

Mr. Don: Tutoring at Beacon Hill International

By Peter Langmaid

The vision of the Beacon Hill International School (BHIS), an RSVP site partner located in the heart of diversity-rich Beacon Hill, is “to provide a safe, nurturing environment in which students will demonstrate academic success as self-directed learners, an appreciation of the rich diversity of others, and positive growth towards emotional maturity, self confidence and inner strength.”

BHIS could not achieve this vision without dedicated volunteers like Don Ankov. When I met up with Don, the first thing I noticed was his appearance: neatly trimmed hair

and goatee, conservative coat and tie, pressed trousers, polished shoes, and a warm, engaging smile. Don dresses this way, he says, “to show respect for the students and education.”

Don knows the power of an education from personal experience. “Education is so important to me,” he says. Born in Chicago to parents who never got past the 7th grade, through education Don became a pediatrician and joined the Air Force (27 years of service).

Education, to Don and BHIS, is much more than reading, writing and arithmetic. “I want to give back by making



Program Coordinator Nancy Fujimoto and volunteer “Mr. Don” Ankov
(Photo by Peter Langmaid)

students better citizens and people, to encourage them.” And while many see diversity as an obstacle, Don revels in the “enormous range of abilities and backgrounds” found at the BHIS. “If I had kids I’d send them to this school without hesitation,” he says with conviction.

The obvious success of BHIS is quite different from what you read and hear in the news about public education. It is the constituent parts – the kids, the teachers, and the parents – working together that bring it all together, Don says. His respect and admiration for the kids is boundless, and he describes their ability to “get it” as “astounding” (he used the ‘sponge’ image to describe their ability and desire to learn). The teachers, he says with admiration, are “young, smart, and totally dedicated.” And, citing the tremendous turnout the school gets during fundraising events, “the parental support is magnificent.”

Don’s at his best when he talks about what he gets from his volunteering. “Watching the kids understand new concepts is very rewarding.” One way he interacts with the kids is through math games. When they get it, “You can see them light up!” And, with subdued wonder in his voice, “I sometimes get bowled over [i.e. flattered] when they [the kids] call me ‘teacher.’”

Part of Don’s training has come through Washington

Reading Corps (WRC), a Solid Ground program partnering with the Seattle Cities of Service Plan to focus on early literacy. One technique Don learned from WRC was to have kids blow on a piece of paper and use the fluttering to learn how to make sounds that are heard in English but may be non-existent in their native language.

Don seemed reluctant to talk about himself, but I did learn a few things about him. He decided to spend his retirement from the military in Seattle after just one visit – a sunny weekend. He does aerobics three times a week at the Y, learns about the world through NPR and the pages of the New York Times (no TV), and continues his own education through college-level CD lecture series (he’s currently studying Mozart). “Retirement doesn’t give me enough time to do what I want,” he laments.

The best assessment of Don’s contribution to BHIS comes from Beth Alexakos, a 3rd grade teacher he supports twice a week. “I am writing to tell you about Mr. Don, as our students call him. He is extremely patient with all students. He engages [them] in discussions about their reading, and I see him motivating students and building their confidence. The best thing about Mr. Don is that he believes in all kids and has high expectations for them. I look forward to Mr. Don days.” ●

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Seattle, WA 98103-6708

Nonprofit Org.
U.S. Postage
PAID
Seattle, WA
Permit # 3057

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Speaking Directly

by Jen Gahagan, RSVP Coordinator

Happy New Year and thank you!

Happy New Year! And thank you for your service in 2010. As you know, it has been especially important over the last couple of years to be active in the community as many of our most vulnerable citizens are struggling to make ends meet. Next year will be just as important as the effort continues. Most of the

organizations that you serve in could not run without volunteers, and you continue to step up to the plate by providing your time and energy to our community.

