



Thank you to Nursing Home residents and staff across the state of TN for sharing their art and heartfelt stories with us.

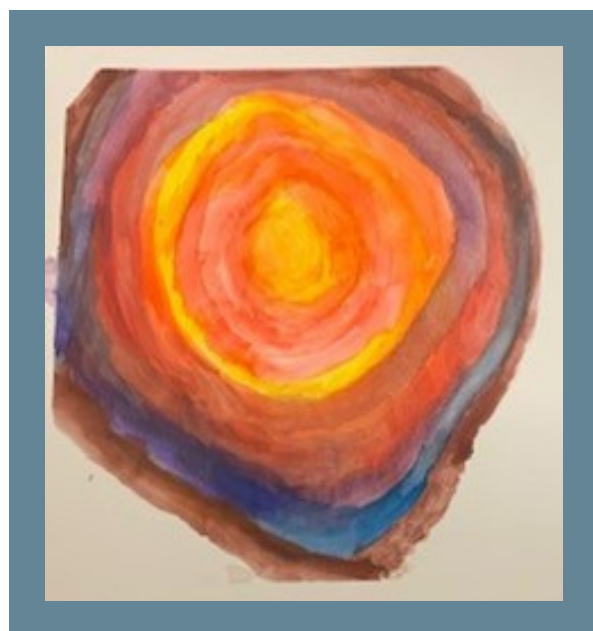


"Painting Rolling Hills Representing My Mellow Emotions"

**STORY BY: SHELLY HIGGINS
ACTIVITIES COORDINATOR
WHARTON NURSING HOME
UPLANDS VILLAGE - PLEASANT HILL, TN**

"Eleanor never really had an interest in art until I introduced her to the ArtTherapy4Life® program from Thriving4Life, Inc. She's very easy going and willing to try new things to pass the time. Every time she hears that it's 'Art Therapy Day,' her eyes light up and she's always interested in participating. Eleanor says she 'likes the way it makes her feel.' She's shown above reflecting upon what she refers to as 'painting rolling hills representing her mellow emotions.'"

"Sunrise"





"The Energy I Put Into My Paintings Lifts My Spirits and Relaxes My Mind"

**STORY BY: PATRICIA VENZANT
ACTIVITY COORDINATOR
KIRBY PINES GALLERY MANOR
MEMPHIS, TN**

"Ms. Nancy Spicer is a new resident in the Gallery Manor at Kirby Pines LifeCare Community. By spending time with her, I learned that's she's truly a gifted artist. She shared that she's been drawing and painting since the age of five. In addition to enjoying

a career teaching students in the the third grade, she spent much of her free time participating in art classes at the College of Arts in Overston Square in Memphis.

I asked Ms. Spicer to share what her paintings portray. She replied, 'My paintings represent memories that I cherish. It's easier to express them in every stroke of the paint brush. When I paint, I can use colors that bring out the beauty that's hidden within. Whether it's birds, flowers, or even people, I can copy old black and white photographs and bring them to life with a combination of vibrant colors that enhance them. Art helps me with my self-esteem and to unwind when I'm anxious or lonely. The energy I put into my paintings lifts my spirits and relaxes my mind. Overall, I feel a sense of love and compassion after the completion of a painting. All of God's children are blessed with a special gift, and mine is painting with feeling. Painting helps me connect with my inner thoughts.'"



"Tennessee Birds"



"In Support of Ukraine"



"Apple Orchard"

"Our Therapeutic Art Program is Going Great"

