



The Reserve at Spring Hill



Creative Arts in the Face of a Pandemic

BY DEBORAH FERRIS

Yes, that's right...take THAT, Covid! Thriving4Life®, Inc.'s therapeutic art program is going strong. Thanks to many partners and care professionals in nursing homes throughout Tennessee, our ArtTherapy4Life® grant-funded program has been a welcomed respite for residents and staff. With 48 of the 100 program funding slots reserved—within only two months of launching this state-wide initiative—it's been tremendously rewarding.

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Creative Arts - cont'd

Nursing Home Professionals ask, **"How soon can we get it?"** Comments like:

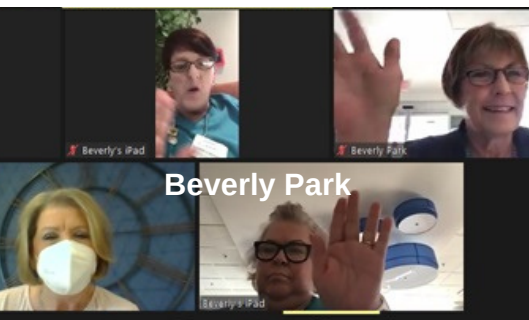
"We are getting ahead of ourselves in the excitement of being considered for this project. In the midst of so much unrest and crisis of care, this project has brought new conversation to us—Hope, if you may."

—Annette Marlar, RN, BSN, BSOM, MAOM, NHA, LNCC, CDP
Director of Medical Services/Human Resources
Kirby Pines LifeCare Community - Memphis, TN. 11/30/20.

Making It Happen

Angel C. Duncan,
PhD Candidate, MFT, ATR and
ArtTherapy4Life® Program Director,
delivers the training workshops
rain or shine and onsite in full PPE or
virtually - whatever it takes!

From watercolors and colored pencils to collage and an array of other mediums, this educational training is a combination of listening, learning and a hands-on approach in how to start and sustain a successful therapeutic arts program. Differing from the traditional arts and crafts, participants reach a deeper level of self-reflection and expression, resulting in a strengthened sense of accomplishment and enhanced quality of life while stimulating brain activity.



ArtTherapy4Life - Tennessee is a state-wide, fine-arts initiative for 100 Nursing Homes. The therapeutic arts can be offered in isolation, individual or group settings for those living with Alzheimer's or cognitive, mental, developmental or other impairments.



Appreciation 4 Art

STORY BY: KIM UZONYI
NATIONAL HEALTH CARE- HOLSTON
KNOXVILLE, TN

"NHC-Holston participated in their first ArtTherapy4Life® workshop on 1.13.21. We immediately noticed the program's benefits for our residents and patients. With COVID protocol in place, we engaged residents in their rooms. One resident with dementia had just witnessed a tragedy while watching an episode of Gunsmoke, which triggered a very sad emotion. She repeatedly expressed her grief for the television character.



After we changed the channel and provided validation techniques, the resident welcomed the opportunity to participate in the creative art session. Her negative, repetitive response to the tragedy witnessed on television was replaced with positive comments on her artwork. She initially repeated the phrase, 'She didn't have to die' (while choosing the color red) which changed to, 'She didn't have to die for these colors.' Within minutes, her mood went from very sad to happy as she remarked, 'These colors are beautiful.'

Her final response to her completed artwork was, 'With God, all things are made beautiful.' Her perspective time traveled from dark to light, from hurt and grief to joy and praise. Her facial expression and posture transformed to reflect delight in her art.

Each participating resident shared an encouraging response to their ArtTherapy4Life session provided by nursing home staff trained in the program. Some of their artwork has been on display since 2.1.21 in a local library and has received recognition on the local news network."

