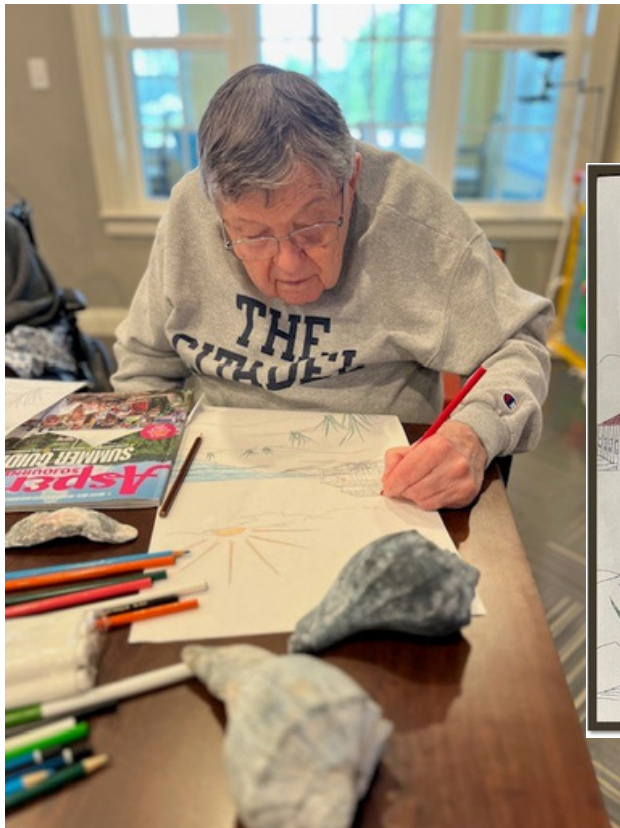




Thank you to Skilled Nursing, Assisted Living, Memory Care & Independent Living Center residents and staff across Tennessee and South Carolina for sharing their art and heartfelt stories.



< **"Memories & Possibilities on the Seaside"**



**STORY BY: ELLIOTT COOPER
RESIDENT-ARTIST
STILL HOPES EPISCOPAL
RETIREMENT COMMUNITY
WEST COLUMBIA, SC**

"Family beach trips, Folly Beach, Charleston, the Citadel — good memories! I liked sitting on the beach, fishing, reading, and fellowship."

"For the Birdwatcher"

**STORY BY: DEBBIE EARLY
ACTIVITIES DIRECTOR
SPRING CITY CARE & REHABILITATION
CENTER
SPRING CITY, TN**

"Lynne, a resident-artist at Spring City, has a grandson that enjoys birds. So, she drew different birds just for him. He'll be able to identify them as he birdwatches from his yard at home."



Stones River Manor in Murfreesboro, TN

as the first Senior Living Community to offer the Art4Life therapeutic, expressive art program to residents in all categories of care including:
Independent Living, Assisted Living, Memory Care & Skilled Nursing

STORY BY: SHANNON WATSON
LIFE ENRICHMENT DIRECTOR
STONES RIVER MANOR
MURFREESBORO, TN

"We kicked off our Art4Life program at Stones River Manor in the very best way. Residents from independent living, assisted living, and memory care came to the activity room unsure of what they were getting into. A few residents entered the room reluctantly and assured us this was NOT for them, claiming they weren't really artists. Some said they just wanted to watch.



We showed a quick video on how to use the art medium, meditated on how we felt in the warm summer sun, and then played music about the sunshine. As their memories started to flow, our resident-artists expressed themselves beautifully with color and brushstroke.

We loved hearing them explain what they felt in the warmth of the sun. But, the best part was hearing their stories from working all summer at an ice cream factory with a 'hero of a boss' and eating spumoni ice cream to taking the boat out on the Potomac River. We are all looking forward to our next Art4Life session where we will express our ideas of heaven."



"Sky, Ocean & Land"

"I'm in a good mood, so I put a smile in it. I feel peaceful looking at the sky, ocean, and the earth."



— Werdna,
Resident-Artist

"Hope"

"Harvey, resident-artist, is shown painting his garden after he was prompted to think of the warm, summer sun. There's a cactus, a lizard jumping over a fence, and lots of fruits and veggies. He has always enjoyed gardening and working his own fields in Lascassas, TN as well as helping with his church's community garden. You can find him most every morning tending to our raised gardens at the Manor. He told us that growing fruits and vegetables makes him happy!"



"Day at the Beach" ^

"I spent my summers with my grandparents on Lake Ontario. We had a cottage on the shoreline. We spent our days on the beach."

— Marion, Resident-Artist



"Creative" ^

"I wanted to draw a house with a little kid playing outside. The sun is coming out and I feel happy. I see flowers. All of them, along with the bright sunshine, give me energy and joy."

— Bobby, Resident-Artist



"Spring" ^

"Mrs. Jordan gave me some flower bulbs and they were so pretty. I had to leave them behind when I moved here."

— Corrine, Resident Artist

**NHC GARDEN CITY
MURRELLS INLET, SC**

*Winners of
Thriving4Life's easel and
drawing board raffle!*

"Happy Beach Moment"

"I enjoy sitting on the beach sipping wine."