Each year we think about ways in which we can thank you for your amazing work, knowing that it is nearly impossible to show you the full extent of

our gratitude. One way we thanked you for your service in 2010 was to bring back our annual recognition event which nearly 500 volunteers attended. It was wonderful to have the opportunity to honor your service in person. We extend a special 'thank you' to our volunteers of the year, **Joel Napp**, who volunteers at the AARP Fraud Fighter Call Center, and **David Peterson**, who volunteers at the Federal Way Police Department.

As we look forward to the New Year, there are many exciting challenges ahead. Thank you to all of you who filled out our annual survey and/or contributed financially to RSVP

in 2010. Your support keeps the program strong at a time when volunteers are needed more than ever.

We are ending the year with more volunteer hours than last year. This trend continues to be an encouragement to us during tough economic times. Thank you for stepping up and reaching out to help the community. We need all of you to continue your good work in 2011, and we will be here to support you to do that. Just call or write if you'd like some personalized service. And please enjoy this issue of *Experience in Action* as another way for us to thank each and every one of you for your dedication and service. ●

Happy New Year!



Aging with Wisdom

by Carol Scott-Kassner

Giving ourselves away: The many benefits of volunteering

The following poem by the great American writer, Wendell Berry, has become one of my favorites, both because of its truth about the challenges of aging and the invitation to something new in spite of those challenges.

No, no, there is no going back.
Less and less you are
that possibility you were.
More and more you have become
those lives and deaths
that have belonged to you.
You have become a sort of grave
containing much that was
and is no more in time, beloved
then, now, and always.
And so you have become a sort
of tree standing over the grave.
Now more than ever you can be
generous toward each day
that comes, young, to disappear
forever, and yet remain
unaging in the mind.
Everyday you have less reason
not to give yourself away.

Wendell Berry
(*The Sabbath Poems*, 1993, 1)

We are asked in this poem to continue to live each day fully and to "give ourselves away" as an act of generosity toward the world, knowing full well that our own end will come at some time.

Loss of loved ones as we age is one of the greatest challenges of aging, one that results naturally in grief and sometimes in depression. Depression occurs particularly in those who are isolated from others or who are in constant pain. It can also occur in those who fear the end of their own lives. Feeling dispirited in the face of these difficulties is understandable and often hard to deal with.

A number of studies of adults from their mid-50s on show that a counter to depression and isolation as well as physical and mental decline is to "give yourself away" through volunteering. As committed volunteers, you may already be aware of these benefits in your own lives.

Research has found that volunteering makes a larger positive difference in the lives of people over 60 than it does in younger people. Those benefits include greater physical and mental health, higher levels of happiness and self-esteem, and greater life satisfaction.

Some studies show that older volunteers who began their service with some impediments in physical functioning actually improved in overall health and mobility as a result of volunteering. Lower rates of depression have also been found in volunteers. Key findings indicate that volunteering with two or more organizations and doing so for 40-100 hours per year are the most beneficial.

Interestingly, these effects seem to be circular. The more you engage with the world through this generosity of spirit, time and energy, the greater the benefits. This may be because of something researchers call PNI or psychoneuroimmunology. This is a science that explores the relationship between mind and body. What researchers are finding is that there are direct neurological pathways between the brain and the immune system.

It appears that the immune system, consisting primarily of several types of white blood cells, is controlled by the nervous system and that the white blood cells in turn are capable of transmitting chemical messages back to the brain. Engaging in selfless behaviour helps to increase white blood cells. The mind and body are deeply connected. And, all of that influences our spirits.

So congratulations on serving as volunteers in our community. Your service is helping to make it a better and healthier place. Hopefully, your service is making you healthier too.

May it be so. ●

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.



It Seems to Me...

by Peter Langmaid

Redemption

Dear Readers: As of this issue we are replacing Henry Wiener's column, 'Wit and Wisdom' with a new essay column, 'It Seems to Me...', by our feature writer Peter Langmaid.

