

**Lutheran Community Services**

**Retired and Senior Volunteer Program (RSVP)**



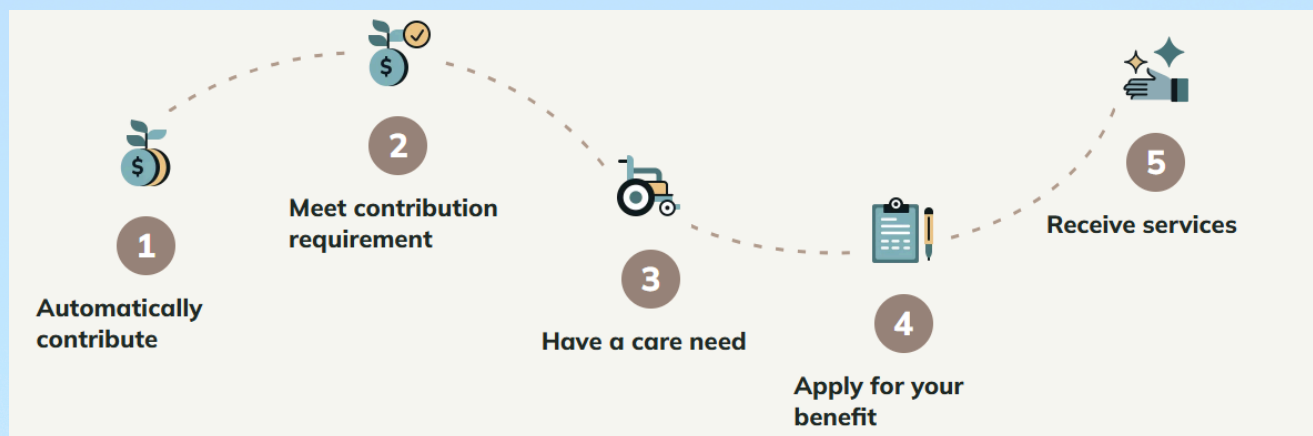
**Oct - Nov 2026**

# RSVP NEWSLETTER



IN SERVICE, WE DON'T JUST SEE OUR HUMANITY — WE RECLAIM IT.  
~~ MICHAEL D. SMITH, CEO, AMERICORPS 2021-2025

## WA CARES FUND: A NEW RESOURCE FOR AGING IN PLACE



There is an important new resource for Washington residents who may need long-term care: the WA Cares Fund. Benefits became available statewide on July 1, 2026, making this a timely program to understand.

WA Cares is Washington's public long-term-care insurance program. Workers contribute 0.58% of their wages while working and, once they meet the eligibility requirements, can access a lifetime benefit of up to \$36,500, an amount that will grow with inflation.

What can the money pay for? The list is broader than many people might expect. Covered services include in-home care, transportation, home

**For More Information on RSVP Contact:**

**Rena Marken 253.722.5695 or Faye Williams 253.722.5690**

**RSVPPierce@LCSNW.org or RSVPKitsap@LCSNW.org**



## **Lutheran Community Services**

### **Retired and Senior Volunteer Program (RSVP)**

**Oct - Nov 2026**

## **Washington Cares Fund (continued)**

modifications, assistive equipment, paid family caregivers, respite care and home-delivered meals. The program is designed to give people more options for remaining safely and independently in their own homes.

Eligibility depends on both a person's contributions to the fund and their care needs. For 2026, there is also a temporary pathway allowing workers who have contributed for at least three years to qualify for the full benefit.

Why should RSVP volunteers know about WA Cares? It is beneficial information if you still work, but even if you don't, you may encounter someone who could benefit from it, or have a family member who may. Knowing that resources exist can be the first step toward helping someone remain independent at home.

Learn more: [WA Cares Fund](#)

## **RSVP Outreach**

We enjoyed "Doing the Puyallup" and talking with community members about ways to give back. We also had a fabulous turnout at the Dementia Conference!

LCSNW offers two programs: Senior Friends and Dementia Social Engagement (Opening Minds through Art, Music & Memories, Memory Walks, and Memory Cafés), where volunteers provide meaningful social connection for people living with dementia or brain injuries and their care partners, or offer one-on-one companionship. Both programs have a strong need for volunteers!

