

Experience *in Action!*

RSVP event recognizes Volunteers of the Year

By Peter Langmaid

One of the many highlights of the 2008 Breakfast for Champions! volunteer recognition breakfast was the bestowing of the "Volunteers of the Year" awards. This year's winners, selected from a long list of worthy nominees, were Jack Papegaay for Community Service and Hal Mozer for Organizational Service.

Jack Papegaay's role as a volunteer at SeaTac Airport is to make traveling to or through Seattle a little easier by providing assistance to those who need it. Jack and his cohorts are inconspicuous until you need them; then they're easy to find in their neat blue jackets and matching neckties. Airports are large, complex, and often confusing structures. No two are the same, and traveling is stressful enough without having to deal with perplexing signage, trains, and hordes of people rushing around in every direction. Jack's supervisor describes him this way: "Jack's professional manner, reliability, and willingness to assist our traveling customers in

invaluable."

Retired from Boeing, Jack says volunteering at the airport is a lot like having a regular job—in terms of commitment to a schedule and performing his duties in a professional manner—but without the aggravation and meetings! "Volunteering," Jack says, "gets you off the couch, keeps you busy both physically and mentally, and gives you energy." The energy comes from doing a good job and helping others. Because you spend so much time at work during your career, Jack explains, "the people you work with become your second family. When you retire, you feel the loss. Volunteering lets you create a new second family."

When not at the airport, Jack enjoys family time, traveling, and going to Seahawks games (Sorry Jack, not this year!)

What it's like to work with **Hal Mozer** can be described this way: "Hal is one of those unique individuals who can both communicate to others what needs to be done as well as be perfectly capable of doing the



L to R: Jen Gahagan, SeniorNet President Ken Crandall, Hal Mozer, Robin Knudson, Sonya Couch. (Jack Papegaay declined to have his photo printed).

job himself." Hal has volunteered at SeniorNet of Puget Sound (SNPS) for 14 years. During that span, Hal has been curriculum coordinator, board member, teacher, Webmaster, course catalog and newsletter publisher. One of over 200 SeniorNet Learning Centers, SNPS's major purpose "is to offer any senior, willing to learn, the opportunity to become competent with computers and share the excitement of the newest technologies."

Asked what he gets from his volunteering efforts, Hal gets philosophical. "The benefits of volunteering...should be mutual—the volunteer should provide a benefit (to the recipient)...and the effort should provide satisfaction to the volunteer." Hal is quick to add that research shows that active seniors live longer than idle seniors—no small benefit in itself.

So what advice would Hal give to someone contemplating volunteering? "Find something

that interests them," he states without hesitation. "No one is going to volunteer for long if what they're doing doesn't interest them."

What interests Hal is teaching, or perhaps more accurately, helping people learn. Here are some observations his SeniorNet friends make about Hal's teaching: "Hal's enthusiasm for teaching settles...any fears that a student may have about being able to 'get it.' ... Hal answers every question completely ... He is able to make a personal computer less of a mystery and more of a helpful tool. ... Hal makes everything so doable."

When not involving himself in every aspect of SNPS, Hal and Susan, his wife of 58 years (I'm guessing Hal could teach us all something about marriage, too!) travel. Hal has visited all seven continents and together they have journeyed to 65 countries.

Congratulations to Jack and Hal for their exemplary service! ●

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Speaking Directly

by Sonya Couch, RSVP Director

Benefits of volunteering: health and happiness

As we prepare for this season's many celebrations the staff at RSVP are also busy preparing for a new year. We meet as a staff at a retreat each year to review, reflect and enjoy a sense of accomplishment in our work. It's really exciting to begin to dream about what new or greater impact we can have on the communities we all serve.

As we have these discussions, they tend to be infused with this idea- that we really believe in the power of volunteering! We believe that volunteers lead healthier, more fulfilled lives! And although we care very

much for the communities you are serving, we get most excited about the impact the service is having on you, our volunteers.

Last year the Corporation for National and Community Service conducted a review of the current literature on the benefits of volunteering. One of the consistent findings is that people who volunteer experience better health. Important to RSVP members is the link between specifically older adults and health as compared to younger volunteers. Studies show that older adults have the most to gain from the value proposition

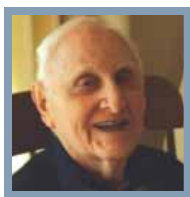
of giving their time in service. They also found that those who volunteered more than 100 hours each year find even greater health benefits.