Henry will be missed. At age 97 he is no longer writing, but for as long as this staff can remember, he has been an active and supportive member of RSVP. Thank you Henry, and best wishes.

We hope you enjoy Peter's thoughtful essays on life, especially the transition from work to retirement.

I admit that I'm both highly disappointed in myself and slightly embarrassed to talk about it.

Two years ago I led a shamefully cushy existence. I was retired, the kids were out of the house and doing fine, my wife worked, my health was good, and I basically did whatever I wanted to do – my schedule was my own. When asked, I defined myself through my hobbies (racquet sports, golf, hiking, travel, working out at the gym, reading, general hanging out, amateur musician in the Seattle Civic Band, and loving husband) and through my volunteering activities (RSVP Ambassador, *Experience in Action* contributor, 826 Seattle volunteer tutor, and

assistant coach for a University of Washington sports team). My self-esteem was high because I thought I had achieved a sustainable balance, imagining the karma from the volunteering offsetting the self-indulgence of the hobbies.

Then I took a part-time job with shifting week-to-week hours. The job is retail sales and I love it. My coworkers are fun and supportive, our customers are friendly and appreciative of my help, and the company itself is dedicated to outdoor adventures and environmental stewardship. It also gets me out of the house and forces me to interact with people rather than just my computer and TV. Standing all day, however, is physically tiring, and trying to do my best for each customer is mentally exhausting.

The addition of work shifted my laid-back lifestyle into another gear, a gear that still left me plenty of time to do everything, but a gear that required me to 'hustle' – including forgoing my afternoon nap a couple of days a week. Rather than take the challenge of picking up the pace, I made an unconscious decision to disengage slowly from my

volunteering commitments. Coaching was the first to go, rationalized by the endless traffic snarls that characterized the commute. I then stopped participating in the RSVP ambassador activities. Tutoring went from twice weekly to once weekly, and I haven't been there yet this year. Finally, I missed contributing to the last issue of *Experience in Action*. My entire identity as a volunteer had vanished.

Like hair loss and weight gain, this process happened slowly. I could see it happening, but I was hypnotized by the slow pace and fooled myself into believing there was always time to turn things around.

Thanks to Robin Knudson of RSVP, I'm on the road to redemption. I participated in two RSVP Ambassador events in December, and I once again am contributing to the newsletter. And, I plan to resume tutoring in January.

I learned two lessons from this experience. One, volunteering because you want to is different than volunteering because you can (that is, you have the time and the means). I think it has to do with the value of keeping a commitment, even when it's inconvenient or you're just not in the mood. And two, if you've cut back or let your volunteering lapse, redemption is no further away than a call to RSVP! ●

Book Review: 'Major Pettigrew's Last Stand' by Helen Simonson

by Robin Knudson

I want to share one of the most pleasant books I've read in a while – "Major Pettigrew's Last Stand" by Helen Simonson, published by Random House in 2010. The Major is the quintessential English man who lives in the quintessential small English village of Edgcombe St. Mary. He is, like American Baby Boomers, struggling with bridging the gap between old school Britain and the modern world. As described in a brief from the publisher, "Major Pettigrew is one of the most indelible characters in contemporary fiction, and from the very first page of this

remarkable novel, he will steal your heart."

The story at the heart of this novel is the Major's budding relationship with the village shop keeper, Mrs. Ali, a woman of Pakistani descent, but born and bred in England. In a review from March of 2010, the *New York Times* offers, "That love can overcome cultural barriers is no new theme, but it's presented here with great sensitivity and delicacy. We want this couple to find romance – and they do. We want the major to survive the machinations of his scheming relatives – and he does. 'Major Pettigrew's



'Last Stand' is refreshing in its optimism and its faith in the transformative possibilities of courtesy and kindness. Although pitched toward those wanting a gentle read, it also slides a powerful moral message into the interstices of village politics. And as for happy endings, it deserves all available prizes." ●

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 Recognition Event 2010: Another great success!