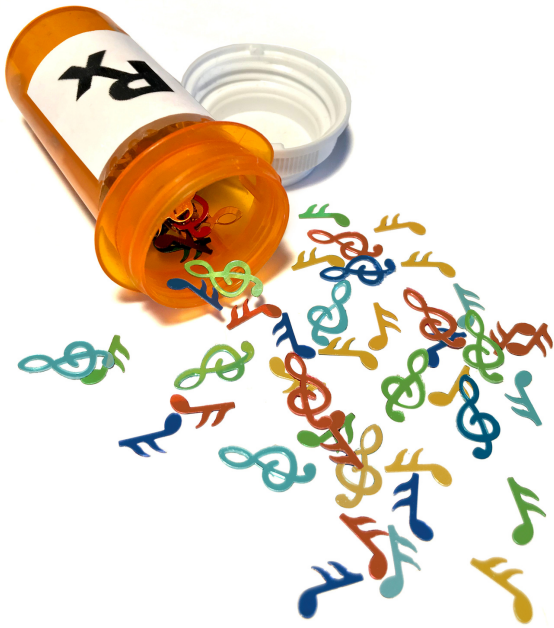
Artwork of Residents at NHC - Holston

ON DISPLAY AT
FOUNTAIN CITY
LIBRARY
KNOXVILLE, TN

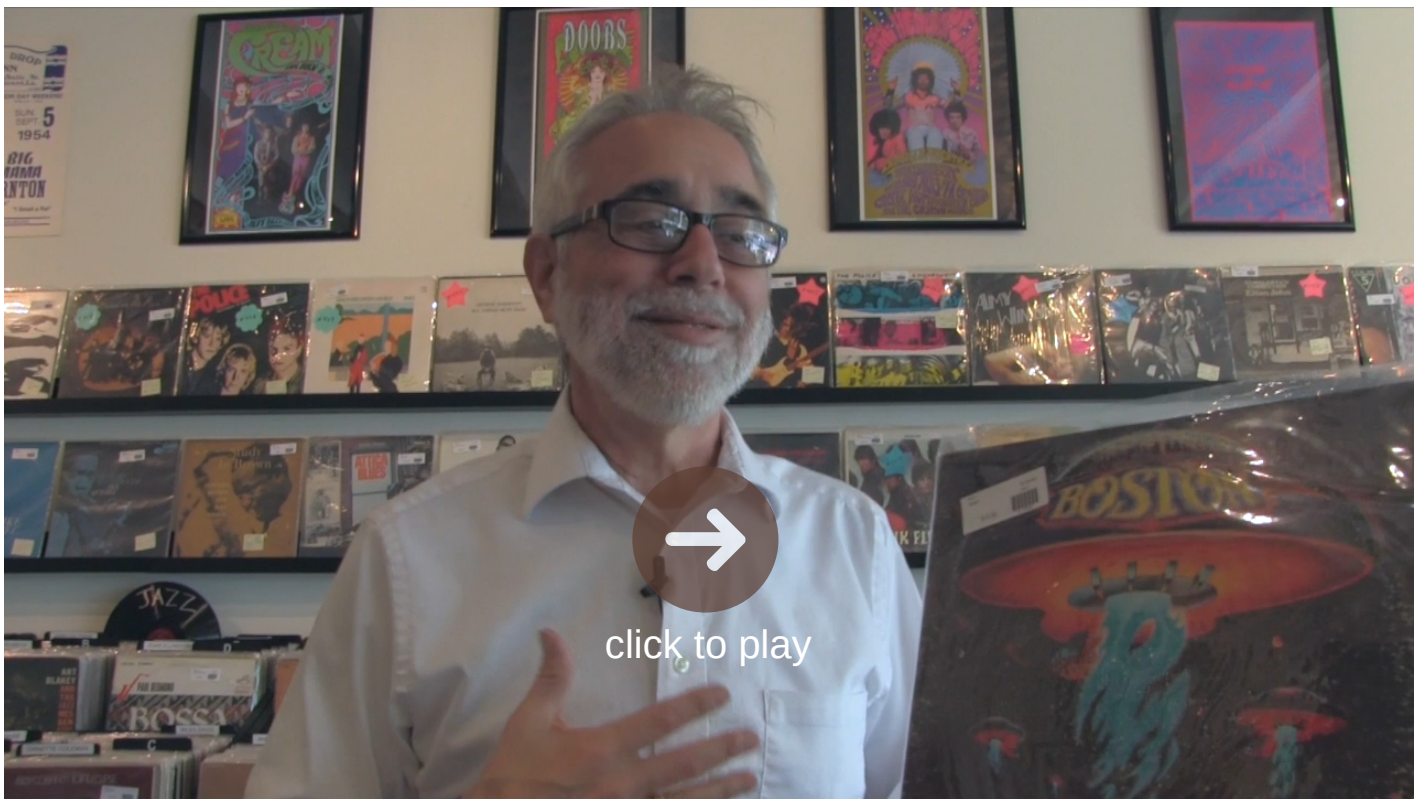


Music Prescription 4 Life®

WE PUT THE PERSON IN PERSONALIZED MUSIC



There's only one way to create a quality, personalized music playlist. One-to-one with the person. Era-based or genre-based music alone doesn't compare to music that holds personal meaning to the individual. Whether the person is verbal or non-verbal, when you find the right music—the music that marks those special moments in a person's life—you know it!



In October of 2014, Brian LeBlanc was diagnosed with Early-Onset Alzheimer's Disease at the age of 54. He provides a window into the experiences of a "regular guy" from a "regular life" as he goes along his Alzheimer's journey. Brian is "living well" with Alzheimer's and leans on the profound impact that his personalized music playlist has on his life.

Time 4 Gratitude

A BIG THANK YOU FROM THRIVING4LIFE

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**We express our sincere gratitude to a very
special donor who wishes to
remain anonymous.**

**You have made it possible for us to sustain
and grow our non-profit organization during
these most challenging times. You're the wind
beneath our wings and the pep in our step.**

**Thank you for making a difference in
so many lives!**

You Can Help!

**Thriving4Life, Inc.
is a tax exempt charitable organization
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Internal Revenue Service Code.**

