



## **"This Program Opened My Eyes!"**

**STORY BY: PATRICIA VENZANT  
LIFE ENRICHMENT COORDINATOR  
KIRBY PINES MANOR - MEMPHIS, TN**

*"As Kirby Pines Manor reaches the one-year mark from our initial training, I want to share that we have thoroughly enjoyed the ArtTherapy4Life® program. We'll continue to use the program's techniques as learning tools to keep residents engaged and participating through art. This program opened my eyes to new and different ways to encourage my residents. It has taught me to listen more intently, since each resident has their own personality and life experiences. This therapeutic art program has enhanced trust in our relationships and brought us closer together. One-on-one conversations have allowed residents to reminisce and share their life journey through art. Residents have experienced an increase in their self-esteem, socialization, self-awareness and motivation, improvement in their cognitive skills, and confidence in themselves. Overall, the residents were able to express their inner thoughts and happy memories in their paintings. I'm grateful for the opportunity to learn what art-therapy can do for our current residents and how it can welcome new residents into our care community. Thank you so much. I'll never forget it!"*





This artisan is delighted to hold a paint brush and blend colors for unique designs. Her creative expressions fill her with sheer delight and profound satisfaction with each accomplishment. She loves sharing time together with her peers and is always thrilled with the chance to create art alongside others, supporting their artistic creations with her kind and encouraging words.

— RUTH, RESIDENT-ARTIST  
NHC HOLSTON

## ***Goodbye 2021! Hello 2022!***

STORY BY: KIM UZONYI  
RECREATION DIRECTOR  
NATIONAL HEALTHCARE-HOLSTON  
KNOXVILLE, TN

*"NHC Holston ushered in the new year with a calendar of art displayed monthly by many of our ArtTherapy4Life® program participants. Art therapy techniques have had proven results in decreasing pain, behaviors, and depression while enhancing memories, continued learning, mood, and personal satisfaction. The residents look forward to attending art sessions each week. There has been no greater thrill than watching their joyful expressions as they hold up completed projects. The storytelling has been an added bonus." (cont'd pg 3)*

This artist has developed a love for painting. When he received a watercolor paint set with paper for Christmas last year, he began to request independent opportunities to paint in his room and is overjoyed at each chance he gets to hold a brush. He is an outdoor enthusiast and especially enjoys painting fish.

— JT, RESIDENT-ARTIST  
NHC HOLSTON





*(cont'd "The calendar features selected artwork from sessions that may explore a particular artist such as Freda Kahlo, Andy Warhol, or Paul Klee. Other sessions incorporate weekly themes enjoyed by all the staff, patients, and residents such as a wild west painted desert sunrise and the SS Holston cruise ship porthole. A small description of the artist details the enthusiasm and creativity of the individual artists. The residents have explored various methods of art-making with Q-tips, wine corks, sponges, quality brushes, paper, chalk pastels, and watercolor pallets included as part of the ArtTherapy4Life program.")*

*(conclusion p4)*

## SS Holston Cruise Ship Porthole



This artist is very conscientious of the "look" of the artwork. She is purposeful with the intention of mixing the thought with the reality and feels especially successful when the image in her mind is exactly what she expresses on paper.

— MARY W  
RESIDENT-ARTIST  
NHC HOLSTON



This artist enjoys experimenting with a variety of techniques while contemplating her next design. She selected colors to set the mood for the background and was willing to challenge her skills to attempt images for the focal point. Her project was a success that she is very proud of.

— BETTY N, RESIDENT-ARTIST  
NHC HOLSTON

# Goodbye 2021! Hello 2022!

*(cont'd) "Originally, we hoped to enhance the Resident Council Fund by charging a small fee for the calendars. What we didn't expect was the wonderful response. Family members and staff were thrilled to have their treasured artwork displayed in calendar form and purchased by others – more than we ever anticipated. The residents were proud to learn that their artwork was cherished by so many. We are grateful for the ArtTherapy4Life program grant, training, and the success it brings to each of us at NHC Holston. The residents and patients are so excited, they're already planning next year's calendar!"*

**STORY BY: KIM UZONYI  
RECREATION DIRECTOR  
NATIONAL HEALTHCARE- HOLSTON  
KNOXVILLE, TN**



This artist enjoys a gentle touch when creating compositions of floral arrangements. Using her fingertips to carefully place petals and a swiping technique for leaves, this artwork was an experiment using a different approach to watercolor pallets.

— BRENDA, RESIDENT-ARTIST  
NHC HOLSTON



This artist has found art to be very calming and fulfilling. He eagerly looks forward to creating with watercolor paint. His technique is methodical, bringing pride and satisfaction with each creative work.

— FRED H, RESIDENT-ARTIST  
NHC HOLSTON

# Stories, Expressions & Passions

BY: DEBBIE EARLY  
SPRING CITY  
HEALTH & REHABILITATION



*"Our resident-artists were asked to create something that held personal meaning for them—a place they liked to visit — a thing or person—past or present. Then they were asked to tell the story behind their artistic works.*



*Some stories included visiting grandma and grandpa. One resident shared a story about the home they grew up in. It had a running creek behind the property, and they could swim every day during the summer. Some stories were about being with family at home, raising their children. One resident reminisced about grandma's flowers—the colors, the shapes, and how she wanted more of the different colors. She had tears in her eyes as she talked about her adventures and even smiled during her storytelling. One resident "bleeds orange" and told us about her favorite sports team—the Tennessee Volunteers.*

*It's so good to hear these residents' stories, see their expressions, and feel the passion they have for their past adventures and life experiences. These art sessions stir emotions, but they're good emotions and memories for our residents. Others enjoy hearing each story and telling of their own adventures."*

STORY BY: DEBBIE EARLY  
QUALITY OF LIFE DIRECTOR  
SPRING CITY HEALTH & REHABILITATION  
SPRING CITY, TN



## More Stories, Expressions & Passions from Resident-Artists at Spring City



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