



## Full Life Care Volunteer News

January / February 2024



### Heartwarming Impact, Thanks to Holiday Donors

The warm wishes and joy of the holiday season have lasted well into the New Year, thanks to Full Life Care's holiday giving donors.

Volunteers and community groups donated dozens of handmade hats, scarves, and lap quilts, 125 prefilled gift bags, over 150 craft supplies, over 350 handcrafted greeting cards, and more than \$3,500 in gift cards for clients.

As expressed by our Health Home Care Coordinator staff:

*"Your kindness has not only provided tangible items to our clients, but also reminded them that they, as people, are cherished and thought about. No matter what was given, each gift allowed clients to feel special and seen. That is a truly invaluable feeling."*

### Community Fundraising Event for ElderFriends

**Convergence #98: Lumberbeard + Full Life Care**  
**Wednesday, February 28, 2024 @ 6:00pm – 8:00pm**  
[Watershed Pub & Kitchen](#)\*\*

Join us at the Watershed Pub & Kitchen February 28, as Full Life Care and ElderFriends are featured for their monthly community fundraising event!

Find more details our [Facebook Event](#) page – no rsvp required.

Sincerest gratitude to all our volunteers and donors for their support this holiday season, including ongoing community partners:

- ♦ [University Presbyterian Church](#) Sewing Group
- ♦ [Our Lady of Fatima](#)
- ♦ [St. Matthew Parish](#)
- ♦ [Quilters Anonymous](#)
- ♦ [Lutheran Community Services Northwest](#)  
[Santa for Seniors](#)

\*\*Watershed Pub is located on the southwest corner of Thornton Place, one block from the Link Light Rail Northgate Station.

ADA accessible facility, limited-mobility dropoff access directly from 3rd Ave NE.

Plant-based, gluten free and alcohol free options available.

Watershed Pub & Kitchen hosts a monthly brewery night and community fundraising series called Convergence. They highlight local breweries and raise funds and awareness for local nonprofits. The February 28<sup>th</sup> event pairs Full Life Care with Lumberbeard Brewing:

*“Along with their exciting beers and some special pairings from our talented chefs, we’ll be raising money and awareness for Full Life Care with proceeds to support their ElderFriends Volunteer Companionship Program.”*

Please join us to enjoy a wonderful meal, to meet other likeminded folks, and support ElderFriends. Funds will be raised through raffle ticket sales and a donation from the pub for each featured beer sold. We hope to see you there!

## Camaraderie During Community Outings

Recently, a volunteer Care Team took the care recipient they support for a day of fun and camaraderie at [Chihuly Garden and Glass](#) in Seattle Center. The gallery did not disappoint with floor to ceiling blown glass sculptures and a lovely garden that combines Chihuly art with lavish plant life.

Care Team members shared that it was a unique experience — great for taking photographs which their client enjoys. The interspersing of glass works within garden foliage was particularly pleasing — giving a chance to see not just glass art, but beautiful plants as well. The exhibits were stunning.

As caregiver Pat explained:

*“I very much appreciate our team for the respite time they provide me — I can rest, and I can get things done with uninterrupted focus time. I also appreciate the social time their involvement provides my partner. He really enjoys spending time with our team members. And I appreciate their creative thinking and sense of adventure in working with my partner and me. They are lifesavers!”*

Outings are special occasions for Full Life Care clients, thanks to donations from our community partner programs, including [Chihuly Garden and Glass](#)’ Community Enrichment Tickets Program, [Seattle Symphony](#) Community Connections, and [Woodland Park Zoo](#)’s Community Access Program.

Guide and service animals always welcome, dog friendly patio (well-behaved, on leash).

Free, time-limited street parking and Thornton Place garage parking, and free transit center parking across 3rd Ave NE available.\*\*



### Care Teams Zoom Training

Wed. Feb. 7 @ 5:30 – 7:15pm

### ElderFriends Zoom Training

Wed. Feb. 13 @ 5:30 – 6:45pm

### Submit a Volunteer Interest Form

to be eligible to attend a New Volunteer Training to help us relieve social isolation and caregiver burnout year-round.

## Dr. Martin Luther King Jr. Day of Service Success

Over 25 remote volunteers came together to engage in Full Life Care service projects promoted through our partnership with [United Way of King County](#) in honor of Dr. Martin Luther King Jr. Day of Service.

[Adult Day Health Care](#) participants were delighted by the addition of special guests to their afternoon Zoom group activity, where volunteers introduced them to their dogs' humorous habits during a Pet Show-and-Tell.

[ElderFriends](#) and [Care Teams](#) participants also inspired volunteers to share heartfelt sentiments and community spirit. Volunteers engaged in a virtual discussion about the challenges and triumphs of aging, and handcrafted over 250 valentine cards of encouragement for participants.

We invite you to be an active part of our community! Groups and individuals are welcomed to engage in one-time or ongoing support opportunities offered throughout the year.

Learn more about Full Life Care's Volunteer Programs at <https://www.fulllifecare.org/ways-to-give/volunteer>.



### **Virtual Card Making Meetup**

Tues. Feb. 27 @ 4:15 – 5:00pm

[RSVP via email](#) to enjoy handmaking greeting cards with other volunteers while learning about our cause.

### **Adult Day Health Care**

#### **Zoom Group Activities**

Wed. Feb. 21 & Wed. Feb. 28  
@ 1:30 – 2:30pm

### **Submit a Volunteer Interest Form**

to sign up to support our activity groups for adults with disabilities.

Weekday options are available in the mornings for in-person service and afternoons for virtual service.

**Sign up for any opportunity in this newsletter**, or share any questions, comments, or requests by contacting Volunteer Program Supervisor, Jessica: [jessicac@fulllifecare.org](mailto:jessicac@fulllifecare.org); 206-224-3764

→ [View our Volunteer Opportunities](#)

→ [Submit a Volunteer Interest Form](#)

### **New Mailing Address:**

Attn: Volunteer Services  
1625 S. Columbian Way  
Seattle, WA 98108

Our physical location remains the same (4712 35<sup>th</sup> Ave. S. Seattle, WA 98118), pending the move to our [new Beacon Hill address in the new year!](#)



**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.