



Volunteer Newsletter



Camano Center & 2nd Chance Thrift Shop

Volunteer Sweet Spot (Part 2) Can It Change?

Last month, the newsletter focused on finding your volunteer sweet spot — that place where what you enjoy, what you're good at, what works for you, and what our community needs all come together.

This month, let's explore part 2 of that idea: *Your sweet spot can change.* Maybe you've been doing the same volunteer job for years and still love it. Wonderful! There is no reason to change something that continues to be a great fit.

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.

But volunteering doesn't have to mean choosing one role and staying there forever. Our interests, schedules, energy and abilities can change. Sometimes we simply get curious about what else is happening around here. And sometimes the role itself changes, even when the volunteer has not.

Programs grow and evolve. A position may look different several years later as we learn what works, serve more people, add responsibilities, or discover that different skills are needed. All of that is normal.

Sometimes You're Just Ready for Something New

You don't need a problem before you consider changing things up. Maybe you have volunteered independently and would now enjoy being part of a team. Or perhaps you've spent years in a busy social role and would prefer something quieter. You may want to learn a new skill, use a talent you haven't used in a while, meet different people, volunteer fewer hours, become a substitute, help with special events, or represent the Center at a community event.

Trying something different can also give you a broader understanding of everything the Camano Center and 2nd Chance Thrift Shop offer. The more you know, the easier it is to tell a friend, neighbor or family member about something they might enjoy or a service that could help them.

You certainly don't have to try everything, but we hope you'll always feel welcome to explore.



When Life or the Role Changes

There may also come a time when something that once felt easy takes more energy than it used to.

Changes in mobility, stamina, vision, hearing, memory, concentration, stress or health can happen to any of us. So can surgery, caregiving, grief, family needs or simply a difficult season of life.

That doesn't automatically mean you need to stop volunteering. Sometimes the answer is a shorter shift, different responsibilities, fewer hours, becoming a substitute, moving to another role or taking a break. When possible, we are happy to look at reasonable adjustments so volunteering can continue to work well.

At the same time, every volunteer position has responsibilities that need to be completed safely and consistently. If you or your supervisor notices that your current role isn't fitting as comfortably as it once did, we hope it can simply begin a conversation.

What would work better now?

Sometimes you'll start that conversation. Other times a supervisor may check in with you. Either way, the goal is the same — finding something that works well for you while also meeting the needs of the program, team and people we serve.

We Can Help You Explore What Fits Now

If you're wondering whether your role still fits, start with your direct supervisor. They may have ideas or adjustments you haven't considered. You can also talk with Volunteer Services. We can help you explore possibilities throughout the Center and Thrift Shop — fewer hours, another role, substitute opportunities, occasional projects, events or something completely new. Our goal has always been the same: we want volunteering to be a good experience for both you and the organization.

And if regular volunteering is no longer right for you, that doesn't mean you have to leave the Camano Center community.

Come have lunch or tea with friends. Take a class. Attend an event. Stop by the Thrift Shop. Read the Connections newsletter and try something new. And if getting out becomes harder, programs such as Morning Call or Helping Hands may offer other ways to stay connected.

Your value to this community has never been defined by one volunteer job.

Maybe your volunteer sweet spot is exactly where it has always been. Maybe it looks a little different now. Or maybe there is an entirely new one waiting to be discovered.

Whatever the case, we hope you'll keep talking with us, exploring, and finding the ways of being part of this community that feel right for you.





CAMANO CENTER

Holiday Bake Sale

BAKED GOODS SUGGESTIONS:

**Bake sale takes place during the
Holiday Craft & Gift Bazaar.**

Sign up at the front desk.

**Please bring items between
Thursday, November 19
and Friday, November 20
by 3 p.m.**

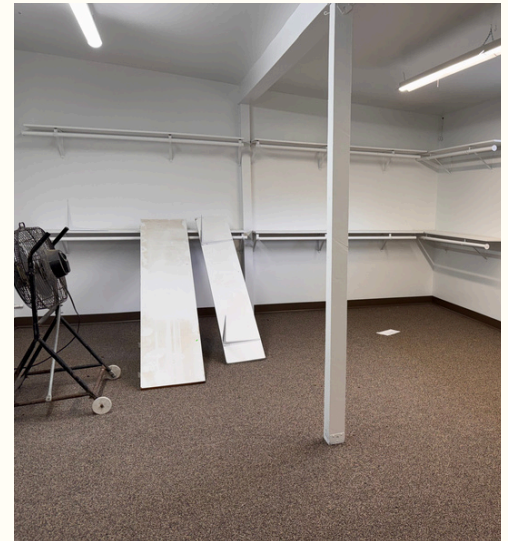
COOKIES - PACKAGED 6 OR 12
CHOCOLATE CHIP OR M&M COOKIES
FUDGE
BERRY PIES
BROWNIES
SUGARFREE ITEMS
CHEX MIX
SMALL LOAVES QUICK BREADS
YEASTS BREADS
PUMPKIN ITEMS
INDIVIDUALLY WRAPPED ITEMS
SEASONAL ITEMS
SNICKERDOODLES
CARMEL OR FAVORITED POPCORN
GLUTEN FREE BAKED GOODS
HOLIDAY FAMILY FAVORITES



**SATURDAY
NOVEMBER 21
9 AM-4 PM**

**No perishables or items needing
refrigeration please.**

**Package items in small amounts.
Please label items that are gluten free,
sugar free or contain nuts.**



Thrift Shop improvement project

almost finished!!!!