RSVP was once again delighted to host a full breakfast recognition event at Emerald Downs. More than 450 volunteers, coordinators and RSVP friends attended. Our theme, 'RSVP Volunteers are Helping, Happy and Healthy' was also the core of the keynote speech by Dr. Basia Belza for the UW School of Nursing. We hope you enjoy these photos.

RSVP Volunteers are...



Our Ambassadors!

Front row L to R: Jen Gahagan, Harry Schreiber, Linda Urbaniak, Laurel Allen, Jacquie Myers, Jim Orcekowsky & Marilyn Steiger
 Back row L to R: Lillian Hayaski, Joel Napp, Pat Loftin, Sonya Couch, Kathie Torgison, Sandy Howard, Robin Knudson, Cheryl Larson, Sarah Parkhurst, Helen Hesketh & Joe Hesketh Also attending: Rose Ratteray, Bill Van Horn, Al Almeleh & Jayne Heneghan

RSVP Volunteers of the Year

Community Service:

Joel Napp - AARP Fraud Fighters



L to R: Fraud Fighter Call Center Coordinator Jean Mathisen, Joel Napp & RSVP Director Sonya Couch

Organizational Service:

Dave Peterson - Federal Way Police



L to R: Federal Way Assistant Police Chief Andy Hwang, Dave Peterson & Volunteer Coordinator Laurie Jackson

RSVP Volunteer of the Year Nominees:

Li Anne Wai'oli Taft - The Center for Wooden Boats

Marty Thompson - Circle of Friends for Mental Health, Emerald House

Heather Ohm - Coal Creek YMCA Senior Center

Frank Goodell - Enumclaw Senior Center

Donna Shattuck - First Place School

Anne Sharpley - Habitat for Humanity Seattle/South King County

Connie Fidgeon - Literacy Source

Margaret Gustafson - Pacific Algona Senior Center

Vicky Gartner - Pacific Algona Senior Center

James Patton - Port of Seattle

Helen Lewis - Puget Sound Regional Archives

Grace Hanson - Renton Senior Activity Center

Martha Simon - SeniorNet of Puget Sound

Jan Hancock - Sojourner Place

Presenting Sponsor:



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Community Advocates for Oral Health

Table Sponsors:

AARP

Aegis of Kent

ResCare Home Care

The Garden Club/Holiday Retirement

Special Thanks:

McCallum Print Group, Helen Geld (Skybourne Design), Ballard Market Floral Department, Emerald Downs, Caleb Couch, our photographers Jacquie Myers, Sarajane Siegfriedt & Robert Carney, & all of our wonderful vendor/sponsors & advertisers

Power of One program gets the power of TWO *by Nora Tabler*

The Power of One Senior Volunteers program has been placing volunteers 55 years and older in the Shoreline Public Schools since 1996. On a weekly basis, volunteers go into Shoreline Schools to help students who are lagging in reading and/or math, to work directly in the classroom with teachers providing extra hands for small group projects, or to mentor students who are having difficulty in the classroom socially. Many volunteers work with students (elementary to high school) who speak little or no English. One volunteer plays ping-pong with middle school students during lunch, providing a powerful role model for successful adult-teenager interactions.

The focus of the program is to make a difference in the lives of individual children and show them that there are many caring adults in their community who want them to succeed at their education.

Meet Carl and Kathy Leon, two dynamic RSVP volunteers for the Power of One program. Carl had taught Freshman and Sophomore level business classes for the Army and was anxious to give back to his community when he retired in 2005. One day, his wife noticed a flyer at a local school asking for Power of One volunteers. So began what is now a life passion for both of them spanning the past three years.

Carl works with multiple teachers who select students who need a male mentor for math tutoring or just good, old fashioned one-on-one time with an adult.

