

A PRODUCT OF THE COLUMBIAN'S ADVERTISING DEPARTMENT

Connecting Community

FOCUS ON VOLUNTEERS



SHARE Offers Support for Basic Needs

Food and shelter are basic human needs that can sometimes be taken for granted. Many Clark County residents experience hunger, food insecurity, and homelessness.

Share is an organization that works to strengthen our community through a variety of housing stability and food security programs.

“At Share, we believe every person counts,” says Molly Evjen, Director of Volunteers & Community Resources. “We provide services to individuals and families—from the Outreach team on the streets, to emergency shelters, free and nutritious meals, subsidized housing, and permanent supportive housing.”

Share relies on the support of volunteers to provide these services. There are a variety of opportunities to match the schedules, interests, and skills of volunteers—with easy search and sign-up online.

Share serves 6,000 meals a month through the Hot Meals Program, delivers over 2,500 food bags to children in the school districts a month, and serves about 15,000+ meals through the Summer Meals Program. Volunteers are also essential for the in-kind donation program to sort, organize, and pack up donations to be sent out to hundreds of clients each month. Special events and projects are also made possible by generous volunteers.

This year Share is actively recruiting volunteers to help with meal preparation and service inside family shelters, run activities for children, families and clients, as well as engagement assistants to be a helping hand for shelter guests. Those who are interested in getting involved with the shelters are encouraged to contact Molly Evjen at mevjen@sharevancouver.org.

“Our volunteers come from all walks of life. The ability of people to willingly work together for the betterment of our community is a truly wonderful thing.”

Duane Royer has volunteered at Share for eight years and says it’s perfect for a retiree because of no pressure for time commitment, and the work is low stress and not too difficult.

“I get to work with some really great people, both Share staff and other volunteers. We have lots of fun and people genuinely care for each other and for the people we serve. It is gratifying to know we are helping others who need a little extra help.”

Hans Michielsen enjoys helping with the Hot Meals Program. “During my working years I didn’t have a lot of free time to volunteer past the kids’ sports and school activities. Now I do. And I enjoy cooking. I have time and some kitchen skills. I enjoy making good-quality meals for our customers who don’t have a lot of luxuries in their lives. A well-prepped



Share volunteer Siena Hertafeld helping to pack to-go lunches for the Hot Meals program.

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Volunteer to Feed Our Community!

Volunteer to help us prepare & serve 7,500+ monthly to-go meals.
Need for our Hot Meals program remains near historic highs—you can help!

Complete Our Volunteer Application: sharevancouver.org/volunteer



Because *every person counts.*

Thanks to: The Columbian Community Partnerships logo.



Share volunteer Judy Nichols helps to sort, fold and shelve a donation of new t-shirts in the warehouse at the Share Fromhold Service Center.

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and well-plated meal is a small contribution.”

Judy Hudson is a retired school counselor and has served with the Backpack Program for 12 years. Judy says the program is well-organized and the leaders are pleasant and efficient. “If you believe in helping with food insecurity, it’s a regular and organized way to help.”

Lisa Hostick has served with special projects and in the donation warehouse since 2013. “The staff and other volunteers are incredibly friendly and inclusive. The energy is healthy and the people are genuine. There is plenty to do and you can see how their programs impact the community in a positive way.”

Jana Grote writes, “I like the opportunity to meet new people, learn new things, engage with my community, and get a little physical exercise in an enjoyable way. As a science geek, I also appreciate

that studies show that volunteering reduces stress, decreases the likelihood of dementia, and promotes long term physical and emotional health.”

Hilda Lail is a Family and Community Resource Coordinator in the school districts and volunteers for the meal and nutrition program. “SHARE is an organization that dedicates much of its effort to creating smiles in our children, placing food on their tables, basic items and much more.”

Volunteering at Share is something families can do together that will become a tradition carried on through generations. Naithen Lail and Naomi Lail learned from their mom about the important work Share does for children, students, and families. They say they like helping others and giving back to the community.