They found a connection between those individuals who reported a sense of purpose in their lives with health and longevity as well. Many of you reported on our most recent volunteer survey, that a sense of purpose is one of the more important benefits of volunteering. Volunteering also enhances the social support networks that surround us, which hold us when we are going through tough times. I know that I've experienced the health of finding community within my life. And I certainly have experienced the importance of knowing I am using my unique skills and abilities to better the world.

You all, as RSVP volunteers are already in on this secret

though, aren't you? Last year you volunteered 273,000 hours of service across King County! And you probably don't need statistics to tell you what you already are experiencing in your own life. But I share this information so that you know that you are not alone in discovering one of the keys to fulfilled living. And in economic times such as these your service becomes even more valuable.

So, as you prepare for the festivities of the season know that there are 2,300 RSVP volunteers around King County that are also giving of themselves to meet community needs. You are not alone as you seek to bring joy and peace to our communities. And if you find yourself telling your friends or neighbors about what volunteering means to you, don't forget to let them know that volunteers lead longer, healthier lives! ●



Wit & Wisdom

about Henry Wiener

Surprise! All about Henry: still writing at 94!

Our dear Henry turned 94 on Sept. 25 so we are honoring him with this biography reprinted, with permission, from the Journal Newspapers.

Born on September 25, 1914, the son of Polish immigrants and the youngest of six children, Henry Wiener spent his childhood in New York City.

"It was a real different kind of life," recalls Henry. "Gangs hung around and threatened us. People did anything they had to in order to survive. All kinds of things happened to you, and learned to live with it. We had all kinds of adventures."

There are as many good memories as difficult ones from growing up in a neighborhood with "All different nationalities," he said. Buying hot dogs and freshly roasted chestnuts off street carts, playing stickball with friends and having his mother toss a snack to him out of their fifth floor apartment window when he was hungry are among his fond memories. Each floor

of their apartment had a shared bathroom and the building had no elevators.

"Everything was out in the open," he said of his childhood culture. "Funerals were great because of the music. The processions went right down the street."

Henry went to work at a young age, delivering packages for a drugstore wholesaler for his first job, and later working in a cutting room building batches of fabric for tailors to use. With his meager wages, he recalls sharing his 5-cent Hersey bar after work with friends who had even less than him.

Henry managed to work his way through college, and eventually obtained a Master's in Social Work. He married his first wife and moved to the West Coast after serving in the military. "War was very painful," he said of those years, as were the Great Depression years. But he found satisfactions through helping kids in his job with the

Works Progress Administration. Most of his career was spent in counseling and social work.

In 1962 Henry met the love of his life, Virginia, at a conference in Northern California. "From the moment we met, it was like we were born to be together," he said of his wife of 46 years. "I was so lucky to have found someone." Virginia now suffers from the late stages of Alzheimer's disease and is currently being cared for at a nursing home. Henry visits her regularly and struggles with the difficulty of watching someone so loved deteriorate. "It's a terrible disease, I miss her terribly," he said.

Henry began writing at a young age, inspired partly by his older brother's political writing before he died at age 17, and also by the need to keep in touch with his older sisters after they left home and got married.

Anyone who has ever conversed with Henry is charmed by his witty comebacks and sense of humor, which he incorporates into his writing. In addition to the Journal, he has written for the Third Age, Seattle Press, Ballard News Tribune and RSVP's *Experience in Action*. In 2001 RSVP published a collection of his writing in a book titled *Wit and Wisdom*. In the book's forward, Chris Marx wrote, "Through

these stories-touching tales of growing pains, reflections on life's twists and turns, musing on the world as it was and as it is today and Henry's imaginings for the future-you will discover the lighthearted yet profound perspective of someone with a deep appreciation for the wonder of life."

Today, his writing provides inspiration and mental exercise, as he spends time each day at his word processor, working on new material for his columns. He often researches his content through newspaper articles and clippings he has collected over the years. He also reflects on his childhood and the Jewish culture in which he grew up.

"There's something about the search for material and putting it together-I like learning about other people through my research," he explains.

In addition to writing, Henry is a talented artist. The walls of his home are lined with many paintings of Jewish families from his parents' village. Some he has made into glossy cards to share with others. Although he doesn't paint much these days, he continues to write thought-provoking, entertaining columns for the paper. ●

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



Aging with Wisdom

by Carol Scott-Kassner

Living into the paradox of doing and being

As we age, we are blessed by many gifts and opportunities. One of those gifts is that, in retirement, we get to choose how we are going to spend our time. We no longer have to clock in to work, meet the requirements of a boss, or prove to others that we can do what they expect of us. There is a lot of freedom to simply become who we want to be at this stage of our lives.

