

FOUNTAIN PROJECT SPRINGS

Summer 2024, Edition No. 1



A Message from the President

It has been over 23 years since the Fountain Project was first created, yet the need to support community health and wellness has never been greater. Accordingly, The Fountain Project has been expanding its activities and outreach to help meet this need. Of course, nothing we do would be possible without the commitment and compassion of our volunteers, donors and practitioners. We are truly thankful for your ongoing support!

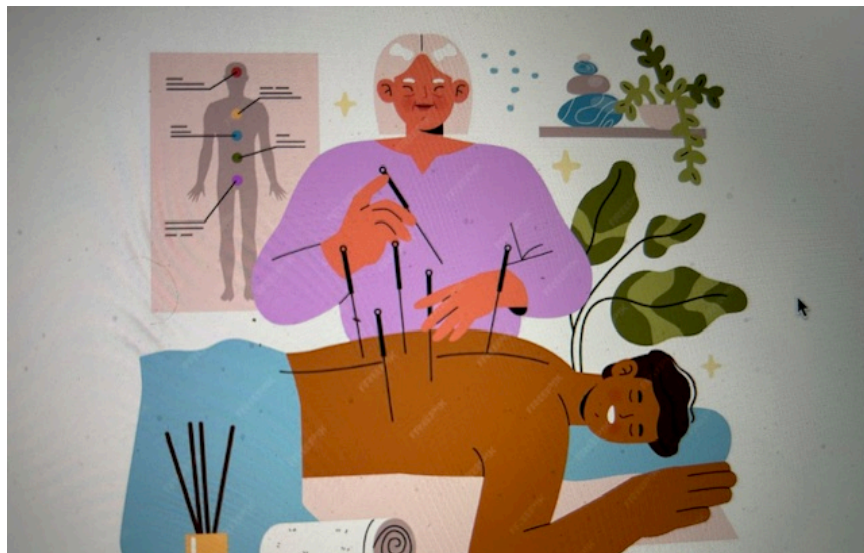
We are pleased with the great success of our new Fountain Project Health and Wellness Center at the LifeLong William Jenkins Health facility in Richmond, which launched in January of this year to offer free medical services to the public in the areas of acupuncture, chiropractic, massage therapy, osteopathy, and counseling. Additionally, the Center offers a variety of free classes such as Art and Movement, Stretch and Wellness, Yoga, Tutoring, Blood Pressure and Diabetes Monitoring and others. In the first six months of operation, our practitioners collectively conducted 1808 patient appointments and received 120 class attendees, and we are now fully operational complete with an online appointment platform.



Additionally, we continue to extend our outreach services to many community groups and events including The Bay Area Rescue Mission in Richmond, The Richmond Commission on Aging, The City of Ten Thousand Buddhas in Ukiah, and various mobile health clinics in San Francisco and Fremont. Further, we are planning new pilot health programs with The Richmond Senior Center, Richmond SOS and GRIP.

On behalf of The Fountain Project family, thank you for your generosity and continued belief and trust in our important mission. Working together, I foresee we will continue to strengthen our community and positively impact lives for many years to come.

Judy Gillespie, President



Tour the Clinic!

If you haven't been to our new Fountain Project Health and Wellness Clinic in Richmond or any of our pop up mobile clinics, we are bringing them to you in pictures!

We invite your to take the tour.



Grand Opening: FP Board members and volunteers officially cut the ribbon. Start tour....



Find your way upstairs.
Our motto is "Feel Better!"



Find your way to our friendly registration desk.
Check in with Sophia and Mayu. Have a Meyer lemon from a patient's tree.



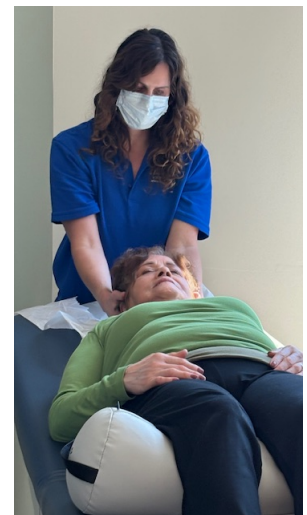
Take a seat in the comfy waiting area. We are right on schedule so a very short wait.



