

CHRIS' CORNER



First off, I want to wish you all a Happy Holiday Season. My name is Christopher Diangco, Sea Mar Community Health Centers' newest Volunteer Coordinator. Currently, I am an AmeriCorps/HealthCorps member for the 2010-2011 year. Here at Sea Mar, we are very appreciative of the services that our volunteers provide. During the 2009-2010 year, volunteers served 4,800 hours. That is an outstanding amount of dedication and commitment, something that you should be proud of. Remember—we make it happen!

- Chris Diangco

Sea Mar Volunteer

ISSUE 8 HOLIDAY EDITION WINTER 2010-2011



AmeriCorps-HealthCorps 2011-2012: Are You Interested?



Interested in health or social services? Passionate about social justice? Join the Community HealthCorps at Sea Mar!

HealthCorps is an 11-month AmeriCorps program where members serve in various positions to benefit the local community. The 2011-2012 service year begins next fall. Full-time members receive a monthly living stipend, health insurance, and an academic award of \$5,350.

We seek a diverse team interested in health and social services, committed to public service and to improving the lives of local, low-income communities.

Applicants must be U.S. citizens, 18 years or older, and fluent in English.

Some positions require fluency in Spanish. We are also seeking applicants who speak Russian,



The 2010-2011 HealthCorps Team

Cantonese, Mandarin, and Vietnamese. Members are placed in Seattle, Tacoma, Olympia, Aberdeen and Vancouver.

What do HealthCorps members do? Aside from receiving extensive training on health and social

justice issues, members:

- Promote childhood literacy
- Work as maternal support doulas
- Design activities for clients at the childcare center and nursing home
- Lead art projects in our addiction rehab facility
- Improve access to affordable healthcare

For more information and to apply online visit:

www.seamar.org/volunteers/ameriCorps/index.html



COMING SOON to a clinic near you ... AN ON-LINE VOLUNTEER SYSTEM

Volgistics is a new on-line volunteer system that will be implemented at all of the Sea Mar sites. By early 2011, we hope to have this system up and running. Soon, new volunteers will be able to fill out applications on-line and track their hours using this database. Volunteer Site Coordinator will be able to manage volunteer schedules on-line. What does this mean? Less paperwork and better access to your own volunteer profile. Stay tuned for more information.

MOTTO OF THE YEAR: "WE MAKE IT HAPPEN!"

Note of Gratitude

"Volunteers make so many things possible. I would like to give thanks to [the] Olympia Crew who have reached out and made the nutrition and cooking class a definite possibility for the Olympia Medical Clinic. I would like to especially thank Arisa for [her] enthusiasm, listening ear and especially for posting flyers at SPSCC."



Constance Statham
Patient Navigator,
Olympia Medical
Clinic

Martin Luther King, Jr. Day of Service

Join us on Saturday, January 15th from 11:00AM to 5:00PM! In partnership with Food Lifeline and the Providence Regina House, Sea Mar Community Health Center's HealthCorps team will be organizing a food drive at 8 local grocery stores in the West Seattle and South Seattle neighborhoods.

The purpose of our service is to manage a food drive that will directly benefit needy families in South King County.

A small team of HealthCorps members and volunteers will be designated at each of the 8 store locations. We will hand out a "most needed items" lists to shoppers on their way into the stores. Some of the items on the list include any-sized diapers, rice, cereal, peanut butter, spam, chili, black or refried



beans, canned chicken, formula, and canned tuna.

I invite you to join the Sea Mar HealthCorps members as we serve our community in remembrance of Dr. Martin Luther King, Jr.

Our volunteer shifts are from 11:00AM to 2:00PM, and from 2:00PM to 5:00PM. We would

like to have 2 volunteers for each shift, at each of the 8 grocery stores—a total of 32 volunteers.

Last year, the volunteers collected over 3,000 pounds of goods and 91 packages of diapers.

If you and/or a friend are interested in serving alongside Sea Mar, please feel free to contact me at volunteer@seamarchc.org.



HEALTHY WINTER SOLSTICE

The winter solstice is upon us. This also means that the first "official" day of winter has arrived. On Tuesday, December 21, 2011, days will begin to get longer. Many cultures have different ways to celebrate the winter solstice. As you celebrate, please be safe and keep healthy.

On sunny and partly cloudy days, I encourage you to take a stroll outside for at least 15 minutes and soak in some ultraviolet B light from the sun. These ultraviolet rays are integral in the production of natural vitamin D in our bodies. Vitamin D keeps our bones healthy, helps our bodies absorb calcium, and boosts our immune system. So it is vital that we maintain a steady level of vitamin D.

CLINIC SPOTLIGHT:

Burien Medical Clinic, Nurse Manager—Brent Swartz

The Sea Mar Burien Medical Clinic has its volunteers serve in a variety of roles. For example, interested individuals may serve as medical interpreters or as Reach Out and Read volunteers. Also, students can complete their externship for their medical assistant programs. Brent Swartz, Nurse Manager, has ensured that volunteers gain the necessary skills and experiences in health care they were seeking, so that they may move forward in a career as a medical professional, educator or staff. *Thank you Burien Medical Clinic and Brent Swartz for mentoring so many volunteers!*

REMINDERS FOR VOLUNTEERS:

Please remember to:

- Log-in and log-out at your site using the Sea Mar Monthly Volunteer Timsheet.
- Wear your Volunteer Name Badge.
- Please be on time for your scheduled volunteer shift.



SEA MAR
Community Health Centers
Clinica de la Comunidad

Volunteer Program | volunteer@seamarchc.org | (206) 764-8040