



## Healthy Gardening, Healthy Living

**Participants of the Wellness Studio at Solstice Behavioral Health welcomed spring and summer with open arms and returned to work in the Solstice garden.**

In partnership with the Garden Hotline, Wellness Studio participants grow vegetables in raised beds next to Full Life Care's Solstice offices. The project started with a late winter planning session to help the group decide where and how to plant the seeds. Throughout the summer, participants worked together to tend and harvest the crops.



*Spring planting session at Solstice.*

"This gardening project gets people outdoors, connects them with nature, and teaches them about healthy food," says AmeriCorps Member Ann Lanning, Wellness Studio Coordinator. "The population we serve here doesn't always have easy access to fresh produce, so it's fantastic that we can provide them some with this program."

The Wellness Studio uses everything they harvest to make healthy lunches for participants. The Garden Hotline provides the studio a variety of seeds: tomatoes, cucumbers, eggplants, kale, peas, and more. To add

valuable lessons around eating healthy, Ann also started a "Nutrition Corner" series, where she educates Wellness Studio participants on how to eat and live healthy without busting the bank.

"What I love about the idea for the nutrition corner is that it came from the participants. They requested more information on healthy lifestyles," says Ann. "It's usually a small group of very interested people and we go over portion control, how to eat more vegetables, why certain foods are important in the diet, and more. It really ties together everything we're trying to teach here. Living a healthy life is so important and we are thrilled to help with that."

This is the Solstice garden's second year and the Garden Hotline has been thrilled to work with Full Life Care to make this project a success.

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# Living a Ministry of Presence

**Lee Lowery, 81, lived his life in service of others, constantly moving around the country.** That all changed when his daughter decided she wanted him nearby and helped him settle down in Washington State. Lee spent his work life as a pastor, helping people find meaning and hope in their lives, so he didn't take to sitting around his home. That isolation, coupled with his waning health and mobility challenges, made his daughter look for care options, and led her to Full Life Care's Snohomish County Adult Day Health program in Everett. Her father's gregarious personality helped him make friends and thrive in the center's social setting.

"Coming here means I get to chat with friends and help them out," says Lee. "I'll spend hours just chatting with people about their lives. Being able to connect with anyone is something I learned throughout my work."

Lee was born in Texas, but moved to Saginaw, Michigan in the 1940s with his parents, eight brothers, and two sisters to follow the automotive industrial boom. While living in the Midwest, Lee's neighborhood was visited by Mennonites, and he was immediately drawn to them.

"They walked into our neighborhood and treated us with respect," says Lee. "This is the 1950s; you didn't see a lot of white people walking into black neighborhoods like that. They talked to us like our problems mattered and that our community mattered, I respected that and wanted to be a part of it."



Lee Lowery

“Most importantly, I get a chance to cheer people up again. I love it here.”

Enamored with the Mennonites, their faith, and their acceptingness of all people, Lee quickly became a devout follower. He gave up his promising boxing career because the Mennonite faith abhors violence and decided to attend Goshen College, a Mennonite university, and became a pastor.

"Boxing ain't no way to treat another human being. I decided to stop fighting my fellow man and start fighting the devil."

Eventually, Lee's religious work took him to Chicago, where he preached to people on the street. Committed to spreading his message to those who needed it most, Lee would speak until two or three in the morning

with whomever would listen. He described this as the "ministry of presence," explaining people often just need someone willing to talk with them and hear their issues.

Listening and talking with people always came easy for Lee, which made moving to Everett and spending so much time alone in his home such a challenge. That all changed when he began attending Full Life Care.

"It sometimes felt like the walls would be closing in on me, that's how lonely I felt," says Lee. "Now, I'm happy. I get to sing, I get to spend time with my new friends, and I get to listen to them. Most importantly, I get a chance to cheer people up again. I love it here."