THE 20'S GALA

Sincerest thanks to all the many volunteers who helped make this event possible.



Make a Difference

— SHOP • GIVE • SUPPORT —
— CAMANO CENTER —



THANK YOU!

Every action
helps support
our local
community.



ROUND UP OR DONATE

Round up your purchase
or make a financial
donation in-store.
Every dollar makes
a big impact!



FOLLOW & SHARE

Follow us on Facebook
and Instagram and
share our posts.
Help us spread the word!



VOLUNTEER

Give your time and
talents. We can't do
it without amazing
volunteers like you!



DONATE ITEMS

Donate gently used,
good condition items
and help give them a
second chance to shine!

Improvements coming to our shop in August!

Our older building will soon be
receiving some renovations
and improvements . We kindly
ask for your patience and
understanding during this
renovation period.

Together, We Build a Stronger Community!



1335 Hwy 532, Camano Island, WA 98282 • 360-629-6142
All proceeds benefit Camano Center programs and services.

*Thank you for
your support!*

VOLUNTEERS NEEDED

Current Positions Needing Filled

Camano Center

Camano Friends Club

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 and serve as activity companions. Club meets on Tuesdays and Thursdays. Please contact Lisa Brents or Tina Dinzl-Peterson for more information.

Meals on Wheels Driver

Help deliver hot meals to Camano Island residents on the south island route. Mileage reimbursement. Time commitment approximately 9:45 am - 11:30 am (every other Monday).

Medical Transportation Driver

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



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.

Holiday Craft & Gift Bazaar

Location: Camano Center
Saturday, November 21
9 am - 4 pm

All Volunteer Holiday Party

Location: 2nd Chance Thrift Shop
Tuesday, December 8
2 pm - 4 pm
Carpooling recommended

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/>

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

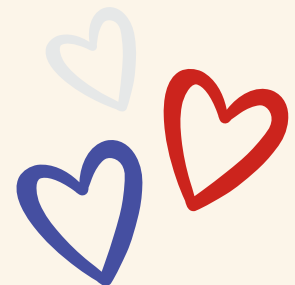
These forms of grief often go unrecognized, but they can affect our emotional well-being just as strongly. Because your well-being matters, we have a Peer Support Program for volunteers.

What it is:

- Compassionate, non-judgmental listening
- Emotional support during times of stress, change, or loss
- A safe space to talk and be heard
- No cost

What it is not:

- Clinical counseling or therapy



This service is optional and available to any volunteer who feels it could be helpful.

Call (360) 387-0222 to schedule an appointment or find out more information.

Volunteer Support Pathways

Where to go for help, growth, information, and support.

You're not alone. We're here to help!

1

Problem Solving



- 1 Talk with your supervisor.
- 2 If the issue is not resolved, contact Lisa Brents, Volunteer Services Manager.
- 3 If more help is needed, talk with the Executive Director, Bonnie Eckley.

2

More Volunteering or a Better Fit



- 1 Talk with your supervisor or Volunteer Services.
- 2 Explore extra shifts, substitute roles, special events, or another volunteer position.
- 3 If interested, ask about leadership, committee, or future board opportunities.

3

Schedule Changes



- 1 Let your supervisor know as soon as you can.
- 2 Talk about temporary or ongoing schedule changes.
- 3 Explore flexible options such as shorter shifts, every-other-week, or substitute volunteering.

4

Information & Training



- 1 Review your volunteer handbook and orientation materials.
- 2 Visit our Volunteer Resource Library: camanocenter.org/resource-library/#volunteer
- 3 Ask Volunteer Services if you need help finding information.

5

Peer Support & Wellness



- 1 Call the Center at 360-387-0222 to set up an appointment.
- 2 Reach out if you need support or someone to talk with.
- 3 Watch for wellness classes and helpful resources in Camano Connections.

6

Stay Connected



- 1 Read Camano Connections and volunteer emails.
- 2 Watch for trainings, appreciation events, and new opportunities.
- 3 Ask questions and stay involved in the ways that work best for you.

YOU Our Volunteer Community

Helpful pathways when you need support or want to get more involved.



Camano Center
Get connected.

Questions?

Lisa Brents, Volunteer Services Manager
360-387-0222 • lbrents@camanocenter.org

We want volunteering to be meaningful, manageable, and rewarding.

