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# Connecting Community

FOCUS ON VOLUNTEERS



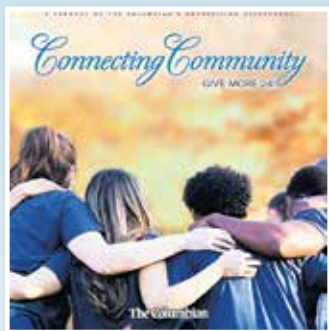
The Columbian

# Connecting Community

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Contact  
CommunityPartnerships@columbian.com  
for additional information.



Read past sections you  
may have missed at  
[columbian.com/special-sections/](https://www.columbian.com/special-sections/)

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What could you  
**BUILD**  
with a  
little help?



The Columbian  
**COMMUNITY**  
Partnerships

Columbian Community Partnerships has worked with hundreds of local area nonprofits to help them meet their goals over the past 30 years. We have specially priced advertising options to help our local nonprofits market their needs, be it for volunteers, recruiting members or fundraising for the services they support and the programs they sponsor. With our Community Partnerships matching funds program, Nonprofit Spotlight promotions, Local Public Service Announcements, online ads and special rates for special section publications, we share the Columbian audience and help to get the message out.

We are proud to support Southwest Washington nonprofits and our neighbors by encouraging our community to get involved and give generously of time, talent and resources to nonprofits of all varieties across our area.

If you'd like more information on how Columbian Community Partnerships can help your nonprofit organization imagine the future, contact **Teresa Davis** at [CommunityPartnerships@columbian.com](mailto:CommunityPartnerships@columbian.com) or **360-735-4572**.

Find  
the  
right

# VOLUNTEER

opportunity  
for you

Giving back to one's community can provide a sense of purpose and improve an individual's overall well-being. Data from Volunteer Hub indicates that people who volunteer improve their health by strengthening their bodies, improving their moods and reducing stress. Volunteerism also produces additional benefits, including boosting one's positive perception to others. A study from CareerBuilder found 60 percent of hiring managers see volunteerism as a valuable asset when making recruitment decisions. Furthermore, human resources executives attest that contributing to a nonprofit can improve leadership skills.

By understanding the value behind volunteer work - for the people or organization on the receiving end as well as the volunteer - more individuals may decide to donate their time and services. However, finding the right volunteer opportunity may take some trial and error. The following are some tips for finding the right fit.

- **Consider skills and interests.** Before choosing a volunteer opportunity, make a list of activities that you enjoy. This may help guide volunteer choices. For example, if you like hiking, you may volunteer to clean up a local park.
- **Assess your skill levels.** Is there something you are particularly adept at doing? For example, if you are a certified public accountant, you may be able to volunteer by mentoring young accounting students, or doing taxes or bookkeeping tasks for the elderly or less fortunate.
- **Think about commitment level.** Figure out how much time you can spend volunteering. Maybe you only have the weekends or a few hours in the evenings? Understanding how much free time you have can help you choose opportunities that fit within these parameters.
- **Research potential organizations.** Not all nonprofit groups are created equal. Utilize resources such as CreativeVolunteer that vet charitable groups to determine if they are trustworthy.
- **Define your goals.** Have goals in mind when selecting opportunities. Defining a goal can help you maintain the motivation to volunteer and see a project through to completion.
- **Start small.** Wade into a volunteer opportunity slowly to see if it is the right fit. This may include volunteering one day a week or month. Increase the time you spend volunteering once you've found the right place for you.

*Volunteering can bring joy to a person's life, especially when individuals find an inspiring opportunity.*



# Battle Ground HealthCare Plans to Continue Serving The Community With Help From Volunteers

Battle Ground HealthCare provides free medical, dental, physical rehabilitation and other vital healthcare needs free of charge to people who are low income and who have little or no medical insurance.

In 2022, 143 volunteers served at Battle Ground HealthCare. Over half of the volunteers are licensed healthcare professional who donate their time to provide care for people in the community. These volunteers include physicians, RNs, dentists, hygienists, physical therapists, chiropractors and more.