## Riding a Carousel Again, Eighty Years Later

**Joan Jones and her ElderFriends volunteer, Betsy Watkins, visit the zoo annually, and recently they enjoyed a special treat.** As in years past, the Woodland Park Zoo donated guest admissions to ElderFriends, and this year, elders and their volunteer visitors also received passes to ride the historic, 100-year-old carousel.

So Joan and Betsy decided to give it a whirl. The carousel has been retrofitted to accommodate wheelchairs; Joan had her chair safely secured next to Betsy and away they went.

“She told me this was the first time she had ridden a carousel in 80 years,” says Betsy. “Going to the zoo and riding on ferries are definitely the times I see Joan most enjoying herself. And when Joan fed the rhino she said, ‘That’s the first time in 88 years I’ve met a rhino!’”

Betsy and Joan were introduced through ElderFriends in 2015, and Betsy quickly discovered Joan’s spirit of adventure.

“Early on, I jokingly asked if she wanted to go on the Great Wheel,” Betsy recalls. The Seattle attraction is the tallest ferris wheel on the West Coast and not for the faint of heart. “In the past, when I suggested an activity, she’d politely say she was okay with the idea. But this time she lit right up and gave a most-enthusiastic yes! I confirmed that the ride is very ADA-friendly and we were off.”

Betsy appreciates Joan’s spirit of adventure and is reminded to make time and space in her own life for things that matter. “Sometimes I will talk about something that is bothering me and she sort of smiles and says something subtle and wise, and that’s all it takes for me to reprioritize,” Betsy reflects. “I’ve never had a grandparent, so to gain wisdom from someone who both cares about me – and has lived through all the small things – is very valuable.”

To learn more about ElderFriends, visit [www.elderfriends.org](http://www.elderfriends.org).



*Top: Joan and Betsy enjoy the carousel.*

*Bottom: Joan meets a rhino!*

# HELPING VULNERABLE ADULTS IN OUR COMMUNITIES

Full Life Care will enhance the lives of more than 3,000 vulnerable adults this year, and that takes a lot of resources!

Many of our clients and program participants have limited ability to pay for the services they need and deserve. With expertise and

compassion, we care for these individuals and provide respite for their loved ones.

With gifts of time and money, volunteers and donors give generously to support this vital work in their communities.

How do you give?

## *Ways to Give*

### DONATE

#### JOIN THE MONTHLY GIFT CLUB

Enroll for a monthly automatic donation to sustain our programs with ease on your budget.

[fulllifecare.org/donate](http://fulllifecare.org/donate)

### VOLUNTEER

#### BECOME A REGULAR VOLUNTEER

Our needs range from helping hands to professional assistance, primarily during business hours.

[danieller@fulllifecare.org](mailto:danieller@fulllifecare.org)

#### ATTEND OUR LUNCHEON

**October 25**

This annual fundraiser draws critical financial support plus a lovely gathering, thanks to a lot of people pitching in.

[fulllifecare.org/lunch](http://fulllifecare.org/lunch)

#### VOLUNTEER ON THANKSGIVING

**November 22**

Deliver a hot meal and visit an isolated elder who would otherwise be alone on the holiday.

[gingers@fulllifecare.org](mailto:gingers@fulllifecare.org)



# How is it going with Transforming Age?

By Dave Budd, Executive Director

**Occasionally I am asked: “How is it going with Transforming Age?”** In a word, it has been terrific. Since formalizing the relationship in September 2017, we are feeling very supported and respected in our new affiliation with Transforming Age, or “TA” as we sometimes say.

## A QUICK RECAP

Many of you will recall that last year Full Life Care joined Transforming Age, a network of not-for-profit services, products, and partnerships focused on enhancing seniors’ lives. Transforming Age provides housing in communities in Seattle, Vashon Island, Minnesota and Lincoln, Nebraska. Full Life Care, with our breadth of in-home and community-based services, strengthens this network and expands it. TA also has other lines of business including marketing, capital development and investment in cutting-edge technologies such as “powered clothing” to help individuals with physical disabilities to stand and even walk again. It is super exciting! Check out the “technology” link and more at [www.transformingage.org](http://www.transformingage.org).