In my own thinking about who I want to be, I often enjoy playing with paradoxes to see where I am between those polar tensions. One of the most powerful paradoxes is that of “doing” and “being”. I draw a horizontal line on a piece of paper and put “doing” at one end and “being” at the other. Then I place an “X” on the line indicating where I am between the two poles of that paradox and an “O” where I would like to be. Next I reflect on what my soul is calling me to – more being or more doing. At this stage, I find myself pulled to

the “being” side – being quieter, being more selective, being with friends and family, being in nature, reflecting on life, living more simply.

Although “being”, however you define that for yourself, is crucially important to our spiritual growth as we age, we are also called throughout our lives to something beyond ourselves. We are called to a “doing” in the world that builds on our years of expertise and the wisdom we’ve garnered from living a long life and reflecting on what we’ve learned by facing challenges and surmounting them. We are called to contribute to the good of the world, in whatever ways we are able.

Several years ago, a friend, who is a Buddhist, and I were talking about this question of doing and being and she shared the Buddhist saying, “My doing comes out of my being.” That idea remains provocative for me. If my doing comes out of my being, then I need to slow down to really listen

to my deep self to find what “doing” will be meaningful for me and will represent the gifts that I have to give to the world. Our volunteering may be most motivating and deeply felt if we consider our gifts, our purpose, and our values and then determine where we want to “be” and what we want to “do” in the world.

Joan Chittister, in her new book, *The Gift of Years: Growing Older Gracefully*, suggests in her chapter on newness that “We can re-create ourselves in order to be creative in the world in a different way than the boundaries of our previous life allowed. . . We must see what we do in this new kind of life as good. We must find it life-giving ourselves. We must be gifts to the world some way, somehow, for someone.” May you find the quiet “being” time to reflect and to listen so that the gifts you bring to your volunteering truly come out of the center of who you are. May this be a time of creation and re-creation for you. ●

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.

Why are those * & ^ % \$ timesheets so important?

by Robin Knudson

The work that goes into gathering and reporting hours to RSVP is very important to all of us. Because RSVP is a federally funded program, we need to let the government know that we really are doing a great job encouraging people 55 and older to volunteer in the community.

When we get your hours, either from your volunteer site or from you directly, we enter every one of them into our computer system and then report those hours quarterly to our governing agency, the Corporation for National and Community Service. It is important to RSVP and you that this is a government agency that works and takes accountability seriously. The hours you report to us are the

proof of that. The Corporation, in turn, provides funds we can use for mileage and other benefits for our volunteers.

We at RSVP fully realize that counting numbers of volunteer hours does not begin to reflect the true value of the volunteer work that you do, but it is one way it can be measured.

Did you know that your hours may have a monetary benefit as well? Some corporations encourage their retirees to volunteer and will reward their volunteer hours with a contribution to their volunteer agency. RSVP has been the recipient of funds from 3M, Bank of America and Safeco. Please contact your company to find out if they have such a

program. We will have an article in an upcoming EIA that will explain more about how these programs work.

Finally, and most importantly, by joining your hours with other volunteers at all 750 RSVP projects across the country, you are showing the strength and power of volunteering. From January to November of 2008 RSVP King County members have contributed more than 260,000 hours! What a wonderful gift to our community and to our country.

We want to make all of your hours count, so please remember to turn in your hours at your site or contact RSVP and we’ll help you make sure your hours get counted. ●

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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Breakfast for Champions!

RSVP Recognition Event Recap



Keynote speaker Lily Liu

Lily Liu, AARP National Historian, proved to be an informative and delightful speaker at RSVP's Volunteer Recognition Event at on October 7th. Having flown in from Washington, DC on the weekend before our event, she was able to incorporate slides and anecdotes from her visit to Seattle that made her speech perfectly tailor-made for RSVP. Lily even found the rack of RSVP brochures at the new Seattle Library!

