

Experience *in Action!*

All RSVP members are cordially invited to attend...

BREAKFAST FOR CHAMPIONS!

celebrating the service of RSVP volunteers

RSVP Volunteer Recognition Breakfast
Tuesday, October 7th, 2008 at Emerald Downs Racetrack

8:30 AM Sponsor Exhibition
9:30 AM 11:30 AM Breakfast & Program



Keynote Speaker:
Lily Liu
AARP Nation Historian

Featuring:

Volunteer of the Year Awards
Entertainment by the Harmony Kings

Register for the event at your volunteer site or call RSVP at 206-957-4779 x 116

EiA *Inside this Issue...*

Taking care of yourself!

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Solid Ground
RSVP (Retired & Senior Volunteer Program)
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Speaking Directly

by Robin Knudson, RSVP Coordinator

The many ways to take care of yourself

Do you get tired of people telling you how to take care of yourself? All of us can name at least 4 or 5 things we “should” do, but what is it that motivates us to actually change that “should” feeling into “yes, I’m going to do that for myself!”?

Perhaps the change comes through necessity such as an illness or accident, or perhaps it is through a heartwarming story about how much better someone has felt by making self-affirming changes. I hope some of the stories in this issue of the EIA

will help you think in a different way about how you can be the best ‘you’ and have fun while doing it.

•One way to help yourself is to celebrate your successes! In that light I hope you will sign up for the RSVP Volunteer Recognition breakfast “**Breakfast for Champions**”. A very important part of the RSVP mission to recognize the service of our volunteers. This breakfast is our way of saying thank for all of the ways you serve to help your communities. Whether it is

helping out at a Senior Center or helping tutor a child, each act of giving your time and talents helps keep you happier and healthier.

•Governor Gregoire has proclaimed September 18 as Falls Prevention Day in WA State. In the past few years research has shown that falls may have a huge impact on the health of seniors. Please read **Sandy Howard’s** article on falls and pay attention to her good suggestions. Also look for notices about SAFE STEPS a county-wide campaign presented by the King County Fire and Life Safety Association, Healthy Aging Partnership, and King County Health. This program helps to increase awareness about the risk factors of falls and ways to prevent them. There will be a series of educational events from Sept. 18th through 27th some of which are listed in

the Community Opportunities section on the last page of this EIA.

•Our EIA roving reporter, **Peter Langmaid**, has again found two heartwarming volunteer stories to report from **Multifaith Works** and the **PALS** program. We are delighted that Peter can bring these stories to the EIA to share with everyone. Did you ever think that you could help someone so much by just talking to them on the phone?

•In “Aging with Wisdom” **Carol Scott Kassner** shares her personal journey to take care of herself. Her story provides much to think about. Listening to ourselves is one vital way we can nurture our spirit as well as our bodies.

Take Care! ●

Compassionate care

Multifaith Works by Peter Langmaid

As a teacher of English in northern Sri Lanka in the 1990s, Bob Porter read about the AIDS epidemic in the U.S. with heartbreaking interest. Upon his return to Seattle, he attended an informational meeting on AIDS, was touched and appalled by the desperate nature of the situation, and discovered a way to become involved by volunteering through Multifaith Works.

Multifaith Works was founded in 1988 by Rev. Gwen Beighle—as a compassionate response to the vast unmet needs of those afflicted with and affected by HIV/AIDS—on the belief that “People of diverse backgrounds should come together on the basis of shared values in order to assist those in need.” One such value is compassion, as defined by sympathy and support without judgment.

Bob’s involvement with Multifaith Works has been as a member of Care Teams. A Care Team is a group of 7-14 volunteers (ranging in age from 16 to 85) who are matched with an individual or household living with HIV/AIDS called “CarePartner(s).” Care Teams assist their CarePartners like friends—transportation to doctor visits, childcare, light housework, birthday parties, potlucks, shopping and social outings, etc. All activities revolve around the needs of the CarePartners. “Care Team work,” says Bob, “helps sustain me by keeping me involved and connected.”

Care Team volunteers attend a one-day training session, then meet monthly among themselves to plan and strategize ways to help their CarePartners. Bob’s Care Teams normally plan one big event per month, while providing routine services weekly. Each Care Team also has a leader who attends monthly meetings with other Care Team leaders to share information and support each other. Part of the power of the Care Team concept is the collaborative support system: team members supporting each other and team leaders exchanging successful ideas with other team leaders.

