



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

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.

Thank You Volunteers!

April is Volunteer Appreciation Month — a special time to pause and recognize incredible individuals whose generosity, dedication, and spirit make our community stronger every single day.

Volunteerism is a powerful expression of community spirit, and the Camano Center and 2nd Chance Thrift Shop are stronger because of each and every one of you.

In 2025, an amazing 277 volunteers contributed a remarkable 27,565 hours of service across our programs, events, and daily operations. That's thousands of moments of kindness — shared through conversations, helping hands, and compassionate care.



Your impact reaches far and wide across our community. Through direct care and connection, volunteers help ensure that neighbors can get to important appointments, receive nutritious meals, and participate in social and wellness programs that keep them active and engaged.

Through hands-on service, volunteers lend their time and skills in local homes and gardens, helping with projects that bring comfort, safety, and pride to those we serve. Often these acts may seem small — but to the person receiving the help, they mean everything.

Through leadership and governance, volunteers guide our organization's future, ensuring that the voices of our members and community continue to shape the direction of the Camano Center.

Together, you create spaces where people feel welcomed, valued, and connected. You help turn programs into friendships, services into lifelines, and gatherings into lasting memories.

But perhaps most importantly, your impact goes far beyond the hours you give. Because of you, older adults are able to live more safely and independently. Because of you, community members find meaningful ways to connect and contribute. Because of you, our events, programs, and services bring joy, purpose, and belonging to so many.

Thank you for all that you do to make this community stronger, warmer, and more connected.



55+ Resource Fair & St. Patrick's Day Luncheon



Munch & Mingle

Volunteer Appreciation

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

Camano Center

Celebrate Friends

Drinks

Appetizers Raffle

Your dedication and generosity have made a lasting impact on our community this past year and every day. This event is our way of saying THANK YOU for all you do!



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

Camano Friends Club - Our Camano Friends Club is looking for compassionate volunteers to spend time as friends and companions on Tuesdays or Thursdays at the Camano Center.

We're especially hoping to welcome more male volunteers to help create a balanced and comfortable environment for all participants. If you're kind, patient, and enjoy visiting with others—especially those experiencing memory loss—you could make a meaningful difference.

Meals on Wheels Driver - Fridays, central route delivery driver needed. Time commitment: 9:45 am -11 am every other week.

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.

Volunteer Appreciation Party
April 28, 2026
2 - 4 pm

Women's Expo
May 16, 2026

Summer Solstice Bazaar
June 20, 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/>

Start a Memory Cafe in Your Community

FREE TRAINING • WASHINGTON STATE • LAUNCHING 2026

Interested in helping bring a meaningful program to our community? We are looking for one or two volunteers to help launch a monthly Memory Café at the Camano Center. Memory Cafés are free, informal gatherings for people living with dementia and their care partners, held in welcoming spaces where participants can connect, socialize, and feel supported.

Starting in 2026, the UW Memory and Brain Wellness Center, in alignment with the Memory Cafe Alliance, will work with community partners to launch the Memory Cafe Expansion project. Join us for a free training on how to start and operate a Memory Cafe.

Who Should Join a Training?*

We welcome people from many backgrounds, including:

- Community members and volunteers
- Libraries, senior centers, and community organizations
- Arts and culture facilitators
- Faith communities
- Care professionals and advocates.
- Anyone passionate about dementia-friendly communities
- No prior experience running a Memory Cafe is required.

*Priority will be given to those intending to start a community-based Memory Cafe in the next year that is open to the public.



LET'S CONNECT!

✉ memorycafeswa@uw.edu

📱 @memorycafeswa

☎ (206)685-6749

<https://depts.washington.edu/mbwc/resources/memory-cafes-wa>



UW Medicine
UNIVERSITY of WASHINGTON

**MEMORY & BRAIN
WELLNESS CENTER**

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!**