The other half of the volunteer base includes people “who help to keep things running” such as volunteer IT support, administration, board members, maintenance, etc. In

2022, Battle Ground HealthCare volunteers provided over 5688 hours of service at a value of \$258,190.

Battle Ground HealthCare is currently in need of physicians, physicians

assistants, RNs/LPNs nurse practitioners, dentists, dental hygienists, dental assistants, physical therapists, Spanish interpreters and general support for administration and development.

“We recently did a volunteer survey. The number one reason our volunteers serve is that they want to help the community,” says

Tina Diluzio, Battle Ground HealthCare Development and Administrative

Associate. “Overall, people enjoy having an impact on the lives of others. Some of our volunteers are still working in their own practices, which can be a much faster pace.

Many volunteers note how nice it is to come to the clinic to be able to truly take their time with patients.”

Tina says many volunteers noted how valued they feel at the clinic and how friendly, caring and helpful everyone is at BGHC.

A current volunteer says, “I’m grateful for this organization and the work we are doing in the community. I am proud to be a part of it.”

“We couldn’t do what we do without volunteers. While we have a few paid staff, we wouldn’t be here without volunteers,” Tina said.

Battle Ground HealthCare has been in Clark County for over 10 years. In 2021, they worked with local and state government to purchase a new facility on the corner of 503 and Eaton Way. “In our new location, we are more visible and accessible and are seeing a big increase in patients seeking services. With the help of volunteers, we can continue to serve our community for years to come.”



*Volunteers are the heart of our program.*

Current service opportunities for:

- Licensed medical and dental professionals
- Physical rehabilitation specialists
- Spanish interpreters
- General support


To find out more, call **360.326.0981** or go to **[bghealthcare.org](http://bghealthcare.org)** to fill out an application






★ THANKS ★  
SCOUTS &  
VOLUNTEERS!

Because of you, thousands of families in our area have been served through the "Scouting for Food" and "Walk and Knock" food drives this year!



 BOY SCOUTS OF AMERICA  
CASCADE PACIFIC COUNCIL  
Learn more at [cpcbsa.org/impact](http://cpcbsa.org/impact)



## Salmon Creek Lions We Serve

Yes, it's that simple! By the way, we're not just about humanitarian service;  
**we also enjoy getting together to have fun while we work to meet today's challenges.**

Over the last 6 years we, along with other Lions members, have been **instrumental in screening nearly 45,000 individuals, mostly children and youth.** Of that total, **4,500 were referred** to eye-care professionals for more detailed screening.

**We would enjoy meeting you!** Contact us or join us at a meeting or community event. We meet on the **4th Thursday of Each month at 6:30 pm** at Los Potrillos Mexican Restaurant, 10722 NW Lakeshore Ave  
Contact us at 360-798-1850 or email: [david.page@salmoncreeklions.org](mailto:david.page@salmoncreeklions.org)

- Vision/Hearing
- Youth
- Hunger
- Diabetes
- Environment
- Childhood Cancer
- Disaster Relief



**THANK YOU**  
*Volunteers*



## **Volunteer Opportunities for Everyone**

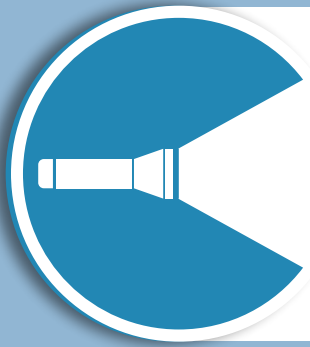
**Your time helps Lifeline Connections inspire hope and provide life-saving changes for people affected by substance use and mental health conditions, while gaining valuable, job-related skills.**

**Scan the QR code to begin making a difference in your community today!**



**SCAN & VOLUNTEER**





# NONPROFIT *Spotlight*



For information contact [communitypartnerships@columbian.com](mailto:communitypartnerships@columbian.com)

## Volunteer to Feed Our Community!



- Pack & deliver **1,000+** weekly food bags for kids
- Prepare & serve **6,800+** monthly free meals to the community



Share  
**hot meals**  
program

Complete Our Volunteer Application Online:  
[sharevancouver.org/volunteer](http://sharevancouver.org/volunteer)

*Your generosity makes a difference!*

Share

Thanks to:

The Columbian  
**COMMUNITY**  
Partnerships

### Share's Meal & Nutrition Programs Help Feed Our Local Community

Need for local food assistance remains at an all-time high and Share's Backpack and Hot Meals programs remain a reliable source for nutritious meals.