As a member of various Care Teams, Bob has helped organize a memorial service that wouldn’t have happened otherwise, done backyard cleanup, planned and executed a picnic trip to Mount

Rainier, and baked innumerable pumpkin pies. “Many of the Care Team efforts involve food,” says Bob. “And everybody seems to like my pumpkin pie.”

Currently, Multifaith Works has about 45 Care Teams, estimates outgoing Multifaith Works volunteer coordinator Brian Halcomb. Many Care Teams are church groups, but many groups are also comprised of individuals from different churches and people with no religious affiliation at all. The only requirement is a desire to help.

Due to the stress of the illness, these families are often chaotic and the Care Teams bring a measure of function and stability to their lives. CarePartners have doctors, social workers, therapists, etc., but often no one to help them with the practical exigencies of daily life. “For most families, just taking care of the illness is a full-time job,” says Bob.

While providing non-judgmental assistance to families struggling with the stress and isolation of living with AIDS, there are rewards that more than make it worth the effort. Bob sent the following e-mail to his former Care Team partners:

“Hello former Phinney Ridgers,

Last night was an emotional high. It started with the huge Franklin High School’s Class of 2008 coming into Memorial Stadium... And there was C (name withheld), smiling and waving to her family and friends...

Despite the terrific crowd, we found C afterward... Photos were taken, then C left by bus for the grads’ celebration party...

One of the most significant nights of my life—the privilege of seeing this graduation take place...

*Wish you all had been there,
Bob Porter”*

And why was this graduation so significant for Bob? Because C, despite the turmoil of living in a family dealing with AIDS, was the first person in her family to ever graduate from high school! Congratulations to the Phinney Ridge Care Team, to Bob Porter, and especially to C.

Care Teams is only one way of many to volunteer at Multifaith Works. To learn more about Multifaith Works or other volunteer opportunities available through RSVP, call Robin Knudson at 206-957-4779 ext. 116. ●





Wit & Wisdom

by author Henry Wiener

Remembering not to forget

There seems to be so much we have to remember it's hard not to forget. Since there is limited room in our memory bank, new deposits have a hard time squeezing in while veteran inhabitants are in danger of being evicted.

Recent research has challenged the assumption by some that a faulty memory was a "normal" aspect of the aging process. Now it appears that a pattern of memory lapses might be a harbinger of a developing problem that needs to be neurologically checked.

That information was not good news as I have always had an abominable memory, especially for names. It was a burden when I was directing agencies and had to introduce people who did not know each other. This was also a challenge in social situations when we had a new friend over. Luckily my wife was gifted at remembering and handled that chore with finesse.

Research on memory has also revealed other areas where difficulty with recall may create problems.

Two of the culprits that play hard to get are reportedly keys and wallets. They rarely seem to be in the places where

we thought we had left them. Remembering birthdays and anniversaries is not far behind, while keeping track of medical appointments runs a close third.

I thought I had resolved this dilemma by buying a large calendar with enough room for noting the important dates I didn't want to overlook. But I often forgot to check it and found myself in hot water with friends and a score of professionals.

Surprisingly there are some memory issues that don't seem to be covered in the literature. Too often, when I have driven a fair distance from home, I start wondering if I closed the garage door, put out unnecessary lights or lowered the temperature gauge. Despite the cost of gas these days, I am forced to turn around and drive home for a visual check in order to avoid an anxiety attack.

But, remembering where I left one other object has been the most troublesome problem of them all.

Not having a telephone jack in rooms I usually hang around in, I was advised to get a portable phone. That seemingly wise solution turned out to be unfortunate because I have to drag a bulky phone around from

room to room. In addition, I rarely remember where I left it and spend a lot of time searching, hoping I will stumble on its hideout.

All this moved me to tap into the wisdom of the memory gurus and take advantage of their insightful suggestions.

Aaron P. Nelson, author of "The Harvard Medical School Guide to Achieving Optimal Memory" was a great help with his reassuring message: "Despite the fact I have studied memory for along time, my tendency is to avoid relying on mine."

Others provided a score of empowering strategies.

Zaldy S. Tan, director of the Memory Clinic at the Beth Israel Deaconess Medical Center found that attaching some sort of meaning to important information provided the incentive for the hidden word or thought to emerge and say "hello."

Another specialist, Elizabeth Edgerly, chief program officer for the Alzheimer's Association in Northern California and Northern Nevada, offered a variety of helpful visualizations to get at the wayward items for which we often search.