The focus of Lily's speech was the life of Ethel Percy Andrus, founder of the National Retired Teachers Association and later AARP. Ms. Andrus was the consummate volunteer, and to this day, the presidency of AARP is a volunteer position. In the first issue of the AARP magazine, she stated her position on aging: "Aging is not a problem; it represents a real and thrilling challenge. It is one thing to recognize that older people represent the nation's greatest single human resource available, and it is quite another to do something about it." ●





Volunteer of the Year nominees

- **JoAnn Shoemake** - Bellevue Senior Center at Lake Heights YMCA
- **Victoria Stratton** - Enumclaw Senior Center
- **Virginia Adam** - Evergreen Healthcare
- **Mary Robinson** - Federal Way Senior Center
- **Bev Kay** - Shoreline/Lake Forest Park Senior Center
- **Phyllis Rizenthaller** - Wallingord Senior Center
- **Jackie Goeke** - Sno Valley Senior Center
- **John Kearns** - Evergreen Healthcare
- **Diana Aubin de Paradis** - Seattle Audubon

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AARP Washington and the AARP Fraud Fighter Call Center celebrate the work of all volunteers!

We thank the 2008 Fraud Fighters for their outstanding contributions toward consumer education and fraud prevention. The state of Washington dropped from 9th in the nation to 13th in per capita incidence of Identity Theft!

This year's RSVP Fraud Fighters are:

Pat Anderson, Norine Anderson, Julie Baker, Molly Bracket, Kathy Brouger, Sharon Brown, Celeste Crowell, Esther Davis, Essie Fletcher, Nancy Gottwald, Wayne Hanson, Gordon Hastings, Sheila Hastings, Map Heeres, Bob Johnson, Margie King, Pat Loftin, Ralph Lyshol, Jim Madden, Sharon May, Sandra McCafferty, Judi Montoya, Joel Napp, Bruce Nelson, Sydell Polin, Marie Preis, Anita Rodgers, Shirley Ruble, Wilma Steigers, Paul Stern, Diane Thompson, and Laura Webb.

New Fraud Fighters are always welcome. Call (206) 517-9353.



Circle of Friends for Mental Health

by *Chloe Houvner*

Circle of Friends for Mental Health is a collective of volunteers who believe that the lives of people with mental illnesses can and should be enriched by art, creativity, community, and friendship. As a non-profit, we organize groups for painting, music, crafts, drama, creative writing, and much more. Through these, we give an often marginalized population of individuals opportunities to express themselves, to experience the joy of learning new skills, and to grow within a community. There are many wonderful housing situations for people with mental illnesses throughout Seattle. They provide the basics of life, but unfortunately, many of them don't have the resources to provide more. We fill that void, enriching lives, with friendship, love, and art!

In 2002, Circle of Friends was formed by Carolyn Hale, who saw a need and, with a small group of passionate individuals, began a program to help people create their own Christmas gifts—tee shirts, cards, paintings, crafts. From there, the seasonal idea grew and branched out into regular, year-round programs!

We've begun many types of "circles" over the years. Drama classes help people develop social skills and confidence through improv and skits. Music lessons and drum circles help teach focus and give an outlet for people to learn to trust and express their emotions, individually and as a group. Craft sessions allow people to see their own hands build beautiful, useful, or fun projects; their creative ideas come to life and they have the opportunity to create gifts for



others. Creative writing sessions let people write and share poetry and short stories; memories can be explored, ideas expressed, and everybody is given a voice.

All of our groups are immensely fun and give everybody involved a sense of pride, growth, and family. Since we are reaching out to people with mental disabilities, our groups are blessed with a wide range of abilities and personalities!

Some people love to be regular and active members of a weekly group, some people like to just stop by every once in a while. Some people are vocal and sociable participants, while some prefer to follow along quietly, and others most enjoy just listening and watching everyone else.

Every session is different and a new experience, and everybody involved has a wonderful time celebrating our creativity!

We also love to reach out to the larger

community around us, sharing what we learn and create with the world.

As a volunteer based organization, we are always infinitely grateful for the time and resources that people donate to us. If you are interested in beginning your own or helping with existing "circles" in any way, please contact Robin Knudson at 206-957-4779 x 116. Please also visit our website at www.cofmentalhealth.org.



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.



KIA spreads holiday joy

On December 2, RSVP volunteers gathered together to help with the annual Knit-It-Alls Distribution! Every year dozens of RSVP members knit and crochet winter hats, scarves, mittens, blankets, and other warm items to be distributed to nonprofit organizations in King County who work with the homeless. This year our knitters donated 2037 items to 23 organizations!