Find your way to your appointment room and meet your practitioner



Dr. Michael Chung DC



Dr. Natasha Bernard DO



Qi Gong class Thursday 6pm with Dagmar Weber



Gentle Movement class Saturday 1pm with Mark Polit



Blood Pressure Education with Scarlett Yuen RN



Board member Lucinda Bazile at Senior Wellness Health Clinic April 18, 2024



Jenna Frisch at Dover Elementary School Teachers Appreciation Day May 8, 2024



The Medical Mission at The City of Ten Thousand Buddhas July 2024

Ears Only: Heard Around the Clinic

What the pictures above can't fully convey is the Clinic's soaring energy, with many, many patients grateful to receive needed care, and attentive practitioners servicing their needs.

Some random comments overheard in the reception area:

"What a great place."

"Is it all really for free?!?"

"What wonderful energy you have here."

"I feel better."

"I've been waiting for something like this."

"Why is everyone smiling here?"

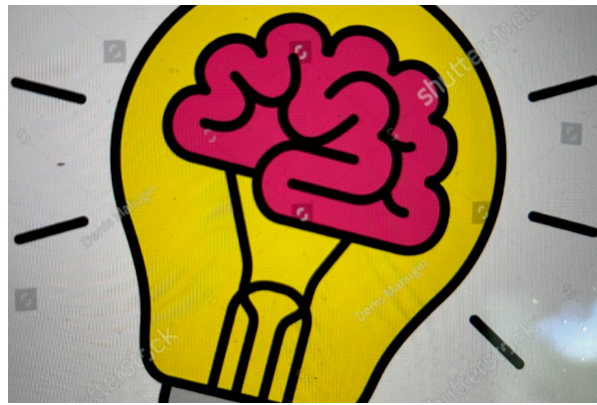
"Thank you, thank you, thank you."

"Can I come again?"

Again, our motto is "Feel Better!"



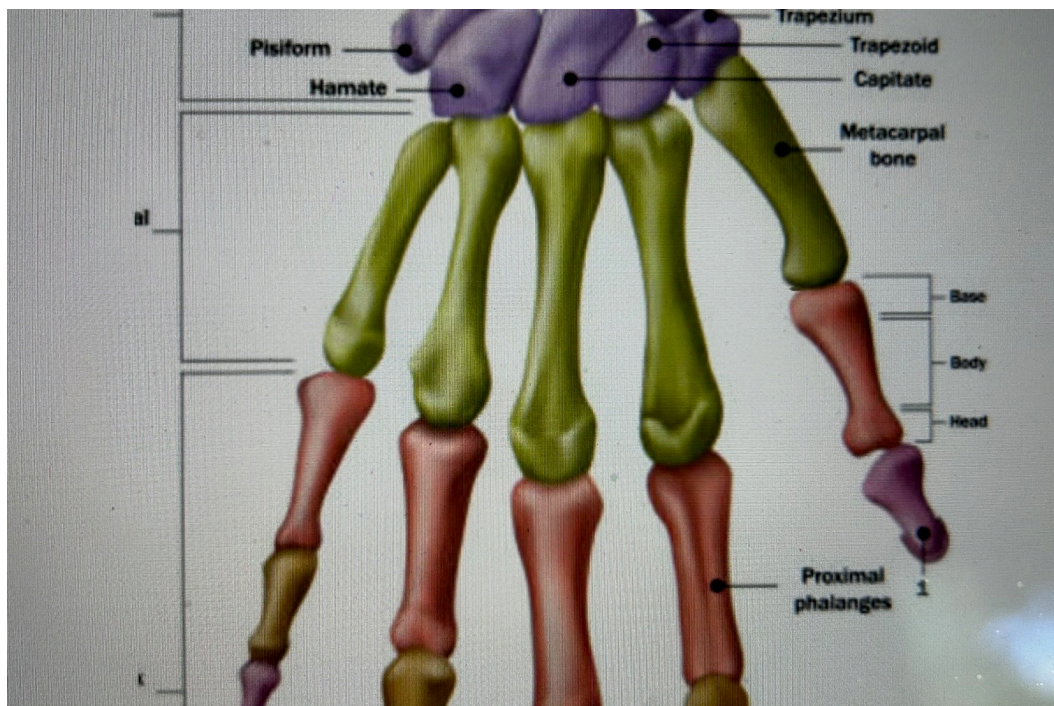
Future Class???



