



Volunteer Newsletter

Camano Center & 2nd Chance Thrift Shop



Defining Old: Grandson Approved

Author: Ardith Bowman

My 23-year-old grandson and I were recently chatting about the stages of life – one of many much-loved conversations where age meets youthful curiosity. When he asked me at what point someone officially becomes “old,” I paused. Then I offered him this:

“Old” Isn’t a Number

We all know this, don’t we? You might meet an 80-year-old who’s

full of life and spark – and a 55-year-old who seems to have given up on joy. Aging isn’t about years; it’s about energy, spirit, and belief.


A Pew Research study found that younger adults think 70 is old. But ask people between 65 and 74? Only 21% of them say they feel old. Among those over 75, it’s just 35%. As someone on the doorstep of 77, I don’t feel old. What about you?

Taking it a step further, 60% of centenarians say they don't feel old, but at least 20 years younger than their age. Can you see the power of a positive mindset? We're living longer and, with attention, healthier. Don't we want to relish all our years by living with community, meaning, and an optimistic outlook?

The Trap of Giving Up

I've seen some people in their 50s and 60s start to "act old." They slide into a vicious cycle: feeling hopeless, neglecting their health, then facing more challenges, which only deepens the sense of defeat. But it's not inevitable. Some of this may relate to the ageist stereotypes that surround us. Some may relate to a life circumstance where positive support is limited.

Yes, health challenges may come, I know personally. But I've seen people face them with resilience, hope, and heart – refusing to let their circumstances suppress their love of life. They remind me that how we respond to life is often more powerful than what life hands us. So, to a degree, conditions don't need to define us; yet, conditions often change us in some way. Still, we have a choice regarding how we respond in terms of mindset.



Camano
Center
Closed
June 9-13
for
Maintenance

The Stories We Tell Ourselves

In my coaching practice with women over 60, I've uncovered a puzzling-to-me mindset: some don't see the point in striving for vitality or fulfillment as an older woman.

Why "strive" for anything, after spending years striving to be a good daughter, student, employee, parent? If things are "fine," why stir the pot? Might this be a way of saying that the important part of life is over, or is it something different? I'd love to hear your perspective.

I believe this is a very personal issue; it also merits serious consideration before deciding what approach to the years ahead is right for you. You may have 20-30 years of life ahead. What do you truly want for yourself in those years? Don't they deserve the same intentionality as the decades that came before?

For some of us, meaning is through serving and growing. For others, it may be grandparenting, traveling, or fitness. For some, it is just to "be." One woman told me her best days were spent under a cozy afghan, watching the world pass by. And if that genuinely fills her with peace and contentment, then wonderful. But for me, that feels like surrendering to the idea that life no longer has something meaningful to offer – or to ask of me. Then, I know that is my mindset and not hers.

I believe we each hold within us a unique spark that still wants to shine. Even now.

Age with Awareness

There can be a difference between the life we're told we should enjoy – and the life that lights us up. We see images of people playing with grandchildren, traveling, golfing, or living in a retirement community. What if these activities are not for you? Or maybe they are. The real question is: What feels alive for you?

We've earned the right to choose not just how we age – but who we become in the process. When we follow what genuinely energizes us, we shift the story – not just for ourselves, but for the generations watching us redefine what's possible. What if aging was less about doing what's expected, and more about doing what stirs your heart?

What if relevance wasn't defined by productivity, but by authenticity as we age? I've had many cycles of life – and I know more are coming. What wants to be expressed through me today is entirely different from 10 years ago. I suspect what would inspire me in 10 more years will be different yet again. That's the beauty of aging with awareness. We don't shrink – we expand. We evolve.

Camano Center

SUMMER SOLSTICE ARTS & CRAFTS FAIR

Presented by Camano Center
& Camano Sue's Art

SATURDAY
JUNE 21
9AM TO 4PM



CamanoCenter
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CAMANO CENTER | 606 ARROWHEAD ROAD | CAMANO ISLAND

OLD FRIENDS CLUB

Volunteers Needed on Thursdays

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 on a Tuesday or Thursday from 9:30 am -2:30 pm. However, positions are needed for part of a shift or on an as-needed basis.

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.



We want you if you have a big heart and a desire to make a difference!

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
- lunch and snacks
- movement activities - chair volleyball, walks, cornhole, dance
- music



Location Details: Camano Center, 606 Arrowhead Road, Camano Island

Contact: Lisa Brents, Volunteer Services Manager, (360) 387-0222

Online Application: www.camanocenter.org



Rain
or
Shine

Camano Center is Hosting

CHRISTMAS IN JULY SALE

SAT. JULY 19TH | 9:00AM - 3:00PM

606 ARROWHEAD RD. CAMANO ISLAND

Donation-Based Sale!

Pay what you want and help support
critical programs at the Camano Center.



Make sure to bring your own bags, wagons, or
crew to help carry items.



Decor | Linens | Gifts | Clothing | Books | Home | & More

VOLUNTEERS NEEDED

Current Positions Needing Filled

Camano Center

Everything Christmas In July Garage Sale

Volunteer Set Up Help Needed:

July 17 and 18, 10 am - 3pm

(stay for a couple of hours or the entire day)

Clean Up Help Needed:

Saturday, July 19, 3 pm -5 pm



2nd Chance Thrift Shop

Available Shifts: Currently full

UPCOMING SPECIAL EVENTS

Mark your calendars for some great upcoming events. For those who enjoy volunteering for special events, please let me know which events you would like to volunteer at this year.

Summer Solstice Craft Bazaar

Location: Camano Center

Saturday, June 21

Everything Christmas in July Garage Sale

Location: Camano Center

Saturday, July 19

9 am -3 pm

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

Women's Expo

Thank you volunteers

