



Full Life Care Volunteer News

September / October 2023



Getting ready for the season of gratitude and giving?

Join a monthly Virtual Volunteer Info Session to learn more about volunteering for Full Life Care's upcoming holiday events and our range of short-term and long-term volunteer opportunities offered throughout the year.

Virtual Volunteer Info Sessions

Sat. Oct. 14 @ 10:45 – 11:00am

Tues. Oct. 24 @ 4:00 – 4:15pm

Fri. Oct. 27 @ 12:00 – 12:15pm

Connect with us virtually, to learn more about [all volunteer options](#)

Thanksgiving Day Delivery Event

Interested in making a difference on Thanksgiving Day? Become a part of our holiday tradition, and sign up to volunteer for our 28th annual Thanksgiving Day delivery event!

- Pick up festive packages and reheatable Thanksgiving meals at Full Life Care's South Seattle location.
- Offer friendly phone calls and deliveries to the homes of 1-3 elders or caregivers in our ElderFriends and Care Teams programs in Seattle/King County, who may otherwise be alone for the holiday.

Learn more by enjoying our past year's [blog post](#) and [video](#) highlighting the impact felt by both volunteers and recipients.

Thanksgiving Day Delivery Event

Thurs. Nov. 23 @ 10:30 – 1:00pm



Care Teams & ElderFriends

Care Teams & ElderFriends each offer volunteers a unique opportunity to support community members directly to relieve social isolation and caregiver burnout.

We are seeking new volunteers to make an impact with both of these programs throughout Seattle/King County, with a specific need for Care Teams volunteers in South King County.

Learn more about the benefits of [Care Teams](#) and [ElderFriends](#) and receive additional insight from our [Care Teams podcast video](#).

Help us spread the word about these meaningful opportunities by resharing our posts on [Facebook](#) and [LinkedIn](#)!

Care Teams Zoom Training

Wed. Oct. 25 @ 5:30 – 7:15pm
Thurs. Nov. 30 @ 5:30 – 7:15pm

ElderFriends Zoom Training

Sat. Oct. 14 @ 9:30 – 10:45am
Tues. Nov. 7 @ 5:30 – 6:45pm



Donations

Support elders, caregivers, and adults with disabilities served by Full Life Care by offering donations of:

- Handmade items (greeting cards, hats, scarves, small home decor/amigurumi animal figurines)
- Gently used items (craft/office supplies, home/recreational/decorative items)

View a full list of accepted items in our Donation [Wish List](#).

Instead of purchasing new items, please [Donate Online](#) to Full Life Care's General Fund.

Contribute individually, or coordinate a donation drive of your own, spreading the word to your personal/professional networks.

Virtual Card Making Meetups

Tues. Oct. 24 @ 4:15 – 5pm
Fri. Oct. 27 @ 12:15 – 1pm

Enjoy handmaking greeting cards while learning about our cause



Ready to Sign Up? Any Questions / Comments / Requests?

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

→ [View our Volunteer Opportunities](#)

→ [Submit a Volunteer Interest Form](#)

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

Stay tuned as we plan to move
to our [new Beacon Hill address!](#)



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, 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.