#### SHARE BACKPACK PROGRAM CELEBRATES 20 YEARS.

It began with just 25 food bags distributed each week to three local elementary schools: Fruit Valley, Hough and Peter S. Ogden. Twenty years later, Share's Backpack program now delivers 1,000+ food bags each week during the school year to 85 local schools. And we didn't stop with just food bags. The program expanded over the past decade to include a weekly delivery of 27 pantry food boxes, 18 Fresh Food Pantries (each open once per month) and 66 'hotel' bags with food that do not require a can opener or a kitchen to prepare. This program operates almost exclusively on the generosity of our community, including a partnership with the Clark County Food Bank, financial donations from community members and local businesses and the dozens of volunteers that fill and deliver all the food bags and pantry boxes each week.

#### SHARE HOT MEALS SERVES UP HOMEMADE MEALS 365 DAYS A YEAR.

Preparing, plating and serving 250+ meals every day is both a lot of work and an important commitment to our community. Share's culinary kitchen staff of Holley, Michael, Jeremiah and Reggie have a real passion for preparing nutritious meals from scratch: from ham, cheese & egg casserole to roast pork loin with apples and onions. But they don't do it alone; Share's Hot Meals program relies on the generosity of hundreds of volunteers each year to help serve breakfast, lunch and dinner from the dining room at Share House. Creativity is key in meal planning, as the majority of the food is donated through partnerships with local businesses, as well as donations from the community.

#### HOST A FOOD DRIVE FOR SHARE!

Food drives are a tremendous way to help support Share. We even have a name for it: Community Cares for Share. Dozens of these drives are held each year to collect non-perishable foods items (hint: you can also collect donations of new clothing, household items and shoes!). You organize the drive at your own location - office, church, neighborhood, local school - and we'll provide you with a list of high-need items, plus large blue barrels for the collection. To host a drive, contact Maggie Bernetich at [mbernetich@sharevancouver.org](mailto:mbernetich@sharevancouver.org) or (360) 952-8312.

# Vancouver Conference of the Society of St. Vincent DePaul: Volunteers Offer a Ray of Hope

The Vancouver Conference of the Society of St. Vincent DePaul has been serving the community since 1938, providing food, clothing, rent and utility payment assistance, emergency shelter, and other services as they are able.

The organization says they depend on

volunteers. They have a paid staff of three full time employees, but see 15-20 volunteers every day who help with the hard work of distributing at least two tons of food and hundreds of clothing and hygiene items daily.

The SVDP organization is built on three pillars: friendship, service, and spirituality, and these are the benefits available to all of their

members. “The camaraderie we experience every day is so valuable to all of us, as well as spiritual growth, and the opportunity

Continued on next page ▶



# THANK YOU

To all of our volunteers, for your bicycle donations & to all who help make our non-profit shop viable.

**Please help fund our programs that support underserved youth & families in our community.**



**Bike Clark County**  
Education. Advocacy. Adventure.

**Donate to our non-profit today.**  
*Your dollars do good things!*

Visit: [www.bikeclarkcounty.org](http://www.bikeclarkcounty.org)





to live our Christian values by serving our neighbors in need,” says Chris Toogood, President of Vancouver St. Vincent de Paul Society. “Our wonderful staff and volunteers work together every day to help individuals and families in the Vancouver community, providing material assistance with respect and good cheer, and offering a ray of hope.”

Chris says the organization has been recently blessed with an influx of new volunteers, and are not actively recruiting volunteers at this time. However, things change and the organization will seek new help as needed. “Our small staff could never accomplish all that we do without the support of our volunteers.”



