

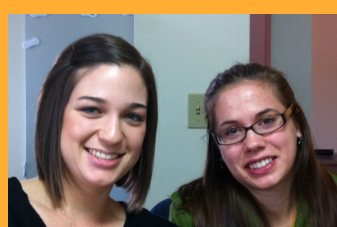
Sea Mar Volunteer Newsletter

VOLUME 1, ISSUE 1

OCTOBER 2011

THE COORDINATOR CORNER

Hello from your resident volunteer coordinators, Kristin Whitacre and Sarah Devine!



We hope everyone is having a fabulous fall!

Questions? Concerns?

Contact us at: volunteer

@seamarchc.org
8915 14th Ave S.
Seattle, WA 98108

Events at Sea Mar



- Walking Group Every Monday at 12pm at

the Sea Mar Seattle Medical Clinic

- 12.1.2011 - Turn in all timesheets
- 1.19.2012 - MLK Day of Service - Be on the lookout for more information!

The Value of Being a Volunteer

The Value of Sea Mar Volunteers

Sea Mar is one of the largest community health organizations in Washington. In 2009-10 Sea Mar provided an excess of 150,000 individual services to over 140,000 people in ten counties in Washington. Sea Mar and the patients it serves greatly benefit from the thousands of service hours and valuable contributions made by volunteers each year. The estimated dollar value of volunteer time is \$21.36 per hour*. In 2008, volunteers at Sea Mar contributed about 10,000 hours of service which is equivalent to \$213,600. It would be challenging for Sea Mar to operate without the many hours that volunteers give.



As a volunteer, you are actively participating in the community and making a difference in the lives of the clients you interact with.

This is critical to understanding and addressing the needs of underserved communities and the health issues they face. Your quality of presence also helps to build a sense of community within Sea Mar. Volunteers are key in Sea Mar's effort to promote accessible, culturally appropriate, quality health care and social services to diverse communities

throughout Western Washington. We couldn't do this without you.

Benefits of Volunteering

The best volunteering involves a commitment to serve others, but volunteers also receive many benefits from their partnership with an organization. There is so much you gain when you give your time and energy to a volunteer position. You may learn more about yourself from the people you serve, develop new career interests or develop new relationships with the people you work with. While you volunteer, please continue to be open to learning and gaining knowledge about yourself and your community in order to help be an advocate for the people you serve.

*www.independentsector.org/volunteer_time

Current Volunteer Opportunities

Burien Medical Clinic

Health Education & Bulletin Boards

- Volunteer helps with the health education program and keeps waiting room bulletin boards updated with resources

Literacy Advocate (ROR)

- Read to children in the clinic waiting room as part of an early childhood development initiative

Seattle Medical Clinic

Clinic Greeter

- Be the face of the medical clinic by greeting & helping patients when they first arrive

Chronic Care Assistant

- Help chronic care manager with diabetes, asthma and hypertension patients' education and care management

Apply to Volunteer Positions by going to www.seamar.org/volunteers/jobs

Outstanding Volunteers

Two site supervisors want to show their appreciation for their amazing volunteers. Thank you Jacqueline and Laura for all that you do!

Volunteer Name: Jacqueline Grange

Site Supervisor: Lynette Pickup

Position and length of service: Back office support at the Vancouver Medical Clinic for 6 months

How has she impacted your site/clinic?

Jackie began by helping out with many different things and eventually settled into an OB coordinator roll. She monitors all 120+ pregnant moms from the clinic and makes sure that they are coming in for appointments. She also tracks deliveries, transfers, and fetal demise. She assists the OB providers with records, chaperoning, interpreting, and anything else they might need.

What's the best thing about having this volunteer at your site?

She is a very dedicated volunteer, giving 20 hours/week on average. It is a blessing to have an additional Spanish speaker to interpret. She is passionate about providing the best prenatal care possible to each patient. She can be found tracking patients with great care so that no one falls through the cracks. There have been many examples of mothers who just never came back for prenatal follow-ups who she can convince to come in to get the care they need so that mom and baby have the best chance of good outcomes.

Anything else you want to add about the volunteer?

In addition to her many hours spent at the clinic, she is eager to volunteer for health fairs and free immunization clinics. She helps administer vaccines, take BP, facilitate flow, whatever is needed. She's been an asset to our team and we appreciate everything she does for us.

Volunteer Name: Laura Adams

Site Supervisor: Alicia O'Dell

Position and length of service: "Garden Lady" at Marysville Medical for 3 Months

How has she impacted your site/clinic?

Laura has greatly impacted our clinic with her positive energy, ceaseless bank of ideas, and green thumb powers! Our clinic had planted a small garden to help educate our patients about gardening and the many benefits that come from growing, being active, and eating fresh organic produce, but sadly the project was put on hold for a while. Then Laura, "The Garden Lady", started volunteering and totally revitalized the garden! As the garden grew so did our staff relations and patient wellness! It was really amazing to see how everyone connected with the garden. Our staff enjoy spending their breaks and lunch out in the back looking at the garden and watching the growing goodies! It's been an amazing tool to help educate our patients about how easy it is to grow their own food and prepare meals using their garden harvest.

What's the best thing about having volunteers at your site?

The community that was created among our staff and patients! Volunteers always bring a passion and fresh energy with them. We all do very challenging jobs and I have found that volunteers really help me to feel rejuvenated in my work and grateful for the opportunity to serve this community.

Anything else you want to add about your outstanding volunteer?

Laura "The Garden Lady" really showed our clinic the power of giving. She had such a selfless love of growing that she gave with no expectations. It really opened our hearts. Also, for our National Health Week celebration we were able to have a garden open house that showcased how easy it is to grow and we were able to taste yummy garden fresh eats! What a way to celebrate health!!!



Thank You To All Volunteers for Your Hard Work!

To all of our volunteers, thank you for dedicating your time to serve the community throughout Western Washington. You have had a positive impact on the lives of Sea Mar's patients and employees. Your passion for helping others and bettering the community is deeply appreciated. Keep up the good work!

To learn more about the Sea Mar Volunteer Program and volunteer opportunities visit: <http://www.seamar.org/Jobs/Volunteers>.

To view opportunities specifically follow the link: <http://www.volgestics.com/ex/portal.dll/OD?FROM=25455>



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