And Gary Small M.D., director the UCLA Center on Aging, indicated that because of our tendency to multitask, saying to our self out loud what we want to retain fixes it solidly in our mind.

It was very fulfilling to find the many ways to remember what we don't want to forget. ●

Henry Wiener is author of the book 'Wit and Wisdom.'

A "taking care" story

by Sandy Howard

Before I retired, I was a research assistant at the Center for Health Studies, in Seattle.

I worked on a Hip Fracture Study, from beginning to end! There were lots of forms to fill out, results to record on the computer, and telephone surveys to do.

To see if volunteers were

qualified to be part of the study, I was required to call and ask certain survey questions about age, current health, and medical history.

Also, even though I was talking to seniors in their 70's and 80's, I was required to ask if they were still employed, since participation in the study would

require that half the group attend an exercise class, during working hours, several times a week.

"Do you have a job?" I asked one octogenarian.

There was a pause on the other end of the line, after which she replied...

"You know, it's a job just taking care of myself!" ●

RSVP



The Retired & Senior Volunteer Program (RSVP) is a nonprofit National Senior Corps program sponsored locally by Solid Ground. RSVP encourages and supports volunteerism in King County for people 55 and older.



Solid Ground is dedicated to achieving a just and caring community free from poverty, prejudice and neglect. Our 30 programs give nearly 33,000 families a year the services, resources and support they need to overcome homelessness, hunger, domestic violence and other poverty-related traumas.

EIA

Experience in Action! (EIA) is published quarterly by King County RSVP and distributed to 4,000 RSVP volunteers and friends. EIA is dedicated to providing news and information to RSVP volunteers. 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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RSVP welcomes new ambassadors:
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Aging with Wisdom

by Carol Scott-Kassner

From self-forgetting to self-caring: a personal journey

Have you ever been “self-forgetting”? I certainly have. Toward the end of my career in higher education, I was into a cycle of working, eating, and sleeping – with some time for my husband and friends, then back to work again. It was a vicious cycle. I was out-of-shape, overweight and tired most of the time. At one point, I was diagnosed as being clinically depressed. I had forgotten to care for myself physically and spiritually. I was not only unavailable to myself, I didn't have my best self to offer to my family or to my work.

Regretfully, it took a tragedy to awaken me to my need for change. I got word that a dear colleague of mine had dropped dead of a heart attack just before delivering a keynote speech at an international conference. She was five years younger than I was. We had recently laughed about how overweight and out-of-shape we were. Jean's death forced me to look at my own behavior. I realized that no one else was going to take care of me. I'd have to care for myself.

That invitation led to major changes in my life. I worked with

a nutritionist, lost 40 pounds, walked every day for at least 45 minutes, learned to eat healthily, and started taking vitamins regularly to supplement nutrients I wasn't getting in food. I did toxic cleanses twice a year. My skin began to glow. I had energy. I looked good and felt terrific. And I began another part of my journey of self-care, which was to deepen spiritually through reading, meditating, and attending retreats. Those habits of self-care have continued across the ten years since this phase of my life began.

I've often been grateful that retirement has given me the time to focus on living more holistically. In retirement, we have new space in our lives and fewer external demands. We can shift our focus to engage in greater self-care. Most of us already know the statistics on exercise as we age. Walking for ½ hour a day will do a great deal to keep us healthy well into old age. One of my friends has taken up dancing several nights a week. I'm finding that regular exercise sessions of yoga and Pilates are keeping my body toned and muscles

stretched. Whatever we can do to engage in regular exercise will pay off in greater vitality throughout the remainder of our lives.

We can also exercise our minds by taking courses; teaching others; traveling; reading and discussing books; playing games that challenge our minds; learning to play an instrument or practicing new music on an instrument we already know how to play. The great pianist, Vladimir Horowitz, said that he thought he had finally figured out how to play the piano in his late 80s. That certainly inspires me to keep practicing!! We can engage in creating arts or crafts; go to museums; or volunteer to help others. All of these activities help us to expand ourselves and expand our worlds. They keep us mentally alive.