??? DID YOU KNOW ???

An adult person has 206 bones in their body, over half of which are in the hands (54) and feet (52). The biggest bone is the femur in the thigh, and the smallest bone is the stapes located in the middle ear.

Despite some popular belief, there is no “funny bone” in the elbow. The funny feeling you get if you bump your elbow is actually the ulnar nerve responding.



A Special Thank You for the Terrific Tea Team

We would like to extend our fullest and warmest embrace of gratitude to Ann Larson, who has lovingly led the preparation of the delicious seasonal teas for the past 8 years that we have all enjoyed so much! The sale of the teas has been one of Fountain Project's main fund raising events in past years with the proceeds being transformed into the service we provide at many of our outreach efforts.

The tea preparation supervision is being handed over to Carol Salvin. Rest assured, tea lovers, the special recipes and methods have been preserved and are being passed on. Ann's shoes will be hard to fill, but the entire team's care and devotion provides a sterling example for us all.

Thank you, thank you, thank you!



Kathryn, Mary Ann, Carol, Anne, Peggy, Erlene



2024 Fountain Project Events Calendar

Upcoming

September 22	Medical mission at the City of Ten Thousand Buddhas in Ukiah
October 5	One Heart Medical mission, Bay Area Rescue Mission in Richmond
December 7	Appreciation Luncheon 12pm-2pm at Wen Wu School in El Cerrito
December 8	Medical mission at the City of Ten Thousand Buddhas in Ukiah



Past

January 27	FP Health and Wellness Center Grand Opening, 150 Harbour Way, Richmond
February 10	Chinese New Year Luncheon at Bay Area Rescue Mission in Richmond
February 25	Medical mission at the City of Ten Thousand Buddhas in Ukiah

March 2	One Heart Medical mission at Bay Area Rescue Mission in Richmond
April 7	Medical mission at the City of Ten Thousand Buddhas in Ukiah
April 18	Senior Health Wellness Clinic in Richmond
May 8	Medical mission at Dover Elementary School in San Pablo
May 1	Medical mission at Buddha Light International Association SF Branch
May 11	Bike-4 Their Future, a partnership with Today's Youth Matter in Richmond
July 7	Medical mission at the City of Ten Thousand Buddhas in Ukiah
August 3	Block Party partner with Bay Area Rescue Mission in Richmond

Fountain Project Health and Wellness Center Hours

Thursdays 5:30 - 9.00pm

Saturdays 9am - 3:00pm

Lifelong William Jenkins Center
150 Harbour Way, Richmond CA

Make an appointment on our [website](http://fountainproject.org)
(fountainproject.org).

Please note the FPHWC is closed on the
following dates:

October 5
November 28 and 29
December 7 (open 9am to 11 am only)
December 26 and 28



New Developments

FPHWC is delighted to be partnering with LifeLong Family Medicine Residency Program to share its mind-body integrative clinic with the program residents. Lifelong third year residents will serve a rotation within FPHWC to broaden their training to incorporate additional medicinal practices with six intensive modules during the year. Over time, this will result in the next generation of doctors using a more integrative approach, thereby enhancing patient outcomes and wellbeing.

Watch this space!



Want to Volunteer???

We can use your helping hands!

Please contact: info@fountainproject.org

Want to Donate???

We greatly appreciate any and all donations. It's easy on our [website \(fountainproject.org\)](https://fountainproject.org).

The Mountain Project and its Board members appreciate our donors, volunteers, providers and partners for their continuous support!