## WHAT ARE THE BENEFITS TO FULL LIFE?

It has been invigorating to be a part of a network of other not-for-profit providers who share a common goal of making life better for older adults and individuals with disabilities. Affiliates support each another by sharing ideas and resources and opportunities. For example, Full Life is growing to offer home care in the independent and assisted living communities in Seattle that are part of Transforming Age. Those communities are Skyline, Parkshore and Fred Lind Manor. Full Life has traditionally provided home care services primarily to individuals on Medicaid and this growth is a great opportunity to diversify our clientele and our revenue sources.

Transforming Age has also helped us invest in some capital improvements so that we can continue to serve our clients in settings that reflect the high quality of care we provide. We will soon be opening a new office in Federal Way to help expand all of our services further south in King County and into Pierce County, where there is a growing population of individuals who are seeking help to age-in-place.

## WHAT IT IS NOT

Being an affiliate of Transforming Age does not come with a blank check; all providers in our network must operate fiscally responsible businesses. Full Life Care remains a 501(c)(3) not-for-profit organization and our mission has not changed—Full Life continues to provide care to some of the most vulnerable individuals in our community regardless of their income level or ability to pay. Increasingly, our clients include individuals who are currently homeless. Charitable contributions and fundraising are as critical as ever to help us meet these needs for people.

## LOOKING AHEAD

Full Life aims to expand our geographic reach and the scope of the services we provide. As demographics of our communities continue to change and the population of older adults grows at the fastest pace in history, the challenges are great. But with continued partnerships, volunteers and donors, we are up to the challenge and look forward to creating a better future where everyone can get the care they need to remain as independent and healthy as possible. Please consider joining this effort! If you are interested, contact me directly at [daveb@fulllifecare.org](mailto:daveb@fulllifecare.org) or 206.370.4550.

Thank you!

Address Service Requested

Donations: 206.224.3749 • Programs: 206.528.5315 • [www.fulllifecare.org](http://www.fulllifecare.org)

The Full Life Times is a publication of Full Life Care, a registered 501(c)(3) not-for-profit organization.

## Healthy Living

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“These programs help people understand what is healthy and why eating good food is important,” says Laura Matter, the program manager with the Garden Hotline. “Beyond that, gardening is a healthy activity. It stimulates mind and spirit, and builds community because they come out as a group and work together. You get to watch the seed you plant grow and see why your work and patience mattered.”

Laura and other members of her team teach a different topic with each visit. On a mid-July morning, she and a group of staff, volunteers, and Wellness Studio participants investigated the crops for insect damage, especially leaf miners and slugs. They created slug bait in small paper cups, combining yeast and water into an enticing pool that traps the hungry slugs.

Solstice has eight garden beds; the newest one built this summer is accessible for individuals using walkers or wheelchairs. This year’s gardening project started in February and runs until fall, when it concludes with a harvest. The program has attracted attention from the community and helped build relationships with farmers and organizations like the Good Food program, a Seattle Parks and Recreation initiative that helps connect healthy food to communities that struggle to access it.

YOU ARE INVITED TO FULL LIFE CARE'S

# Benefit Luncheon



WITH  
FEATURED  
SPEAKER  
**BRIAN WONG,  
MD, MPH**  
CEO OF THE  
BEDSIDE TRUST

**THURSDAY, OCTOBER 25, 2018**  
**NOON - 1:30PM**  
**SHERATON SEATTLE HOTEL**  
1400 6TH AVE, SEATTLE, WA 98101

INCLUDING A RETIREMENT SALUTE TO  
**NORA GIBSON, MSW**

[FULLLIFECARE.ORG/LUNCH](http://FULLLIFECARE.ORG/LUNCH)