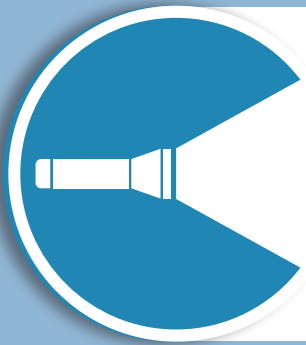
Debbie Kier says, “I like supporting the homeless in our community and I like spending time volunteering with my high school son, Dylan.”

Becky Bittner says, “I remember my grandmother volunteered here back when I was younger. She seemed to really enjoy it so I always thought that one of these days I too would follow in her footsteps and volunteer at Share.”

Jubal Ince serves at the Hot Meals Program and has enjoyed learning how to cook gourmet meals for a large crowd. “My daughter volunteered for a high school project, and I joined her. We plan to continue volunteering even though she’s fulfilled her requirement.”

Molly Evjen reports that in 2021 Share volunteers served nearly 15,000 hours. “Thank you to all of those who have served with us in the past, currently, and we look forward to meeting those who volunteer with us in the future!”

Interested volunteer candidates can learn more about opportunities and sign up for openings at www.sharevancouver.org/volunteer.



NONPROFIT *Spotlight*



For information contact communitypartnerships@columbian.com



NW ASSOCIATION
FOR
**BLIND
ATHLETES**



NWABA.ORG/VOLUNTEER

NWABA Volunteers Change Lives

On May 5, 2022, Northwest Association for Blind Athletes (NWABA) will celebrate its 15th year anniversary of providing life-changing opportunities through sports and physical activity to children, youth and adults who are blind and visually impaired.

We have so much to celebrate including recognizing the work it took to reach this milestone and the volunteers who have supported our athletes and programs along the way. Without our volunteers, we would not have been able to serve as many athletes as we have the past 15 years.

Volunteer with NWABA! We have openings for volunteers who can help provide life-changing opportunities to our athletes this spring and summer. Upcoming program events in Clark County include:

Beginner Hike at Klineline Park in Vancouver, WA

• Saturday, April 2 from 10:00 a.m. - 12:00 p.m.

Beeping Egg Hunt in Vancouver, WA

• Saturday, April 9 from 10:00 a.m. - 12:00 am

Tandem Bike Ride at Burt Bridge Trail in Vancouver, WA

• Saturday, May 7 from 1:00 p.m. - 3:00 p.m.

Paddle Boarding Clinic at Vancouver Lake, Vancouver, WA

• Sunday, June 5 from 1:00 p.m. - 3:00 p.m.

To learn more about volunteering for an upcoming NWABA event, please visit NWABA at www.nwaba.org/volunteer OR contact us at 360-984-5506 or programsteam@nwaba.org.



I encourage anyone looking to give back and impact another individual's life to consider volunteering or donating to The Northwest Association for Blind Athletes. You will not regret a minute of your time and you can trust your money will go directly to help those who will benefit from it.

- NWABA Volunteer







We're not just here to help our neighbors- we're committed to ending hunger in Clark County.



Through the efforts of our incredible volunteer team, FISH of Vancouver provides groceries at no cost to anyone in need! Learn how you can help at www.fishvancouver.org

FISH of Vancouver Food Pantry
906 Harney Street, Vancouver
(360)695-4903
info@fishvancouver.org

office
moms & dads

is now



fosterful
CARING FOR KIDS ENTERING FOSTER CARE

We are mindful

We are thoughtful

We are hopeful



DONATE | VOLUNTEER
info@fosterful.org
WWW.FOSTERFUL.ORG

We're the same great community of volunteers that you may have known as Office Moms & Dads, but now we have an identity that speaks to our vision of equity and inclusivity in the foster care system. On-call volunteers are needed Monday through Friday during business hours (8-5).

NAMI SW WA Supports Awareness and Access to Help to Those Impacted by Mental Illness



People impacted by mental illness face challenges to find support and acceptance, as well as a struggle navigating healthcare systems to access services and treatment. The sense of stigma around mental illness is very real for many individuals and their loved ones. The National Alliance on Mental Illness (NAMI) provides support and education for people dealing with mental illnesses and other mental health challenges by advocating for access to services and treatment, and support for individuals and families, as well as raising awareness and working to destigmatize mental health challenges.

