



# 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.

## Growing Older in Connection with Nature

Eco-Gerontology is an emerging field that explores how nature positively impacts aging—physically, mentally, emotionally, and even spiritually. Eco-Gerontology looks at how our connection to nature can enhance quality of life as we age. It recognizes that green spaces, fresh air, animals, gardens, and natural light all play powerful roles in reducing stress, improving mood, maintaining physical function, and even slowing cognitive decline. For older adults—and for those who work or volunteer with them—it offers a fresh and hopeful lens on aging.

### Nature's Benefits Are Backed by Science

Studies show that older adults who spend time outdoors or engage in gardening, walking in natural settings, or simply enjoying a window view of greenery report higher levels of life satisfaction and better health. Exposure to nature has been linked to lower blood pressure, decreased loneliness, improved sleep, and enhanced memory and attention span.

Let's continue to nurture each other—and the planet—as we grow together.

## **Bringing Eco-Gerontology Into Your Life**

You don't need a cabin in the woods or a full garden plot to reap the benefits of nature. Here are a few simple ways you can incorporate Eco-Gerontology into your daily life:

- Take mindful walks: Choose routes that include trees, birdsong, or views of the water. Even five minutes outside can refresh your spirit.
- Create a nature nook: Set up a cozy chair near a window with a view. Add a houseplant, a nature-themed book, or a bird feeder outside.
- Grow something: Whether it's a tomato plant, a patch of herbs, or a few flowers in a pot—gardening keeps hands busy and hearts light.
- Unplug to reconnect: Swap one screen-time activity each week with an outdoor or nature-focused one.

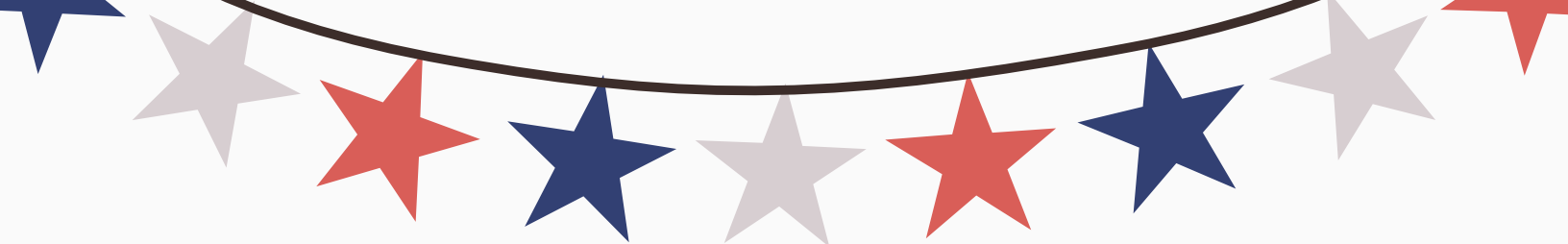
## **Bringing Nature Into Volunteerism**

Your volunteer experiences can also reflect Eco-Gerontology principles. Here's how:

Legacy Garden at the Center: Spend time weeding, planting, or simply being present in the garden. Your time supports others seeking peace and reflection there.

Nature-based programming: If you assist with groups like the Camano Friends Club, consider incorporating nature themes—leaf crafts, floral arrangements, or outdoor walks.

Meals on Wheels deliveries, Medical Drivers, Helping Hands Volunteers: Take a moment to appreciate the beauty outside—a sunrise, a blooming bush—during your visits. These shared moments of connection with nature are powerful.



Front desk volunteers: Suggest local trails or garden paths to guests looking for ways to enjoy the island—connecting others to wellness through nature.

Thrift Shop volunteers: Curate displays that feature nature-themed items or repurposed goods that encourage sustainable living and environmental awareness.

### **A Final Thought**

Eco-Gerontology reminds us that growing older doesn't mean growing apart from the earth—but rather growing more deeply in tune with it.

Whether you're planting something new, walking a familiar trail, or simply watching the wind through the trees, you are participating in a powerful act of self-care and community care.

Let's continue to nurture each other—and the planet—as we grow together.



Jessica Swan was this year's winner of the Camano Center Scholarship! Her dedication to the Camano Center and 2<sup>nd</sup> Chance Thrift Shop bridges generations and helps break down ageism—proving that every age has something valuable to offer and learn.



Camano Center and 2<sup>nd</sup> Chance Thrift Shop  
will be closed in observance of the July 4<sup>th</sup>  
holiday.

# Camano Friends Club

## Volunteer Companion & Activity Partners Wanted

At Camano Friends Club, we believe that meaningful relationships and activities should be accessible to everyone, regardless of cognitive changes. We are looking for compassionate and patient individuals who are willing to be in the present moment with our members.



### An Average Day Looks Like:

- Coffee & Conversation
- Stretching & Walks
- Brain Games
- Creative Process Activities
- Lunch
- Movement Activities
- Music



Camano Friends Club

### Assist:

- Facilitate conversations
- Encourage members to engage in activities such as music, art, or games
- Serve lunch
- Ease the transition from one activity to the next
- Bond with a member needing extra one-on-one attention

### Necessary Skills:

- Be open-minded
- Have a positive attitude
- Patience
- Flexibility
- A willingness to learn and adapt to ever-changing personalities
- Compassion

### Additional Details:

- Program Location: The Camano Center, 606 Arrowhead Rd, Camano Island
- Camano Friends Club meets on Tuesdays and Thursdays.
- Volunteer time commitment is 6 hours from 9:30 a.m. to 3:00 p.m. once a week. Partial shifts are also available (preferably twice a month minimum attendance).
- Background check, confidentiality agreement, and a photo release are required for all volunteers.
- Indoor and outdoor activities

A volunteer interest application can be picked up at the Camano Center, 2<sup>nd</sup> Chance Thrift Shop, or filled-out online at:

**[www.camanocenter.org/volunteer](http://www.camanocenter.org/volunteer)**

Or, stop by or call and talk with our Volunteer Services Manager for more information. phone 360.387.0222



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

### **Camano Friends Club (formerly Old Friends Club)**

Thursdays - Volunteers needed, especially male, to assist and participate in daily social activities with our members.

**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**

## 2nd Chance Thrift Shop

Available Shifts:

Tuesdays 10 am - 1 pm

Linens

Fridays: 10 am - 1 pm or 1 pm - 4 pm

Receiving

Clothes

Sorting/Pricing

Saturdays: 10 am -1 pm

Price Call/Bagger

Receiving

## 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.

### **Everything Christmas in July Garage Sale**

Location: Camano Center

Saturday, July 19

9 am -3 pm

# 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/](https://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](http://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](mailto:ccrosno@aarp.org)

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