**For More Information on RSVP Contact:**

**Rena Marken 253.722.5695 or Faye Williams 253.722.5690**

**RSVPPierce@LCSNW.org or RSVPKitsap@LCSNW.org**

**Lutheran Community Services**

**Retired and Senior Volunteer Program (RSVP)**

**Oct - Nov 2026**

## **Celebrating AmeriCorps Seniors: Service That Makes A Difference**

September 15, 2026, was a special day for AmeriCorps Seniors Volunteers across the country. It was a nationwide celebration honoring the thousands of older adults who give their time, experience, and compassion to make their communities stronger.

The spirit of the celebration was captured in the AmeriCorps Seniors Pledge:

- I will get things done for America – to make our people safer, smarter, and healthier.
- When faced with a pressing challenge, I will bring Americans of all generations together to strengthen our communities.
- When faced with children at risk, I will help them stay in school and on track for a brighter future.
- And when faced with older adults in need, I will provide support and compassion so they may age with grace and dignity.
- Working for the greatest good, I will use my lifetime of experiences to improve my country, my community, and myself through service.
- I am an AmeriCorps Seniors RSVP Volunteer, and I will get things done.

On September 15, we celebrated the impact of AmeriCorps Seniors volunteers nationwide. Here at RSVP, we celebrated something even more personal: YOU.

Thank you for sharing your time, your talents, and your heart through service. What you do matters!

**For More Information on RSVP Contact:**

**Rena Marken 253.722.5695 or Faye Williams 253.722.5690**

**RSVPPierce@LCSNW.org or RSVPKitsap@LCSNW.org**

## **Station Spotlight – Meals on Wheels Kitsap: More Than a Meal**

Every meal delivered by Meals on Wheels Kitsap brings more than food to an older adult's doorstep. It brings connection, compassion and a friendly face.

RSVP volunteers play an important role in helping Meals on Wheels Kitsap serve older adults throughout Kitsap County.



During deliveries, volunteers provide a nutritious meal while also offering a brief social connection and a familiar presence. That simple visit can make a meaningful difference for someone who may spend much of the day alone.

Volunteers also help with community dining, creating welcoming places where older adults can enjoy a meal and connect with others.

In 2025, Meals on Wheels Kitsap delivered nearly 40,000 home-delivered meals and benefited from almost 5,000 volunteer hours.

Thank you to our RSVP volunteers who help make each delivery—and each conversation—matter. You are helping older adults stay nourished, connected and independent in their own homes.

**For More Information on RSVP Contact:**

**Rena Marken 253.722.5695 or Faye Williams 253.722.5690**

**RSVPPierce@LCSNW.org or RSVPKitsap@LCSNW.org**

## Lutheran Community Services

### Retired and Senior Volunteer Program (RSVP)

Oct - Nov 2026

## You Asked... We're Listening!

**Our 2026 Volunteer Survey gave us plenty to celebrate, and some great ideas to think about!**

We asked how things are going, and you gave us plenty to smile about!

100% said you feel valued and appreciated as an RSVP volunteer, and 100% said volunteering gives you a sense of purpose and connection to your community. 98% feel supported by RSVP staff and have the information you need to be successful.

But you also told us what you'd like to see more of.

🤝 More connection!

We heard you would enjoy more opportunities to connect with other RSVP volunteers. One volunteer even suggested getting together once a quarter. We can't promise exactly what that might look like, but we love the idea of putting faces to names, sharing stories, and enjoying a cup of coffee together.

📍 More volunteer opportunities!

Some of you would like to volunteer at more than one location or explore different assignments. We can share more volunteer opportunities in our bi-monthly newsletter as they become available. Keep an eye out! You might discover a new way to use your talents!

❤️ The big takeaway?

You don't just want to volunteer. You want to belong. Thank you for the encouragement, great ideas, and kind words, and for continuing to share your time and talents with our communities.

We are listening, thinking, and excited to see where these ideas might lead!!

**For More Information on RSVP Contact:**

Rena Marken 253.722.5695 or Faye Williams 253.722.5690

RSVPPierce@LCSNW.org or RSVPKitsap@LCSNW.org

## **Lutheran Community Services**

### **Retired and Senior Volunteer Program (RSVP)**

**Oct - Nov 2026**

## **OPEN VOLUNTEER POSITIONS:**

### **KITSAP COUNTY NEEDS:**

- Helping at a Food Bank
- Serving in a Hospital
- Assisting with Meals on Wheels
- Serving at Congregate Meal Sites
- Supporting a Community Library
- Assisting in a Museum

### **PIERCE COUNTY NEEDS:**

- Helping in Food Banks
- Serving in a Hospital
- Helping with a Furniture Bank
- Providing Companionship
- Serving at Congregate Meal Sites
- Providing Joy through Gift-Giving
- Assisting in a Museum
- Supporting Dementia Programs

Are you interested in learning more about any of these opportunities, or know someone who might be? We would love to hear from you! Please reach out to Faye.