**The Vancouver St. Vincent de Paul Society Conference, like so many other organizations, is deeply dependent upon the time and talent that is given by volunteers.**

FROM OCTOBER–DECEMBER 2022, OUR VOLUNTEERS...



Served 5,627 households, feeding **18,004 people**  
Distributed **315,217 pounds of food**



Provided **370 holiday food boxes** for Thanksgiving & Christmas, delivering 222 to homebound/shut-ins



**Provided Rent, Utility and Emergency Shelter Voucher Assistance** to 80 households, totaling \$64,297.00!



Provided free **clothing to 1,552 households**



Gave household **goods/hygiene to 1,723 families**



Distributed **17,309 diapers** to 308 households



Gave Christmas toys/gifts to **1,186 children**



**576 volunteers**  
**6,716 hours served.**

Learn more about volunteering with us at [svdpcanada.org](http://svdpcanada.org)

# CCCA Volunteers Uplift Children and Families in the Community

Cowlitz and Clark County Child Advocates (CCCA) represents the best interest of children who are subject to child welfare and court intervention due to abandonment, abuse, or neglect. CCCA strives to ensure each child has a volunteer Guardian ad Litem to advocate for the child's unique

physical, educational, cultural, and religious needs and to promote maintenance of familiar relationships and permanency.

CCCA is committed to implement advocacy in a manner that promotes efforts to overcome inequities, increase access and opportunities, and to serve all with



## Voluntario o Donar Hoy!

Gracias por hacer una diferencia!



Donate/Donar



Apply/Aplicar

Thank you for making a difference!



### Asuntos de Representación

In 2022, CCCA served over 1000 children in Cowlitz and Clark Counties!



1024 Broadway Street • Longview, WA • 360-414-5212 • [www.childsvocatescc.org](http://www.childsvocatescc.org)

empathy, courage, and humility. CCCA strives to celebrate all perspectives and to create space for growth and healing to help children and families thrive. CCCA is dedicated to advancing efforts to build a more diverse volunteer base; giving a child an advocate whose culture, race, and ethnicity is reflective of their own is powerful and the kind of impact CCCA desires to achieve.

Cowlitz and Clark County Child Advocates is a nonprofit organization powered by volunteers. CCCA trains and supports qualified community members as Volunteer Guardians ad Litem. Volunteer Guardians ad Litem are assigned 1-2 families at a time and focus all of their time and attention on the children. Whereas a staff GAL may serve up

Continued on next page ▶

to 65 children at a time, volunteers commonly serve 8-12 hours per month.

“We ask volunteers to commit to one family over the life of a Dependency case or at least two years,” says Jennifer Harley, Executive Director. “However, we have many volunteers that have been with the CCCA team for up to 20 years. And at least one who has been with the organization since 1999!”

CCCA is primarily powered by volunteers and Volunteer Guardians ad Litem who make up over 75% of the team. CCCA offers many volunteer opportunities, ranging from one hour each month to 20 hours a week, depending on availability. CCCA also offers intern opportunities to college students from an array of different studies.

“Volunteering with Child Advocates is an impactful opportunity to uplift children and families in our community. Some days as advocates we hop in mud puddles and listen to children and other days we advocate for the child in educational meetings and court. We visit the child in all their environments and report to the Court. In addition to getting to be a child’s ally, volunteers get to be on the side lines and observe the magic as families repair and rebuild. Our Volunteers also enjoy monthly coffee connections, lunch and learns, and regular professional development opportunities.”

Please visit their website and apply to connect with CCCA Volunteer and Community Engagement Specialists.

