



Full Life Care Volunteer Impact Report 2025

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

385 volunteers reported **8048 hours** of service to Full Life Care

Volunteers bring unique skills, interests, and talents to engage directly with clients and offer project-based support to aid staff as well.

Amplified Impact

Additionally, volunteers are our cheerleaders and goodwill ambassadors. Inspired by their own passion to give, they help spread the word, raising awareness of Full Life's mission and services in both their personal and professional networks.

Based on Independent Sector's State-By-State data*, volunteer time in Washington State is valued at \$41.70/ hour. By this measure, volunteers' reported time in 2025 is valued at \$335,601. Companies such as Microsoft, Boeing, and T-Mobile, among many others, also offer cash match for their employees' service hours. Additionally, 18% of Full Life donors are volunteers.

* <https://independentsector.org/resource/value-of-volunteer-time/>



27 groups
168 group volunteers



In addition to individual volunteers, corporate and community groups provide enrichment and support through one-time and recurring projects. We seek to raise awareness and build connection through these valuable service partnerships.

Care Teams – Relieving Caregiver Burnout

The Care Teams program is an innovative community-based initiative that provides vital support for unpaid family caregivers. By mobilizing small groups of trained volunteers, the program offers caregivers social, emotional, and practical assistance, alleviating their isolation, fatigue, and burnout. Through a “Monthly Missive” message, staff share additional resources and opportunities with caregivers and provide information and assistance as needed.

Care Teams Success Story

A Care Teams caregiver, recipient, and volunteers share appreciation for the life-changing support and ritual of connection and care they’ve developed as program participants.

<https://fulllifecare.org/care-teams-success-story-a-tale-of-two-jackies>

35 new volunteers trained

13 caregivers connected
to a new team



“It’s community care. It’s mutual support.”

It’s the quiet power of showing up for others, and in doing so, being nourished ourselves.”

- Katie, Care Teams Volunteer

Caregiver Kayte expresses her gratitude for the volunteer from Care Teams who supported her and her mom:

“One of the biggest blessings here for us both has been the care and support we’ve gotten from our dear volunteer, Devian. **He is why I’m still sane!** Thank you for offering the program that brought us Devian.”



Care Teams volunteers often provide Caregiver respite by taking Care Recipients on outings or playing games, creating art or constructing a jigsaw puzzle. Caregivers report that their stress is lowered because the Care Recipient’s mood and countenance is brightened by volunteer visits — the effects are lasting as they are buoyed by their new friendship.

ElderFriends – Alleviating Elders’ Loneliness

180 elders served annually

60 elders visited by volunteer companions each month



The ElderFriends Volunteer Companionship program relieves isolation by increasing social connection among older adults age 60+ in King County. Volunteers provide one-on-one companionship and social support to older adults who experience isolation and feelings of loneliness. Participants receive enrichment mailings seasonally, including a handmade card, resources, and activities. Our twice yearly social events, Winterfest and Summer Bash, offer even more opportunity for friendship and community building.

ElderFriends Success Story

Matched with volunteer Erica in February 2025, CJ was grieving the recent loss of her wife. The connection, friendship, and opportunity to spend time doing activities she enjoys with a new friend, and the resulting laughter, helped her weather a difficult time and ease loneliness.

<https://fulllifecare.org/among-friends/>

Spending time with CJ has really given me the **perspective of being able to see life through another lens** – of someone who has lived longer.”

Erica, ElderFriends volunteer



2.25 years – average duration of successful match

9 years - longest matched pair

85% of elders feel less lonely

Adult Day Health Care – Enriching Therapeutic Activities

The Adult Day Health Care program engages adults with disabilities in physical and cognitive activities that enrich their mind, body, and spirit. Volunteers serve in weekly shifts or one-time events to help assist with group activities, or design and lead on their own. Volunteers also offer individualized support one-on-one, positively encouraging each client's participation.