In many ways, caring for yourself requires bold honesty and deep listening. I often invite participants in my workshops on aging to sit quietly for a period of time, to listen deeply, and to answer the question of what their soul is longing for at this time of their life. The following list reflects some of their answers:

My Soul's Longing at Midlife and Beyond

- Quiet – time for reflection
- Inner peace
- Integrity of mind/body/spirit
- A feeling of self-worth
- Simplicity
- Depth in relationships connectedness
- A sense of playfulness and humor – light hearted and wise hearted
- Wisdom
- Oneness with all things

Try this exercise and see what your soul speaks to you. Then develop a spiritual practice that helps you to respond to what your soul is asking of you. If you seek more peace or quiet, you might begin a daily practice of meditation or centering prayer for twenty minutes. If you seek more connection with others, you may want to join a class or a discussion group, or participate in offerings at community centers. Or you may reconnect with friends you trust to hold the deepest part of your story and get together with them on a regular basis. If you seek wisdom, you may start a journal, reflecting on your life and what you've learned from the various challenges that you've faced, harvesting your wisdom. If you seek simplicity, you may start to get rid of things that clutter your life – this could be possessions, activities, or relationships that don't nurture you.

There are many paths to self-care. Each of us has the power to exercise that self-care in a variety of ways. May your journey be one of deep listening and honesty as you explore what it is you are being drawn to at this time of your life. Then, may you risk to pursue whatever that calling is. Rich blessings to you on your journey. ●

Carol Scott-Kassner is co-founder with Pat Lewis of 'Aging with Wisdom.' Pat and Carol are available to do workshops on various aspects of the spiritual journey of aging. They can be contacted at: www.agingwithwisdom.com or agingwithwisdom@msn.com.

Check out this list to prevent falls

by Sandy Howard

OK, everyone falls sometime or other. When you're younger, it's no big thing.

You fall down, and then you get right up...with maybe a skinned knee or a bump on your head.

Those things heal! Your bones don't usually break, unless you run your sled into a tree, like my son did one winter.

But, then you get older, and falling can mean something more serious, because bones become more brittle – “Hello” Osteoporosis.

Did you know that 95% of hip fractures are caused by falls?

What a surprise! Falls are one of the most serious health risks among seniors over the age of 65, affecting more people than stroke and heart attacks combined. Wow!

And, more than half (55%) of all falls by seniors take place in the home.

An additional 23% occur outside, but near the house – so watch out for ladders and stairs.

As you age, you should try to make your home a safe haven, not a booby trap!

Want to stay in your home a long, long while?

Preventing falls and the resulting injuries can promote independence, by reducing or delaying the need to move out of your home.

Here's a check list to help you “de-booby trap” your home, so you can live there safely:

In the Home

- Watch out for slippery floors – don't bother waxing! Who needs the shine?
- Wipe up spills right away. A friend of mine slipped on a little mayonnaise.
- Wear sneakers or rubberized slippers at home. Don't walk in stocking feet! Avoid open-toed slippers or sandals – the open front catches on the floor. Wear low-heeled shoes that fit – get rid of them if they are too big.
- Tape down throw rugs (use a rubber rug mat underneath), or take up the rug.
- If the threshold to your home is raised, consider painting it or taping it with a color.

Continued on page 5

PALS: you're not alone

PALS at Southeast Seattle Senior Center, by Peter Langmaid

PALS—Physical Activity for a Lifetime of Success—is a unique program designed to help people over 50 who have stopped moving to get moving again. A joint venture between Southeast Seattle Senior Center (SSSC) and the UW Health Promotion Research Center, PALS is based on the research-supported reality that physically active people lead happier, healthier, more productive, and more hopeful lives. PALS teams a willing volunteer ‘phone-buddy’ with an interested ‘participant’ and together they set goals, monitor progress, and celebrate success.

RSVP member Carolyn Munk has been a PALS volunteer since March 2007. Though she doesn't drive and has never met her participants, she feels like she knows them from their weekly phone conversations. “I wouldn't be able to do this,” she says, “if I couldn't do it from home.”

Jean Anton, PALS coordinator, is quick to point out that anyone in the Seattle area can participate in the program. Though Jean works out of the SSSC, she can customize an exercise program for you utilizing local facilities near your home. She can also design an exercise program a participant can do at home. So there's no excuse not to get moving.

Anyone with a phone and a willingness to undergo a full day of training can become a PALS phone-buddy. During the training, Carolyn learned motivational interviewing skills, including how to ask open-ended questions, how to be encouraging, and, above all, how not to blame. “I'm an advocate, not a policeman,” Carolyn states firmly.

