



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.

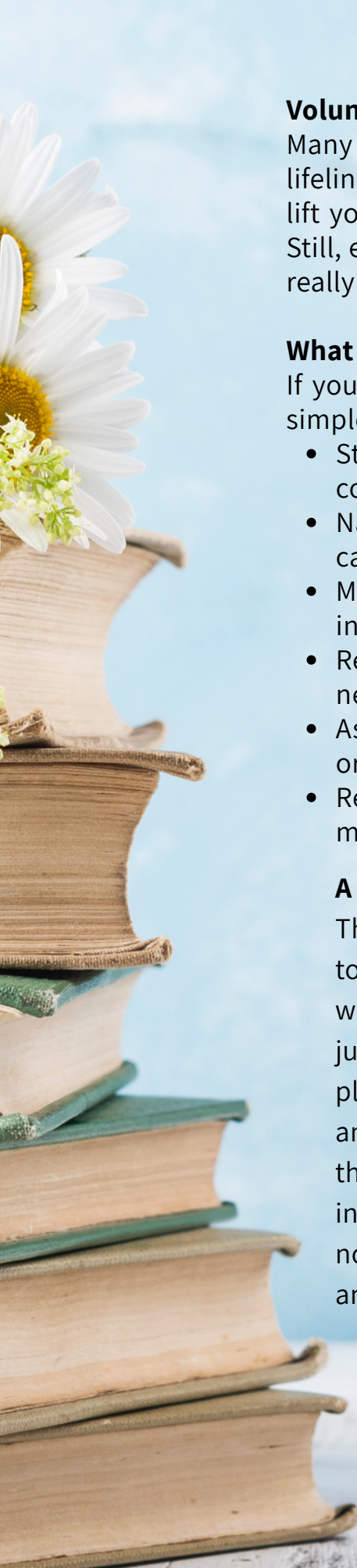
Our Values: We behave with compassion, respect, and integrity. We foster an environment of inclusion and continuous growth. We act with a heart of service.

Mental Health and the Power of Purpose

Lately, many of us have felt the emotional weight of the world—whether it's uncertainty in the news, personal health challenges, or the everyday demands of life.

Mental health challenges don't discriminate by age or role. As we age, isolation, grief, physical limitations, or even shifting identities after retirement can quietly chip away at emotional well-being. Even for those who regularly volunteer—often a protective factor—stress can sneak in.

Volunteering is more than just helping others—it gives you a reason to get up in the morning, a place to belong, and people who value your presence. Studies have shown that regular volunteering can reduce stress, combat depression, and improve life satisfaction.



Volunteering Helps... But It's Not a Cure-All

Many of us volunteer because we want to give back. But it's also a lifeline—a way to stay active, engaged, and connected. Volunteering can lift your spirits, reduce loneliness, and give a strong sense of purpose. Still, even with all those benefits, we need to pay attention to how we're really doing. Sometimes we need a bit more support.

What You Can Do—Even on Hard Days

If you've been feeling the weight of it all, consider trying one of these simple steps:

- Stay connected – Don't isolate. Come to your shift, meet a friend for coffee, call someone you trust. Connection is powerful.
- Name it – Putting feelings into words—journaling, praying, talking—can help bring clarity and relief.
- Move your body – Whether it's gardening, a short walk, or stretching in your living room, movement helps mood.
- Rest without guilt – You don't have to do it all. Take time off if you need it. We'll be here when you are ready.
- Ask for help – Whether it's professional counseling, a support group, or just a listening ear, asking is brave, not burdensome.
- Remember your “why” – remind yourself why you serve, what matters to you, and who you are connected to through this work.

A Community of Care

The heart of our volunteer community has always been kindness—toward others, yes, but also toward ourselves. Whether you've been with us for years or just started, please know this: your well-being is just as important as the work you do here. If you are struggling, please don't go it alone. Reach out. We see you, we care about you, and we want to support you. Together, we can create a community that helps lift one another up—and that starts by simply showing up, in whatever way you are able. Our Camano Center community thrives not because we're all perfect—but because we show up for one another in real, human ways. That's what makes this place so special.

Thank you to everyone
who helped with the
Christmas in July Sale
and supported
volunteering at the
thrift shop on July 19th





HOLD YOUR HORSES!

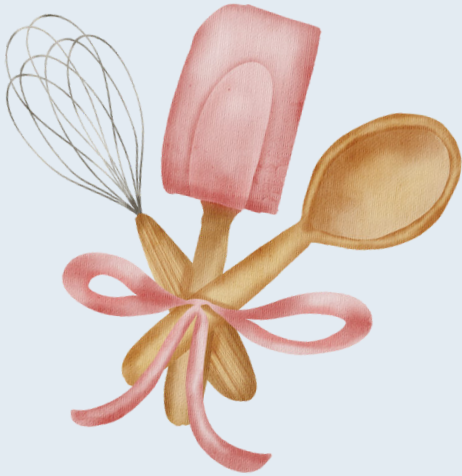
RUN FOR THE ROSES
 19th Annual Gala Auction
 Benefiting the Camano Center
September 27, 2025
 Doors Open at 5:30 p.m.

SAVE THE DATE

Tickets on Sale 9.2.25
 Limited Tickets Available
CAMANOCENTER.ORG



CamanoCenter
 Get connected.



CAMANO CENTER

Holiday Bake Sale

BAKED GOODS SUGGESTIONS:

Bake sale takes place during the
 Holiday Craft & Gift Bazaar
 November 15, 2025

Sign up at the front desk.

Please bring items between
 Thursday, November 13
 and Friday, November 14
 by 3 p.m.

COOKIES -PACKAGED 6 OR 12
 BROWNIES
 BERRY TARTS
 SUGARFREE ITEMS
 SNACK MIXES LIKE CHEX MIX
 SMALL LOAVES QUICK-BREADS
 YEASTS BREADS
 PUMPKIN ITEMS
 INDIVIDUALLY WRAPPED ITEMS
 SEASONAL ITEMS
 SNICKERDOODLES
 CHOCOLATE CHIP OR M&M COOKIES
 CARMEL OR FLAVORED POPCORN
 GLUTEN FREE BAKED GOODS
 HOLIDAY FAMILY FAVORITES

**SATURDAY
 NOVEMBER 15
 9 AM-4 PM**

No perishables or items needing refrigeration please.
Package items in small amounts.
Please label items that are gluten free, sugar free or contain nuts.



VOLUNTEERS NEEDED

Current Positions Needing Filled

Camano Center

Camano Friends Club (formerly Old Friends Club)

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

Dementia Champions

Dementia Champions are trained individuals who promote awareness and understanding, acting as advocates and educators within their communities. By becoming a Dementia Champion, you can make a significant difference in the lives of those affected by dementia, promoting understanding and compassion within our community. If you're interested in learning more about how to become a Dementia Champion, please email lbrents@camanocenter.org or call the Center.

2nd Chance Thrift Shop

Available Shifts:

Tuesdays 10 am - 1 pm
Linens

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

Spaghetti Feed Fundraiser
Thursday, September 4
Camano Center
4 pm - 6 pm

Gala Auction
Saturday, September 27
Camano Center
5:30 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**

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, 2nd Chance Thrift Shop, or filled-out online at:

www.camanocenter.org/volunteer

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



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