2026 CASC Nominees



Karen Cooper

The 2026 Board Election will be on Wednesday, November 18 at 1:15 PM. Active members are invited to vote for 5 of the 8 candidates. Absentee Ballots can be secured at the Front Desk.

the central

References: (list of three people, not related to you, whom you have known for at least one year :)

1) Name: Joyce Trader

Phone/Email: [redacted]

2) Name: Gertrude Peoples

Phone/Email: [redacted]

3) Name: Joan Ervin

Phone/Email: [redacted]

Birth date: [redacted]

Sex: [] Male [X] Female

Disability: —

Name of Spouse/Significant Other: —

Children's Names: Michael Alford
Elizabeth Anderson

Please return this form to:

Address: CASC Board Chair
c/o Central Area Senior Center
500 30th Avenue South
Seattle, WA 98144

This application is also available online:
www.casrcenter.org

For more information, contact CASC.
at (206) 206-726-4926

For more information about CASC, please visit our website: www.casrcenter.org

08/2025

Central Area Senior Center
500 30th Avenue South
Seattle, WA 98144

A Call for Board Members

central
AREA SENIOR CENTER

Mission: CASC infuses warm friendships, healthy activities, and joyful experiences into the lives of mature adults.

CASC engages and enriches the diverse communities of Seattle and the Pacific Northwest

Central Area Senior Center (CASC, The Central) welcomes expressions of interest for its Board of Directors. CASC serves as a neighborhood gathering place for non-profit, civic, and social organizations. A rich diversity of neighborhood groups and individuals access the center daily. The Central engages, serves, and bridges the gaps between the historical founders of the center and that of new and emerging communities in a changing landscape.

The CASC Board of Directors strives to represent the racial, ethnic, geographic, social, and economic diversity of the residents of King County, as well as a broad base of community interests.

The Board consists of up to nine (9) volunteers, including retirees, who have the knowledge, expertise, and specific skills to benefit CASC. Board members must be 50 years or older and reside within King County.

Prospective board members should hold a broad vision for the potential and development of CASC. Our legacy of community service began in 1968 when African American civic activists observed that the Central District needed a place for our elders to meet and socialize. From the beginning, The Central has been a place of support, community, fellowship, and celebration. The role of board membership is competency, to provide policy and fiduciary oversight in the interest of The Central.

THE GREAT DIVERSITY OF MEMBERS, PROGRAMS, ARTS, CULTURE, MUSIC, FOOD, EDUCATION, ACTIVITIES AND THOUGHT CREATES A THIRST FOR LEARNING NEW THINGS WHILE ENGAGING IN BOOK CLUB, CURRENT EVENTS, AND HAVING FUN AT THE CASC. THE BOARD IS WORKING TO ASSURE A STABLE, LONG-TERM, STRONG FINANCIAL BASE TO ENABLE CASC TO THRIVE AND REACH SENIORS.

Terms of Office: Appointed members serve at least one three-year term, with a maximum of two consecutive terms but must rotate from the Board for at least one year following two consecutive terms. Board members are not compensated for their work on behalf of CASC. They serve on a volunteer basis.

Time Commitment: This is an active, working board; and members are expected to contribute to both Board and committee work. Board members will be expected to attend activities during the year, established by the Board of Directors and CASC staff, including Board Orientation and planning retreats. Board members are expected to make an annual monetary pledge, to participate in board and committee meetings, regular events and periodically shoulder other workloads as an active board member, committee chair, or member.

Upon acceptance as a board member, members are required to sign a commitment agreement and agree to a Washington State Patrol background check.

If you are interested in getting involved, but don't have the time to serve as a member of the Board, you are invited to express interest in serving on a Board Committee, which will provide valuable input to CASC from a variety of backgrounds.

Please send this form with an updated resume and a cover letter describing why you qualify as a board member and what contributions you can make.