The PALS participant/phone-buddy process begins with setting a goal. “For one of my clients, the goal is to walk seven blocks to the grocery store and back,” says Carolyn. All goals require effort, but they must also be achievable.

The next and most important phase of the process is the accountability mechanism: the phone call. Carolyn begins her calls with small talk, moves into hours spent pursuing goals, and finishes

by establishing expectations for the following week. Much of the power of PALS comes from the regular phone calls. In addition to keeping the participant on track and gently nudging them to do more, the phone call also inspires participants by reinforcing the idea that they're not alone and that there's someone out there who cares about their health and well-being. And, we all know it's easier to rationalize letting ourselves down than letting down someone else who cares about us.

One of Carolyn's participants is a go-getter who takes advantage of the broad range of classes available at the SSSC and helps run the coffee bar. “She even kept exercising when she broke her foot,” Jean marvels. Another participant suffers from mild Alzheimer's and just likes to talk. In both cases, Carolyn is always gently persuading them to become more and more active within their limits. “I just love these women,” says Carolyn. “They're adorable.”

One important result of PALS is enabling participants to take control of their lives, to give them the feeling they're going places. Carolyn learned about the value of service as a Girl Scout, and she learned the psychological importance of independent living working as a home healthcare giver for many years in Pittsburgh, PA. For her own well-being, Carolyn walks to the store and regularly does sit-and-be-fit chair exercises. With her daughter living nearby in Ballard, Carolyn enjoys the support of family.

Carolyn says that her work as a PALS phone-buddy makes her feel good about herself and gives her a sense of accomplishment. Asked if she would recommend other people become PALS phone-buddies as a way to volunteer, she said, “Yes, so long as they don't take my participants away!”

If you would like more information about PALS, either as a participant or volunteer phone-buddy, contact Robin Knudson at RSVP: 206-957-4770 ext. 116. ●



Jean Anton, PALS Coordinator

Falls Prevention checklist *continued from page 4*

- Get rid of some of the clutter in your home – give away old furniture that gets in the way – there is someone out there who may really need it more than you.

- Hide electric cords, and telephone cords behind furniture. Put them out of your pathway. Try a cordless phone...but remember where you put the phone when you last use it!

- Add extra night lights to hallways, bedrooms and bathrooms. Have a lamp or light switch you can easily reach from your bed, or put a flashlight on your night stand.

- Turn on the light as soon as you enter your home. There are some lights that have motion sensors that will go on when you go near them.

In the Bath

- Get help in adding grab bars to shower, bath and toilet areas.
- Use nonslip adhesive strips or a mat in the shower or tub.

- Get a rubber-backed terry cloth mat that for outside the shower.

- Consider sitting on a bench or stool in the shower.

- Consider using an elevated toilet seat.

In the Kitchen

- Don't climb up on a chair or step stool...use a long handled “grabber.”

- Store the things you use most within easy reach.

- If you need to mop the floor, do it sparingly, to avoid slipping on any soapy water.

Outside the Home

- Use “instant on” motion sensors on outdoor lights, especially on those near your pathway, steps and front door.

- Watch out for steps that are higher, lower or narrower. Paint the edges!

- Consider buying and painting outside stairs with a sand-paint mixture (available at your

hardware store). Depending on the season, watch out for moss or ice on steps and pathways. I sprinkle them with sand from a large play sand bag that I keep in my garage.

Personal Care

- Review medications with your doctor or pharmacist. Some drugs (including over-the-counter drugs) can make you drowsy, dizzy and unsteady.

- Consider using a pill holder with slots for each day, so you don't wind up taking a pill twice!

- Avoid drinking any alcohol when taking certain medications (take the time to read the drug label and package insert for side effects).

- Have your hearing and eyesight tested. Inner ear problems can affect balance. Vision problems such as cataracts, macular degeneration or bifocal eyeglasses can make it difficult to see potential hazards.

- Use helping devices like canes (I recently saw one with a pop-

down seat). Walkers come with seats, too, and are useful when standing in line or walking in outdoor places, where there is not a real chair on which to rest.

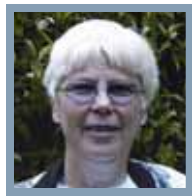
Keep exercising to strengthen your legs and to keep your flexibility and balance. My 92-year-old mother walks every day, and makes sure she climbs a flight of steps.

I take water aerobics at my local Y pool, where impact on joints is minimal.

The Y also has treadmills and bikes that are easy to use and provide me with the motivation I lack at home (I can still watch my favorite TV shows while exercising).

