



News Release

Diana McSweeney
(425) 256-6167

diana.mcsweeney@symetra.com

‘Swift to Serve’—Symetra Kicks Off its Ninth Annual Week of Service

Nearly 700 Symetra employees to volunteer at 40 nonprofits—26 in Puget Sound region

BELLEVUE, Wash.—June 12, 2017—Symetra, a national provider of employee benefits, annuities and life insurance, will send nearly 700 employee-volunteers out into the community this week for the ninth annual *Symetra Week of Service*. From June 12–16, employees will take time from their work day, roll up their sleeves and tackle volunteer projects throughout the Puget Sound region—where the company is headquartered—and across the country. Symetra employees will participate in 82 projects on behalf of 40 nonprofit organizations, and have contributed nearly 12,000 Week of Service hours since the program’s inception in 2009.

“Symetra Week of Service is both a reflection of our employees’ volunteer spirit and a genuine expression of our ‘Swift to Serve’ core value,” said Symetra CFO Margaret Meister, who will be among the volunteers participating in this week’s projects. “As a company, Symetra is committed to making a positive impact in our communities. As individuals, our employees are empowered to give back to the causes and organizations that matter to them personally through hands-on service opportunities like this much-anticipated annual program.”

2017 Symetra Week of Service nonprofit partners and activities in the Puget Sound area:

[Amara](#)

Volunteers will do general gardening and cleaning at the organization’s **Seattle** campus.

[American Heart Association of Puget Sound](#)

Two groups of volunteers will assemble craft kits and make handmade cards and finger puppets for kids undergoing cardiac treatment at Seattle Children’s Hospital.

[American Red Cross—King County](#)

Volunteer teams will help with facility and vehicle maintenance at ARC’s **Seattle** office, while CPR training and a disaster preparedness course will be held at Symetra’s **Bellevue** office.

[Bellevue LifeSpring](#)

Volunteers will help pack summer meals for students in need.

[City of Kirkland](#)

Volunteers will tackle park maintenance at **Houghton Beach** and help clean the kitchen at **Peter Kirk Community Center**.

[City of Renton](#)

Volunteers will weed, remove litter and spread beauty bark at the **Renton Senior Activity Center**.

[Eastside Baby Corner](#)

Volunteers will help organize donated items (clothing, shoes, toys, baby supplies) at the organization's **Issaquah** and **Kenmore** locations to get them ready for distribution.

[Food Lifeline](#)

Volunteers will help pack bulk food items into smaller portions for families in need.

[Green Kirkland Partnership](#)

Volunteers will help with park maintenance and cleanup at **Cotton Hill Park** and **Juanita Bay Park**.

[Green Plate Special](#)

Volunteers will weed, compost, organize a tool shed and clean a chicken coop at Green Plate's **Rainier Valley** garden.

[Hopelink](#)

Volunteers will tackle a gardening project at the **Carnation** location.

[Imagine Children's Museum](#)

Volunteers will help clean and paint the interior of the **Everett** museum.

[Issaquah Food and Clothing Bank](#)

Volunteers will sort and pack food for delivery.

[Little Bit Therapeutic Riding Center](#)

Volunteers will assist with maintenance at the organization's **Redmond** facility.

[Mary's Place](#)

Volunteers will help make meals for families at the **Seattle** location.

[Northwest Harvest](#)

Volunteers will sort and re-package bulk food at the **Kent** location for distribution to food banks and schools throughout Washington state.

[Ronald McDonald House of Western Washington & Alaska](#)

Volunteers in the field will clean, organize and do yardwork at this facility for families with children being treated at **Seattle** Children's Hospital, while volunteers at Symetra's **Bellevue** headquarters will decorate and pack snack and lunch bags for families staying at Ronald McDonald House.

[Ryther](#)

Volunteers will assist with general grounds-keeping and garden maintenance at the organization's campus in **Seattle's** Wedgwood neighborhood.

[Seattle Children's Hospital](#)

Volunteer teams will help with yard work and also lead playroom arts and crafts projects for patients.

[Seattle PrideFest](#)

Volunteers will host the Symetra booth at Volunteer Park.

[Snoqualmie Valley Food Bank](#)

Volunteers will assist clients with shopping and check out at the food bank in **North Bend**.

[St. Jude Children's Research Hospital](#)

Volunteers will help with the St. Jude's booth during the Rock n' Roll Marathon Expo in **Seattle**.

[Summit Assistance Dogs](#)

Volunteers will help train and groom adult dogs and puppies.

Treehouse for Kids

Volunteers will sort, tag and restock merchandise, and help prepare the organization's **Rainier Valley** store for shopping days.

Wellspring Family Services

Volunteers will support the Baby Boutique in **Seattle** by organizing the store and sorting donations.

Westside Baby

Volunteers will sort clothing donations, package diapers and check for toy recalls at the **Seattle** location.

Outside of the Puget Sound area, Symetra employees in Ashland, Wisconsin; Enfield, Connecticut; Miami, Florida; Norcross, Georgia; Waltham, Massachusetts; and West Des Moines, Iowa will participate in volunteer activities on behalf of 14 nonprofits:

- **Ashland**—American Cancer Society's Relay for Life; Ashland Parks and Recreation; Vaughn Public Library.
- **Enfield**—Dakin Humane Society; Elizabeth Park Conservancy; Enfield Food Shelf.
- **Miami**—Fairchild Tropical Botanic Gardens; Chapman Partnership
- **Norcross**—Norcross Cooperative Ministry.
- **Waltham**—Waltham Boys & Girls Club; Cards for Hospitalized Kids.
- **West Des Moines**—Animal Rescue League of Iowa; Children's Cancer Connection.

Follow Symetra Week of Service activities [@Symetra](#), [#SymetraCares](#). To learn more about the Symetra's community programs, visit www.symetra.com/community.

About Symetra

Symetra Financial Corporation is a diversified financial services company based in Bellevue, Washington. In business since 1957, Symetra provides employee benefits, annuities and life insurance through a national network of benefit consultants, financial institutions, and independent agents and advisors. For more information, visit www.symetra.com.

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