Check all boxes representing your skills and prior experience:

- ☐ Community development/outreach
- ☐ Fiscal management
- ☐ Free-speech issues and activism
- ☐ Fundraising and fund development
- ☐ Personnel and Human resources
- ☐ Legal issues
- ☐ Media literacy
- ☐ Facility management/capital needs/planning
- ☐ Nonprofit management
- ☐ Public relations and marketing
- ☐ Strategic planning
- ☐ Volunteer program development
- ☐ Social media experience
- ☐ Community education & training
- ☐ IT and Technology knowledge
- ☐ Senior programs, special needs
- ☐ Health and Wellness

Name: Karen Cooper

Business Affiliation: —

Address: [redacted]
Seattle, 98118

Work phone: —

Home phone: [redacted]

E-mail: [redacted]

Education & Training: See Resume

How are you familiar with CASC? Been a member for about 5 years

Memberships and volunteer involvement in CASC, charitable/professional/community/civic organizations.
Too many
See Resume

Membership of any City, County, or State boards or commissions and dates of terms:
Too Many
See Resume

Demographic Information (please check all that apply)

☑ Seattle ☐ King County/City _____

☐ North ☐ South ☐ East ☐ West ☐ Central

Race: ☑ White ☐ Black/African American

☐ Asian/ Pacific Islander ☐ Hispanic/Latino

☐ American Indian/Alaskan Native ☐ Other_____

Cultural Affiliation: ☐ LGBT ☐ Biracial

☐ Multicultural

(see other side)

Karen S. Cooper
[redacted]
Seattle, WA 98118
[redacted]

Oct.21, 2026

Dear Central Area Senior Center Members,

I am writing to express my interest in serving on the Board of Directors of the Central Area Senior Center. I have been a regular bridge player at the Center for over eight years, and during that time I have come to appreciate the role the Center plays in bringing people together and providing a welcoming place for older adults in our community. I would welcome the opportunity to contribute more directly to the Center's continued success and future development.

In 2024, I served as a consultant to the committee revising the Center's by-laws. That experience gave me a closer look at the Center's governance and strengthened my interest in helping ensure that it remains a strong, effective, and responsive organization.

For most of the last 42 years I have either been on a board or reported to a board. I would bring to the CASC Board all these years of experience in nonprofit leadership, management, fundraising, and organizational planning. With both the experience of an executive director and a board member and chair, I understand the roles and responsibilities of both sides of the table. I understand the importance of sound governance, responsible financial management, clear goals, and thoughtful decision-making. I would be pleased to put this experience to work in support of the Center and its members.

Having benefited from the Center's community and activities myself, I would value the opportunity to give something back and help ensure that it continues to serve older adults in the years ahead.

Thank you for considering me for the CASC Board. I would welcome the opportunity to serve.

Sincerely,

[redacted]

Karen S. Cooper

Karen S. Cooper
Resume

EDUCATION

Master of Education | Howard University | 1974 | Washington, D.C.
Studies in History and Education | New Mexico State University | 1962 | Las Cruces, New Mexico
High School Diploma | Northwestern High School | 1958 | Hyattsville, Maryland

PROFESSIONAL EXPERIENCE

Executive Director | NARAL Pro-Choice Washington (now Northwest Reproductive Equity) 1995–2009 | Seattle, Washington
Led organizational operations, strategic priorities, fundraising, and advocacy initiatives.

Campaign Manager and Political Consultant | 1984–1995; 2010–2017 | Washington, Oregon, and Seattle
Specialized in campaign strategy, organization, fundraising, and coordination of people and resources. Final full-time campaign management role: Misty Johanknecht's campaign for King County Sheriff, 2017.

Elementary School Teacher | 1963–1981 | New Mexico, Washington, D.C., and Philadelphia
Taught multiple elementary grade levels in a variety of educational settings.

BOARD AND NONPROFIT LEADERSHIP

Win With Women: Board Member 2013–Present, Chair 2020-2025
ReproHub: Board Member 2024–Present, Treasurer 2025-Present
Civil Survival: Board Member 2017-2019 and Treasurer 2023-2025
League of Education Voters: Board Member 2010–2016, Chair 2014-2016

SKILLS

Experienced in organizational leadership, campaign management, nonprofit administration, and board governance. Skilled in strategic planning, managing people and volunteers, fundraising (grants, major donors, and grassroots support), and responsible financial oversight, including budgeting, recordkeeping, and reporting. Strong organizational skills, with a focus on setting priorities, developing practical plans, and meeting deadlines.