[childadvocatescc.org/volunteers/](http://childadvocatescc.org/volunteers/)

We love  
♥ OUR ♥  
Volunteers



**CAN**  
Columbia Arts Network

**VOLUNTEERS NEEDED**  
**VANCOUVER ARTS AND MUSIC FESTIVAL**  
**INAUGURAL EVENT**

**August 4 - 6, 2023.**  
**Opportunity for 18 Years and Over**

**CONTACT US TODAY**  
**INFO@COLUMBIAARTSNETWORK.ORG**  
**VISIT COLUMBIAARTSNETWORK.ORG FOR MORE INFO**

**TOGETHER WE CAN!**

# When is the right time for kids to start volunteering?

Aristotle once said the essence of life is “to serve others and do good.”

It’s well documented that volunteerism offers many benefits to those who are recipients of the charitable work as well as the volunteers.

According to The Corporation for National & Community Service, one in four Americans volunteers. Volunteers come from all walks of life and various age groups. Nearly one-quarter of all volunteers are people under the age of 24.

Parents and guardians who want to



## FRIENDS of the CHILDREN

SW Washington

AT ITS CORE, FRIENDS OF THE CHILDREN IS ABOUT POSSIBILITY. WE BELIEVE THAT WITH INTENTIONAL SUPPORT FROM A PROFESSIONAL MENTOR FOR 12+ YEARS, EVERY CHILD CAN THRIVE.

Learn more at [friendsswwa.org](http://friendsswwa.org).



introduce their children to volunteerism may not know when is the right age to do so. Many experts agree that there isn’t a definitive age for children to get involved in volunteering. In fact, no child is too young to volunteer. Joseph F. Hagan Jr., M.D., a clinical professor of pediatrics at Larner College of Medicine at the University of Vermont, says helping out during the toddler and preschool years helps shape a child’s sense of morality.

Rather than wondering if a child is too young to volunteer, adults should focus on finding the right activity to match the child’s age. For example, a three- or four-year-old child can fill bags or boxes with donated food or help gather blankets and towels to donate to an animal rescue. However, a toddler or preschooler may not have the stamina to complete a 5K walk.

Volunteerism doesn’t even have to be

Continued on next page ▶

in the traditional sense of working with an established charity. A youngster can pick flowers from a field and deliver them to an elderly neighbor. Or a preschooler can invite a child playing alone to come play together. A toddler who loves sorting items can help sort recycling items at home and watch a parent deliver them to the recycling center.

Another way to engage kids in volunteer work is to match their interests with the tasks. Many kids can't get enough of animals, so they may want to help out an animal organization or be involved with a conservation group. A child can collect change to "adopt" an endangered species.

Kids also can visit a children's hospital and deliver gifts to youngsters battling illnesses. In such situations, kids may be more engaged if they can help kids their own ages.

Children are never too young to volunteer. Finding the right fit can inspire a lifetime of giving back that benefits youngsters throughout their lives.



## Taking 2023 Reservations Now!

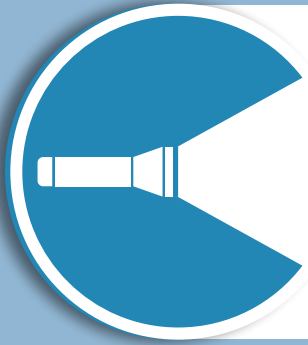
Columbia Play Project provides exploratory play via a Mobile Children's Museum. Activities offer materials and space for children to develop social, emotional, physical and intellectual skills through access to loose parts and time to play at the child's own pace. We encourage adult involvement and exploration too.



Reserve Now

**The Mobile Children's Museum (MCM) is available for small and large groups. We bring the mobile children's museum with materials and when appropriate, prompts for activities or guided sessions.** You provide space for the activities. The MCM can operate in a park, parking lot, or indoor locations with space to spread out.

[columbiaplayproject.org](http://columbiaplayproject.org)



# NONPROFIT Spotlight



For information contact [communitypartnerships@columbian.com](mailto:communitypartnerships@columbian.com)



**ALS**  
ASSOCIATION

Oregon and  
SW Washington  
Chapter

*Keith and Kim Hardcastle*

## Join Our New Helping Hands Program



*Lourdes Newbrey and grandson*

[alsoregon.org/volunteer](https://alsoregon.org/volunteer)

## ALS Association: Helping Hands Volunteer Program

You can help make the lives of people living with ALS a bit easier!