NAMI Southwest Washington serves Clark, Cowlitz, Skamania, and Wahkiakum counties with an office in Vancouver, providing unique support services to fit individual needs at no charge.

“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.”

Current volunteering needs at NAMI Southwest Washington include Presentation Speakers and Support Group Leaders. Presentation Speakers share personal stories with others in a safe space. These volunteers can help communities grow in understanding by changing people’s perspectives. Support Group Leaders facilitate a support group for people just like them, with lived experience as an individual living with a mental health condition or a family member loving someone that does.

Volunteers at NAMI Southwest Washington understand how their help benefits themselves as well as their community.

“As a volunteer I can offer the understanding that only someone like myself, with lived experience of mental illness can provide,” said one volunteer.

Another volunteer said, “Volunteering has given me a

sense of pride and identity, something that can be hard to come by for people with a mental health diagnosis.”

“As a volunteer I am part of a greater good,” said another.

Interested volunteers can find out more at namiswwa.org, by calling 360-695-2823, or send an email to info@namiswwa.org.

What Can You Do In 90 Minutes?

At NAMI Southwest Washington, 90 minutes can change someone's life.

1 in 5 adults experience a mental health condition every year. That's about 45 million adults in the US.

But there is a safe place for those impacted by mental health disorders. NAMI Peer and Family Support Groups offer a place where people can feel heard, supported, and find guidance.

Support Groups are 90 minutes long, for adults and their family members who are dealing with mental health disorders, substance use disorders, or other mental health challenges.

Be a part of that by volunteering with NAMI SW WA as a Support Group Facilitator.

Apply today at www.namiswwa.org/volunteer

NAMI
National Alliance on Mental Illness
Southwest Washington

CDM Supports Independence and Quality of Life for Elderly and Disabled



Volunteers working in enrichment areas of CDM McKibbin Adult Day Center



The elderly and disabled population of our community can experience loneliness and a struggle for living with independence and dignity. CDM Caregiving Services is Clark County's oldest and largest provider of in-home care to the elderly and people of all ages with disabilities. CDM also provides Adult Day Services in their newly opened McKibbin Center located at 2300 NE Andresen Road in Vancouver. They also have charitable programs aimed at addressing isolation and depression as well as providing goods, services, projects, and volunteer efforts to keep elderly and disabled people in their own homes for as long as possible. CDM's newest program, Hope Dementia Support, provides counseling and services to families dealing with Alzheimer's Disease and other forms of dementia.

CDM relies on volunteers to provide extras beyond what Medicaid pays for, both in the Adult Day Center and at home through their Living with Dignity and Hope Dementia Support programs.

"Volunteers benefit our organization by bringing their unique skills and personalities, and experiences," says Eric Erickson, Executive Director. "Our Living with Dignity program utilizes volunteers to deliver things to clients that they otherwise could not

Continued on next page ▶

afford, things that we take for granted like mattresses that don't have springs sticking out or working appliances. We utilize volunteers to do projects for clients that make their homes more livable."

Eric says volunteers also come to the Adult Day Center to entertain or give talks to clients on interesting topics that they would normally not have access to, or sometimes just to help give a client extra attention when needed. He says Hope Dementia Support relies on volunteers to lead support groups and grow connections with families that are experiencing the effects of dementia in their loved ones.

"I think people love giving back to seniors who have done so much for this community over their lifetimes, or to help those living with a disability to be able to stay and thrive in their own home," Eric said. "It is very gratifying to help people who really need it, but don't have a lot of places to turn for assistance."

Patty Elias has been volunteering at CDM Services for around 10 years, except for during the past two years of COVID. Patty became involved with CDM as a volunteer through a friend who knew about her heart for senior citizens as well as love of arts and crafts. "The clients absolutely love doing arts and crafts and they have such fascinating experiences and insights into life," Patty said. "We share stories and lots of laughter. There is a great deal of satisfaction volunteering. You are sharing your time and talents with individuals who truly appreciate you, and you depart each week enriched by the lives of others."

