



Volunteer Newsletter

Camano Center & 2nd Chance Thrift Shop

Nurturing a Compassionate Community: A Guide for Volunteers

Volunteering is more than just an act of service; it is a powerful way to cultivate a compassionate community. Compassionate communities are built on the foundations of empathy, kindness, and mutual support, where each member feels valued and connected. As volunteers, you play a crucial role in helping foster these qualities. Below is a list of actions you can take as a volunteer to help model a compassionate community.

1. Practice Active Listening

Listening actively means paying full attention to others, understanding their perspectives, and responding thoughtfully. It helps people feel heard and valued.

Action: When interacting with community members, put away distractions, make eye contact, and reflect what you hear to ensure understanding.

2. Show Empathy and Kindness

Empathy involves recognizing and validating others' emotions, while kindness includes acts of goodwill that make others' lives better.

Action: Offer a kind word, a smile, or a helping hand. Small gestures can have a big impact on someone's day.

3. Foster Inclusivity

Inclusivity ensures that everyone, regardless of their background, feels welcome and valued.

Action: Engage with a diverse range of people and ensure that your activities and events are accessible to all community members.



4. Provide Support and Assistance

Offering support can range from helping with daily tasks to providing emotional comfort.

Action: Identify needs within your community and volunteer your time and resources to meet those needs. This could be through food drives, tutoring, or simply offering companionship.

5. Encourage and Model Positive Behavior

Lead by example. Your actions can inspire others to act compassionately.

Action: Demonstrate respect, patience, and understanding in all your interactions. Encourage others to do the same by recognizing and appreciating their positive actions.

6. Build Strong Relationships

Strong, healthy relationships are the bedrock of a compassionate community.

Action: Take the time to build and maintain genuine relationships with community members. Regularly check in, celebrate their successes, and support them during difficult times.

7. Promote Community Involvement

Encourage others to participate in community activities and volunteer efforts.

Action: Organize events and activities that bring people together. Share information about volunteer opportunities and motivate others to get involved.

8. Advocate for Compassionate Policies

Sometimes, nurturing a compassionate community requires advocating for systemic change.

Action: Engage with local leaders and policymakers to support initiatives that promote well-being and inclusivity. Attend town hall meetings, participate in advocacy campaigns, and educate others about the importance of compassionate policies.



The Ripple Effect of Compassion

The impact of your efforts as a volunteer goes beyond immediate actions. Each act of kindness and empathy creates a ripple effect, encouraging others to act similarly and gradually transforming the entire community. By consistently nurturing compassion, you contribute to a more connected, supportive, and thriving community.



Karen Galvez
Volunteer Medical Driver
since 2015



HAPPY Anniversary!

Old Friends Club is officially 1 year strong!
We've expanded to meet twice a week, thanks to our amazing
volunteers. Your dedication and care have made this possible.
Here's to many more years together!



**Camano Center
and
2nd Chance Thrift Shop
closed
July 4th**

OLD FRIENDS CLUB

Volunteers Needed on Tuesdays

Companion/Activity Partners for Old Friends Club (social respite club)

Embrace the Power of Now!

At Old Friends Club, we believe meaningful relationships and activities should be accessible to everyone, regardless of cognitive changes.

Volunteers at Old Friends Club assist by:

- Facilitating conversations
- Encourage members to engage in activities such as music, art & games
- Help serve lunch
- Help ease transitions from one activity to the next
- Program volunteers ideally provide 5 hours of their time on a Tuesday or Thursday from 9:30 am -2:30 pm.

Skills needed:

- open-minded
 - good attitude
 - patience
 - flexibility
 - willingness to learn and adapt to ever-changing personalities
 - compassion
-
- Experience working with the elderly population or individuals with dementia is a plus but not necessary. This is not a medical program. We are searching for compassionate and patient individuals willing to be in the present moment.



If you have a big heart and a desire to make a difference we want you!

An average day might look like:

- coffee and conversation
- stretch and walks
- brain games - fill in the blanks, trivia
- art activity or other creative process activity
- family style lunch
- movement activities - chair volleyball, walks, cornhole, dance
- music



Location Details: Camano Center, 606 Arrowhead Road, Camano, WA, USA
Contact: Lisa Brents, Volunteer Services Manager, (360) 387-0222
Online Application: www.camanocenter.org



VOLUNTEERS NEEDED

Medical Transportation Drivers

Assist Camano Island residents with transportation to necessary medical-related appointments. Mileage reimbursed. Background Check Required. Schedule and destination distance determined by you.

