

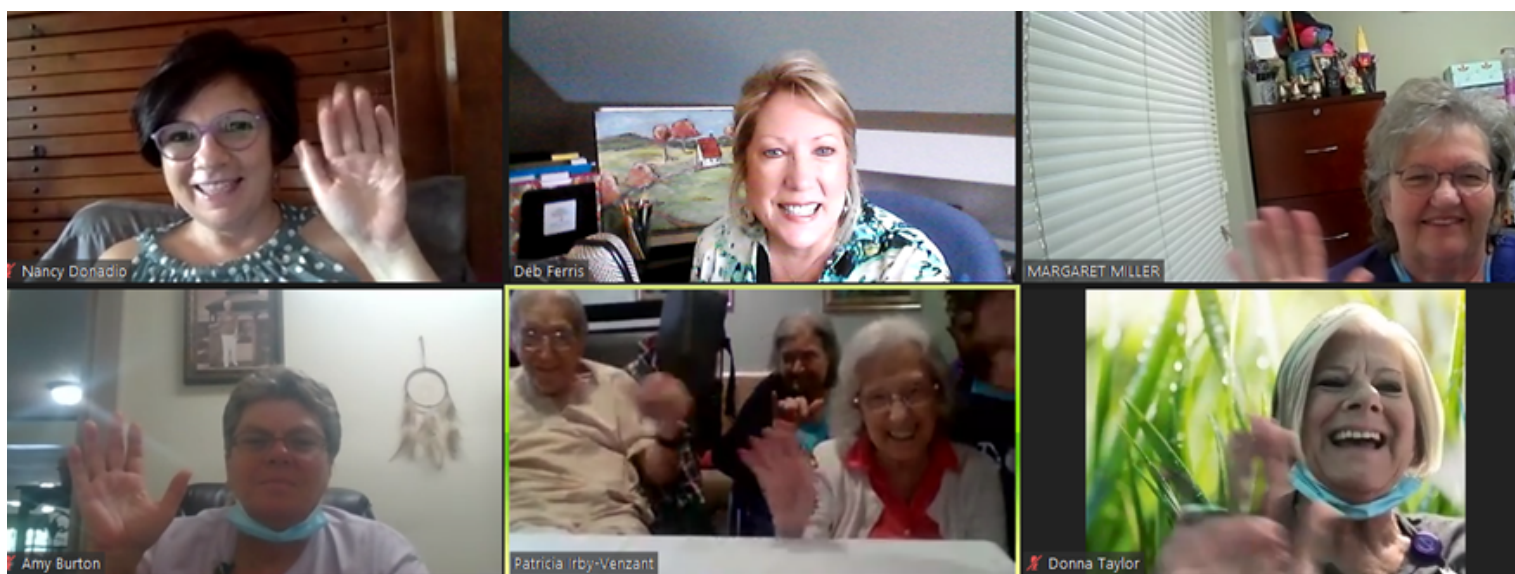


## ***"This was such a touching moment in my career."***

*Inspired by Thriving4Life's therapeutic art program and approach, Nashville Center team member, Gretchen Lenhart, spent one-on-one time with a new admission to ease this patient's feelings of anxiety, grief and depression, and to offer comfort through this creative arts program.*



*"This was such a touching moment in my career," Lenhart began. "I brought drawing paper and watercolor pencils into her room. At first, the patient was very quiet. I asked her to choose a color of pencil to draw a 'scribble.' She chose black to fill in the first space she had created. When asked what the black color represented to her, she said, 'The pain in my life, the hard life I have had, my health, and trauma.'" (see pg 2)*



**Resident-Artists at Kirby Pines LifeCare Community in Memphis, TN, surprised nursing home staff by attending an Art Program Support Meeting. Residents said it was their first Zoom ever!**

*(Continued from Pg 1) "I asked her to begin to color another space on the drawing paper. She chose brown. She told me it stood for anger and that she had a hard time letting it go.*

*After sharing some personal moments from my own life, I then held her hand and said a prayer with her. As the patient started to choose the next colored pencil, she selected purple. I asked , 'Why purple?' She replied, 'It reminds me of love, compassion, and caring for my parents when they were ill.' She then shared that in that moment, she felt lighter.*

*As she began to open up even more, she had such a beautiful smile and laugh. The air in the room became so light and friendly as we sat together and I listened to her talk. As she drew the last space on the page, she chose the color yellow. She said it represented the sunshine she now felt in the room.*

*I will always remember the time we spent together. And, I believe that I truly touched her heart. Because of Thriving4Life's art program, I was able to reach her deep within her soul."*

**STORY BY: GRETCHEN LENHART  
ASSISTANT ACTIVITY DIRECTOR  
(RECENTLY PROMOTED TO  
DIRECTOR OF CONCIERGE SERVICES)  
NASHVILLE CENTER FOR  
REHABILITATION & HEALING**