Many community centers and senior centers offer Yoga (Chair Yoga works for those who cannot stand for the entire class), and Tai Chi is excellent for balance and memory! ●

Sandy Howard is an RSVP Ambassador and EIA Reporter.



The Garden Lady

by Linda Urbaniak

Healthful herbs and how they grow

Herbs are technically the leaves or roots of plants. Spices are normally the buds, seeds or bark of plants. Over 5000 years ago the Sumerians used herbs as medicine. The first herb book written was by the Chinese over 4500 years ago and over 3000 years ago the Egyptians were using herbs for food, medicine and dyes. The use of thyme, caraway or bay leaves stretches back into the mysteries of time.

Many of today's medicines are synthesized from herbs. Opium from poppies, ephedrine from ephedra, digitalis from the lovely wild flower, Foxglove; these and hundreds of other medicines continue to be discovered from plants around the world.

Dyes found in plants were cultivated to add color to the hand-woven linens, silks and wools that have been made into clothing for the vast eons of man's existence. Dandelion root was used for pink, pokeweed for red, onion skins for yellow, woad for blue including that used by the ancient Scots to color their skin. Until modern aniline dyes were created these and other herbal colors were the only dyes available.

Somewhere along the road, some of the plants used in medicine were found to taste good and their use expanded to food preparation. In addition

to making the food taste better, many of the herbs also added to how long the food could be safely stored and were used in preservation as well. Today, for most of us the primary use of herbs is in cooking or food preparation and medicinal use should be left to the experts.

Many of the most common herbs can grow here. **Parsley** can be dried but the best is fresh. It is a biennial, growing the leaves the first year and setting seeds the second. **Onions** and **garlic**, too, are biennial if grown from sets.

Sage grows well west of the Cascades and can be used fresh or dried. It is an evergreen plant and can be plain gray, golden or tricolor with purple tones and it retains color year round.

Rosemary can be upright or prostrate but the hardiest is the cultivar 'Arp'. It too is a perennial which can grow to a bush that will need regular pruning once established. **Thyme** is a tough long-lived bush, hardly a foot high that needs great drainage to flourish. Both Rosemary and Thyme need full sun to do best.

Chives will live for many years with good drainage. **Watercress** grows well in moist soil or along seasonal or year-round streams.

Mints of all types grow almost too well, and should be confined to a large pot as they can easily invade carefully planted areas.



Linda's beautiful garden

Bay Laurel from California, or the true *Laurus nobilis*, the Roman laurel, grow in a warm garden here to the height of 20 to 25 feet. Even if the tree is killed by an unseasonable cold snap, they will quickly regrow from the roots if the old trunk is cut off about 6 inches above ground.

Some herbs are annuals. They grow quickly and go to seed quickly so they need to be watched. **Basil** and **summer savory** grow best if started from seed before the last frost and set out when the nighttime temperature is above 50 degrees. They are very susceptible to cool temperatures and will quickly turn brown if too cold at night.

Cilantro, **chervil** and **dill** all grow quickly from seed when planted early in the spring. They will quickly "bolt" and form seeds with warmer weather.

So when you plant an herb you join a chain of usage that began over 5000 years ago.

Happy gardening! ●

Linda Urbaniak is a docent at the Bellevue Botanic Garden and an RSVP Ambassador. She will gladly take your gardening questions at lindagardenlady@speakeasy.net.

WHAT IS 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.

We do not ask for a specific time commitment, only that you occasionally share your enthusiasm for volunteering and help us encourage others by relating your own experiences and telling about RSVP. We provide a fun, interactive training and give you the opportunity to meet another group of active, enthusiastic people.

To sign up or ask more questions: Contact Robin Knudson, 206-957-4779 x116 or robink@solid-ground.org.

More helpful information sources

Tip Offs to Rip Offs - a publication from the AARP Fraud Fighters Call Center of AARP Washington. Call 1-800-646-2283 or visit www.aarp.org/wa.

Knowing About Sleep: A Guidebook on Sleep Issues to Help Seniors & Their Caregivers - a publication from Daystar Retirement Village. Call 206-937-6122 or visit www.DaystarSeattle.com.

Your Family Disaster Supplies Kit and Food and Water in an Emergency - publications from the American Red Cross. Call 206-323-2345 or visit www.seattlredcross.org.

Signs of life?...

