



# Healthy Aging Through Arts & Wellness

A program designed for senior military veterans, their families, and communities.

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**THE  
SIOTHA  
PROJECT**



# THE WHAT

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Military veterans and seniors carry rich life experiences, but also challenges when it comes to aging well. This program is designed to support participants' mental health, emotional well-being, and physical vitality through creative arts and wellness practices. Delivered in a group setting, each session fosters connection, resilience, and healing within a supportive community.



# THE WHO

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The Siotha Project is a veteran-founded, wellness-based initiative co-created by husband and wife duo Jenn Easley and Kyle Gambol.

Jenn brings over a decade of experience in the healing arts and wellness industries. She holds a Master's degree in International Affairs and is certified as a Mental Health & Wellbeing Practitioner and Yoga as Therapy Instructor. She brings a healing-centered, somatic-based approach to wellness and coaches people to reconnect with their bodies, regulate stress, develop intuition, and cultivate resilience.

Kyle Gambol, co-facilitator and U.S. Marine Corps veteran, now serves as an IT Specialist at Tinker Air Force Base. His military service spanned multiple countries and earned him awards for humanitarian aid and outstanding performance. With a foundation in psychology and certification as a Mental Health First Aid Responder, Kyle is deeply committed to supporting fellow veterans through workshops and community initiatives such as local rucking trips.

Together, Jenn and Kyle combine their lived experiences and professional expertise to create accessible, supportive wellness programs designed to help veterans and community members heal, grow, and thrive.





# THE HOW

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Through The Siotha Project, we help people reduce stress, heal through creativity, and build resilience with trauma-informed and somatic practices. Our work bridges wellness, art, music, and community care to support individuals and systems across the lifespan. Learn more about our key areas of focus.

## **Healthy Aging**

We support adults of all ages in staying active, connected, and creative through movement, music, mindfulness, and expressive arts. Our programs promote physical well-being, emotional vitality, and a sense of belonging—empowering participants to age with purpose and connection.





# THE HOW

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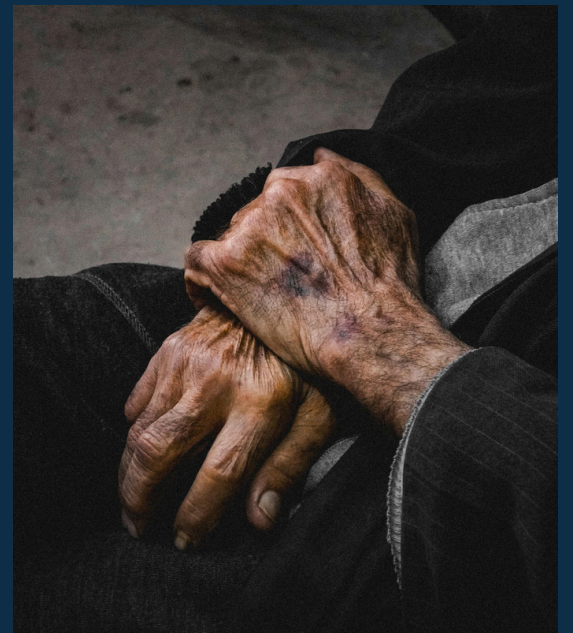
## **Suicide Awareness and Prevention**

For veterans and community members navigating isolation, transition, or trauma, we provide restorative tools for mental and emotional regulation. Through music experiences, somatic practices, creative engagement, and peer connection, we foster hope, self-awareness, and a renewed sense of possibility.



## **End-of-Life Sessions: The Stillpoint Program**

The Stillpoint Program offers compassionate, evidence-informed care for veterans, families, and caregivers navigating life's final transitions. These integrative sessions blend yoga-as-therapy, aromatherapy, Reiki, and music-as-therapy to honor dignity, comfort, and peace.





