

RSVP

Partner sites and Volunteer Opportunities

**For more information call 206-957-4779 x 122
Or email jeng@solid-ground.org**

COUNTY-WIDE/OTHER LOCATIONS:

American Cancer Society: New Partner site! Volunteers are needed to provide information and resources to cancer patients and their families in the Cancer resource centers at Valley Medical in Renton and the Highline Cancer Center in Burien. Volunteer drivers are also needed to take cancer patients to medical appointments.

American Red Cross – serving King & Kitsap counties in disaster relief and disaster preparedness. ARC has many volunteer jobs available, some of them are: Disaster Action Team, Client Case Worker, Shelter Worker, Feeding Associate, Material and Support Services, Public Information Officer, Disaster Mental Health, Disaster Health Services, First Air and Station Team, CPR/First Aid/AED Trainer, HIV/AIDS Basic Education Trainer, Community Disaster Education Instructor, Youth Specific Preparedness Instructor, Language Services, Administrative Support, Community Outreach Volunteer, Development Support, Grounds and Maintenance, Mailroom Associate. **All Disaster training is free.** Please call RSVP for more detailed job descriptions.

Apple Corps – A program of Solid Ground. We need volunteers to present or assist with nutrition and cooking lessons to group of children at Seattle elementary schools and community centers during the school day and at after-school programs. Volunteers support staff with hands-on education as well as set-up, food preparation, and clean-up. Volunteers may also assist with developing lesson plans or resource development.

Big Brothers Big Sisters – Celebrating 50 years as the premier youth mentoring organization in Western Washington, BBBS matches children with mentors. Mentors meet their matches 2 to 3 times per month in a community setting. How much of a difference can a mentor make in the life of a child? You'd be amazed!

Circle of Friends for Mental Health – this wonderful group works to improve the lives of people with pervasive mental illness through classes in the arts and community outreach programs. Share your art expertise as a class leader, an assistant leader, or help provide administrative assistance. Training provided. Classes offered at several facilities.

Elder and Adult Day Services: (Bellevue, Bainbridge and Des Moines) The therapeutic activities program improves the health, independence, and quality of life of our seniors and adults with disabilities. You can help contribute by picking up our meals at Overlake Hospital and delivering them to the Bellevue Center (no cooking required). You can also assist with baking, art, exercises, lunchtime activities, and music or office administrative tasks. New friends are always welcome!

ElderFriends - Help relieve isolation among homebound elders through friendly visits. ElderFriends seeks people in the community who can visit twice monthly and keep in close contact with an elder friend through letters and phone calls. We especially need volunteers to visit with elders living in the Bellevue/Eastside and South King County areas. Training and ongoing education/support for volunteers provided.

Evergreen Hospice and Palliative Care - Volunteers work in their own communities to visit hospice and palliative care patients who live near them. Volunteers can provide companionship, respite for the primary caregiver, light household help, run errands, and just be a friendly visitor and additional support. Volunteers are provided a free, comprehensive training so they feel confident in their services to hospice and palliative care patients.

Full Life Care (formerly ElderHealth Northwest) - Our facilities are places where older adults and people with disabilities can socialize and enjoy group activities. We help frail elders and disabled people maintain an independent and dignified lifestyle by enhancing their physical, social and cognitive functioning. Volunteers needed between 9:00 am and 2:00 pm Monday-Friday.

King County Dependency CASA- Be the most powerful voice for an abused child as a Court Appointed Special Advocate (CASA). Operate your own schedule, investigate and assess case facts and recommend to the court a course of action that focuses on a child's well being. CASAs are provided extensive training and consistent backup support.

King County Library System Words on Wheels - Do you like to read? Please share your love of reading and libraries with a shut-in or adult family home by delivering library materials once a month to one of King County Library System Traveling Library Center Words on Wheels patrons. The time commitment is about 2-4 hours a month.

King County Library System Study Zone - needs dedicated volunteer tutors. Use your skills in math, science, English, social studies, study methods and more! Help K-12 students with their homework questions and direct students to additional resources in the library. Volunteers should be comfortable in all subject areas up to the 6th grade level and proficient in 1 or 2 subject areas at the college-prep level. The program is available at KCLS libraries throughout King County. The commitment is 2 hours one day per week for one academic semester (September-January or February-June). Training provided.

Long Term Care Ombudsman Program – a program of Solid Ground. Advocate for Nursing Home Residents' Rights: become a certified Long-Term Care Ombudsman. Volunteer ombudsmen promote and protect the rights, dignity, safety and quality of life of elders in long-term care through advocacy and outreach. Volunteers are trained in Residents' Rights and Advocacy, and matched with a local long-term care facility. Training and ongoing support provided.

Cooking Matters – is a program of Solid Ground located in the Wallingford area. We are looking for class assistants to help with 4 or 6 week cooking and nutrition classes for low-income individuals. Training Provided.

