



## Full Life Care Volunteer News

Fall 2024



### Volunteers Make an Incredible Impact!

Volunteers are integral to Full Life Care, enabling us to grow, sustain, and enrich the services we provide to enhance quality of life for the elders, caregivers, and adults with disabilities that we serve.

In 2023, Full Life Care engaged 387 individual volunteers. Out of the additional 507 who served through a group, nearly half dedicated their time during the Fall and holiday giving season, October – December.

Read on to check out our [2023 Volunteer Impact Report](#) and learn more about this season's opportunities.

#### New Release:

Click here to view our [2023 Volunteer Impact Report](#)

Short-term, long-term, and donation-based opportunities are available throughout the year for

- Individuals
- Students
- Families
- Community organizations
- Corporate groups
- ... and more!

Sign up on our [volunteer webpage](#) or help us spread the word!

### Thanksgiving Day Delivery Volunteering

Interested in making a difference on Thanksgiving Day? Become a part of our holiday tradition, and sign up to volunteer for Full Life Care's 29<sup>th</sup> annual Thanksgiving Day delivery event!

RSVP by November 8 to [jessicac@fulllifecare.org](mailto:jessicac@fulllifecare.org)

**Thursday, November 28, Thanksgiving Day**  
**10:30-11:30am pick up; delivery right away!**

- 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 about Thanksgiving Delivery volunteering by enjoying our past [blog post](#) and [video](#) highlighting the impact felt by both volunteers and recipients.

## Make a Difference Day

**Saturday, October 19**

**10:00 – 12pm Garden Project** - In-person at Beacon Hill

**12:30 – 2pm Cardmaking Project** – In-person or Virtual

In honor of [Make a Difference Day](#), join us on Saturday, October 19 at Full Life’s Beacon Hill location and participate in a garden project (10 spots available). Or join us to make greeting cards for isolated seniors in King County. **Garden project** from 10:00 am to 12:00 pm (Pizza from 12:00-12:30 pm) and **Cardmaking project** from 12:30-2:00 pm — stay for both if you’d like!

**RSVP** if interested in joining us (in-person or virtually) and specify which project you’ll attend. Email [jessicac@fulllifecare.org](mailto:jessicac@fulllifecare.org)

*This opportunity is for recent and current volunteers. Additional group opportunities for new volunteers may be available upon request.*



## Garden at Full Life



Full Life’s Beacon Hill location is at 1625 South Columbian Way.

RSVP to attend!

## Ongoing Volunteer Opportunities

Be inspired this Fall, the season of change; You can make a positive impact in your community by volunteering for Full Life’s ongoing programs:

- Join [ElderFriends](#) or [Care Teams](#) to provide customized social, emotional, and practical support for an isolated senior or unpaid family caregiver of a senior or veteran in King County.
- Support [Group Activities](#) to share joy with adults with disabilities in our [Adult Day Health Care](#) programs.

**New Adult Day Health volunteer shifts are now available, Mondays – Fridays, at our Everett and Beacon Hill locations:**

- Mornings: 9:30am – 12pm
- Afternoons: 2:00pm -4:30pm

Sign up as an individual, join our teams, or bring a group to volunteer with you!

[Submit a Volunteer Interest Form](#) to receive more information.



### Care Teams Volunteer

#### Zoom Training

Thurs. Oct. 17 @ 5:30 – 7:15pm

Thurs. Nov. 14 @ 5:30 – 7:15pm

### ElderFriends Volunteer

#### Zoom Training

Wed. Oct. 16 @ 5:30 – 6:45pm

Thurs. Nov. 13 @ 5:30 – 6:45pm

### **Additional questions, comments, or requests?**

Contact Volunteer Program Supervisor, Jessica: [jessicac@fulllifecare.org](mailto:jessicac@fulllifecare.org); 206-224-3764

**Mailing Address:**

Attn: Volunteer Services  
1625 South Columbian Way  
Seattle, WA 98108



→ [View Volunteer Opportunities](#)

→ [Submit an Interest Form](#)



**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.