A typical volunteer day for Carl

involves moving from classroom to study hall to classroom, working with a mix of students from various grades and all with specific needs. Carl enjoys the variety of this schedule and the challenges. A benefit of being a three-year volunteer is that he has gotten to know many of the teachers and can watch "his" students move from grade to grade.

I asked him how he knew he was making a difference. He said it was not from any formal evaluation process, but more "how the kids react and pay attention to what I say." He sees progress over the year as each child grasps a concept or area of study that was difficult at the beginning of the year. He says he enjoys volunteering because "you make a difference in the world and walk out of there feeling like you did something good."

Kathy said she was drawn to this work. She and Carl never had children, but she always enjoyed being around kids. One of her students was a 2nd grade boy whose father had very high expectations for his son's reading ability. The son's anxiety about that was revealed in one of her sessions with him, so she decided to step back the level of his reading assignments so he felt more comfortable and could experience success. With each session he gained confidence, and at the end of the year he was reading at the appropriate level. She felt really good about being there to step in and "give this child permission" to achieve success on his own terms.

Kathy praised the Power of One program for offering



Carl & Kathy Leon (Photo by Nora Tabler)

volunteer training sessions at the beginning of the year to raise awareness and understanding of cultural differences in the school population. Another benefit of the program is the "social community" for retirees, which encourages volunteers to return and enjoy a "loose family" of friends.

Karen Kessinger is the

new Power of One Volunteer Coordinator. She will help you find the right Shoreline school and grade to challenge you and keep you engaged. For more information about how you can connect with Power of One, call RSVP at 206-957-4779 x 122. ●

Senior Discounts! *by Sandy Howard*

Dear Readers: With your help, we will do a continuing series of articles to let you know about some Senior Discounts. Our Ambassador, Sandy Howard, has some great ideas here and more that she will write about later, but she'd love to hear about your favorite senior deals and discounts. Please call or send your ideas to RSVP.

I LOVE senior discounts! I collect them like some people collect stamps. It makes getting older fun... something to look FORWARD to. But I sure wish someone would "zero in" on just one senior discount age: sometimes it's 55, 60, 62 or 65. Fortunately, I qualify for ALL of them.

At Value Village in Redmond, when I asked the cashier how old I had to be to get a senior discount, she answered, "You just have to LOOK old!" So, if you love senior discounts like I do, be sure to ask for senior discounts before you start to check out, and wait to see if you are asked your age.

I know there are many discounts out there, but here are a few I know about:

The first thing that comes to mind is fast-food places – but you can't assume about the senior discount, it varies. McDonald's used to give a discount on their senior coffee, but now they just give you the Dollar Menu price. If you are fortunate enough

to have a McDonald's cup, it's free. Denny's in Issaquah has \$1 senior coffee all day and night and 20% off menu items between 4 and 10 pm, but you need to show an AARP card. They also give anyone of any age a free breakfast on their birthday (you may have a limited choice). Jack-in-the-Box has senior discounts on drinks. Taco Time has senior discounts on everything.

At IHOP, most locations will offer a 10% discount and may also provide a senior menu with smaller portions and discounted prices. Some locations may offer a half-price dinner one night a week. The age requirement is 55+. I called my local Issaquah IHOP, and they said that seniors get a two-for-one entree between 4 and 9 pm on Wednesdays (when you order 2 beverages).

Kohl's usually has a Senior Day on Wednesdays as do many grocery stores. Check out QFC and Albertson's for their senior days.

Starbucks doesn't have a senior discount, although I have emailed them my request several times. I think seniors would be a good "market niche" for Starbucks. What do you think?

Note: if you haven't joined AARP as yet, be sure to do so. They give discounts on many things (even travel) and provide many senior resources – like dental insurance. ●

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.

