



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

Finding Ikigai - Your Volunteer Sweet Spot

Volunteering is most rewarding when the role feels like a good fit—not only for the organization, but also for the volunteer.

Some people enjoy welcoming visitors and working with others. Some prefer quieter tasks such as organizing supplies, sorting donations, preparing meals, driving, or helping with practical projects. There is no single “best” way to volunteer. The best role is often one that brings together your interests, strengths, availability, and the needs of the community. This idea is inspired by the Japanese concept of Ikigai, which is often described as finding meaning or purpose where different parts of our lives overlap.

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.

For volunteering, consider four questions:

- What do I enjoy?
- What am I good at?
- What does my community need?
- How can I contribute here?

Where your answers overlap may be your volunteer sweet spot.

What Do You Enjoy?

Think about the volunteer activities that leave you feeling energized or satisfied.

Do you enjoy meeting people, helping older adults, organizing, driving, decorating, working with your hands, or being part of a team?

Someone who enjoys conversation may like greeting visitors, serving lunch, helping at the front desk, working at the thrift shop checkout, or welcoming guests at an event. Someone who enjoys creating order may prefer sorting donations, arranging merchandise, organizing supplies, or helping with seasonal sales.

Your role does not need to include everything you enjoy, but it should include something that feels meaningful to you.

What Are Your Strengths?

We sometimes overlook our own abilities because they feel ordinary. However, the things that come naturally to you may be exactly what a volunteer program needs.

Valuable strengths include:

- Listening patiently
- Staying calm when things are busy
- Working independently
- Following instructions
- Organizing and sorting
- Driving safely
- Preparing food
- Helping customers
- Setting up equipment
- Making people feel welcome

Professional experience is not always necessary. Reliability, kindness, flexibility, patience, and a willingness to learn are important strengths too.

A friendly, patient listener may be a good fit for Camano Friends Club, the lunch program, the front desk, or an event greeting role.

Someone who enjoys practical work may prefer Helping Hands projects, donation processing, thrift shop displays, kitchen tasks, or event setup and cleanup.

What Does the Community Need?

A good volunteer match also considers where help is currently needed.

Needs change throughout the year.

Opportunities may include Meals on Wheels delivery, medical transportation, lunch service, Camano Friends Club, thrift shop support, events, or special projects.

The role you first imagined may not always be available, but another opportunity may use many of the same strengths.

Someone interested in the thrift shop because they enjoy customer service might also enjoy serving lunch, helping at the front desk, or greeting visitors. Someone who wants to support older adults but prefers limited conversation may enjoy meal delivery, kitchen preparation, donation sorting, or behind-the-scenes event work.

What Fits Your Life?

Your volunteer role should also work with your schedule, energy level, comfort, and physical abilities.

Some volunteers prefer a regular weekly shift. Others are better suited to every-other-week schedules, substitute positions, occasional events, seasonal help, or short-term projects.

A role may be meaningful, but if the schedule causes stress or the tasks are uncomfortable, it may not be the right fit right now. Choosing a realistic role makes it easier to remain dependable and enjoy the experience.

Your sweet spot may also change as your interests, health, schedule, or circumstances change. It is okay to explore a different role when another opportunity becomes a better fit.

A Few Volunteer Types

The People Person

Enjoys conversation and helping others feel comfortable. Possible roles include the front desk, lunch service, thrift shop checkout, events, or Camano Friends Club.

The Organizer

Enjoys sorting, arranging, and making spaces inviting. Possible roles include donation processing, pricing, displays, event preparation, or organizing supplies.



The Dependable Driver

Enjoys working independently and helping people remain connected. Meals on Wheels delivery or medical transportation may be a meaningful match.

The Behind-the-Scenes Helper

Prefers practical tasks such as kitchen preparation, dishwashing, donation sorting, mailings, event cleanup, or administrative support.

The Flexible Team Player

Enjoys variety and is willing to help where needed. Special events, substitute shifts, seasonal sales, and short-term projects may be especially rewarding.

Finding Your Own Fit

Use the four-circle diagram as a reflection tool. Circle the words that sound most like you and add your own ideas.

Look for connections between what you enjoy, what you do well, what the community needs, and the opportunities available through the Camano Center and 2nd Chance Thrift Shop.

The goal is not to find a perfect role. It is to find a place where you feel useful, comfortable, appreciated, and connected to the difference your service makes.

When volunteers find the right fit, everyone benefits—the volunteer, the team, and the people our organization serves.



