



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

Enhancing Situational Awareness in Your Volunteer Role

As we approach fall/winter we want to remind everyone about the importance of situational awareness—both in your personal lives and while volunteering. Being aware of your surroundings is key to providing excellent service and ensuring the safety of everyone, including yourselves. This means noticing when something seems out of place, as well as being attentive to the people we serve and the objects in our environment. For example, in programs like the Old Friends Club (our dementia social respite group) or during lunch services, being alert to non-verbal cues such as signs of agitation or distress can help us respond quickly and appropriately.

What is Situational Awareness?

Situational awareness is about understanding what is happening around you, knowing your position in relation to others, and being mindful of potential issues. It involves observing your environment and being aware of any changes or unusual behaviors that could indicate a problem. Your perception of a situation may not always be accurate, as it can be influenced by the information you have, your past experiences, or distractions around you. Therefore, it's essential to continually improve your situational awareness skills. Here are a few tips:

Assess Risks from All Angles

Try to look at situations from multiple perspectives, not just your own. Consider what others might be seeing or experiencing. This broader viewpoint can help you identify potential risks or concerns that you might otherwise miss. Always ask questions and observe without making quick judgments.

Be Aware of Your Cognitive Biases


Recognize that everyone has subconscious biases that can affect their perception. To improve situational awareness, remain open to different perspectives and be willing to adjust your understanding based on new information. This openness allows us to identify strengths, areas for improvement, and opportunities to better serve our community.

Communicate Effectively

Effective communication is a vital component of situational awareness. If you notice anything that seems unusual or perceive any potential risks, don't hesitate to report it to a supervisor or ask for help. Keeping the lines of communication open ensures that we can respond quickly to any issues and maintain a safe environment for everyone.

Observe Changes in Behavior

Pay attention to any changes in the behavior of those you are helping. If someone who is usually calm becomes agitated or confused, or if a normally talkative individual becomes withdrawn, these could be signs of distress, discomfort, or a potential health issue.

A decorative branch with small, round, red and orange berries is positioned vertically on the right side of the page, extending from the top to the bottom. The background is a light-colored wood grain.

Noticing these changes early allows us to intervene and provide support before the situation escalates.

Monitor for Health Concerns

Be aware of any signs that could indicate a health concern, such as sudden fatigue, shortness of breath, or signs of physical pain. If you see someone struggling or exhibiting signs of distress, such as clutching their chest, sweating excessively, or having difficulty speaking, it's important to act quickly. Call 911, alert a supervisor immediately and offer assistance as needed.

Stay Attuned to Non-Verbal Cues

Sometimes people may not verbally express how they are feeling, but their body language can tell you a lot. Look for non-verbal cues such as clenched fists, crossed arms, or fidgeting, which can signal discomfort, frustration, or anxiety. Responding to these cues with empathy and understanding can help de-escalate a situation and provide comfort.

By staying aware and alert, you help create a safe, supportive, and engaging environment at the Camano Center and 2nd Chance Thrift Shop.

As our ambassadors and frontline helpers, your role is crucial in creating a safe and welcoming environment for everyone we serve. Thank you for your continued hard work and commitment throughout the year.



"Alice had begun to think that very few things indeed were really impossible."



The Wonderland Gala 2024

Thank you to everyone for making the impossible possible!

VOLUNTEERS NEEDED

Camano Center

Bakers for Bake Sale

at Holiday Craft Bazaar

Drop off items at Camano Center
on Friday, November 15th

Be A Dementia Friends Champion

A Dementia Friends Champion is a volunteer who helps spread the word about how others can make a positive difference to people living with dementia by giving a Dementia Friends presentation to groups of interested individuals in the community. Dementia Friends Champions are asked to attend a training to learn about the presentation and what resources help facilitate an effective session.

Meals on Wheels Driver

Mondays North Route
for more information contact Lisa
or Lars - contact info below

**Would you or someone you know enjoy volunteering either at the
Camano Center or the 2nd Chance Thrift Shop?**

Contact: Lisa Brents, Volunteer Services Manager

(360) 387-0222

or email lbrents@camanocenter.org

2nd Chance Thrift Shop

Available Shifts:

Thursdays 1 pm -4 pm
Saturdays 10 am - 1 pm

UPCOMING EVENTS

Holiday Craft Bazaar

Camano Center
Saturday, November 16
9:00 am -4:00 pm

All Volunteer Holiday Party

Thrift Shop
Tuesday, December 10
Time TBD



CAMANO CENTER

Holiday Bake Sale

BAKED GOODS SUGGESTIONS:

Bake sale takes place during the
Holiday Craft & Gift Bazaar.

Sign up at the front desk.

Please bring items between
Thursday, November 14 and
Friday, November 15 at 3 p.m.

COOKIES - PACKAGED 6 OR 12

BERRY PIES

BROWNIES

SUGARFREE ITEMS

SNACK MIXES LIKE CHEX MIX

SMALL LOAVES QUICK BREADS

YEASTS BREADS

PUMPKIN ITEMS

INDIVIDUALLY WRAPPED ITEMS

SEASONAL ITEMS

SNICKERDOODLES

CHOCOLATE CHIP OR M&M COOKIES

CARMEL OR FAVORITED POPCORN

GLUTEN FREE BAKED GOODS

HOLIDAY FAMILY FAVORITES

No perishables or items needing
refrigeration please.

Package items in small amounts.

Please label items that are gluten free,
sugar free or contain nuts.



**SATURDAY
NOVEMBER 16
9 AM-4 PM**

Camano Center & 2nd Chance Thrift Shop Volunteer Facebook group

For those who may not know, we have a Facebook group for volunteers.

The intention of the group is to encourage sharing of what you and your friends are doing during your volunteer assignments with our organization.

This group also lets us reach out to ask for help when we are running short on volunteers in particular areas.

Please post your great pics or comments as often as you would like. Let's keep it fun and lighthearted.

*This page is for Camano Center & 2nd Chance Thrift Shop Volunteers only.
www.facebook.com/groups/992894578220212/
or scan QR code to join*