Patty says the staff make volunteering easy by encouraging volunteers to do what they love such as sitting and talking with clients, doing arts and crafts, playing music, putting together jigsaw puzzles, playing cards, bringing therapy animals to visit, or having



discussions on topics of interest.

CDM has many current and upcoming opportunities for interested volunteers. The Adult Day Center is in the process of reopening and getting back to projects with Living with Dignity. Eric Erickson says they are always looking for handyman types for home projects, or anyone who wants to share their talent or life experience with clients at the Adult Day Center. Hope Dementia Support has immediate need for volunteers to run support groups. Interested volunteers can find more information at cdmcaregiving.org, by email info@cdmcaregiving.org, or call 360-896-9695.



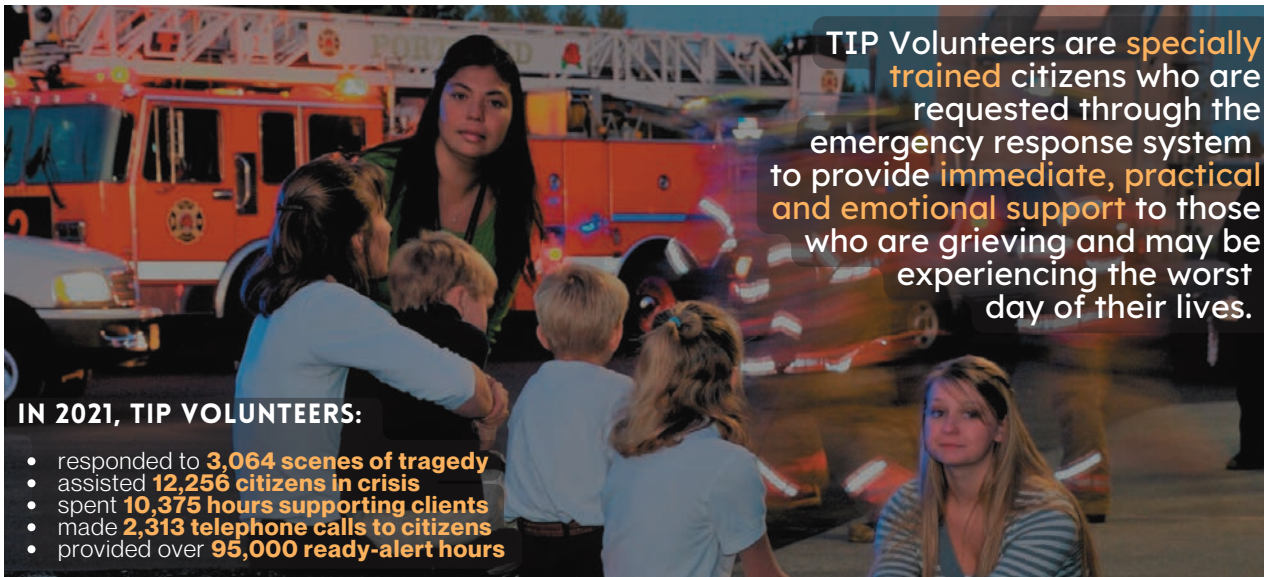
HOPE
A PROGRAM OF CDM CAREGIVING SERVICES

**Been Touched by Dementia?
Help Others Through
Your Experience**

**Volunteer with
HOPE Dementia
Support**

www.HOPEdementiasupport.org
alwaysHOPEinfo@gmail.com
360 5135754

**Our Mission is to provide Support, Education and
Advocacy for Care Partners of individuals
living with dementia**



TIP Volunteers are **specialty trained** citizens who are requested through the emergency response system to provide **immediate, practical and emotional support** to those who are grieving and may be experiencing the worst day of their lives.