'Boomeritis' on the rise among older adults

by Jim Evans, Senior Fitness Examiner

DEAR JIM: I've been physically active most of my life, but lately I have experienced a series of nagging injuries – mostly from running – and all of my “couch potato” buddies are giving me a hard time. They say I should just slow down and enjoy life and start acting my age (I'm 62). When I look at all of the problems they have – high blood pressure, diabetes, heart problems, arthritis, etc. – I feel pretty good about myself, but I am beginning to wonder if maybe I should take their advice and slow down. What do you think?

~Second Thoughts in Sedona

DEAR SECOND THOUGHTS: You are probably suffering from the relatively new phenomenon known as “Boomeritis” – a term used by many orthopedic surgeons to describe the wave of exercise-related injuries among baby boomers. But relax – it's not fatal.

You are simply part of a growing number of baby boomers who have taken life by the tail by being more physically active in your later years. While running has been your particular physical outlet, others of your generation are engaged in cycling, swimming, skiing, hiking, powerlifting, and a host of other athletic endeavors. The problem is that we are prone to more injuries as we grow older, and we don't bounce back like we used to when we were younger and more resilient.

You remember the old tune “The Old Gray Mare, She Ain't What She Used to Be, Ain't What She Used to Be, ...Many Long Years Ago”? Well, it applies to old, gray stallions too, my friend.

The March issue of Mayo Clinic Women's HealthSource (www.bookstore.mayoclinic.com) addresses the roots of boomeritis and offers some helpful hints to help avoid it:

- **Doctor approval:** Not to worry if you have already been physically active, but if you are just starting out, check with your doctor first to see if there is anything that might preclude what you are thinking about doing.
- **Warm-up:** Get the blood flowing and warm up your muscles before kicking into high gear.
- **Stretch:** We're not as flexible as we used to be, so take a few minutes to stretch out after exercising, while the muscles are still warm.
- **Cross train:** Variety is the spice of life, so mix up your choice of exercises and physical activities.
- **Be consistent:** “Weekend warriors” can expect to pay the price, so spread your physical activity out in smaller doses during the week rather than trying to cram it all into the weekend.
- **Listen to your body:** You know when you are pushing too hard – don't pretend that you don't.
- **Don't overdo it:** Take it easy once in a while and don't ask for trouble by trying to do more than you are ready for – work yourself into condition before taking the next step, and take a day off to rest once in a while.

Just remember that whatever aches and pains you might be experiencing are better than the debilitating physical problems that your friends are suffering from not doing anything. As Jack LaLanne – now 95 years young – has famously preached for decades, “Just keep moving.” ●

Idiosyncrasies of English...

- I went to a bookstore and asked the saleswoman, “Where's the self-help section?” She said if she told me, it would defeat the purpose.
- Where do forest rangers go to ‘get away from it all?’
- What was the best thing before sliced bread? ●



Senior on the Street

by Peter Langmaid

What makes you feel best about the volunteer work you do?

“The gratification I get from witnessing kids learn.”

~Don Ankov



“When zoo visitors [Woodland Park Zoo] have an ah-ha moment. The idea that every creature in the world has its rightful place, even the ‘creepy-crawly’ ones!”

~Kathie Torgison



“Being inspired by the people [RSVP volunteers] I meet. Being engaged and trying to make a difference.”

~Dr. Erwin Tan,
Director of Senior Corps,
Corporation for National &
Community Service



“Meeting people of different backgrounds and enjoying doing something together.”

~Bill Van Horn



“Clarifying health issues for people.”

~Mary Harvey



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

KCSARC (New Partner Site!): The King County Sexual Assault Resource Center needs CourtWatch volunteers. Volunteers observe court proceedings and participate in questionnaires and debriefings to ensure proper treatment for domestic violence and sexual assault survivors. Volunteer opportunities are available in Kent and Seattle. Training is provided.

Volunteers of America (New Partner Site!): The Greenwood Food Bank needs volunteers to sort, distribute and transport food for our neighbors in need. Volunteers can provide clerical support, fundraising support, leadership and more. Find out how you can get involved!