Meals on Wheels Drivers

Help deliver meals to homebound members of our community. Camano Island routes are divided into north, central, and south.

Regular Wednesday morning south-end driver needed approximately 10:30-11:30 am

Mileage reimbursement
Background Check Required

2nd Chance Thrift Shop

Tuesdays 10 am -1 pm
Saturdays 10 am - 1 pm or 1 pm -4 pm

Set Up and Clean Up Help Needed for the Everything Christmas Garage Sale at the Camano Center

Thursday, August 15 - set up tables and designate spaces 1:00 pm-3:30 pm

Friday, August 16 - Unpack & display
9am -3pm

Saturday, August 17 - Tear Down & Clean Up from 3 pm - 4:30 pm

Would you or someone you know like information on 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

EVERYTHING CHRISTMAS SALE

*Proceeds Benefit
the Camano Center*

Cost of all Christmas items is by donation. Shoppers should bring their own shopping bags.

August 17, 2024

9:00 AM - 3:00 PM

**Camano Center
606 Arrowhead Road
Camano Island, WA**

2ndchancethriftshop.org



The Wonderland Gala

18th Annual Gala Auction
Benefiting the Camano Center
Saturday, September 28, 2024
Doors Open at 5:30 p.m.

Save the Date

Tickets on Sale 9.3.24
Limited Tickets Available
CAMANOCENTER.ORG



Gala LIVE Auction Donation Wish List

Unique Experiences

- Vacation Home or Timeshares
- Frequent Flyer Miles
- Dinner Party or BBQ
- Lesson or Session with Professional
- Fly Over
- Luxury or Classic Car Rental/Lease
- Boat and Whale Tours

Home & Garden

- Outdoor Furnishings/Décor
- Interior Design Services
- Cleaning Services
- Painting/Roofing Services
- Landscape Materials & Garden Help

Sports & Equipment

- Electric Bikes
- Autographed Sports Memorabilia
- Tickets to Sporting Events (Kraken, Seahawks, Mariners, Sounders, Storm)

Dining & Entertainment

- Restaurant Gift Certificates
- Hotel Gift Certificates
- Theater or Concert Tickets
- Local Adventures

Personal Items

- Beauty or Spa Certificates
- Boutique Gift Certificates
- Pet Services
- Floral/Bouquet Deliveries

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*



55 OR OLDER, UNEMPLOYED AND LOOKING FOR WORK?

WE CAN HELP!



For more than 50 years, AARP Foundation Senior Community Service Employment Program (SCSEP) has provided people over age 55 with opportunities to fill entry-level and mid-level positions with employers in their communities.

HOW IT WORKS

SCSEP trainees are placed in a variety of community service activities at nonprofit and public facilities like day care and senior centers, schools and hospitals. This on-the-job training experience can be a bridge to find employment opportunities outside of the program. Participants work an average of 20 hours a week and are paid the highest federal, state or local minimum wage.

WHO'S ELIGIBLE?

You must be age 55 or older, unemployed and financially qualified. Please contact your local office to learn more about the financial qualifications.

SCSEP is funded by a grant awarded by the U.S. Department of Labor's Employment and Training Administration.

OTHER BENEFITS

We provide participants with training and support services that are important for funding future employment. The services include Individual Employment Plan (IEP) development, specialized training to prepare for placements, wages and fringe benefits, annual physicals and assistance in securing future employment.

WHAT KINDS OF JOBS ARE AVAILABLE?

You could be placed in a wide variety of community service positions at both nonprofit and public facilities including day care and senior centers, governmental agencies, schools, hospitals and libraries. These training assignments help build the skills and experience needed to obtain future employment. Additional training through lectures, seminars, one-on-one instruction, training programs and community colleges may also be provided

Learn more at aarpfoundation.org

AARP Foundation[®]
For a future without senior poverty.



**2nd Chance Thrift Shop
is a host agency for this
great program.**

**Please inquire if you or
someone you know can
benefit from this
program.**

INTERESTED?

Contact your local SCSEP

Office (425) 366-4457

email ccrosno@aarp.org

Carmen Crosno, Assistant Project Director
3216 Wetmore, #203, Everett WA 98201