



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

Our Mission: Create and provide opportunities that support healthy aging, independence, and well-being for older adults in our community.

Our Vision: A community where older adults are empowered to live their lives to their fullest potential.

Our Values: We behave with compassion, respect, and integrity. We foster an environment of inclusion and continuous growth. We act with a heart of service.

Fostering Unity and Compassion in Our Volunteer Community

Within the heart of our volunteer community lies a wealth of wisdom, experience, and an unwavering commitment to embody the Camano Center and 2nd Chance Thrift Shop's mission and vision. As we gracefully navigate the journey of aging together, let's cultivate a nurturing environment where compassion and support flourish. Recognizing that a supportive community enhances the overall well-being of each individual, these ideas aim to foster connections, resilience, and a shared sense of purpose among our staff and volunteers.

Embrace Diversity: Celebrate our mosaic of unique backgrounds, skills, and life experiences. Each volunteer contributes to our collective strength, adding richness to our efforts. Allow yourself permission to take breaks during your volunteer role to connect with someone new and enjoy learning about them.

Open Communication: Share thoughts, concerns, and ideas kindly and helpfully. Transparent communication creates an environment where everyone feels heard and valued. Establishing an open dialogue between each other is essential for understanding and addressing each other's needs - both personally and professionally.

Mutual Respect: Extend kindness and respect, especially as we age; avoid judgment and appreciate each person's unique journey. Embrace our shared purpose in dedicating ourselves to providing opportunities for healthy aging and well-being for our volunteers as well as our community. If concerns arise about a fellow volunteer's welfare, address those with your supervisor or a staff member.

Supportive Network: Create a support system among fellow volunteers. Whether providing a listening ear, assisting with tasks, or simply being present during challenging times, let's create a network that uplifts and sustains everyone. Remember, achieving our goals doesn't always require working at full speed; the act of volunteering itself is a crucial part of our mission and vision.

Educational Empowerment: Foster a culture of shared learning and collaboration by openly sharing knowledge and resources with both staff and fellow volunteers. Embrace staff direction and training as valuable opportunities for collective growth. Additionally, we recognize the importance of exchanging information with other volunteers that might be interesting or helpful in advancing our mission. This collaborative approach enhances our effectiveness and strengthens our shared commitment to our mission and vision.

Recognition and Appreciation: Consistently recognize the valuable contributions of every team member. By emphasizing individual strengths, we not only cultivate a positive atmosphere but also strengthen a sense of mutual appreciation. Our staff is genuinely inspired and tremendously grateful for the dedication and efforts of all our volunteers. Your unique strengths contribute significantly to our shared success, and your commitment is deeply valued by everyone.

Flexibility and Adaptability: Acknowledge the importance of adaptability as circumstances evolve with age. As staff we are dedicated to working closely with volunteers, and making adjustments to roles and responsibilities when necessary to ensure a meaningful volunteer experience. While adapting to change can be challenging for some, it's essential to trust that staff decisions are thoughtfully made for good reasons. Embracing flexibility not only demonstrates our appreciation for each other but also reinforces the idea that we're a team with mutual support and will jump in where needed to help out each other.

Embarking on this shared journey of service and camaraderie, let's remember that age is merely a number. Our collective commitment to making a difference transcends any limitations. Together, we can inspire and support one another, creating a volunteer family that is not only resilient but also a marker of compassion and unity.



OLD FRIENDS CLUB

Volunteers Needed to Help Us Provide an Additional Club Day on Tuesdays

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

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
 - flexible
 - 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

VOLUNTEERS NEEDED

Camano Center

Monday or Friday Lunch

Help set up and serve lunches at the Center on Mondays or Fridays from 11:15 am - 12:45 pm

Medical Transportation Drivers

Assist Camano Island residents with transportation to necessary medical-related appointments. Mileage reimbursed.

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.

Substitute drivers are needed.

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

Mileage reimbursement
Background Check Required

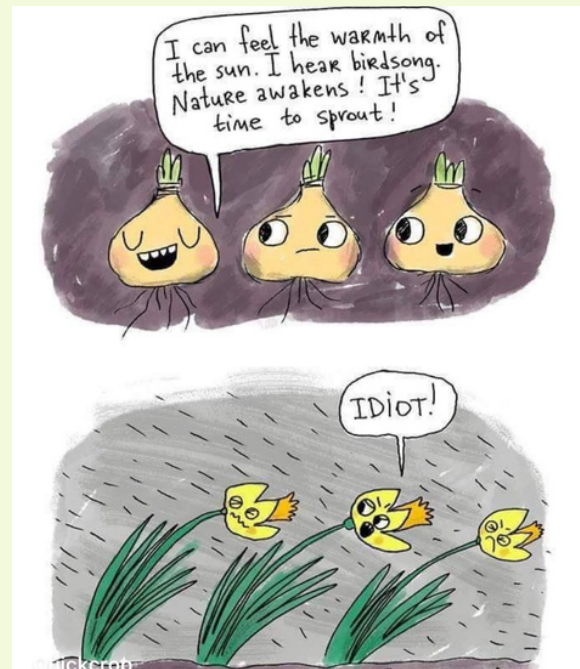
Thrift Shop

Fridays or Saturdays
10 am -1 pm or 1 pm - 4 pm
hardware/electronics area
organize items, restock

UPCOMING EVENTS

55+ Resource Fair

Saturday, March 9, 2024
Camano Center
9:30 am -2:30 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

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Thank you to all who came out to help
with Barbie BINGO night.





55+ RESOURCE FAIR



One convenient place to get information about services, programs, and activities tailored to the 55 and over age group.

**Complimentary
lunch
11:00 – 1:00**

**SATURDAY, MARCH 9, 2024
9:30 AM – 2:30 PM
AT THE CAMANO CENTER**

PRESENTATIONS:

10:00 – 11:00

Healthy Living for Your Brain and Body: Tips from the Latest Research

11:30 – 12:00

Six Dimensions of Aging Well: Aging Mastery Program Overview

12:15 – 1:15

Navigating the Aging Journey: Local Programs and Support Services

1:30 – 2:30

Getting Your Ducks in a Row: Important Legal Issues

THANK YOU TO OUR EVENT SPONSORS:



Edward Jones

Jared D Johnson, AAMS™



STANWOOD HEARING



Heritage BANK

Homewatch CareGivers™



family resource home care



606 Arrowhead Rd., Camano Island 360-387-0222

Munch & Mingle

April is
Volunteer
Appreciation
Month

April 23, 2024
2:00-4:00 pm
at the Camano Center

Appetizers
Drinks
Socialize and
Celebrate with
us!



RSVP to help us know how many guests to expect. Call Lisa at
360.387.0222 or email at lbrents@camanocenter.org

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