



# 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.

## Bored or Something Else??

Adapted from an article by Margot Johnson (February 25, 2026). For the full article, visit the Global English Editing website or search for Margot Johnson's articles online.

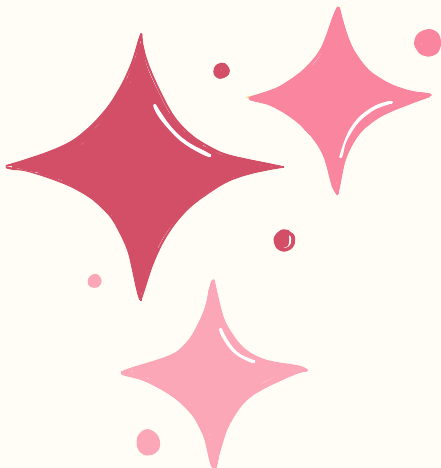
Three months after retiring, Margot Johnson kept telling her husband she was bored. The strange thing? She wasn't sitting around with nothing to do. She was painting watercolors, volunteering at the library, walking her dog every morning, baking sourdough, and even studying Italian. She wasn't bored. She was unseen.

### The Word "Bored" Isn't Quite Right

Behavioral scientists studying retirement have discovered something surprising: retirees who say they're bored are often very busy. What they're actually experiencing isn't boredom at all — it's a loss of what psychologists call "social witness."

When we're working, people see us. They notice when we show up. They respond to our emails. They read what we write. They depend on us.

Those small daily acknowledgements form the scaffolding of our identity. In retirement, that automatic witnessing disappears. You can have a full, meaningful day — volunteer, garden, read, bake for neighbors — and no one outside your home may know it happened. That's not boredom. That's invisibility.



## Why “Stay Busy” Isn’t Enough

The usual advice for retirees who feel adrift is: Stay busy. Take classes. Travel. Start hobbies. But research shows the activity itself isn’t the real medicine. Being seen while you do it is.

Margot found that her solitary projects — reading, journaling, reorganizing closets — left her feeling strangely hollow. But when she joined a watercolor class, something shifted. Not because she became a great artist, but because every week a room full of people saw her try. They noticed her progress. They laughed together. They said, “Look at that.”

That simple act of witnessing made all the difference.

Studies show that retirees who participate in socially embedded routines — regular activities where others notice and rely on them — report significantly higher well-being than those whose activities are solitary.

It’s not about being busier.

It’s about being known.

## What Actually Matters in Retirement

Over time, Margot intentionally structured her life around regular, shared experiences:

- Volunteering in an adult literacy program where learners notice if she’s absent
- Sitting weekly with a neighbor who reaches for her hand when she arrives
- Playing bridge with a long-standing group
- Walking with women who know her stories, worries, and routines
- Walking with women who know her stories, worries, and routines

Research confirms what she discovered firsthand: It’s not the number of social contacts that matters. It’s the regularity and depth of being known by the same people over time. Being seen is not about applause or praise. It’s quieter than that. It’s someone saving you a seat. Noticing when you’re missing. Asking how you’re doing. Registering that you were there.

## If You Feel “Bored,” Try This

Margot offers gentle advice for anyone who keeps saying they’re bored in retirement:

Don’t add another activity. Instead, take something you already do alone and do it with others.

Love to read? Join or start a book club. Like to walk? Find a walking group. Enjoy gardening? Try a community garden. Bake? Deliver it and stay for tea. The goal isn’t more activity. The goal is shared experience.

## Why This Matters — Especially Here

At Camano Center and 2nd Chance Thrift Shop, what you do matters. But just as importantly, you matter to one another. Every shift worked, every class taught, every meal served, every item sorted — these are not invisible acts. They are witnessed. They are appreciated. They build community. And that may be one of the greatest gifts of volunteering.

Margot ends her reflection by realizing she was never truly bored. She was standing in a room full of meaningful activity, wondering why it felt dark. “The lights come on,” she writes, “when someone else walks in.”

Thank you for being part of the light for each other.

# 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:

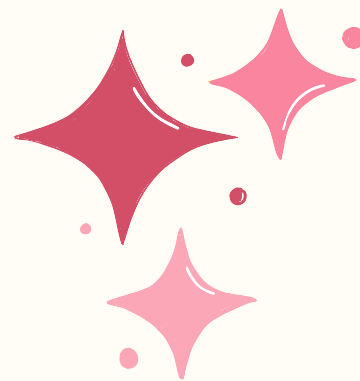
- Compassionate, non-judgmental listening
- Emotional support during times of stress, change, or loss
- A safe space to talk and be heard

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

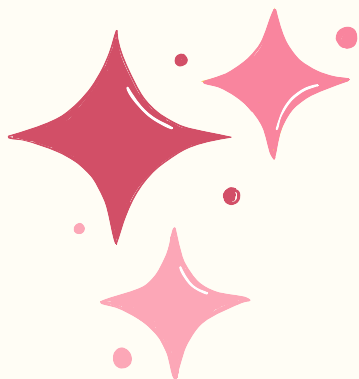
## Current Positions Needing Filled

### Camano Center

#### Memory Café at Camano Center

The Camano Center is exploring the launch of a Memory Café—a welcoming, volunteer-led gathering for people living with memory loss or dementia, along with their care partners. These free, informal meetups offer a chance to socialize, enjoy simple activities like music or art, and build meaningful connections in a supportive environment.

Volunteer Peggi Moxley will be attending an upcoming training in July through the Memory Café Expansion Project to help bring this program to life here at the Camano Center. We are currently looking for one additional volunteer to help co-lead this new program. If you're interested in getting involved or learning more, please reach out to Karen Conway at the Camano Center at [kconway@camanocenter.org](mailto:kconway@camanocenter.org). We'd love to hear from you!



### 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.

Women's Expo

Saturday, May 16, 2026

10 am - 4pm

Summer Solstice Craft Fair

Saturday, June 20

9 am - 4 pm

Everything Christmas in July

Thrift Shop Garage Sale

Saturday, July 25

9 am - 3 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](mailto:lbrents@camanocenter.org)

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

# 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*



# 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



# 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](http://aarpfoundation.org)

**AARP Foundation**<sup>®</sup>  
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