Finding Your Volunteer Sweet Spot

An Ikigai-inspired tool for Camano Center & 2nd Chance Thrift Shop volunteers



HOW TO USE THIS

1 **Circle what you enjoy.**
Choose what you like most.

2 **Look for connections.**
Which of these does our community need?

3 **Find your match.**
See where your strengths and interests align.



EXAMPLE: Meet Susan

Susan wants to give back, use her gifts, and make a difference.

What Susan Loves

- ✓ Helping Others
- ✓ Meeting People
- ✓ Supporting Older Adults

What Susan Is Good At

- ✓ Listening
- ✓ Driving
- ✓ Customer Service

What Our Community Needs

- ✓ Meal Delivery
- ✓ Practical Assistance
- ✓ Friendly Faces

Ways She Can Contribute Here

- ✓ Nutrition Program
- ✓ Medical Transportation
- ✓ Camano Friends Club Support
- ✓ Front Desk Welcome

Susan's Sweet Spot: MEDICAL TRANSPORTATION DRIVER

She enjoys helping older adults and meeting people.
She's a good listener and feels comfortable driving.
Our community needs transportation. Susan can make a real difference!



Explore all the ways
you can get involved!

Visit camanocenter.org/opportunities
to explore volunteer opportunities.

Thank you!

Your time, talents,
and heart change lives.



Every connection counts. Every act of service matters. You belong here.

Thrift Shop Improvement Project

(August, 2026)





Many Ways to Make a Big Difference

Thank you for the gift of your time!

Your volunteer hours mean the world and help move our mission forward every day. If you're looking for other ways to support Camano Center, here are some easy options. Every little bit helps - and together, it adds up to something extraordinary. ♥

Other Ways You Can Support Our Mission



1. \$30/Year Membership

For just \$30, you become a member and part of something bigger right here in our community.



2. Monthly Giving

Small gifts each month create lasting impact all year long. Set it up once and make a difference every day.



3. Corporate Matching

Many employers will match your donation - doubling the impact of your gift. Check with your HR department!



4. Donate a Vehicle

Turn your car, truck, boat, RV or motorcycle into support for Camano Center. It's easy and makes a big difference!



5. Donate or Shop at 2nd Chance

Your donations and purchases support programs and services while keeping good things in circulation.



6. Giving Tuesday & Fundraising Events

Join us on Giving Tuesday or at our special events throughout the year. Save the date for our next event!



7. Next Event: Spaghetti Dinner - Sept. 10

Great food. Great company. Great cause! We hope to see you there!



8. Planned Giving

Leave a lasting legacy that helps ensure our mission continues for generations to come.



Learn more about all the ways you can support Camano Center
camanocenter.org/donate



Thank you for being part of what makes our community strong. ♥

VOLUNTEERS NEEDED

Current Positions Needing Filled & Upcoming Social Opportunities

Camano Center

Camano Friends Club

We are looking for compassionate and patient individuals who are willing to be in the present moment with our members and serve as activity companions. Club meets on Tuesdays and Thursdays. Please contact Lisa Brents or Tina Dinzl-Peterson for more information.

Helping Hands/CHORE

Assist older Camano residents with at home projects or visits such as light housekeeping, yard work, pet care, computer help, etc. Volunteers pick project that appeal to them and their talents and set up a time that works with their schedule to assist.

Medical Transportation Driver

Assist Camano residents with transportation to medical-related appointments. Mileage reimbursement provided. Flexible schedule.

2nd Chance Thrift Shop

Starting in September, Friday openings -

Displayer - help put out merchandise and organize the sales floor 1 -4 pm shift

Receiving - help customers with donation drop-offs 10 -1 pm or 1- 4 pm shifts available

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.

Spaghetti Dinner Fundraiser
Thursday, September 10
Time: 4 pm - 6 pm

Gala Auction
Saturday, September 26
5:30 pm

Holiday Craft Bazaar
Saturday, November 21
9 am - 4 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

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

SAVE THE DATE

THE
TWENTIES
Gala

SEPTEMBER 26, 2026 5:30 PM

20TH ANNUAL GALA AUCTION
BENEFITING THE CAMANO CENTER

TICKETS ON SALE 8.31.26 LIMITED TICKETS AVAILABLE CAMANOCENTER.ORG



Camano Center and 2nd Chance Thrift Shop will be closed Monday, September 7th in observance of Labor Day.

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