King Conservation District: Learn about growing native plants for stream and wetland restoration projects while helping to perform critical nursery tasks. Activities include starting plants from seed, divisions and transplants, or helping maintain nursery stock by watering and weeding. Volunteers needed:

- Jan. 22, Feb. 5, 6, and 19, 9 am-1 pm, near downtown Renton
- Feb. 20, 10 am-2 pm, Longfellow Creek Forest Restoration project in West Seattle

Museum of Flight: Volunteers are needed for the following positions: Museum Store, website developer, plant care technician, journeymen electricians and plumbers, non-journeymen carpenters, semi-skilled painters and landscapers.

Redmond Senior Chorus: Pianist/Accompanist needed; good sight reader and experience working with a vocal group desired.

Lifelong AIDS Alliance (LLAA): LLAA offers a variety of volunteer opportunities such as Food Pick-up Center, Jars and Bars fundraising, front desk volunteers, office assistance, kitchen assistance, and food delivery. These are all great positions with excellent training and support.

Washington Wilderness Association (WWC): 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 nonprofit organization! Interested volunteers will be invited (but not required) to participate in once monthly auction committee meetings, and to complete projects either on their own or at WWC's offices in Seattle. The Auction is scheduled for Nov. 2011 and will be held in Seattle.

Asian Counseling and Referral Service (ACRS): ACRS is a nationally recognized nonprofit providing a wide array of social and mental health services to Asian Pacific Americans in a bicultural, bilingual setting. Agency staff members represent the spectrum of Asian and Pacific ethnic groups, and speak 30 languages and dialects. Fluency in an Asian language is a plus but is not required for most volunteer positions.

In Our Community

UW Dept. of Rehabilitation Medicine BEAM study: This study is seeking feedback from King County residents age 50 to 75 about the way the design of their neighborhood impacts their activities and access to transportation. Eligible volunteers must currently be using a cane, walker or wheelchair, be able to read and speak English, and leave their home at least three days per week. The study will take about six hours and will be carried out by mail and a two-hour in-home visit. Each participant will receive \$50. Call 206-685-5052.

Community Services for the Blind and Partially Sighted:

Insight: a Low Vision Expo, May 21 at the Lynnwood Convention Center from 9 am-3 pm. Call 206-525-5556 or email info@csbps.com.

University District free food delivery for homebound seniors:

The University District food bank is offering free food delivery on Wednesday afternoons for zip codes 98102, 98103, 98105, 98112, 98115 and 98125. Call 206-523-7060.

AARP Tax-Aide: This is the nation's largest free, volunteer-run tax assistance preparation service. It is available to taxpayers with low and moderate incomes and gives special attention to people 60 and over. Tax-Aide sites will be open from late January/early February through April 15 to help qualified taxpayers file their 2010 taxes. Call Senior Information and Assistance at 206-448-3110, or visit www.aarp.org/taxaide.

Bastyr Center for Natural Health Senior Rate Assistance:

Bastyr is now offering senior visits in all departments for \$15. This program is available to seniors age 62 and older and no income verification is required. Additional fees may apply for materials and in-house procedures. Call 206-834-4163 or visit <http://bastyrcenter.org/content/category/6/228/268>.

Seattle Parks Lifelong Recreation: *Sound Steps Spring Training for Walkers*, FREE. Call Mari at 206-684-4664 to register.

- **North Kick-off:** Fri., Feb. 4 from 1-3 pm at the Greenwood Senior Center
- **South Kick-off:** Sat., Feb. 5 from 10 am to noon at Van Asselt Community Center

Seattle Parks 'Try something new': January 3 - 31. Drop in at any Community Center or pool and try most classes once for \$2! If you like the class, you can sign up on a prorated basis. Call 206-684-4951 or visit www.seattle.gov/parks/Seniors/index.htm.

- 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: _____

Please mail this form to: RSVP, 464 12th Avenue, Seattle, WA 98112