**D**id you know that at any given time there are around 70 people living with ALS in the 6 counties of the SW Washington area? Volunteers will be matched with people with ALS in this region.

Our trained volunteers are truly the arms, legs, and hearts of our organization and we really couldn't do what we do without them. We love and appreciate our volunteers!

### What can you help with?

- Preparing meals
- Mowing / Gardening
- Pet care
- Errands / Grocery shopping
- Basic technology setup or training
- Online care calendar setup or management
- Hobbies / Companionship

NOTE: This list is not all-inclusive! If there is something else you would like to help with – reach out!

### Who can volunteer?

- Anyone over the age of 18 can volunteer. Anyone younger than 18 can volunteer with a parent or guardian present.
- COVID-19 vaccination required.
- Training required: you'll be provided 1.5

hour training session on ALS and how to volunteer before you begin.

- Comprehensive background check required (will be reviewed on a case-by-case basis).
- Groups can volunteer! Yard work and holiday decorating are examples of group activities.

### How to apply

Volunteer applications can be found online at:

[www.alsoregon.org/get-involved/volunteer/](https://www.alsoregon.org/get-involved/volunteer/)

Or contact Volunteer Coordinator **Kristi Snyder at 971-277-5388** for a paper application.

### Learn More

#### Online Information Session

**Tuesday, April 4**

**12:00pm-1:00pm**

Come have a virtual chat with Volunteer Coordinator, Kristi Snyder and hear more about helping out people living with ALS in your community. Questions? Email Kristi. [snyder@alsoregon.org](mailto:snyder@alsoregon.org).

**Registration required.**

**Find more information at**

<https://alsoregon.org/calendar/>

# Local ALS Chapter Seeks Helping Hands



Amyotrophic lateral sclerosis (ALS), often referred to as “Lou Gehrig’s Disease,” is an always fatal progressive neurodegenerative disease that affects nerve cells in the brain and the spinal cord. When the motor neurons die, the ability of the brain to initiate and control muscle movement is lost. When voluntary muscle action is progressively affected, people may lose the ability to



speak, eat, move and breathe. Sadly, there is no cure for ALS.

The ALS Association Oregon & SW WA Chapter’s mission is to serve, advocate and empower people affected by ALS so they can live their lives to the fullest while also relentlessly pursuing research for a cure.

This organization is seeking volunteers to help make the lives a little easier for people and their families affected by ALS. Through the Helping Hands program, a volunteer can offer direct assistance with non-care/medical daily tasks such as errands, yard work, pet care, meal prep or even other things that can be difficult for a person living with ALS such as holiday decorating. Local volunteers from Vancouver are matched with families seeking assistance in the Clark County area.

“Our volunteers are truly the arms, legs, and hearts of our organization and we really couldn’t do what we do without them. We love and appreciate our volunteers!” says Kristi Snyder, Volunteer Coordinator. Volunteers for this organization enjoy the direct difference they can make in the lives of those affected by ALS.

“They say there’s nothing you can do about ALS. WELL – I volunteer, I raise awareness, I fight for the cause every day. That’s what we

can do for ALS. I know that when I continue to volunteer, and a cure comes along, I will have been a part of that effort – so be a part of the cure and volunteer.” ALS Association Volunteer Tony Halford has supported the chapter for over ten years.

You can help serve those affected by ALS and their families by applying to be a volunteer on the Volunteer Program landing page: [www.alsoregon.or/get-involved/volunteer/](http://www.alsoregon.or/get-involved/volunteer/)



Would you like to do more for our Veterans than just saying “Thank You For Your Service”? Then become a Volunteer at the Clark County Veterans Assistance Center. If you have four hours, once a week on the same day to give, go to [ccvac.net/become-a-volunteer](http://ccvac.net/become-a-volunteer) and fill out our Volunteer Application. The more qualified Volunteers we have, the more we can help our Veterans and their families. If you do not have computer access, you may call and/or leave a message at 360-693-7030. It’s a better way to say “Thank You”.