STORY BY: GLEN MOORE
LIFE ENRICHMENT DIRECTOR
WHITE'S CREEK WELLNESS & REHABILITATION
WHITE'S CREEK, TN

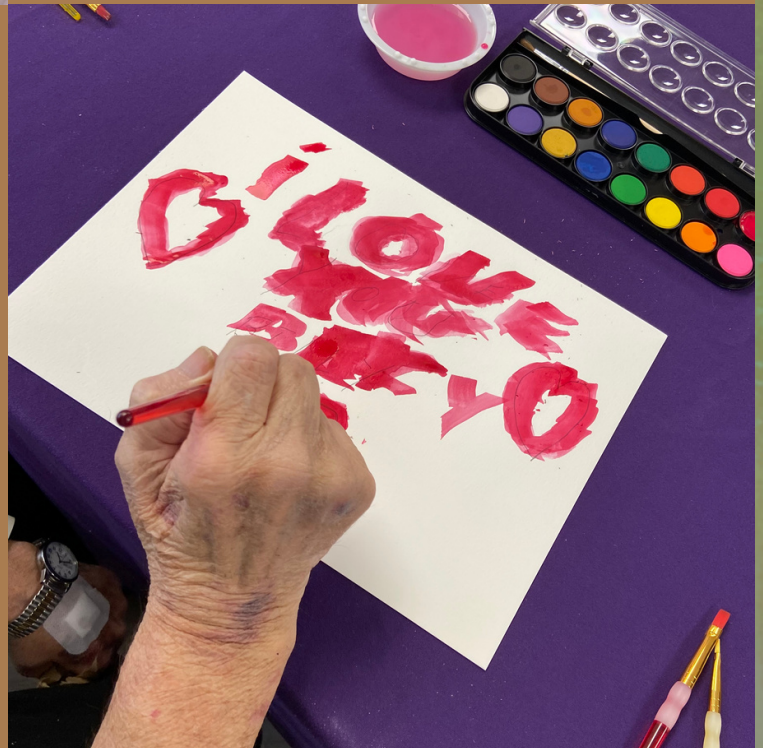


"Fresh Flowers"
by Lillie
Resident

Lillie loves to paint. Our art sessions give her a chance to express what she loves — and that's fresh flowers.

"Power of Words"

Betty loves to paint words and sayings. In this painting, she's saying that she loves herself!



"I Asked the Residents to Draw or Paint Something That Made Them Happy"

STORY BY: DEVIN BLACK
LIFE ENRICHMENT DIRECTOR
HENDERSON HEALTH & REHABILITATION CENTER
HENDERSON, TN

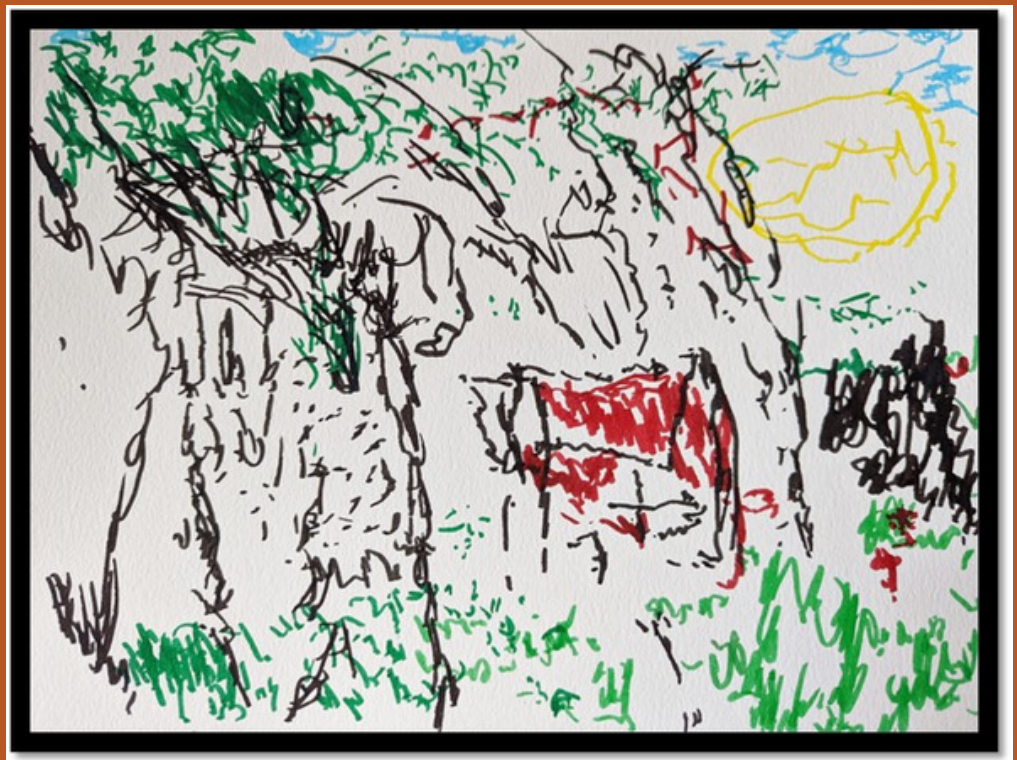


"A Coloring"
by John
Resident

John loves to draw and paint with color. Our therapeutic art classes really allow him to use his imagination to the fullest. They even help him to release frustration. He's laughing and joking by the end of each session.

"The Old Farm Place"
by Bertha
Resident

Bertha loves to socialize and express herself in our therapeutic art sessions. Although she has vision challenges, that doesn't slow her down!



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You Can Help!



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