



A Garden Party to remember!

ElderFriends and Care Teams Participants Make Creative Connections

Matched volunteers and clients of our ElderFriends and Care Teams programs joined together for a Garden Party at the [Memory Hub](#), where Full Life Care is one of 5 collaborators, on July 15.

Attendees enjoyed good company, a stroll through the sensory garden, refreshments provided by Senior Care Coalition, and a watercolor activity facilitated by Memory Hub partner [Elderwise](#).

[Read more about it on the FLC Blog!](#)

Volunteer Info
& Cardmaking Session

Tues. August 29 @ 4:00 – 5:00pm

Connect with us virtually, to learn more about [all volunteer options](#), and create cards of encouragement for our clients.

Care Teams

Funded by the King County Veterans, Seniors, and Human Services Levy, the Care Teams program provides volunteer teams to support unpaid family caregivers - offering the opportunity for respite from their daily obligations.

One example of respite provided by volunteers is to offer enrichment to the caregiver's loved one, such as a short drive, park visit, or musical performance. In this way, the caregiver gains personal time while knowing their loved one is safe and enjoying a pleasant activity.

Recently, two volunteers, Erik and Mercy, shared an outing with a care recipient to Green Lake Park. Here is what they had to say about their adventure:

“In late February, our Care Team had the wonderful opportunity to take Dot on a special outing to Green Lake Park, a place she had never visited before. This simple act of introducing her to a new environment turned out to be exactly what she needed. Dot, who spends most of her day stationary, was able to enjoy a change of scenery and experience a sense of movement. As we strolled through the park, we shared cherished memories and learned

Care Teams Zoom Training

@ 5:30 – 7:30pm

Wed. August 23

Reminder: Vote by August 1!

The Veterans, Seniors, and Human Services Levy that funds [essential Human Services](#) in King County, including Care Teams, is up for Renewal - Prop 1

more about each other, creating a truly rewarding and heartwarming experience. Although the weather was a bit colder than expected, we left knowing that our time with Dot was truly worthwhile.”

Caregiver Alexia shares her view of her volunteer Care Team: “Dot and I truly enjoy the compassion and care Mercy and Erick take when communicating and visiting. Much appreciated!”

If you or someone you know is looking for a worthwhile volunteer experience, we need you as the [Care Teams program](#) is expanding to support unpaid family caregivers in King County.



ElderFriends

The ElderFriends program relieves feelings of loneliness and isolation by strengthening social connections and expanding support networks among older adults, age 60+, in King County.

ElderFriends matches older adults with trained community volunteers for regular companionship visits. These pairs form a social connection that can reduce feelings of loneliness for both parties.

Maybe you or someone you know has experienced loneliness or isolation as a result of the pandemic or a recent move. Consider becoming an ElderFriends volunteer to strengthen your own community network while providing support and friendship to an isolated older adult!

Volunteers are especially needed to serve in North Seattle, Downtown, West Seattle, and South King County communities.

ElderFriends Zoom Training

@ 5:30 – 6:45pm

Tues. August 15



Adult Day Health

We recently hosted [PitchBook](#) team members, who dedicated time away from their corporate desks to make an impact at our South Seattle Adult Day Health Center, during PitchBook’s Global Volunteer Week. Volunteers engaged in friendly one-on-one and small group discussions with Adult Day Health participants, and worked together with them to handcraft paper collages about participants’ favorite hobbies.

We continue to welcome group and individual volunteers to connect with our clients.

[Read more about it on the FLC Blog!](#)

Adult Day Health Zoom

Orientation & Show-and-Tell

@ 1:00 – 2:30pm

August 9, 15, 23, & 23



Project-Based Support

Join our newest opportunity to volunteer for Full Life's Seattle Housing Authority Wellness Program!

Enrich group programs for senior residents in a [Seattle Senior Housing Program](#) building during a weekday time that fits your schedule: Mondays – Fridays, 10am – 6pm.

We especially appreciate help leading chair yoga, mindful stretching, breathing and meditation exercises, and educational workshops, but welcome you to offer any additional ideas to share your skills, interests, and talents.



Ready to Sign Up? Have any Questions / Comments / Requests for any opportunity?

Contact Volunteer Program Supervisor, Jessica: jessicac@fulllifecare.org ; 206-224-3764

- [View our Volunteer Opportunities](#)
- [Submit a New Volunteer Application](#)

Mailing Address:
Attn: Volunteer Services
4712 35th Ave South
Seattle, WA 98118



Forward this to a Friend! Help us keep spreading the word about volunteering at Full Life Care.

Share this Volunteer News in your personal and professional networks, along with a message about your inspiration to give.

[Full Life Care](#) is a 501(c)(3) not-for-profit organization, and an affiliate of [Transforming Age](#).

Our Mission: Full Life is dedicated to enhancing the quality of life for frail elders and people with chronic or terminal illnesses and disabilities. We respect the dignity of our participants and provide for them with care and compassion. We are committed, through our program of health and social services, to the independence and well-being of all participants and to providing respite for caregivers.

Our Vision: Full Life is working toward a future where adults with serious illnesses or disabilities can be supported in the community rather than living in isolation or needing to resort to institutional care.