# OUR WORK

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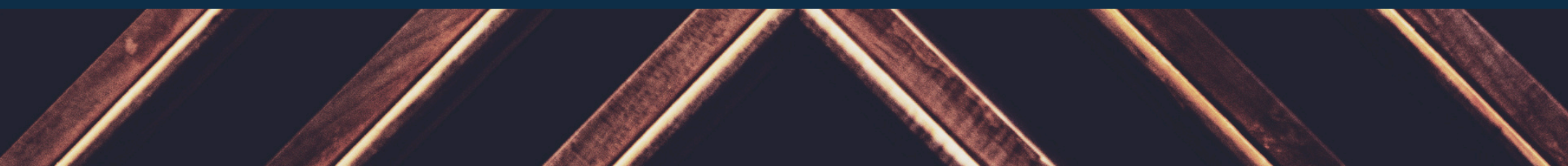


We offer 1:1 coaching, group workshops, classes, and sessions—creating safe spaces for people to rest, reconnect, and rediscover resilience.

Our trauma-informed approach meets people where they are, integrating somatic awareness, creative expression, and mindful leadership into everyday life and professional practice.

Depending on the area of focus, the creative modalities we use include music, writing, yoga and breathing techniques, recreational rucking and more.

We are able to work with VA Centers, Assisted Living Centers, Hospice Care, hospitals, and wellness centers. We can also help build wellness and veteran integration programs for companies/organizations.





# THE RESEARCH

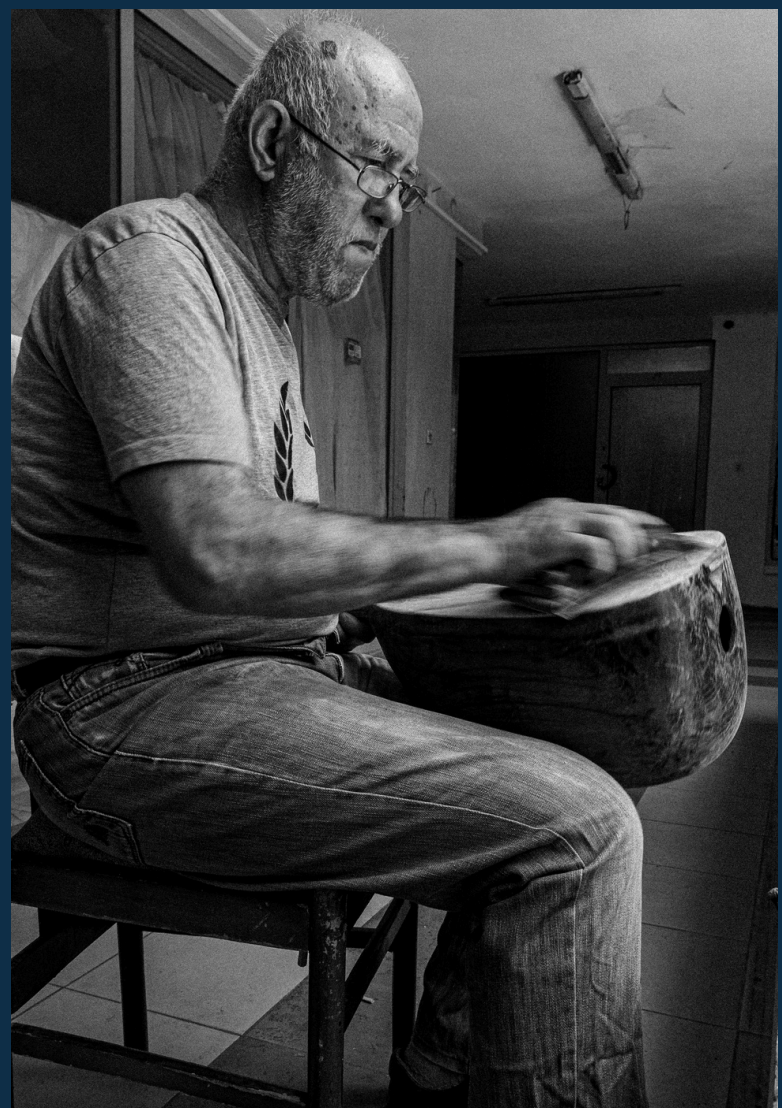
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Research shows that engaging in the arts can play a powerful role in supporting healthy aging for veterans, promoting cognitive function, reducing stress, and strengthening social connection.

Studies by the National Endowment for the Arts and the American Journal of Public Health highlight how activities like music, writing, and visual arts can help improve memory, emotional regulation, and overall wellbeing in older adults.

The Siotha Project provides veterans with opportunities for creative expression and meaningful outlets for processing life experiences, fostering resilience, and maintaining a sense of purpose—all of which are linked to healthier aging outcomes.