A sign spotted in a safari park:
ELEPHANTS PLEASE STAY IN YOUR CAR

Health Matters: Moderate physical activity brings major health rewards

by Heidi Keller, WA State Department of Health

Say the word “exercise” and many of us picture long, hard workout routines in sweaty gymnasiums. But recent health studies have shown that physical activity doesn’t need to be strenuous to be good for us.

According to recent health studies, older adults who take part in even moderate daily physical activity can live longer, healthier lives. This represents a new, comprehensive view of physical activity and how it affects health. The studies have shown:

- Inactive people can improve their health with regular moderate physical activity.
- Health benefits occur even when the activity is not strenuous.
- Increasing the amount of the activity results in even greater health benefits.

Regular physical activity that is performed on most days of the week reduces the risk of developing or dying from some of the leading causes of illness and death in the United States. For example, regular activity:

- Reduces the risk of developing heart disease, diabetes, colon cancer or high blood pressure.
- Helps reduce blood pressure in people who already have it.
- Promotes psychological well-being and reduces feelings of depression and anxiety.
- Helps control weight and maintain healthy bones, muscles and joints.

Older adults can especially benefit from regular physical activity to prolong and improve their quality of life. If you have been inactive, start with short intervals of moderate physical activity - 5 or 10 minutes - and gradually build up to the desired amount. If you are just starting an activity program, be sure to consult with your physician first.

Any activities or exercises that make your heart beat faster - equivalent to brisk walking - are considered moderate. To get health benefits, moderate physical activities should be done 30 minutes or more each day, five days a week, for at least 10 minutes at a time.

Everyday activities that could be considered moderate are:

- Yard work such as raking leaves, mowing the lawn and digging in the garden.
- Housework like mopping floors, washing windows and vacuuming.
- Outdoor activities such as walking the dog, hiking, bike riding and waxing the car.

It is better to do some physical activity every day rather than to be a “weekend warrior.” For example, try stretching out yard work chores in 20- to 30- minute segments over the week instead doing them all on Saturday.

When you have achieved the of recommended 30 minutes of physical activity per day, you can get even greater health benefits by increasing the frequency, duration and intensity. The most dramatic health benefits come from vigorous activity.

If you have questions about getting more physically active - or if you would like information on any other issue related to life as an older adult - call 1-888-4ELDERS (1-888-435-3377), a toll-free and confidential information and assistance line. You can also visit the Web site at www.4elders.org. The Healthy Aging Partnership and 1-888-4ELDERS are co-sponsored by HAP partner agencies, Puget Sound Energy and the Comprehensive Health Education Foundation. ●

Mary Harvey, our regular Health Matters columnist, is off this month, but will return next month.



Senior on the Street

by Peter Langmaid

How do you take care of yourself?

“I have a juicer and I make lots of organic juices. Carrot, apple, and fresh ginger is my favorite.”

-Carolyn Munk



“I keep in touch with old friends.”

-Robert Porter



“I try not to sweat the small stuff.”

-Audry Shiffman



“Always keep moving!”

-John Castle



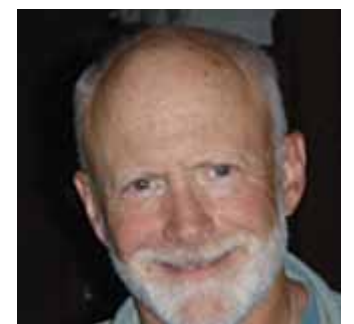
“Exercise...lots and lots of exercise.”

-John Fox



“I get a lot of strength from taking care of my ailing mother.”

-John French



Volunteer & Community Opportunities through RSVP

The following are just a few of the volunteer and community opportunities RSVP has to offer. To talk to a real person about opportunities that are just right for you, call Robin Knudson at 206-957-4779 x116 – or visit our website at www.solid-ground.org/GetInvolved/Volunteer/RSVP for regional volunteer opportunity listings.

Volunteering

Foundation for International Understanding through Students (FIUTS): New Partner Site! Located at the University of Washington, FIUTS has been promoting international understanding since 1948. Every Wednesday during the school year they need volunteers to help set-out, replenish and clean up lunch supplies. The FIUTS Wednesday lunch is a wonderful place to meet people from all over the world!

Horn of Africa Services: New Partner Site! (South Seattle) Horn of Africa Services serves low-income refugees and immigrants from all East African countries. Volunteer by tutoring kids one or two evenings per week, help in the computer job-training center or help with citizenship classes.