Thank you to all of our wonderful volunteers and knitters for making this year's Knit-It-Alls Program such a success! If you are interested in working with Knit-It-Alls please contact Jennifer Gahagan at 206-957-4779 x 122.



Health Matters

by Mary Harvey, MD

Benefits of volunteering: Mr. Smith retires

Mr. Smith had looked forward to his retirement. He planned to spend his time enjoying his hobbies of model shipbuilding and photography. Travel was not an option as Mrs. Smith planned to work five more years.

Six months later, Mr. Smith found himself adrift. He was working on his hobbies less and less because he was experiencing lack of motivation and focus. For the first month or two Mr. Smith enjoyed spending some time alone after the hectic pace of his job, but eventually Mr. Smith began to feel lonely and isolated.

Mr. Smith was also feeling useless. At work he had participated in important projects and felt like a valuable member of a very productive team. Now Mr. Smith found that he missed the excitement of work. He contemplated going back to work in a different field but couldn't imagine what that might be.

Mr. Smith had also looked forward to spending more time with his daughter, Dr. Jane, and her three children. He overlooked the fact that his grandchildren were in school all day and had extracurricular activities after school and on Saturdays. Their lack of time for him further disappointed him.

Mr. Smith had lost his sense of occupying an important place in his family members' lives and in his community. When he looked in the mirror, he did not like what he saw. Mrs. Smith was worried but did not know what to do.

Mr. Smith began to feel that he was ill. Dr. Jane didn't think so but convinced him to see a doctor. After his complete physical and tests came back normal, Mr. Smith was perplexed. His doctor, however, told him he had involuntional melancholy, a clinical depression sometimes experienced by older people. This condition is caused by social isolation, a feeling of lost vitality, a sense of uselessness, and a loss of self-esteem. The doctor suggested volunteer work.

After a visit to the Retired and Senior Volunteer Program

(RSVP) Mr. Smith developed a second career tutoring fifth grade students in math and working with older people. Not surprisingly, all of his negative feelings went away.

Mr. Smith felt as good as he did before retirement. He was surprised to learn that the following facts caused his recovery:

•Volunteers live longer than people who do not volunteer.

A variety of theories have been proposed to explain this observation. Some say that a healthy active body contributes to a healthy active mind. This alone reduces depression, an increasing problem among the elderly.

•Volunteers have better self-esteem than non-volunteers.

Improved self-esteem helps a person reject social isolation and participate in community activities. It also helps prevent or relieve depression.

•Non-volunteers are more likely to experience a sense of uselessness than volunteers.

The reasons for this are obvious. Volunteers go from stimulating work environments to "second careers" after retirement, in which they pursue activities they always wanted to pursue.

•Physical fitness is preserved better in volunteers than in non-volunteers. It is observed that physical fitness extends life expectancy and is an antidote for depression.

When Mr. Smith's doctor told him he was depressed, Mr. Smith did not believe him. Anti-depressant medicine was suggested, but even though these medications are very helpful in some patients, Mr. Smith decided not to be medicated.

Mr. Smith's post-retirement experiences could be a model for making a successful and major change in lifestyle, especially for the baby-boomers who are now entering their retirement years. Volunteering can help preserve their sense of vitality and contribution to their communities. ●



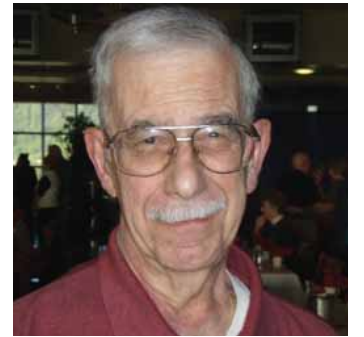
Senior on the Street

by Peter Langmaid

What makes you feel most appreciated when you volunteer?

"A simple 'thank you' from someone I've helped."

-Frank Bacci - Port of Seattle



"The smiles and gratitude I get from passengers. I help make travel a little easier for people."

-Janelle Noller - Port of Seattle



"I'm an airplane nut! Just being in the museum makes me feel like a kid in a candy factory."

-Sheldon Jacobs - Museum of Flight



"Everybody around me, the people, all the wonderful associations."

-Shirley Ellison - Enumclaw Senior Center



"Mentoring kids, anything I can do to help out around the center, working with other seniors. I just love being there."

-Larry Akers - Federal Way Senior Center



"Volunteering is a chance to round out my life. It makes me feel whole."

