

## Sudha and Sons, Making Volunteer Service a Family Affair

Like so many of us, Sudha and her family lead very busy lives. She and her husband work full-time and put a lot of energy into parenting their two sons, Sarath, 17, and Vaneeth, 15. Both boys play sports year-round and work hard to keep up with their studies at Skyline High School.

When her family moved to Sammamish a couple of years ago, Sudha learned that EFS was looking for volunteers to help local seniors. She knew the value of serving others in her community, so she called and spoke with EFS Volunteer Coordinator Heather Downing. "Heather made it easy" to get involved Sudha says, giving her lots of information and flexibility in how she could serve.

Sudha was matched with Bob and Marilyn, who needed help with grocery shopping



*Sudha and Sarath*



*Sudha and Vaneeth*

and light housekeeping. Soon after, Sarath and Vaneeth got involved too, making their service a family activity. "**I loved it!**" Sudha says, recalling how much her boys enjoyed listening to the stories that Bob and Marilyn told them. When the older couple moved away, Sudha had no qualms about asking Heather to make another match. This time Sudha's family was matched with a single woman (also named Marilyn).

Sudha frequently helps Marilyn with grocery shopping, and both she and the boys regularly visit and call Marilyn. Vaneeth likes sharing his artwork with Marilyn who, Sudha says, is supportive and "really nice to the boys." The mutual attention is healthy for everyone.

**At a time in life when teens feel invincible and able to do anything, the teens are learning that sometimes people need help as they age so they can continue living full lives.** The boys are

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