



Volunteer Newsletter

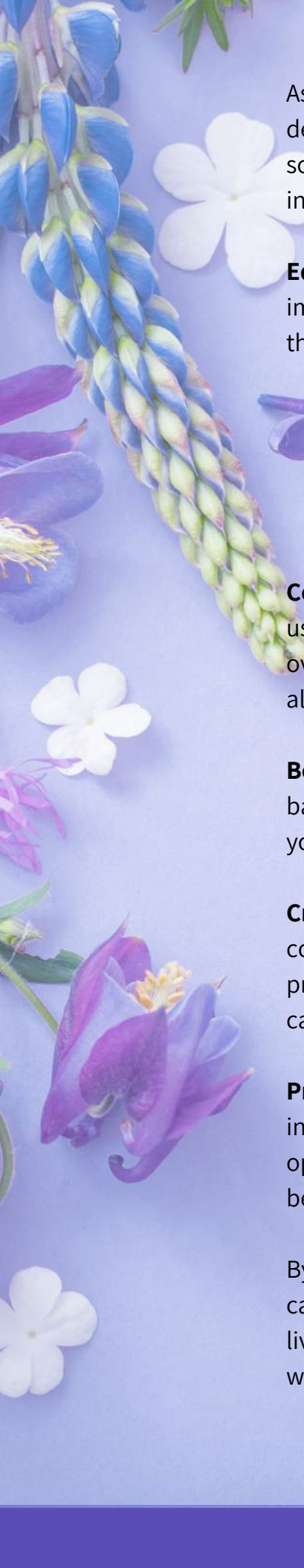


Camano Center & 2nd Chance Thrift Shop

Building Dementia-Friendly Communities: A Call to Volunteers

In recent years, the concept of creating dementia-friendly communities has gained momentum, highlighting the importance of understanding and supporting individuals living with dementia. But what exactly does it mean to be dementia-friendly, and how can volunteers play a pivotal role in fostering such environments? A dementia-friendly community is one where individuals with dementia are understood, respected, and supported in leading fulfilling lives. It's a place where people living with dementia feel safe, valued, and included, and where they can maintain their independence for as long as possible.

So, what does a dementia-friendly community look like? It is characterized by awareness and education, where members of the community understand the challenges faced by those with dementia and are equipped with the knowledge and skills to interact with them sensitively. It is a community where businesses, organizations, and public spaces are accessible and accommodating to individuals with cognitive impairments, with clear signage, quiet areas, and trained staff. It's a community that promotes social inclusion, where people with dementia are encouraged to participate in activities and events, fostering a sense of belonging and reducing feelings of isolation.



As volunteers, we have a unique opportunity to contribute to the creation of a dementia-friendly community through our actions and interactions. Here are some practical ideas on how we can incorporate dementia-friendly techniques into our daily lives, especially during our volunteer time:

Educate Yourself: Take the time to learn about dementia, its symptoms, and its impact on individuals and their families. Understanding the challenges faced by those with dementia can help you provide better support and assistance.

Practice Empathy: Put yourself in the shoes of someone living with dementia and imagine how they might experience the world around them. Approach interactions with patience, kindness, and understanding, and be mindful of their feelings and needs.

Communication: Use clear, simple language and speak slowly and calmly. Avoid using complex sentences or asking multiple questions at once, as this can be overwhelming for someone with dementia. Be attentive and listen actively, allowing them time to express themselves.

Be Flexible: Recognize that individuals with dementia may have good days and bad days, and their abilities may fluctuate. Be adaptable and patient, adjusting your approach as needed to accommodate their needs and preferences.

Create a Safe Environment: Ensure that the environment is safe and comfortable for individuals with dementia. Remove any hazards or obstacles, provide clear signage and directions, and create quiet, calm spaces where they can relax and feel at ease.

Promote Social Inclusion: Encourage participation and engagement by involving individuals with dementia in activities and conversations. Offer opportunities for social interaction and connection, fostering a sense of belonging and community.

By incorporating these techniques into our volunteer work and daily lives, we can help create a more inclusive and supportive environment for individuals living with dementia. Together, we can build a dementia-friendly community where everyone is valued, respected, and empowered to live their best lives.

In its concept of dementia-friendly communities, the Washington State Learning Collaborative borrows principles from the Momentia movement:

- There is life beyond a dementia diagnosis – a life that includes the possibility for joy in the midst of challenge.
- Persons living with dementia remain a vital part of the community and deserve the opportunity to stay connected and engaged.
- Persons living with dementia are the experts on their own experience and their valuable perspectives must be recognized.
- By working together, we can transform what it means to live with dementia in the community, changing the story from one of despair, to one of hope.





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
 - 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

VOLUNTEERS NEEDED

at Camano Center

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.

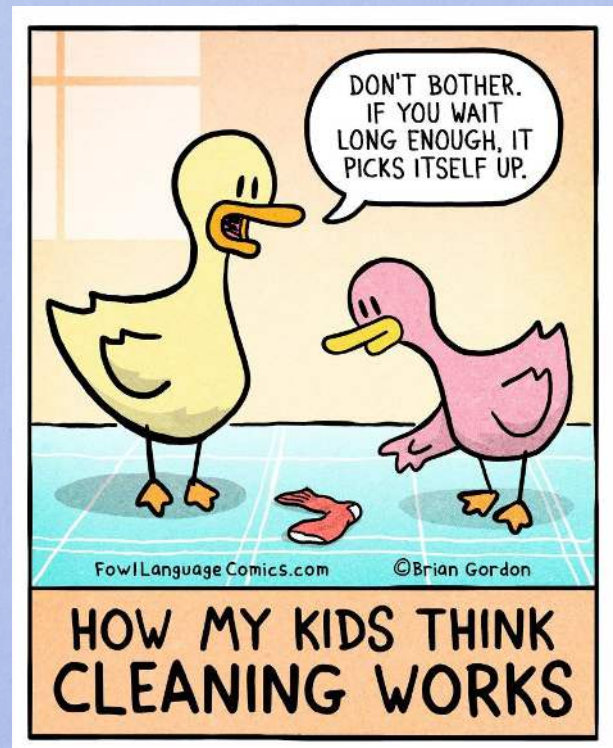
Regular Wednesday morning north-end driver needed approximately 10:30-11:30 am

Mileage reimbursement
Background Check Required

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



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

Powered by Connection

May is National Older American's Month

Older Americans Month (OAM) is celebrated every May. OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "**Powered by Connection**," focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

Take time to stop by the Camano Center or 2nd Chance Thrift Shop and make a connection with someone new!

