



FRANKE TOBEY JONES
Enjoy your age



Sarah Doerner – Holistic Wellness Coordinator

Sarah Doerner was born in the United States but grew up in Thailand. From a young age, Sarah has been immersed in humanitarian work as her family built and founded an orphanage in Chiang Mai. A project that continues to thrive and expand to this day. Sarah recalled it started as a small bamboo shack in the slum that gave impoverished children a place to read and socialize and soon grew to become a fully functioning orphanage for children, often refugees without documentation.

Her parents built the orphanage from the ground up, literally, and worked every year with the Thai government to get documentation for these children to attend school, graduate, and eventually pursue work as documented residents/citizens of Thailand. Once the orphanage was fully operational, Sarah's parents found an organization in Chiang Mai to take over operations, allowing local residents to continue the work. The success of the orphanage even received a visit from the Queen of Thailand a few years ago.

This was a significant experience that would travel with Sarah throughout her own life journeys. Her parents wanted Sarah immersed in the culture of where they lived, so she attended a local Thai school in a rainforest in Southern Thailand. Throughout her life, every couple of years they would come to the United States to visit family in Hawaii, New York and Oklahoma. A family that is not shy of adventure, each trip would involve cross-country road trips to visit national parks and other significant landmarks. Sarah has been to every state except Alaska!

Thai is Sarah's first language, and she did not start learning English until she was enrolled in an ESL program at an International High School. She recalled the strange looks she received in that class, silent queries as to why she was there, which encapsulates the concept of never judging a book by its cover.

When it came time to graduate high school, Sarah contemplated attending a Thai university, a US university, or taking a gap year. She applied to multiple schools and ended up getting into every single one, including a full-ride scholarship at a New York university. Ultimately, she ended up choosing the University of San Francisco for two reasons; the appeal of the diversity, and more importantly, because her uncle lived in San Mateo. Similarly to her parents, Sarah's uncle was also a humanitarian, who built a school to help immigrants learn English and help with any applicable legalities so they could attain jobs. A humanitarian view of the world was and is Sarah's norm.

After San Francisco, Sarah moved to Colorado and became a licensed massage therapist as part of her post-university continuing education. At that time, she was still figuring out what she wanted to do for a career, but she knew she wanted to work with people and hands-on healing. That is when she met

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her partner, and the next adventure began. Eight years ago, Sarah and her partner found their way to the mysterious and beautiful Washington state. Large bodies of water are essential to her creativity and inspired expression, so the Tacoma area was a nice fit.

Sarah and her partner have a three-year-old daughter, a little firecracker who is already a natural-born traveler, an adventurer like her mom. She does really well on flights, the first being a trip to Hawaii. Recently, the two of them traveled to Thailand to visit Sarah's brother. At three years old, she handled that 26-hour journey like a professional. Her daughter has already started to learn Thai, and after just a month in Thailand, it was evident to Sarah that a couple more months there, and she would be fluent! Sarah knew when she was pregnant that her daughter would be her adventure buddy, and that has become a self-fulfilling prophecy.

When asked for any local Thai restaurant recommendations, Sarah said, "My kitchen." While she is not familiar with the local Thai restaurants, that may be something she will explore in this upcoming year. In the interim, if you want to try some authentic Thai food, she invites anyone to attend one of her Cultural Cuisine classes available through Holistic Wellness, the program Sarah built from the ground up here at Franke Tobey Jones.