Communities in Schools of Federal Way: New Partner Site! Be a mentor to a child for 45 minutes per week in a Federal Way School. Mentors serve as an adult friend and positive role model by listening; reinforcing a positive self concept, encouraging and motivating, reinforcing positive social behaviors and helping students think critically and communicate effectively.

Cultivating Youth: New Partner Site! Help low-income elementary students learn about nutrition, cooking and gardening in West Seattle. Volunteers are needed to be Classroom Assistants, Office Assistants and to help out with garden maintenance and events.

Jubilee Women's Center: Assistant to the Executive Director - help prepare materials for meetings, maintain files, assist in schedule coordination, draft letters and agenda. You can work up to 15 hours per week and choose your own schedule between 9:30 & 6:00, M-F. Giving Tree Coordinator: meet the residents to learn their holiday wishes, then recruit people to adopt a resident and coordinate details of giving. Position begins as early as Oct. 1st.

Puget Sound Blood Center: Need volunteers to help with blood drives on Tues. Sept. 23 at Amgen, Friday Sept. 26th at Nathan Hale High School and the UW. Openings also on Sept. 29th & 30th.

Broadview Emergency Shelter & Transitional Housing: A program of Solid Ground. Spend one-on-one time tutoring/mentoring schools age children, ELL clients and women, assist with childcare so that moms can attend domestic violence support groups, help in childrens' group activities for art and homework. 1 or 2 hours/week, mostly afternoon or evenings, Sunday-Thursday.

Asian Counseling and Referral Services: ACRS is an umbrella organization with a mission to promote social justice and the well being and empowerment of Asian Pacific American people. They have recently moved to a beautiful new facility on MLK, Jr. Blvd. and need volunteers in the following areas: **Naturalization Program** - "Talk Time" volunteers facilitate conversation in a social setting helping limited-english speakers feel more comfortable. **Citizenship Mock Interviewer** - do mock interviews that help immigrants prepare for their citizenship exams. **Job Club Vocational Assistant** - provide one-on-one assistance to low-income community members seeking jobs during weekly drop-in employment counseling sessions.

In Our Community

SAFE STEPS events for Falls Prevention week:

Thursday, September 18:

Wallingford Community Senior Center - events 9:30 - 2:00

Ballard NW Senior Center - risk assessments 10:00 - 1:00

Northshore Senior Center - risk assessments 11:00 - 1:00

Friday September 19:

Sno Valley Senior Center - presentation on falls 11:00

Tuesday, September 23:

Auburn Senior Center - presentations and information 1:30 - 4:00

Renton Senior Center - workshops and raffle 9:30 - 11:00

Peter Kirk Community Center - Falls prevention fair 10:00 - 2:00

Wednesday, September 24:

Kent Senior Center - information booths and snacks 9:30 - 11:30

Greenwood Senior Center - Resource fair 10:00 - 2:00

Thursday September 25:

South East Seattle Senior Center Community Fair 12:00 - 4:00,

North Bellevue Senior Center Fall and Balance screening 1:00 - 4:00

Friday, September 26:

Valley Medial Center - seminars for seniors 9:00 - 12:00

Mayor's Office for Senior Citizens Senior Coffee Hours:

Thursdays, September 18: Susan Shannon, Office of Economic

Development. **October 16th:** Julie Nelson, Seattle Office for Civil

Rights. **November 20th:** Terri Kimball, Domestic Violence &

Sexual Assault Prevention Office.

Central Building, 810 3rd Ave., Seattle, 4th Floor Boardroom

10:00 - 11:00 AM. Call 206-684-0500.

Taxpayers have until October 15th to file a simple tax return on Form 1040A to receive their Economic Stimulus Payments.

Northwest Center for Creative Aging presents Creating a Legacy of Values.

Presenter: Pat Lewis, MA (co-founder of Aging with Wisdom with EIA contributor Carol Scott Kassner)

Date: September 18th from 10:00 AM - 12:00

Location: Plymouth Church, UCC, 1217 Sixth Ave., Seattle

Registration: \$20.00 - cash or check only. Call 206-382-3789

Take Control of Your Money Workshop.

Presented by Kellie Port - Solid Ground's Financial Skills Coordinator.

Date: October 4th & 11th from 10:00 - 1:00

Location: Solid Ground, 1501 North 45th St., Seattle

No fee. Call 206-694-6864.

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: _____
