



# Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

## Brain Health & Lifelong Learning: A Volunteer Benefit You Might Not Expect

**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.

When we think about brain health, we often picture crossword puzzles, healthy eating, or staying physically active. But there's another powerful way to keep our minds sharp that sometimes gets overlooked: volunteering.

Learning doesn't stop after school – in fact, lifelong learning is one of the best things we can do for our brains as we age. Whether it's picking up a new hobby, meeting new people, or trying something outside our usual routine, our brains thrive on fresh experiences.

Volunteering naturally creates these opportunities. Every time you help at an event, support a neighbor, or take on a new task, you're engaging your brain in meaningful ways. You might be learning a new skill, solving small problems,

practicing communication, or simply staying socially connected – all of which are linked to better cognitive health.

Even simple volunteer moments, like greeting visitors or working with a team, help keep the mind active. Plus, volunteering brings a sense of purpose, and research shows that having purpose can be just as important for brain health as exercise.

So the next time you show up to volunteer, remember: you're not only helping others – you're also giving your brain a healthy boost and continuing your own lifelong learning journey.

Thank you for all you do, and for being part of a community that keeps growing in heart and mind.

Here are a few easy ways to support brain health at any age:

- Stay connected: Social time and conversation help keep the brain active.
- Keep learning: Try a new hobby, skill, or volunteer task to challenge your mind.
- Move more: Even short walks improve blood flow and brain function.
- Sleep well: Rest helps the brain recharge and store memories.
- Eat smart: Fruits, vegetables, fish, and nuts support long-term brain health.
- Manage stress: Deep breathing, time outside, and relaxation can boost focus.
- Give back: Volunteering builds purpose, connection, and mental stimulation.
- Challenge yourself: Reading, puzzles, games, or learning new technology all count!

Small steps add up – and every act of service is good for the community and your brain.

# One-On-One Peer Support for Volunteers

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 are 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. 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

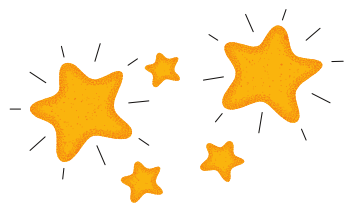
What it is not:

- Clinical counseling or therapy

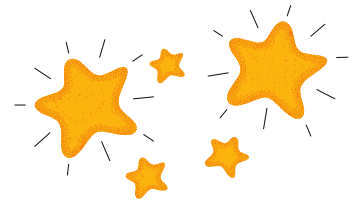
When:

- Third Tuesday of each month
- Appointments scheduled between 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.

### UPCOMING SPECIAL EVENTS

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

55+ Resource Fair  
March 14, 2026

Volunteer Appreciation Party  
April 28, 2026  
2 - 4 pm

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](mailto:lbrents@camanocenter.org)

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

# 55+ RESOURCE FAIR

**SATURDAY**  
**MARCH 14, 2026**  
**10:00AM - 2:00PM**

Connect with 40+ local organizations offering valuable resources, support, and education for our 55+ community - all under one roof and FREE!

## EVENT HIGHLIGHTS

We're excited to offer 3 speaker sessions. Stay tuned for more details!

- MoCA Memory Screening
- Full-Body Dexa Scans



CamanoCenter  
*Get connected.*

606 Arrowhead Road • (360) 387-0222 • [www.camanocenter.org](http://www.camanocenter.org)

Complimentary  
lunch from  
10:30am-1:00pm

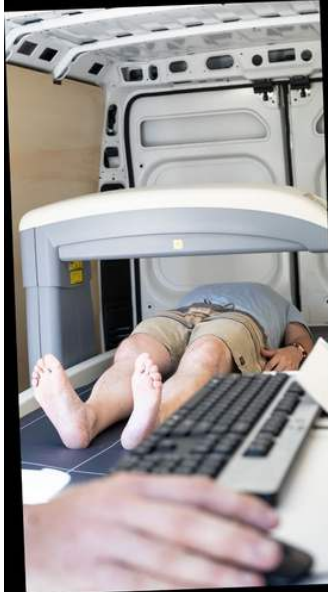


**NOMAD**  
Fit Lab



CamanoCenter  
*Get connected.*

SATURDAY, MARCH 14, 2026  
9:00AM - 4:00PM



## FULL-BODY DEXA SCANS

**NOW AVAILABLE!**



MEASURE BODY FAT



ANALYZE MUSCLE MASS



IMPROVE OVERALL HEALTH

Nomad Fit Lab and the Camano Center are teaming up to offer you DEXA scans. Recognized as the most accurate and reliable measure for analyzing body fat, lean muscle mass and bone mineral density, DEXA scans are the "gold standard" for accurately measuring body composition. Scans are now available on-site!

**BOOK YOUR APPOINTMENT**  
[WWW.NOMADFITLAB.COM](http://WWW.NOMADFITLAB.COM)  
360-488-9870



## Munch & Mingle

Volunteer Appreciation

**Tuesday,**  
**April 28**  
**2 - 4 pm**

**Camano Center**

**Celebrate \* Friends**

**\* Drinks**

**\* Appetizers \* Raffle**

# 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!**

# Camano Center & 2nd Chance Thrift Shop Volunteer Facebook Group

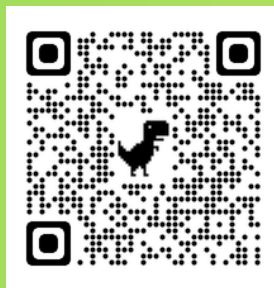
*For those who may not know, we have a Facebook group for volunteers.*

*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/](http://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.



**Camano Center & 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  
Carmen Crosno, Assistant Project Director  
1721 Hewitt Ave, #312, Everett WA 98201