57 volunteer-led activities

42 student placements



Adult Day Health Intern Reflection

Teens in Public Service (TIPS) Intern, Ridhi, reflected on her summer service at our South Seattle Adult Day Health Center. She was able to build rapport with clients over time, learning about their interests and life stories, and appreciated how everyone feels comfortable in its safe space.

<https://fulllifecare.org/reflections-from-our-summer-intern-at-adult-day-health/>

“Offering a helping hand or listening ear is priceless. The smiles and joy that resulted from even the smallest interactions made the time worthwhile.” - Ridhi, TIPS Intern



Facilitator Spotlight: Creative Movement

Volunteer Julia facilitated a series of 26 seated dance classes for Adult Day Health participants, focusing on accessibility for clients with a diverse range of abilities. Each session enabled clients to embrace mindfulness and enjoy self-expression each morning.



Intergenerational Impact: Group Events

University of Washington (UW) students from Music for a Cause performed a live concert. Clients enjoyed dancing, singing, and engaging in a group discussion about their favorite tunes.

Delta Epsilon Mu, Inc., a UW pre-health fraternity, delivered handcrafted greeting cards and helped clients create their own paper collages while conversing about shared interests.

“Fun is a group effort!”

- Reflection from Spring Adult Day Health Volunteer Meetup

Community Volunteer Groups & Contributors

We are grateful for all community partners and collaborators:

Community Volunteer Groups

Club Cascadia
Delta Epsilon Mu, Inc. UW
Epiphany School 1st Grade Students
First Tee Girls Golf Mentors
Music for a Cause UW
The Rotary Club of Duvall
Students of Color for Public Health UW
United Nations Association UW
UW Allen School of Computer Science & Engineering
Vietnamese Martyrs Parish – Youth Group
Woodinville High School Robotics Team – Velocity Raptors
Zeta Phi Beta Sorority, Inc. – Lambda Alpha Zeta Chapter, Zeta Male Network, & The Archonette Club



Partner Awards

In 2025 Full Life's Volunteer Programs were honored to receive the Finer Partner award from the Zeta Phi Beta Sorority, Inc. [Lambda Alpha Zeta Chapter](#). As well as the organization's regional Washington/Alaska Community Partner of the Year Award

Corporate Volunteer Groups

Employees from the following companies participated in group volunteer projects:

Alaska Airlines
Calligo
CBRE
Chime
General Motors – Global Benefits Team
Henkel Consumer Brands

Hilton Motif Seattle
J&J MedTech – Rainiers Region
Kaiser Permanente
Kestra Medical Technologies
Martin Selig Real Estate
PitchBook
Rain City Capital



School Programs & Internships

[Lake Washington Institute of Technology](#)
BAS in Public Health Capstone
Occupational Therapy Assistant Program

[University of Washington – Bothell Campus](#)
Educational Studies – Applied Experience
Health Studies Fieldwork

[Seattle Central College](#)
Applied Behavioral Science Practicum

[University of Washington – Seattle Campus](#)
BSN Nursing Program – Population Health Fieldwork
DNP Nursing Program – Population Health & Systems Leadership Practicum
English Composition: Social Issues – Community Engaged Course
Undergraduate Community Based Internships Program

[Teens in Public Service](#)

In-Kind Donors

Ballard Blossom
Bertschi School 1st Grade Students
Chihuly Garden and Glass Community Enrichment Program
Lutheran Community Services Northwest – Santa for Seniors
Operation Sack Lunch

Quilter's Anonymous
Seattle Symphony
Solid Ground – Knit-It-Alls
St. Matthew Parish
Swartz Family
University Presbyterian Sewing Group
Woodland Park Zoo
Community Access Program
Zeta Phi Beta Sorority, Inc. – Lambda Alpha Zeta Chapter

May your heart
find calm today. May
you be reminded of
your strength and worth

Volunteers created
**1200 handmade
cards for clients**
with inspirational messages

Any omissions are unintentional. We appreciate every contribution!

