



FRANKE TOBEY JONES

*Enjoy your age*

# HOLISTIC WELLNESS PROGRAM

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## REFLECTION

May reminds us that creating is an act of courage. A mark on a blank page. A sentence begun and kept. A small thing made by hand, for no reason other than the making. As the light stretches long and generous, may we let ourselves be makers. Not of perfect things, but of honest ones. Not waiting for inspiration to arrive like a guest, but meeting it halfway, in the doing.

## MONTHLY CHALLENGE

### Create One Thing

Choose anything. A meal, a story, a photo, a rearranged shelf. Make it with your hands or your words or your eye for beauty and resist the urge to judge it before it's done. Share it with one person, or keep it just for you.

## WELLNESS WIN

"I feel stronger today than I have in the past 50 years. I attribute this to the Wellness Program. It was actually one of my motivations for moving to Franke Tobey Jones."

- Resident



## We Are The Architects Of Our Journey

This May, we celebrate Older Americans Month with the theme "Champion Your Health." This is a time to honor the vitality of our members and the proactive choices that allow them to lead vibrant, connected lives.

This month holds a double significance for us: it marks 4 years since the Holistic Wellness Program was founded. From day one, this wasn't a program designed for our members; it was co-created with them.

Our wellness members have been the true architects of this journey. Their wisdom and feedback have shaped every pillar of our holistic wellness program, ensuring that our approach to health remains as diverse and dynamic as the people we serve.

We celebrate this anniversary by reaffirming our promise to serve. By empowering our members to center themselves as the leaders of their own wellness journeys, we continue to build a community where aging is not just a process, but a purposeful experience.

Let's spend this May celebrating four years of growth and committing to a future where every member has the tools to champion their own health.

## Message from Sarah

Thank YOU for being a big part of why this Holistic Wellness Program is such a success! I love building and growing this program with you!



**CAN YOU HEAR ME NOW? UNDERSTANDING HEARING LOSS: CAUSES, DIAGNOSIS, AND TREATMENT**  
FRIDAY, MAY 8  
2 PM FTJ WELLNESS CENTER

Faculty and students from the Speech and Hearing Department at the University of Washington will deliver an insightful presentation on hearing loss. The talk will explore key aspects of hearing loss, including its diagnosis, treatment options, and the latest advancements in related technologies. Attendees will also participate in breakout sessions featuring hearing screenings, a review of various over-the-counter hearing aids, and discussions on managing hearing difficulties. This interactive format aims to provide practical knowledge and hands-on experience with the tools and interventions shaping the future of hearing care.

**SHINRIN- YOKU "FOREST BATHING"**  
TUESDAY, MAY 12, 19, 26  
10 AM MEET OUTSIDE THE BISTRO

Join us for a forest bathing experience rooted in the Japanese practice of Shinrin-yoku, the art of mindfully immersing yourself in nature to restore the mind and body. Through intentional movement and exploring our senses, we will bathe in the wonders of nature. No experience needed. You must be able to walk without staff assistance.

**COFFEE SIPS & MEDICARE TIPS**  
WEDNESDAY, MAY 13  
10 AM TOBEY JONES PARLOR

Join us for a relaxed, no-pressure gathering where you can enjoy coffee, light snacks, and helpful conversation about Medicare.

**ACRYLIC POURS- DOUBLE DIP TECHNIQUE**  
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)  
WEDNESDAY, MAY 13  
1 PM TJ CRAFT ROOM

The double-dip acrylic pour is a beginner-friendly art technique that creates matching or mirror-image paintings on two canvases. It involves creating a design in one canvas, pressing a second canvas against it to transfer the design, and pulling them apart for a detailed, mirrored effect.

**MAKE A DIFFERENCE IN YOUR COMMUNITY**  
THURSDAY, MAY 14  
1 PM FTJ WELLNESS CENTER

Join us for an informal presentation on volunteer opportunities with Lutheran Community Services NW. Learn about the many program offerings through Lutheran Community Services and how volunteering just 4 hours/month can make a significant impact on individuals and the community. Rena Marken, Program Supervisor for the AmeriCorps Retired and Senior Volunteer Program (RSVP), and Pat Jenkins, Program Coordinator for Senior Friends, will be available to answer questions and provide guidance on how to get started as a volunteer and how you can assist someone in need.

**EXPERIENCE THE ALOHA SPIRIT THROUGH THE ART OF HULA**  
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)  
FRIDAY, MAY 15  
2 PM FTJ WELLNESS CENTER

Dancers share the rich history of Hawai'i through rhythmic movements, creating a captivating atmosphere of cultural storytelling. The performance demonstrates the graceful flow of traditional hula, inviting the audience to experience the spirit of aloha.

**INTERMITTENT FASTING: A COMMUNE COURSE**  
TUESDAY, MAY 19, MAY 26, JUNE 2, JUNE 9  
2 PM BRISTOL VIEW 1<sup>ST</sup> FLOOR BOWDITCH ROOM

In this co-hosted course with Senior University and Holistic Wellness, watch pre-recorded presentations over 4 weeks (running May 19 – June 9). Intermittent fasting is so much more than a weight-loss tool – it is a scientifically validated method to reduce inflammation, improve metabolism, and increase energy. When practiced mindfully, intermittent fasting also cultivates intuitive eating and “food peace.” Over the course of these presentations, Dr. Will Cole guides you through a simple, flexible approach, including what foods support your fast, how to best break your fast, and how to navigate common challenges. Also, learn how to personalize your fast to your unique biochemistry and use fasting as a spiritual practice.

**ACRYLIC POURS- OPEN STUDIO**  
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)  
WEDNESDAY, MAY 20  
1 PM TJ CRAFT ROOM

An acrylic pour open studio is a flexible, creative session where artists use fluid painting techniques in a shared space to create abstract art using provided materials.

**CULTURAL CUISINE-CHINESE FOOD**  
TUESDAY, MAY 26  
2PM BRISTOL VIEW 1<sup>ST</sup> FLOOR BOWDITCH ROOM

This comforting meal celebrates the heart of Chinese home cooking, featuring the savory, silky texture of stir-fried tomato and egg served over delicate gua-mian noodles. The Tang-Yuan will be served in a broth with miji (a kind of fermented sweet rice) and osmanthus flowers. The taste will be sweet, sour and aromatic. The experience concludes on a high note with black sesame Tang-Yuan, served in a broth with miji (a kind of fermented sweet rice) and osmanthus flowers. The taste will be sweet, sour and aromatic.

**LIFE BY DESIGN PLAYSHOP PART 2 OF 4**  
(MADE POSSIBLE BY A GENEROUS DONATION TO HOLISTIC)  
WEDNESDAY, MAY 27  
1 PM BRISTOL VIEW 1<sup>ST</sup> FLOOR BOWDITCH ROOM

How might we...? is a reframing technique to help us reinterpret and clarify what really matters in our life. DEFINE is the next phase which helps us focus on meaningful, well-defined problems in order to create better ideas! We'll be connecting dots and building bridges in a fun way!

**NARRA WORKSHOP- ONCE UPON A LIFE**  
THURSDAY, MAY 28  
1 PM FTJ WELLNESS CENTER

You have a story worth telling. More than one, actually. This free, hands-on workshop invites you to share a memory- out loud, in your own words- and watch it become a beautifully written story in minutes. No writing experience needed. Just a life well lived. You'll leave with the Narra app, a finished story, and free ongoing access to keep telling your story- at your pace, on your own time.

FOR QUESTIONS OR TO SIGN UP FOR A CLASS PLEASE CONTACT: SARAH DOERNER  
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