## **Calendar and Upcoming Events**

### **OCTOBER 2026:**

October 1<sup>st</sup> - Coffee Day  
October 6<sup>th</sup> - National Taco Day  
October 10<sup>th</sup> - World Mental Health Day  
October 12<sup>th</sup> - Columbus Day  
October 16<sup>th</sup> - Boss's Day  
October 31<sup>st</sup> - Halloween

### **NOVEMBER 2026:**

November 1<sup>st</sup> - Daylight Saving Time Ends  
November 3<sup>rd</sup> - Election Day  
November 11<sup>th</sup> - Veterans Day  
November 26<sup>nd</sup> - Thanksgiving Day  
November 30<sup>th</sup> - Cyber Monday

## **Welcome New Volunteers!**

Welcome Suzanne B, Keeyoung L, and Leo S! Thank you for joining RSVP and serving our community.

**For More Information on RSVP Contact:**

**Rena Marken 253.722.5695 or Faye Williams 253.722.5690**  
**RSVPPierce@LCSNW.org or RSVPKitsap@LCSNW.org**

# HAPPY BIRTHDAY TO OUR VOLUNTEERS



## KITSAP

DEBORAH L  
BONNIE C  
DONNA C  
RICHARD W

## OCTOBER 2026



## PIERCE

THERESIA P  
GREG S  
MICHAEL D  
ERIKA P  
JENNIFER H  
KATHY S  
ALAN Y  
SCOTT B  
MARY R

PAMELA S  
WENDELL F  
CJ T

## NOVEMBER 2026



MARY B  
CHERYL F  
CELIA-MAGGIE S  
LAMINDA L  
WON L  
PATRICK J  
SHARON H  
DONNA A  
LESLIE M  
TERRY W

# Ingredients for your healthy slow cooker recipe for weight loss-Set & Forget



## INSTRUCTIONS

- Place chicken breasts in the bottom of your slow cooker.
- Add black beans, corn, Rotel, onion, and garlic over the chicken.
- Sprinkle taco seasoning over the ingredients.
- Pour chicken broth into the slow cooker.
- Cover and cook on low for 6-8 hours or on high for 3-4 hours, or until chicken is cooked through and shreds easily.
- Shred chicken with two forks.
- Stir shredded chicken back into the slow cooker with the vegetables and sauce.
- Serve warm with optional toppings.

**And for serving, if you want to add a little extra something (and you totally can while still keeping it healthy!), think light sour cream, reduced-fat shredded cheese, or some glorious sliced avocado. Yum!**

## Ingredients

- 1 pound boneless, skinless chicken breasts (lean protein power!)
  - 1 can (15 ounces) black beans, rinsed and drained (hello, fiber!)
  - 1 can (15 ounces) corn, drained (a little sweetness never hurt)
  - 1 can (10 ounces) Rotel diced tomatoes with green chilies, undrained (this adds so much flavor and a little kick!)
  - 1 medium onion, chopped (the base of so many good things)
  - 2 cloves garlic, minced (because garlic makes everything better)
  - 1 packet (1 ounce) taco seasoning (the easy flavor booster!)
  - 1 cup low-sodium chicken broth (just enough liquid to get things going)
- 
- Calories: Approximately 300 per serving
  - Protein: About 28 grams (hello, muscle-building and feeling full!)
  - Carbohydrates: Roughly 30 grams (lots of good stuff from the beans and corn!)
  - Fiber: Around 8 grams (fiber is your best friend for weight loss and digestion!)
  - Fat: About 8 grams

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**DIRECTIONS:**  
Find and circle the  
vocabulary words  
in the grid. Look  
for them in all  
directions including  
backwards and  
diagonally.



# Healthy Eating



- |                 |             |            |
|-----------------|-------------|------------|
| AVOID JUNK FOOD | FIBER       | MEAL PREP  |
| BREAKFAST       | FOOD GROUPS | MINERALS   |
| CALCIUM         | FOOD LABELS | MYPLATE    |
| CHEW WELL       | FRUITS      | NUTRITION  |
| DAIRY           | HOME-COOKED | OMEGA-3    |
| EAT RAINBOW     | HYDRATION   | PROTEIN    |
|                 | LEAN MEATS  | SNACKS     |
|                 | LOW SUGAR   | VEGETABLES |
|                 | LUNCHBOX    | VITAMINS   |