

In the past 6 months Sea Mar volunteers have donated 4,700 hours and served over 2,900 people! Thank You!



Sea Mar Volunteer Program

Issue 4
Spring 2009

Who are our volunteers?

Our Volunteers provide thousands of service hours annually bringing with them **enthusiasm, new ideas, special talents and skills**. Our volunteers play an integral role in helping us achieve our mission to provide health and human services to a number of low income communities in Western Washington.

Our volunteers have a **desire to serve the community** while gaining practical experience in the medical, dental or behavioral health field. They commit to 3—6 months of service to our organization and some of our volunteers stay for years (See interview on page 2)!

The Sea Mar Volunteer Program is dedicated to matching volunteer interests with the needs of our many departments to ensure a mutually beneficial and enriching experience.

We appreciate the dedication, time and hard work of our volunteers as they help us to build stronger healthier communities in Washington State.



What do our volunteers have to say about their experience at Sea Mar?

— *“The staff is very friendly and willing to help you in any way they can. If a person is interested in helping a population that is in critical need of medical care, Sea Mar is the place.”*

— *“I’ve volunteered in other sites and my experience in Sea Mar has been really different. Here, I can really feel how my services are needed and I am contributing to the quality of medical care that Sea Mar provides.”*

— *“Sea Mar has been fundamental in shaping my future as a doctor and made me a more compassionate person.”*

— *“I loved my experience volunteering [at Sea Mar] and hope I can come back someday!”*

HealthCorps Day of Service: Dr. Martin Luther King Jr. Day 2009

The communities of South and Southwest Seattle demonstrated incredible generosity on Saturday, January 17th in donating to the Providence Regina House Food and Clothing Bank. HealthCorps members, Sea Mar staff and community volunteers played a vital role in the collection of the donated food.

The food drive brought in over 1,500 pounds of food and diapers, the largest privately held food drive that Providence has ever seen.

Customers donated whatever they could—while for many this was a can of beans, in some cases community members emptied entire shopping carts into the collection barrels. HealthCorps and community volunteers collecting the donations were moved by the incredible outpouring of care in the true spirit and vision of Dr. Martin Luther King, Jr.

Come Join us! Contact the Volunteer Office if you would like to be involved in future HealthCorps Service Projects.



Get involved! Fundraiser car wash for South Park Community Center June 20th **CALL: 206-764-8040**



Sea Mar Community Health
Centers

Catherine Rasnack & Blake Smith
Volunteer Coordinators
8915 14th Ave S.

Phone: 206-764-8040

Fax: 206-764-0494

E-mail: volunteer@seamarchc.org

Check us out online for volunteer
positions and application
materials!!

[www.seamar.org/
volunteers/index.html](http://www.seamar.org/volunteers/index.html)

Volunteer for Reach Out and Read!!!

*Read to children in Sea Mar waiting
rooms!

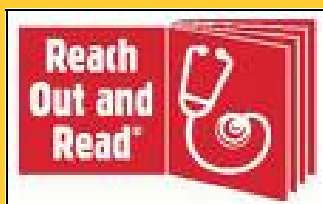
*Increase literacy among Sea Mar chil-
dren!

For more information,

contact Rachel Deutsch at:

reachoutandread@seamarchc.org

206-764-8043



Sea Mar's Outstanding Volunteer of the Quarter: AJ Ryan

AJ has been volunteering at Sea Mar's Child Development Center (CDC) for over a year and a half. He has accumulated over 175 hours of volunteer time!



Volunteer Coordinator (VC): How did you hear about Sea Mar?

AJ: I heard about Sea Mar through the previous Volunteer Coordinator, Allison Kilkenny, when I was working at the Key Arena. I had been looking for an organization to volunteer with, but my schedule was pretty full with school and work. Sea Mar has a Child Development Program that fit in to my schedule perfectly.

VC: What do you typically do at the Child Development Center?

AJ: I am an extra pair of hands for the teacher. Needless to say, keeping an eye on a few dozen three or four year olds can be a bit chaotic, so I try to provide some level of organization in the classroom. I make sure the kids play nicely, wash their hands, and don't get into too much trouble. On occasion, I get to take them to the park and just play around with them.

VC: What has been challenging/enjoyable at the CDC?

AJ: The most difficult issue for me was the language barrier. Many of the kids primarily speak Spanish. Unfortunately, I do not speak Spanish and the kids understand the underlying connotation of words when spoken in Spanish more so than when English is used.

What I enjoy most is just hanging out with the kids. When I come in to volunteer it seems like, for a few hours, I have no worries and I can escape the stresses of my life. It is rewarding to be an integral part of the CDC!

VC: Do you have any favorite memorable moments while volunteering at the CDC?

AJ: I have been working at the CDC for over a year and a half now and have had the pleasure to see some of the kids grow up, and move into different grades. It's just fun to see them get a little bit older and mature more. Some of my past students still come up and chat with me when they see me out on the playground; that is definitely rewarding.

VC: So you have been volunteering for a year and a half now. Why do you continue to give your time to Sea Mar?

AJ: Well, it is fun! I have been volunteering in one way or another for the past ten years or so and really enjoy it. It's always very rewarding and I enjoy meeting new and different people. At the CDC, it's very fun to see kids grow up.

VC: So what is in the future for you?

AJ: I just took the MCAT and have begun the medical school process. Hopefully, by the Fall of 2010 I will be studying medicine in Med School!

Thank you to AJ and all of our volunteers who commit time to our Sea Mar facilities. A special thanks to Cuong Mai for her outstanding service. She has been volunteering with Sea Mar 1.5 yrs!!