**YOUR LOVE OF  
COMMUNITY  
CAN TRANSFORM  
THE FUTURE.**

We help you learn more and connect with causes you care about.

- **APRIL**  
**OUR NATURAL WORLD**  
An informational panel and giving circle focused on supporting local work for the environment.
- **APRIL 25**  
**YOUR MONEY MINDSET**  
Making financial decisions with intention and purpose. This engaging presentation will help you understand the psychology of money and how it can work for you.

More information at  
[RippleImpactNW.org](http://RippleImpactNW.org)

Ripple Impact NW inspires generosity, informs giving, connects people.  
We do not manage financial investments, nor provide financial or legal advice.  
A tax-exempt 501(c)(3) nonprofit corporation.



**HELP  
BREAK**

**THE HOMELESSNESS  
CYCLE**



Our goal at C-Roots is to address the trend in homelessness with a unique community based approach that ensures a permanent, safe home is the start to a transformative process. With 21 tiny homes occupied, and 20 more units in the planning stages, we are on our way to making a difference.

Join C-Roots in creating affordable housing solutions with support services to break the cycle.





# VOLUNTEERS NEEDED!

## Northwest Association for Blind Athletes

Northwest Association for Blind Athletes' mission is to provide life-changing opportunities through sports and physical activity for people who are blind and visually impaired.

Volunteer support is needed at NWABA throughout the year, whether helping at fundraising events, volunteering as a camp counselor or by supporting our athletes as guides or instructors at various weekend or evening sports events, including tandem biking, track & field, hiking, paddle sports, swimming, skiing or snowboarding, and more.

"NWABA is currently in our winter sports season, and we currently need volunteers to support us in swimming, snowshoeing, skiing, and snowboarding," says Stacey

Gibbons, Vice President, Programs & Services. "We also have a few events where volunteers are needed to help with team sports such as goalball and blind soccer."

Volunteers at NWABA enjoy building relationships with athletes, other volunteers, and team members through similar passions. They create equity and access for athletes in sports and physical activity. "Everyone leaves with friendship, belonging, increased

confidence, and understanding—which has a ripple effect within the community," says Stacey. "Volunteers are the lifeblood of our organization. We can only support our programs and services because of the time volunteers give."

NWABA believes sports and physical activity is a catalyst for greater quality of life. They provide programs and services in sports and physical activity, but the impact extends far more significantly than athletics. "Everyone with a body is an athlete, and we provide the support, access and skills, tools and resources to provide our athletes with a world-class experience. We ultimately support them where they are and where they want to go, building self-esteem, confidence, and community."

**It has been a delight to serve as a #NWABA volunteer. I feel welcomed and appreciated in every interaction. Best of all, the events are great fun for everyone.**

*- Lisa K., NWABA Volunteer*

**What drew me in, and has kept me coming back over the years, is the independence and confidence that #NWABA fosters in its athletes and the relationships it builds.**

*- Margaret H., NWABA Volunteer*

 NW ASSOCIATION  
FOR  
**BLIND  
ATHLETES**

**DO YOU LOVE  
BEING ACTIVE?  
BECOME A VOLUNTEER GUIDE!**

*"It has been a delight to serve as an NWABA volunteer. I feel welcomed and appreciated in every interaction. Best of all, the events are great fun for everyone."*

*~ NWABA Volunteer*



[www.nwaba.org/volunteer](http://www.nwaba.org/volunteer)





## Become a volunteer today!

Reasons To volunteer with us: Learn valuable skills on leading groups and discussions Make an impact on the overall psychological well-being of yourself and others in our community. Your valuable lived experience can help to change lives.