-Pat Anderson - Frye Art Museum, Puget Sound Blood Center, ElderHealth NW, & the VA



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 Jennifer Gahagan at 206-957-4779 x122 – or visit our website at www.solid-ground.org/GetInvolved/Volunteer/RSVP for regional volunteer opportunity listings.

Volunteering

AARP: Join AARP Washington's Fraud Fighter Center in Seattle near Northgate. Volunteers are needed to share consumer safety information by telephone and for administrative work, such as statistical reporting and mailing materials. Training is provided, lunch included, free parking, close to bus lines.

Evergreen Hospice: provides a full range of services to help families through the difficult time associated with the loss of a loved one. Comprehensive training and support prepares you for this rewarding and meaningful work.

First Place School: support vulnerable children and families. Volunteers are needed to serve as classroom aides, tutors and mentors.

Frye Art Museum: Seattle's free art museum on Capitol Hill has opportunities in the following positions: Concierge/Information desk, Event volunteers, Greeters, Clicker/counters. These are great opportunities in a beautiful setting.

Greenwood Senior Center: join the new Greenwood Technology Center. They are looking for volunteers who would be available during weekdays to do one-on-one "Computer Mentoring." You don't need to be an expert, just comfortable doing all the normal processes - email, word processing, using the internet, etc. Two to five hours/week would be ideal. They also have some ideas for special projects for folks bilingual in Spanish & English

University of Washington Medical Center: Become a surgery liaison, beauty and cancer volunteer, info desk greeter, gift shop helper or escort in this dynamic volunteer program. On-site training and parking provided.

Southeast Seattle Senior Center: "Where active older adults gather for fun, fitness and learning." Volunteer receptionists, van drivers and meal servers are needed. Come join the fun.

Bellevue-North Community Senior Center: needs the following: drivers for our Meals on Wheels Program, people to work in our daily lunch program and in the library.

Kent Senior Center: needs lunch assistants (Mon. - Fri. 11:00 - 1:00) and Meals on Wheels volunteers ("Substitute" drivers needed on Thursdays), and Singers for Kent Senior Songsters, Sept. to May.

Museum of Flight: Ever wanted to step back into the past? Become a volunteer Living History presenter with The Museum of Flight's multi-generational drama troupe. Flexible hours and theater training provided.

Port of Seattle: Assist travelers at Sea-Tac Airport. Saturday and weekday evening coverage needed.

In Our Community

Ballroom Dancing:

- **Kent Senior Center** on Tuesdays from 7:30 to 9:30 PM
- **Northshore Senior Center** on Wednesdays from 1 to 3 PM
- **Federal Way Senior Center** on Thursdays and Fridays from 10:30 to 12:30 and 2nd and 4th Sundays from 2 to 4PM - all with live music!
- **Renton Senior Center** on Thursdays from 1 to 3 PM and one Friday a month dinner dances, call 425-430-6633.

Free admission to the Pacific Science Center for Seniors:

Wednesdays from 10:00 AM to 5:00 PM for all regular exhibits. Call 206-433-2001 for information.

Wallingford Community Senior Center Spaghetti Dinners:

Offered the second Tuesday of every month. Hours are 4:30 to 7:00 PM. Come early and enjoy a great Spaghetti Dinner with salad and garlic toast for \$5.00, children \$2.00. Desserts for \$2.00 more. Address: 4649 Sunnyside N - downstairs at the Good Shepard Center. Phone 206-461-7825.

Mayor's Office for Senior Citizens:

Coffee Hours: Thursdays from 10 to 11 AM in the 4th floor Board Room of the Central Building: 810 3rd Ave., Seattle. January 15, 2009 - Tim Gallagher, Superintendent of Seattle Parks and Recreation.

February 19, 2009 - Alan Painter, Acting Director of Seattle Human Services

Make a Difference Workshops: Each workshop focuses on a specific area of interest. At each even, several expert speakers will offer a wealth of information about ways you can get involved.

January 28: The Arts **March 25:** Amimals

May 20: Gardening **July 29:** Travel

Call 206-684-0639 for more information.

Northwest Center for Creative Aging:

The Alchemy of Aging: Turning Life Experience into Wisdom February 2, 2009.

Presenter: Sandy Sabersky, MS PT, Executive Director of Elderwise, an organization whose mission is to transform the culture of aging. Location: the Summit at First Hill, 1200 University St., Seattle, 98101.

Time: 10:00 to noon

Fee: \$20.00

Register at 206-382-3789 or email creativeaging@gmail.com.

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: _____
