disaster.

While serving, Senior Corps volunteers also improve their own lives, staying active and healthy through service. A growing body of research points to mental and physical health benefits associated with volunteering, including lower mortality rates, increased strength and energy, decreased rates of depression, and fewer physical limitations. Findings from a recent CNCS study show that Senior Corps volunteers serving with the Foster Grandparent and Senior Companion programs report feeling significantly less depressed and isolated, along with higher health scores. ●



The Corporation for National and Community Service is a federal agency that engages millions of Americans in service through its AmeriCorps and Senior Corps programs and leads the nation’s volunteering and service efforts. For more information, visit NationalService.gov.



Senior on the Street

by Jan Hancock

What is your favorite springtime activity?

“Birdwatching at Nisqually National Wildlife Refuge.”

~Kate Benkert



“Spending time at the Skagit Valley Tulip Festival.”

~Laurie Hornor



“Going for walks, the sunshine, & enjoying the longer days.”

~Lisa Kaminski



“Getting out in the garden & planting new annuals.”

~Marilyn Nemerever



“Seeing all the spring flowers, trees, & bushes sprouting new growth.”

~Sandra Pendleton



“Savoring the newness of spring as cherry blossoms fall like snow during a brisk wind.”

~Mary Kay Olson



Volunteer 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 206.694.6785 – or visit our website at www.solid-ground.org/RSVP for volunteer opportunity listings organized by region.

VOLUNTEERING

AARP Fraud Watch Call Center is recruiting volunteers to provide guidance and information to seniors who have been victimized or are at risk of fraud. Required skills include computer internet research and the ability to listen carefully and effectively communicate information over the phone. The call center is located near SeaTac airport with easy access to public transportation and free parking. *South Seattle/SeaTac*

Bloodworks Northwest: Become part of the lifesaving link that delivers blood to patients in need in your community. Many opportunities are available depending on whether you prefer to be a donor monitor (helping make certain donors feel well after donating) or work at the front desk (greeting and registering donors in the computer system). Volunteers are especially needed M-F during the day to go into the community to help at blood drives. *Seattle & Countywide*

Cancer Lifeline: Volunteers are an important part of programming at Cancer Lifeline. Volunteers help provide emotional support and resource referral on their Lifeline, assist with administrative tasks and mailings, and attend and support fundraising and outreach events. Volunteers provide a wide range of specialized talents and skills and are depended upon for their energy and enthusiasm. They invite you to become a volunteer! *North Seattle*

Community Food Education is a Solid Ground program designed to teach community members living on low incomes how to prepare healthy and appetizing meals on a limited budget. Volunteers are trained to assist in providing hands-on cooking, nutrition education, menu planning, kitchen safety, and set up. Commitment is to participate in a series of six-week classes. *Various locations in the greater Seattle area*

Franciscan Hospice & Palliative Care (FHPC): Affirming every life, FHPC invites you to join as a volunteer, enhancing the compassionate care they provide to patients and families. Volunteers make home visits to see patients. Be part of a team of professionals and volunteers to discover and meet the unique needs of hospice patients and their families providing them with both practical companionship and emotional support. *South King County, especially Auburn & Kent*

Full Life Care is dedicated to enhancing quality of life for elders and people with chronic or terminal illnesses and disabilities. Volunteers are needed to support their clients, either one-on-one (in-home friendly visits in *King County*), in group activities (at their adult day health center, computer lab, or behavioral health studio locations around *Seattle*), or through administrative support (office and phone outreach in *Federal Way*).

Habitat for Humanity Seattle-King County provides homeownership opportunities for low- to moderate-income families. Volunteers serve as Family Support Partners acting as mentors for families in the program. Families partner with Habitat while they are in the process of completing 250 hours of sweat equity and creating a budget and savings plan. If you are able to work with a family for a period of 6 months to 2 years spending approximately 4-12 hours per month while they are in the process of becoming homeowners, please consider this opportunity. *Countywide*

Mercer Island Parks & Recreation – Community & Event Center: Did you know volunteering and helping others can reduce stress, combat depression, keep you mentally stimulated, and provide a sense of purpose? Lend a hand in these lifelong recreation opportunities. Volunteers are needed in the following areas: Social Recreation Club Helpers (participants have physical and memory limitations) and Transportation Drivers/Helpers (trips and outings, special themed lunches, and office projects). *Mercer Island*

North Helpline Emergency Services & Food Bank: Help keep your North Seattle neighbors housed and fed! Opportunities include sorting donations, food bank distribution, office work, grocery rescue, and home delivery box packing. Open Tuesday-Saturday. *Lake City (across the street from Fred Meyer) & Bitter Lake (across the street from the Community Center)*

Seattle Cancer Care Alliance (SCCA): Provide vital practical and social support for patients and their families in a variety of ways. Currently seeking volunteers at their retail store and gift shop, Shine, to provide excellent customer service for patients, families, staff, and community members who enter Shine. You will assist with purchases, answer phones, and process sales transactions. *Seattle*

Seattle Goodwill: Last year, 730 volunteers supported over 13,300 students in Goodwill's free Job Training and Education programs. Support students this year at their Job Training Centers to help community members find a job. You can also volunteer in their Administration department or help bring their Vintage Fashion Collection and Special Events to life. *Seattle*

University District Food Bank seeks volunteers to help fight hunger in northeast Seattle! There are many ways to help out: volunteer in the grocery-store style walk-in food bank, deliver food to homebound folks, assist with the food bank's rooftop farm, and much more! Volunteers like you power the University District Food Bank, and they would love for you to join their team! *North Seattle*

VA Puget Sound Health Care System provides comprehensive healthcare to more than 110,000 veterans across 9 facilities in the Pacific NW. Volunteers play a vital role extending their impact with key customer service assignments. Drivers help veterans from rural areas access clinics using government vans throughout the area. Ambassador assignments give the initial welcoming experience to greet veterans and guests at their hospitals. *Seattle & Countywide*

Volunteer Services of Catholic Community Services (CCS) welcomes volunteers to enable elders living on low incomes and adults living 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. Requests can include companionship, transportation, light chores, laundry, cooking, and clerical support. Volunteers receive training, mileage reimbursement and insurance. *Countywide*

Youth Tutoring Program holds a summer academic enrichment program for students living in low- and mixed-income housing communities. Most students come from immigrant or refugee families and diverse backgrounds – representing many nationalities, cultures, languages, and religions. Many students lose at least 3 months of academic progress over the summer, and it's their goal to keep that from happening. Help them achieve it; volunteer with YTP once a week for 6 weeks, July-August! *Greater Seattle*