



Full Life Care Volunteer News

November / December 2023



Thanksgiving Thankfulness

On a sunny Thanksgiving morning, 36 volunteers and families came out for our 28th annual Thanksgiving Holiday Delivery.

We are grateful to everyone who participated this year – we delivered 85 meals to isolated older adults, family caregivers, and their loved ones in our [ElderFriends](#) and [Care Teams](#) programs.

We are grateful for our in-kind donation partners for their contributions that make the deliveries truly special. [Operation Sack Lunch](#) prepared the nutritious holiday meals, [Ballard Blossom](#) gave lovely wrapped roses, The [Bertschi School](#) 1st graders made a festive Turkey centerpiece, The Swartz family prepared treat bags full of seasonal surprises, [Zeta Phi Beta Sorority, Inc. – Lambda Alpha Zeta Chapter](#) provided the juice and other delivery materials, and many wonderful community volunteers created Thanksgiving greeting cards. Thanks to Lutheran Community Services Northwest's [Santa for Seniors](#) program, we also distributed Fall Safety Kits with emergency preparedness supplies through this event!

Full Life Care Year End Fundraising Campaign

Help us create a future where everyone is supported and valued

You have the power to make a difference. With your support, Full Life Care provides essential services for our community neighbors

Virtual Volunteer Info Sessions

Tues. Nov. 28 @ 4:00 – 4:15pm

Wed. Dec. 13 @ 6:45 – 7:00pm

[RSVP via email](#) to learn more about [all volunteer options](#) for the rest of the holiday season and upcoming new year.



Care Teams Zoom Training

Thurs. Nov. 30 @ 5:30 – 7:15pm

ElderFriends Zoom Training

Wed. Dec. 13 @ 5:30 – 6:45pm

Help us relieve social isolation and caregiver burnout year-round.
Become a long-term volunteer!

**GIVING
TUESDAY**

Giving Tuesday, November 28,
kicks off Full Life Care's
Season of Giving!

with serious illnesses and disabilities, and those who care for them. We help them stay healthy, independent, and connected in their own homes and communities.

And we can't do it without you.

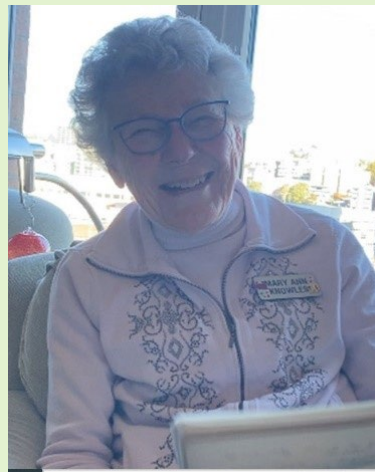
Your tax-deductible donation helps support our home care, adult day health, caregiver support, volunteer-based, and outreach services for thousands of people who need our help.

Thank you for caring about our community neighbors. You are making a difference in their lives.

Please visit our website, www.FullLifeCare.org/ways-to-give, to learn more about our work and to make a secure online donation.

P.S. Want to mail your donation? Mail it to:

Transforming Age Foundation
Attn: Full Life Care
1980 112th Ave NE
Suite 210
Bellevue, WA, 98004



Be inspired by our Blog!

Check out our latest [blog post](#) about our client Mary Ann's story with Full Life Care

Donation Wish List

Our deadline to fulfill our Donation Wish List has been extended to January 20!

Aside from donating to Full Life Care's General Fund during our Year End Fundraising Campaign, support our clients by offering donations of:

- Handmade items (greeting cards, hats, scarves, small home decor/amigurumi animal figurines)
- Gently used items (craft/office supplies, home/recreational/decorative items)

View a full list of accepted items and submission options in our [Donation Wish List](#).

Contribute individually, or coordinate a donation drive of your own, spreading the word to your personal/professional networks.

Virtual Card Making Meetup

Tues. Nov. 28 @ 4:15 – 5:00pm

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



Donation Wish List Items Due

Mail or drop off by Sat. Jan. 20

Sign Up for any opportunity in this newsletter, or share any questions, comments, or requests by contacting Volunteer Program Supervisor, Jessica: 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 35th 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.