Special Events: A Year in Review



January Service Event: Martin Luther King, Jr. Day

Nearly a dozen volunteers engaged Adult Day Health participants in trivia and exercise games, and sorted greeting cards for ElderFriends mailings.

February Social: Winterfest

ElderFriends and Care Teams participants and volunteers enjoyed their first social event hosted at Full Life's Beacon Hill headquarters, blending New Year, Lunar New Year, and Valentine's Day.

<https://fulllifecare.org/winterfest-2025-a-celebration-of-connection-and-community>

March RSVP Newsletter Feature

Full Life's Volunteer Programs were highlighted in Solid Ground's King County Retired and Senior Volunteer Program (RSVP) [Spring Newsletter](#).



*From delicious food to lively games and **unexpected friendships**, Winterfest embodied Full Life Care's mission by **fostering community and joy.***

- Virginia, Social Committee Volunteer

April Volunteer Meetup: Chihuly Garden & Glass

Volunteers invited their ElderFriends and own guests to enjoy a special occasion, courtesy of the museum's [Community Enrichment Ticket Program](#).



April Special Topics Volunteer Training: GenPride

Volunteers learned about the experience of LGBTQIA+ older adults and reflected on how we can better support those facing barriers in our communities, thanks to [GenPride](#).

May Service Event: Spring Gardening

Volunteers assembled supplies donated by Full Life supporters to build an accessible gardening space for Adult Day Health clients.



May Caregiver Arts Workshop

Care Teams families and volunteers, Adult Day Health families, and ElderFriends pairs enjoyed a mindful morning of creativity and self-care, facilitated by SilverKite Community Arts®.



June Outing: Woodland Park Zoo

ElderFriends and Care Teams participants and volunteers soaked in some summer sunshine, courtesy of the Woodland Park Zoo's [Community Access Program](#).



June Special Topics Volunteer Training: SilverKite® and Seattle Music Therapy

Volunteers were inspired by [SilverKite's](#)® easy ways to engage in visual arts. Volunteers also learned why music is so good for us, mentally and physically, from [Seattle Music Therapy's](#) cofounder, and received a myriad of ideas on how to incorporate more music into our lives.

September Social Event: Summer Bash

ElderFriends and Care Teams participants and volunteers engaged in creative movement during its summer social, including a nostalgic Soul Train line-up, facilitated by [SilverKite](#)®.

<https://fulllifecare.org/creative-movement-and-connection-with-silverkite-community-arts>



*"These parties give elders something special. They **provide connection.** A chance to **engage socially,** share laughter, and **feel celebrated.**"*

– Chad, ElderFriends Volunteer

October Service Event: Fall Gardening

Volunteers helped spruce up the entryway of Full Life's Beacon Hill headquarters, assembling a garden bench, and arranging fall plantings.



November & December Service Events: Holiday Mailings & Card Sorting

Individuals and group volunteers from 6 different community and corporate organizations gathered together to help spread holiday cheer. Volunteers sorted and assembled over 800 card mailings, ensuring an uplifting surprise for each Home Care and Adult Day Health client.

<https://fulllifecare.org/the-warmth-of-a-handmade-item-sunshine-around-my-neck>

November Milestone: 30th Annual Thanksgiving Meal Delivery Event

Full Life Care commemorated a milestone holiday event! 50+ volunteers delivered meals and seasonal surprises to 80+ Care Teams and ElderFriends clients, including 4 volunteers who have returned to participate for over 15 years.

<https://fulllifecare.org/gratitude-and-the-gift-of-community>



*"By receiving a card, **clients know they are thought of and valued.***

It can completely transform their day!"

– Krystina, Home Care Supervisor



*"That you took the time to think of those who live alone reminds us **we are not really alone.**"*

– Thanksgiving Delivery Recipient

Learn More

Visit our Volunteer Programs and Services website at

<https://www.fulllifecare.org/ways-to-give/volunteer>