



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

A Healthy Start: Small Ways to Care for Yourself as We Begin 2026

Our Mission: We support healthy aging, connection, and well-being for adults 55 and older.

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.

A new year brings a quieter kind of energy — a chance to reset, reflect, and ease into the months ahead with intention. As we step into 2026, it's a good moment to pause and check in with ourselves. Not to add pressure or big resolutions, but to gently ask: What helps me feel well, steady, and supported?

At the Camano Center, we are continually inspired by the care our volunteers extend to others. Your presence, reliability, and compassion shape our community every day. Just as important, though, is the care you give yourself. Personal health and self-care don't have to be complicated or time-consuming. Often, it's the small, consistent choices that make the biggest difference.

Here are a few simple, doable ideas you can weave into everyday life as the year begins:

- Move a little, often. A short walk, light stretching, or joining an exercise class can boost energy and mood. Even ten minutes counts.
- Connect with someone. A coffee chat, a phone call, or attending a social club can be a powerful form of self-care.
- Create a gentle routine. Waking up at a consistent time, eating regular meals, or setting aside quiet moments can bring a sense of balance.
- Learn something new. Educational seminars and workshops can spark curiosity and keep minds engaged.
- Ask for support when needed. Talking things through — whether casually or one-on-one — is a strength, not a burden.
- Do something meaningful. Volunteering itself is a proven way to support emotional well-being and stay connected to purpose.

Many of these supports are right here at the Camano Center. Our exercise classes and walking trail offer welcoming ways to stay active. Social clubs and group activities provide chances to laugh, share stories, and build friendships. We also offer one-on-one volunteer peer support, group support systems, and educational seminars that focus on practical topics for healthy, engaged living.

Looking ahead, we're excited about upcoming opportunities to support your well-being, including the 55+ Resource Fair in March, where you can explore local services, learn about health resources, and connect with community partners — all in one place.

As always, thank you for the time, heart, and care you bring to the Camano Center. Your contributions matter deeply, and so does your health. May the start of 2026 be filled with moments of ease, connection, and gentle care — for yourself and for one another.

Supporting Our Volunteers

Recognizing Grief, Stress, and the Need for Support

Volunteering is meaningful work — and it can also be demanding. At the Camano Center and 2nd Chance Thrift Shop, many of us are balancing our volunteer roles with real-life challenges, such as:

- Caring for loved ones
- Managing personal health concerns
- Changes in mobility or independence
- Major life transitions

These experiences can bring stress, anxiety, and feelings of isolation — even when we're doing things we care deeply about.

Grief Isn't Always What We Expect

Grief doesn't only follow the loss of a loved one. It can also come from:

- Loss of independence or routine
- Changes in roles or identity
- Shifts in relationships
- Declining health
- Unexpected life changes

These forms of grief often go unrecognized, but they can affect our emotional well-being just as strongly.

New Offering: One-on-One Peer Support

Because your well-being matters, we are introducing a Peer Support Program for volunteers.

What it is:

- Compassionate, non-judgmental listening
- Emotional support during times of stress, change, or loss
- A safe space to talk and be heard

What it is not:

- Clinical counseling or therapy

When:

Third Tuesday of each month

1:00–3:00 pm

No cost

This service is optional and available to any volunteer who feels it could be helpful. Call (360) 387-0222 to schedule an appointment.

VOLUNTEERS NEEDED

Current Positions Needing Filled

Camano Center

Caring, experienced volunteers needed to co-facilitate our Powerful Tools for Caregivers 6-week class!

What we're looking for:

- Someone who's been a family caregiver themselves
- Willingness to team-teach for 6 weeks using the PTC curriculum
- Completion of the PTC Class Leader training (virtual or in-person)

The class helps caregivers build self-care skills, manage stress, and feel more confident while caring for others.

2nd Chance Thrift Shop

Available Shifts:

Fridays - pricing/sorting
10 am - 1 pm

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.

at the Camano Center

55+ Resource Fair
March 14, 2026

Women's Expo
May 16, 2026

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

Webpage:
<https://camanocenter.org/volunteer/>

**Center & Thrift Shop Closed
January 1st**



Become a Powerful Tools for Caregivers Class Master Trainer!



We're looking for compassionate volunteers to co-teach our Powerful Tools for Caregivers (PTC) 6-week course.

★ Why Volunteer?

Help caregivers build confidence, reduce stress, and strengthen their self-care skills. Your experience can make a meaningful difference.

🔍 What We're Looking For

- Previous experience as a family caregiver
- Willingness to co-teach a 6-week PTC class at least once per year
- Commitment to completing the PTC Class Leader Training (virtual or in-person)

❤️ We Provide

- Official PTC leader training
- All teaching materials and curriculum
- Ongoing support from our team

✉️ Interested?

Contact: Karen Conway or Lisa Brents

360.387.0222

kconway@camanocenter.org or lbrents@camanocenter.org

Help empower caregivers in our community – become a PTC Master Trainer!

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

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