



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

Embracing the 3rd Age: A New Chapter for Volunteerism

As society evolves, so too does the concept of volunteering. In recent years, a unique phenomenon has emerged known as the "3rd Age," offering a transformative and enriching experience for volunteers. The 3rd Age represents a stage of life beyond traditional retirement, where individuals are seeking purpose, connection, and personal fulfillment.

The 3rd Age is a term that goes beyond mere chronology; it signifies a time in life when individuals are no longer bound by the responsibilities of career and family, opening up new opportunities for exploration and personal development. This stage typically begins in one's mid-sixties and extends throughout the later years, providing a chance for individuals to redefine their priorities and pursue passions that may have been set aside during their earlier years.

Benefits of the 3rd Age for Volunteers:

- 1. Wisdom and Experience:** Volunteers in the 3rd Age bring a wealth of life experience and accumulated wisdom to their roles. This valuable knowledge can be a tremendous asset for organizations and communities, offering insights that only come with time. Whether mentoring younger volunteers or contributing strategic thinking to projects, the 3rd Age volunteers play a vital role in passing on knowledge to future generations.
- 2. Flexible Time Commitments:** With the freedom that comes after retirement, individuals in the 3rd Age often have more flexibility in managing their time. This flexibility allows volunteers to choose projects and commitments that align with their interests and availability. Whether dedicating a few hours a week or embarking on longer-term projects, volunteers in the 3rd Age can tailor their contributions to suit their preferences.

3. Enhanced Well-being: Engaging in volunteer work during the 3rd Age has been linked to improved mental and emotional well-being. The sense of purpose and community connection that volunteering provides can combat feelings of isolation and contribute to a more fulfilling and meaningful life. Moreover, the physical activity and social interactions associated with volunteering can positively impact overall health, promoting an active and vibrant lifestyle.

The 3rd Age represents an exciting opportunity for individuals to redefine their post-retirement years and make a lasting impact through volunteerism. As volunteers in this stage of life bring a unique blend of wisdom, experience, and time flexibility, they become invaluable contributors to the well-being of communities and organizations.

Embracing the 3rd Age allows individuals to continue their journey of personal growth while leaving a positive legacy for future generations. So, as the 3rd Age unfolds, let us celebrate you, our volunteers, who choose to make this chapter of life a time of purpose, connection, and lasting impact.



CLOSED

**Camano Center
closed
June 16-21
Maintenance Week**

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
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- 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



VOLUNTEERS NEEDED

at Camano Center

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

Old Friends Club Activity Partners

Assist Club Coordinators by engaging members in a variety of fun activities, build relationships and be a positive presence.

Tuesdays at Camano Center
9:30 am -2:30 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

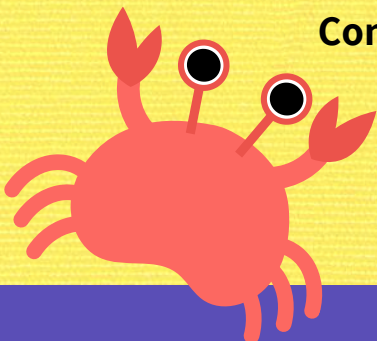
Saturday, August 17 - Tear Down & Clean Up from 3 pm - 4:30 pm

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*