# PROGRAM HIGHLIGHTS

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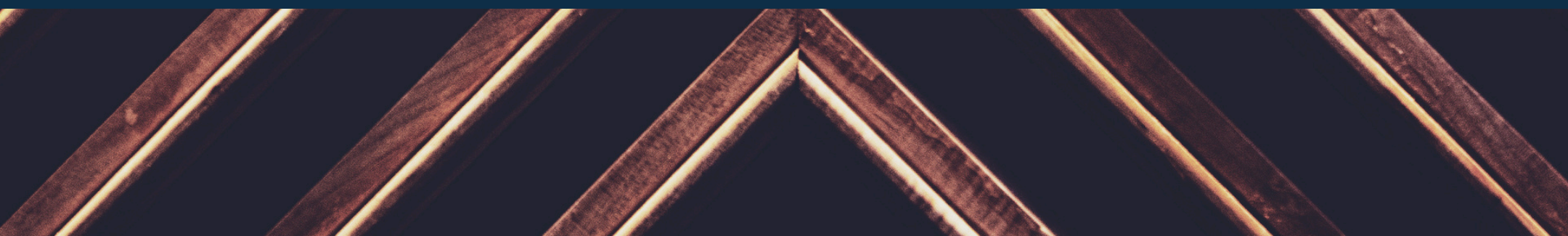


## 1. Writing Workshop

Participants explore personal stories and creative expression through guided writing prompts. Writing can help reduce stress, improve mood, and provide meaningful ways to process experiences. These sessions encourage self-reflection, storytelling, and the power of words to connect veterans with themselves and others.

## 2. Strength & Movement Workshop

Gentle, accessible movement practices designed for every body type and ability. Veterans can choose between chair-based or mat-based sessions focused on flexibility, balance, and building strength. Movement promotes circulation, reduces pain, and supports long-term mobility and independence.





# PROGRAM HIGHLIGHTS CONTINUED

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## **3. Music Listening Session**

Live performances by a singer-songwriter with acoustic guitar create space for relaxation, memory recall, and emotional connection. Music is a proven tool for stress reduction, improved mood, and stimulating the brain's pleasure and memory centers.

## **4. Rhythm Workshop**

Through djembes, hand-held drums, and percussion instruments, veterans engage in group drumming exercises that promote teamwork, reduce anxiety, and improve focus. Rhythmic activities are energizing and grounding, offering both fun and therapeutic benefits.

## **5. Emotional Wellbeing Session**

This session provides practical skills in conflict resolution, stress response, and emotional regulation. Veterans learn tools to manage daily challenges, improve communication, and strengthen mental resilience in a safe, peer-supported environment.





# SPECIAL ARTS PARTNERSHIP

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## 6. Visual Arts Classes

Blending a variety of fine art mediums, this class offers therapeutic techniques and fosters empowerment and a nurturing atmosphere. Students can create finished products that often become gifts for loved ones, leaving a lasting impression on the artist and their families.

Visual arts classes are led by Sheila Guffey, a dedicated teaching artist and consultant with a Bachelor of Fine Arts and a Master's of Adult Education. Sheila has over 14-years of experience in leading and developing specialized arts programs and community outreach initiatives for senior adults in Oklahoma.

In addition to partnering with The Siatha Project, she facilitates and teaches for the program Creative Aging, with the Arts Council Oklahoma City.





# OVERALL BENEFITS

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- Improved mental health and reduced stress
- Greater physical mobility and strength
- Increased sense of community and belonging
- Opportunities for self-expression and creativity
- Practical skills to support daily emotional wellbeing

## WHY IT MATTERS

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Healthy aging is not just about the body—it's about the mind, emotions, and spirit. Our senior veterans and community members deserve holistic support that acknowledges their service and honors their unique experiences. By integrating creative arts with wellness practices, our program offers a comprehensive path to thriving through each step of their journey.



# NEXT STEPS

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We would be happy to partner with you to bring The Siotha Project's wellness and arts-based programs directly to your community.

Together, we can create supportive spaces that honor service, strengthen connection, foster empowerment, and support peace and purpose.

*Jenn + Kyle*







# THE SIOTHA PROJECT

We look forward to connecting with you!

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