IN 2021, TIP VOLUNTEERS:

- responded to **3,064 scenes of tragedy**
- assisted **12,256 citizens in crisis**
- spent **10,375 hours supporting clients**
- made **2,313 telephone calls to citizens**
- provided over **95,000 ready-alert hours**

LEARN MORE AND GET INVOLVED TODAY.

www.tipnw.org
503.823.3937



Soroptimist International of Camas-Washougal



Women are economically empowered when they have control over their own finances and well-being, and when they have a voice in the decisions to shape their lives and the lives of their family.

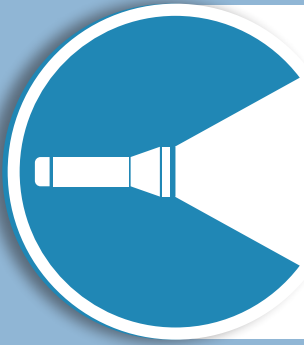
We give educational awards every year. If you would like to join our club of like-minded women working to improve the lives of women and girls, visit our website, www.cwsoroptimist.org.

Facebook: Soroptimist International of Camas/Washougal

PO Box 621, Camas, WA 98607

We are a 501(3)(c) non-profit organization.





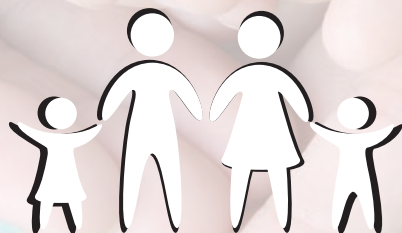
NONPROFIT *Spotlight*



What started as moms at a kitchen table supporting each other has grown into an organization dedicated to all those affected by mental health disorders.

NAMI Southwest Washington is a household name, bringing hope and healing to thousands of families every year through educational courses, support groups, advocacy efforts, and bringing awareness to our community.

These unique services are unavailable or inaccessible elsewhere for individuals and families affected by mental health issues. All our services are free to participants.



**EDUCATION SUPPORT
ADVOCACY AWARENESS**

**2500 Main St. Suite 120 Vancouver, WA 98660
(360) 695-2823 | info@namiswwa.org
www.namiswwa.org**

In the early 1970s, small groups of family members, nationwide, began to gather around kitchen tables searching for support and understanding of their mentally ill family member. Most of those meeting together were moms blamed by the medical profession that their parenting skills caused their child's schizophrenia or other mental health disorder.

NAMI has since become the nation's largest grassroots organization and leading voice on mental health issues. Today, we are an association of hundreds of local affiliates, state organizations, and volunteers who raise awareness and provide support and education that was not previously available to those in need. NAMI SW WA relies on financial gifts, the time and talents of many volunteers, and in-kind contributions to support our important work.

Education services include NAMI Basics, for parents and caregivers of children with mental and/or behavioral challenges; NAMI Family-to-Family, for adults who have an adult family member living with a mental health condition; and Family and Friends, a short seminar for family members and friends of those adults living with a mental health condition.

Support services include Family Support Group for adults who have an adult loved one living with a mental health disorder; Connection Recovery Support Groups, for adults living with

a mental health disorder; Creative Writing for Wellness, a group with time to socialize while working on writing skills; and Adult Autism Social Group, for adults living with autism spectrum disorder.

Anti-stigma presentations include SEE ME, for first responders and students in medical fields; StigmaFree Company, for company management positions; Ending the Silence, for middle and high schoolers, their parents, and teachers; and FaithNet, for faith communities.

Recent additions to NAMI SW WA include Recite Me, a website accessibility tool allowing people with challenges reading or understanding English to access the robust information on the site; YouTalk, a website for youth with family members experiencing mental health challenges; WRAP (Wellness Recovery Action Plan) Classes, a tool to let people plan, be involved, and stay in recovery; and Trusted Adult, a program for community members to help youth with mental health challenges in collaboration with a coalition meeting to address the issue.

NAMI SWWA's goal is to listen to the community, find solutions to problems presented, support and educate people that thinking differently doesn't make people less.



Let us help you
imagine
your future

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. Through our Local Public Service Announcements, Community Partnerships matching funds program, Nonprofit Spotlight promotions and offering specially priced advertising options to our Give More 24! participants we are able to share our Columbian audience and help nonprofits get their 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 or **360-735-4572**.