



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



"Well-Being Wheel"

**STORY BY: KATRINA FAIRCHILD
ACTIVITY DIRECTOR
RIVER FALLS POST-ACUTE
MARIETTA, SC**

"I strive to challenge my residents mentally and to have them 'think outside of the box' often. Aimee is exceptionally good at doing this—always adding a lot of color and detail into her work and giving the project a lot of forethought.

This project was called the Self-Care Wheel, whereby each resident-artist had to come up with a list of personal goals to fulfill their realms of wellness: psychological, social, spiritual, physical, emotional, and intellectual. From that list, he or she was to select one aspect in particular which would be included in their wheel.

What makes Aimee's work even more amazing is the fact that she has limited dexterity: she has but two digits on each hand! We are continually awed at all of her beautiful work and her drive to do it all—100% on her own."

"More Engaged"

**STORY BY: PAMELA HURLEY
ACTIVITIES DIRECTOR
MAGNOLIA MANOR - SPARTANBURG, SC**

"When Kim first came to our care center, she wasn't very active. She now attends activities—but she really enjoys drawing pictures of different scenes. It's been great to see her become more engaged."



"Thinking of Fall"

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

"We've been enjoying the cooler weather, so in our Art4Life class, we decided to think about the fall time of year and remembered how the leaves change their colors. In the coming weeks, we'll be thinking more about fall and creating more colorful, fall scenes—since it will be here before we know it!"



"Patsy used a Q-tip to dip in the paints and put color on her tree."



"Nell decided she didn't need her paint brush and used her fingers to mix the colors and add them to her art paper."



"Lynne has a passion for birds. She's drawn many different birds lately and even sent some to her grandchildren."

"Safe Spaces. Happy Places."

SUBMITTED BY: ANNA MEADE
ACTIVITIES DIRECTOR
MAGNOLIA MANOR - ROCK HILL, SC

"My Own Mountains"

"My safe space would be in the valley of my own mountains. I would be happy there."

— Thomasena, Resident-Artist



"On the Beach"

"My safe space or happy place would be alone at the beach!"

— Wanda, Resident-Artist



"Images of Heaven"

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

"We asked our resident-artists their thoughts about what heaven looks like. Here are their creations."



"Peaceful Scene of Heaven"

— Faye, Resident-Artist



"The Observer"

"When I look at the sky with the blue and all of the colors, I like to think of who might be beyond the clouds. Are you there? I painted the other side of the sky where the angel is watch us!"

— Louise,
Resident-Artist



"Fly Away"

— Doris,
Resident-Artist

"I always felt like I just wanted to fly away. I look forward to the day I fly away to be with the Lord."



"Let Freedom Ring"

"The flag reminds me of the men and women who went to fight so we can have our freedom. When I see the flag and hear these songs, they touch my heart. When I hear, 'God Bless the USA,' I'm especially touched. I didn't know my husband back when he served our country, but I've always been proud of him."

— Pat, Resident-Artist

"Corn Growing in the Garden"

"The corn is growing in the garden outside of the Activity Room. I can see it outside of the windows. Some ladies helped me plant it."

"I didn't paint before. I like painting because I can see it!"

— Harvey,
Resident-Artist



"Grandmother's House"

"When I would go to Grandmother's house, I always enjoyed her stories about her daddy."

— Jeanetta,
Resident-Artist

"Freedom"

"This is a church with a steeple. I also created a small picnic table with watermelon for after church and a flag flying. The stars are in the sky with the clouds. I thought they looked pretty over there."

— Lillian, Resident-Artist



"Healing of the Nations"

"Hearts on the trees represent God's love for us and the nations. Jesus died on a rugged cross."

— Werdna,
Resident-Artist

"Mountain View"

"I just love the mountain views. When I go to the mountains, I feel peace and freedom."

— Faye,
Resident-Artist



"Fall is Coming"



CREATED BY: ANN, RESIDENT-ARTIST
SUBMITTED BY: AMY FLOYD
ACTIVITIES DIRECTOR
GREENWOOD REGIONAL REHAB HOSPITAL
GREENWOOD, SC



SUBMITTED BY: FELICIA WIDEMAN
ACTIVITIES ASSISTANT
McCORMICK POST-ACUTE
McCORMICK, SC

"Bob the Scarecrow"

"My scarecrow is dressed to catch a big, fat turkey for my family for Thanksgiving. I can put some dressing around him!"

— Patsy,
Resident-Artist



"My Thanksgiving Scarecrow at School"



"My scarecrow, JJ, looks very nice and happy going to school. He's been standing in the yard waiting for Thanksgiving to come to help me catch a turkey for dinner!"

— Lula, Resident-Artist

