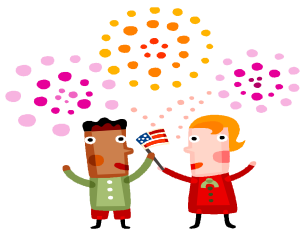


SEA MAR VOLUNTEER PROGRAM NEWSLETTER



Issue 2: Spring 2008

We would like
to say:
THANK YOU to
volunteers
With:
A PARTY!!!



Why: To Celebrate the hard work of our Sea Mar volunteers and volunteer site supervisors

Who: All Sea Mar Volunteers (and guest) and any Sea Mar employee who works with our volunteers.

When: July 26th
Drop In between
12:00 and 3:00pm

Where: Duwamish
Waterway Park

Keep your eyes out
for an invitation
and more details!



To learn more about the Sea Mar Volunteer Program and volunteer opportunities, please visit : <http://www.seamar.org/volunteers/index.htm>

“BUT WHAT ARE WE *REALLY* DOING?” THE IMPACT OF COMMUNITY HEALTH CENTERS

Community Health Centers first came into being in the 1960's as one answer to the growing number of uninsured and medically underserved communities within the United States. All across the country health centers, such as Sea Mar, have built themselves into a vital social service providing health care to over 17 million patients each year.* A majority of these 17 million patients have little to no insurance and limited access to health care.

Like Sea Mar, many health centers put an emphasis on providing comprehensive care, realizing that good health goes deeper

than physical well being. By offering a variety of linguistically and culturally appropriate services, health centers are able to address multiple patient needs, some of which may extend beyond the traditional view of medical care.

In 2007, Sea Mar Community Health Center provided 400,000 medical visits to 97,000 patients.



Sea Mar's South Park medical clinic

However, the impact of community health centers such as Sea Mar extends far beyond the numbers and statistics. In addition to a wide array of social services these facilities are able to provide their clients with a safe meeting place and sense of community.

Every Sea Mar volunteer is an important player in our commitment to ensure affordable, accessible and quality health and human services to our communities.

Thank you for offering your time to Sea Mar and please continue to be an advocate for community health centers!

*www.nachc.org

SEA MAR MT. VERNON HOMELESS SHELTER

Walking into the Sea Mar Mt. Vernon Homeless Shelter feels like walking into someone's home. Maybe because the shelter is actually located in a small, residential house, or maybe because the surrounding community knows that when you walk in the door, whatever social services you need will be taken care of. With a seemingly endless amount of services, the Mt. Vernon Homeless shelter accommodates Whatcom County's homeless and low-

income population.

Cindy Sitko, the program manager of the shelter, along with a small, dedicated staff of employees and volunteers makes this house inviting and accessible to the community. The living room holds racks of clothes for adults and children. What looks like a master bedroom has been converted into a food bank stocked with food from donors and designed to serve 1000 people per month. Their food bank,

unlike others in the area is open five days a week. Other bilingual services include: medical and dental coverage for homeless at neighboring Sea Mar facilities, case management, translating services, and migrant outreach programs.

A huge thank you to Cindy and all of the employees and volunteers at the homeless shelter for providing such an amazing service to the community.

Sea Mar Community Health Center Volunteer Program

Alison Kilkenny
Ann Ngo
Phone: (206)764-8040
Fax: (206) 764-0494
volunteer@seamarchc.org

8915 14th Ave S
Seattle, WA 98108

Community Center and Sea Mar Happenings!

Be on the lookout for these future **summer** events sponsored by Sea Mar and the South Park Community Center:

Volunteer Opportunities:

- July 12: **Crank it Up!**
- June 25th- July 30th: **Duwamish River Clean Up**
- June 25th- July 30th: **Marra Farms Gardening**

Events to Attend:

- June 23rd: **Sea Mar Charity Golf Tournament**
- July 26: **Sea Mar Volunteer Appreciation Party**
- August 19th: **Filipino Dance Group**
- August 5th: **Night Out Against Crime**
- August 12th: **Dances of Mexico**

For more information:
<http://www.seattle.gov/parks/Centers/SouthPark.htm>



Interview With Outstanding Sea Mar Volunteer *Kathryn*

Kathryn has been volunteering for Sea Mar Renacer, a youth treatment center for males, since November 2007.

Volunteer Coordinator: What do you typically do at Renacer?

Kathryn: I supervise the guys at Renacer, help them with their homework and recovery packets and I also teach classes every other week (or so) on revolutionary figures.

VC: What has been challenging? Enjoyable?

Kathryn: Sometimes the patients aren't having a good day, or they are just unhappy in general about being here, and it depends on the person, but many times that unhappiness manifests itself as anger, I sometimes have trouble reminding myself that they aren't really mad at me and that this is a part of, not only recovery, but of being a teenage male.

Of course they push your buttons a lot, especially if you are new, but they are a blast. My favorite thing has been how much I have learned from them; I started out wanting to teach them, but I have learned at least as much from them, about tolerance and how to get and give respect and a million other things, as I feel they have learned from me.

VC: Do you have a favorite activity?

Kathryn: I have come to really like teaching the classes. It's hard because I have to try and figure out ways to keep everyone en-

gaged, and it is definitely still a work in progress, but it's been a lot of fun. I feel like, as long as at least one person got something out of it, it is a success.

VC: Why do you continue to volunteer at Sea Mar?

Kathryn: Like I said earlier, I feel like I have learned so much, and the staff there are so much fun, I just couldn't leave yet. Also, I feel like some of the boys there have rarely had someone who really cares about them, and they all deserve that, and as long as I can effect at least one person with something I do when I go there, I'll keep going.

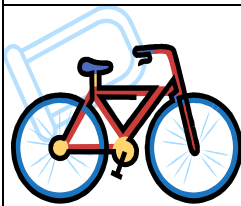
VC: What is in the future for you?

Kathryn: I am going to finish undergrad within the next three years and hopefully do a direct exchange to somewhere in Latin America, in either the second or third year (I'm thinking Guadalajara right now) and after that I'll go to med school.



Thanks to Kathryn for all her time and dedication to Renacer, and thank you to all Sea Mar volunteers! Keep up the amazing work!

JOIN US AND CRANK IT UP!



Join South Park Arts and the South Park community for the summer festival "Crank It Up!". "Crank it up!" takes place on July 12th at South Park's new Caesar Chavez Park. At 1:00 festivities will kick off with bike decorating followed by a bike pa-

rade featuring youth from the community center. Visitors can then listen and dance to the music of local bands and browse booths which feature art by local South Park artists.

South Park hosts a wide variety of fabulous performance and visual artists and this event will allow participants to sample all that South Park has to

offer. We look forward to seeing you there!

For more information visit:
www.southparkarts.com

If you are interested in volunteering for this event please e-mail:
events@southparkarts.org