Multifaith Works – Help support people living in isolation and loneliness due to life-threatening illness, recovery from drugs/alcohol addiction, and inmates in local jails/prisons or family members grieving the loss of a loved one. Volunteers provide one-to-one emotional support or work as a member of a Care Team to provide community, friendship and practical support.

Puget Sound Blood Center - Become part of the lifesaving link that delivers blood to patients in need in your community. Puget Sound Blood Center is seeking friendly and flexible volunteers to greet and register donors in our computer system, and to assist donors after their donation while providing refreshments. Our blood centers and mobile blood drives are located across King County, and full training is provided for each position.

Senior Services-Volunteer drivers needed to transport seniors to medical appointments during the weekdays. The transportation program is flexible. Drive your own car and choose the times and areas you'd like to drive!

Sound Steps - is offered through Seattle Parks Senior Adult Programs. Volunteers are needed to help set up and run walking groups throughout the city. This is a FREE, year-round program to connect walkers, and give them tools and encouragement to keep exercising while enjoying the outdoors and other great people!

Society of St Vincent De Paul- is an international organization with a strong, local grassroots outreach to the poor. Locally they receive more referrals from 211(Community Info. Line) to help people than any other agency in Seattle/King County. Volunteers are needed answer and manage phone calls for people who need help. Training is provided. Other volunteer jobs include helping at the food bank or stores.

Solid Ground – (Sponsor of RSVP in King County) Each year Solid Ground provides shelter, food, transportation and other basic services to needy people across King County. Volunteer positions are open in many of the more than 25 different programs we administer. Opportunities include Long-term Care Ombudsman, teaching nutrition, and tutoring with homeless childcare. Learn how to make a real difference.

Starlight Children's Foundation (Redmond) - has a mission to help seriously ill children and their families through entertainment, education and activities. They are currently looking for volunteers to help with general office duties. These opportunities are available during their office hours of 9am to 5 pm and require a time commitment of 2 to 4 hours per week. Also needed are seasonal Santa Claus volunteers. They also have an on-going project in their warehouse that involves organizing and sorting toys collected during the holiday toy drive, a perfect opportunity for individuals or groups and can be a one time or on-going commitment.

Study Buddy Literacy Tutoring Program - Study Buddy matches volunteer tutors with children in grades K-8 who are in need of academic support. Our organization provides training, placement, and ongoing support to volunteers. Area schools are in need of committed, caring individuals with the desire to make a difference in the life of a child. Commitment is one hour per week through the school year.

United Way Reader Program – To help prepare young children to succeed in school, United Way of King County has mobilized volunteers from the community to read aloud to young children throughout King County as part of its Volunteer Reader Program. If you like kids and want to have a meaningful impact in our community, we want you to be a Volunteer Reader. Training is provided, and we ask that you be able to commit one hour per week, between 8:00 a.m. and 5:00 p.m., on a weekday, for a minimum of six months. United Way works with 39 sites throughout the county.

VA Puget Sound Health Care System-Home Respite Care volunteers are needed county-wide! This important volunteer position provides friendship and companionship to homebound veterans while also providing support and respite for caregivers.

Volunteer Chore Services - seeks volunteers to assist a low-income elder or adult living with a disability with housework, yard work, cooking, shopping, or transportation. Volunteers choose day/time/location. New opportunity: Phone Buddies Program. Bring joy and companionship to an isolated elder or disabled adult by having a phone conversation once or twice a week. Many of these adults no longer have the friendships they once had and would greatly benefit from regular communication with someone like you!

Washington Reading Corps (WRC) – Help elementary schools run reading programs assisted by VISTA and AmeriCorps volunteers. Volunteer tutors may help by reading with children one-on-one or in small groups. Training provided. **New initiative**: WRC is partnering with the City of Seattle's Early Learning Initiative with the goal of using volunteer service to help increase the number of 3rd graders reading at grade level. Volunteer jobs include reading stories to young

children once per week or working in 2nd & 3rd grade class rooms twice weekly. Training will be provided.

Washington Wilderness Coalition – Washington Wilderness Coalition is seeking fun, dedicated and creative volunteers to help with planning our Annual Dinner and Auction. Do you enjoy planning parties, events, and attending fundraising auctions? This might be the perfect opportunity for you! WWC is planning our 8th Annual Dinner & Auction, and is seeking individuals to help with details such as researching donors, venues, catering, assisting with creative skills for decorations, graphic design for our invitation and program and help with soliciting donations for our live and silent auctions. Gain valuable skills and offer your talent in exchange for giving back to a wonderful non-profit organization! Interested volunteers will be invited (but not required) to participate in once monthly auction committees, and complete projects either on their own or at WWC's offices in Seattle. The Auction is scheduled for November, 2011 and will be held in Seattle.