✓ *Rebecca, Resident-Artist*



"Beautiful Flowers"

*"I enjoy painting while sipping wine as
Mr. French plays beautiful, classical
music."*

✓ *Patricia, Resident-Artist*



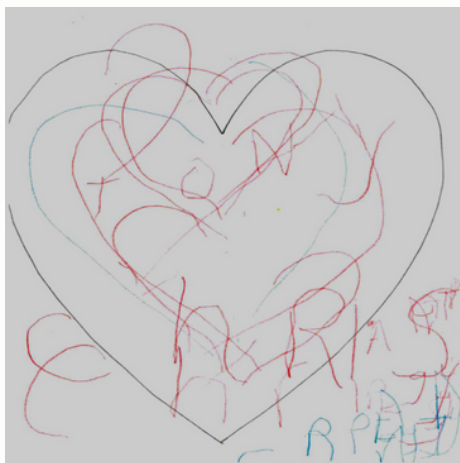
"From the Heart"

**PRESBYTERIAN COMMUNITIES
OF SOUTH CAROLINA
CLINTON, SC**



*"I love all my friends and orange
is one of my favorite colors!"*

— *Mary Nell, Resident-Artist*



*"I put my husband's and my
son's names inside my heart!"*

— *Margaret, Resident-Artist*



*"My heart has the words 'I love
you' in the middle!"*

— *Cora, Resident-Artist*

"Times We Remember"

STORY BY: DEBBIE EARLY
ACTIVITIES DIRECTOR
SPRING CITY CARE &
REHABILITATION CENTER
SPRING CITY, TN

"It was Flag Day! We discussed that the Fourth of July was close at hand. Patsy drew the flag and we talked about saying the Pledge of Allegiance each morning when we went to school."

Lynn drew her version of fireworks and we discussed how we celebrated this important national holiday with cookouts and fireworks.

Jeremiah loves listening to the others tell their stories because he is younger and loves to see how things are different and the same. They also enjoy hearing his stories!

Art time is always about reminiscing and creating art that represents the times we remember as we grew up at home."



HAPPY
4TH OF JULY!

THOUGHTS OF SPRING FROM McCORMICK POST-ACUTE McCORMICK, SC

"When everything is in bloom and the birds are chirping."

— Patsy, Resident-Artist



"Tulips in Bloom"

"My memories of the flowers growing in my yard as a child. I always loved the purple ones!"

— Daisy, Resident-Artist



"My Spring Day"

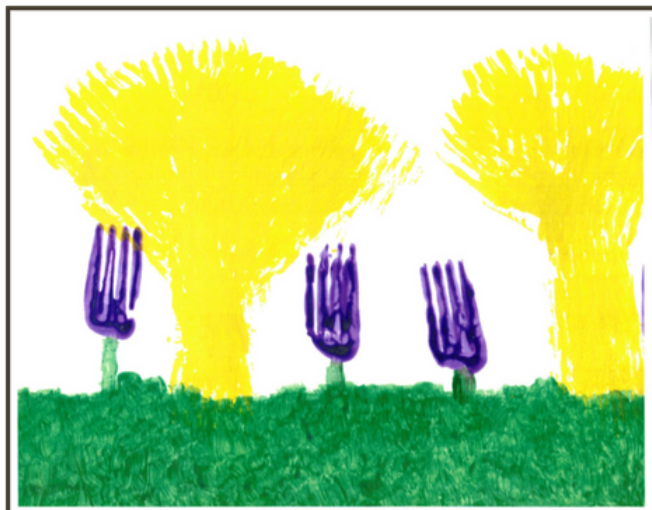
"I love when spring arrives. I like looking at my tall flowers and grass growing."

— Daisy, Resident-Artist



"I love eating big, red apples!"

— Lula, Resident-Artist



— Lula, Resident-Artist

"I always loved the flowers in springtime. My mother and I loved to pick them to put in our house on the kitchen table."

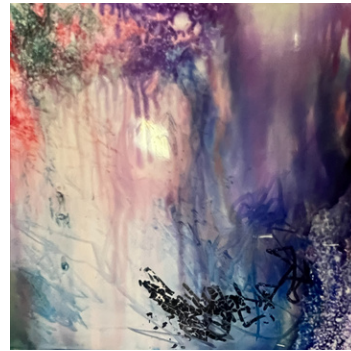
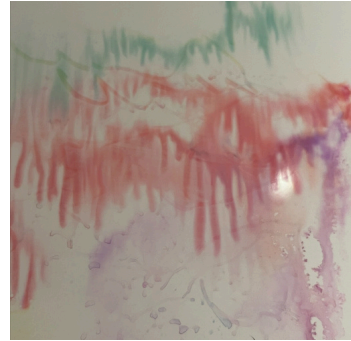
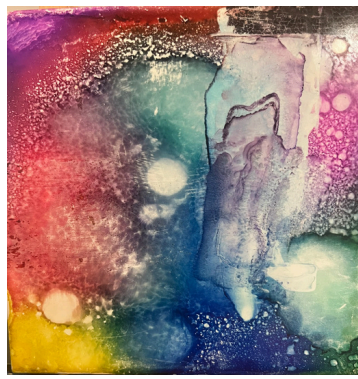
"Masterpieces"

STORY BY: BRITTANY NEWELL
LIFE ENRICHMENT DIRECTOR
FRASER HEALTH CENTER
HILTON HEAD ISLAND, SC

"In the month of May, our resident-artists completed beautiful art using white tiles, sharpie markers, rubbing alcohol, and a spray bottle.

They took their time adding color and making designs. Afterwards, we sprayed the tiles with rubbing alcohol. The colors blended together, and we tilted the tiles to create the final product.

We are so thankful to Thriving4Life for supplying us with some of the art supplies we used to create these masterpieces!"



This and other art exercise videos are available on-demand for our participating care centers under the "Education" tab!

HAPPY Independence DAY

**The Art4Life Program
State-wide Initiative**

is made possible by:

**Tennessee Technological University's
Whitson-Hester School of Nursing**

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**the Tennessee Department of Health &
the Tennessee State Agency**

and

**the South Carolina Department of Health &
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