“We are a volunteer driven organization and depend heavily on the continued support of our volunteers,” Angie said. “Our volunteers are priceless to our organization and bring life experiences that help us, as an organization and community to continue to learn and advocate for ourselves as well as all those who have been impacted by mental illness”. You must be 18 years old to volunteer at NAMI SWWA. **Interested volunteers can find out more at [namiswwa.org](https://namiswwa.org), by calling 360-695-2823, or send an email to [info@namiswwa.org](mailto:info@namiswwa.org)**

### Volunteer Opportunities:

Apply today at: <https://namiswwa.org/volunteer>

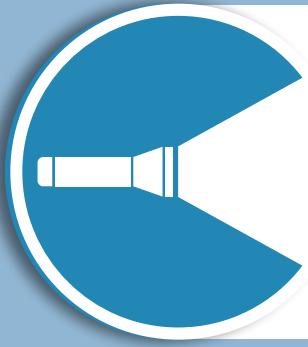
#### Support Group Leader:

Facilitate a support group for people just like you, with lived experience as an individual living with a mental health condition or a family member. Our support groups are 90 minutes long and they offer a place where people can feel heard, supported, and find guidance. 90 minutes can change someone's life.

#### Presentation Speakers:

Share your personal story with others in a safe space. Tell others your mental health journey as an individual or family member. Sharing your story makes a huge impact on the community, Change people's perspectives, help communities grow, and help change the world around you.





# NONPROFIT *Spotlight*



For information contact [communitypartnerships@columbian.com](mailto:communitypartnerships@columbian.com)



## *Volunteers in Motion* ●

**Reliable transportation is a barrier to independence and well-being for many people in our community. It is our passion and mission to break that barrier for Clark County's most vulnerable populations.**

Our services, available for Clark County residents, include:

- Providing approved rides to seniors and those with disabilities
- Training our team of volunteer drivers
- Sharing our community access vehicles with other local nonprofits

We are always looking for new volunteers that want to help others stay active in our community. To learn more about our work, sign up to volunteer, or make a charitable gift to support our mission, please visit:

**[CommunityInMotion.org](http://CommunityInMotion.org)**



*The means to stay mobile* ●

**Drive.  
Give. Help.**

Please support our work by volunteering with us.

Community in Motion (formerly known as the Human Services Council) has connected people in need with vital services and support for more than 60 years. Today, the organization's sole focus is linking individuals who live in Southwest Washington with reliable transportation services and resources so they can live rich, healthy, and independent lives. To that end, our programs assist people with trips to Medicaid-covered appointments, life-sustaining medical appointments, employment, other critical transportation needs, and social activities. Our services are especially useful to seniors, individuals with disabilities, veterans, and other underserved communities. Our goal is help people age in place for as long as possible.

Trips through Volunteers in Motion helps our community members who are facing isolation due to lack of transportation. We help people who are seniors and people with disabilities get to the grocery store, medical appointments, social activities, or any other need they have. We are struggling to find people who are willing to help. Volunteers can work as much or as little as they wish, choosing which trips they would like to take gives the most flexibility to their schedule.

We work with qualified individuals through our program called Volunteers in Motion where trained

volunteer drivers are matched with their Clark County neighbors that require transportation assistance. Come join us: We are always looking for volunteers to help drive our community members. Volunteers have the option to drive their own vehicle for mileage reimbursement or one of our vans. We have an accessible van as part of our fleet.

What it takes:

- A desire to help others and provide excellent customer service
- Be at least 21 years old
- Have a registered vehicle in good condition (if using your own vehicle)
- Possess a valid driver's license
- Complete a volunteer application
- Maintain state required insurance
- Ability to pass a thorough background check
- Verify and sign a Statement of Physical Ability
- Pass initial and annual driving evaluations

All of our work helps to ensure that our neighbors stay engaged in our community and have the means to stay mobile.

We encourage you to consider volunteering with us, applying to join our board of directors, and/or making a financial contribution to support our work. To learn more, please visit our website: [www.communityinmotion.org](http://www.communityinmotion.org).

# COMMUNITY FUNDED JOURNALISM



## You can invest in our community

*The Columbian's Community Funded Journalism Program is designed to raise awareness for important issues in Clark County, including homelessness, transportation, climate change, and the environment.*

## Give Today and Support Local Journalism



# The Columbian

In partnership with

**LocalMedia**  
Foundation

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