*Thriving4Life staff, leadership, and associates continue to be humbled by the heartfelt images, experiences, and stories told by nursing home residents and staff. Through the most challenging of times, care professionals remain devoted and unwavering in their purposeful quest to provide quality care and enhanced life experiences, often sacrificing their own needs for the benefit of others. Care providers are life lines to the individuals they care for and the family members. Thank you for sharing with us. We value you more than you will ever know.*

*— Deb Ferris  
Founder & CEO - Thriving4Life, Inc.*

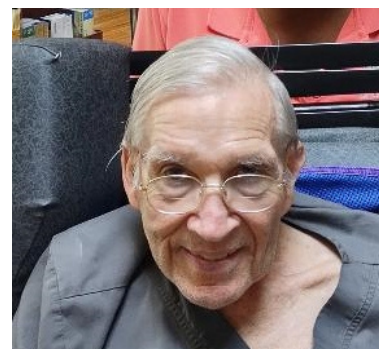




Frances giggles as she tells her story of being a tomboy, playing hide-and-seek, and making a swing out of a tree branch while at her grandparents' house. ^



Larry remembers his childhood home in East Tennessee (Knoxville) back in 1957. It was deep in the woods with an outhouse and was surrounded by mountains. ^



## Artists' Reflections from Kirby Pines LifeCare in Memphis, TN



Doris and Activity Coordinator, Pat Venzant, reminisce as Doris shares memories of her family's beach house.

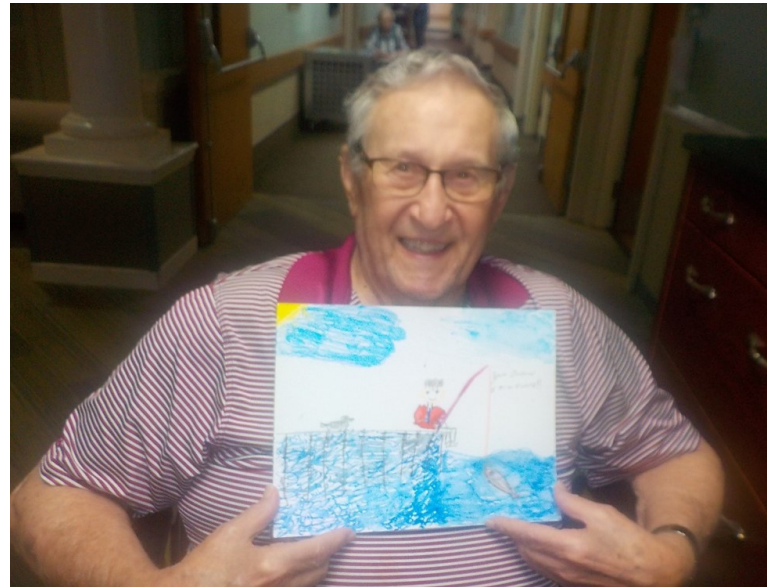
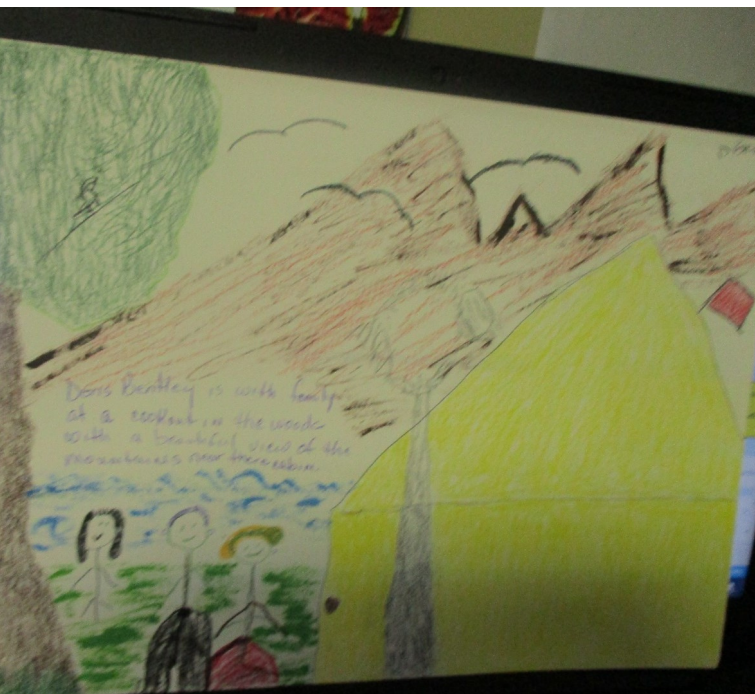


Pat has so much passion for her residents. She goes the extra mile with everything she does — and that includes her art program. Go Pat! Two pages of art from Kirby Pines!



## More from Kirby Pines

- ◀ Doris with family having a cookout in the woods near their cabin, with a beautiful view of the mountains and lake.



- ▲ “My favorite thing to do was to sit on a dock and fish.”  
- Jack



- ▲ “My girls loved to go to their grandma’s farm.”  
- Bernice



- ▲ Sandra attended a Catholic school taught by nuns. She and her classmates played on the playground each and every day.



- ◀ Frances and neighbor, Byron, popping firecrackers on the 4th of July!



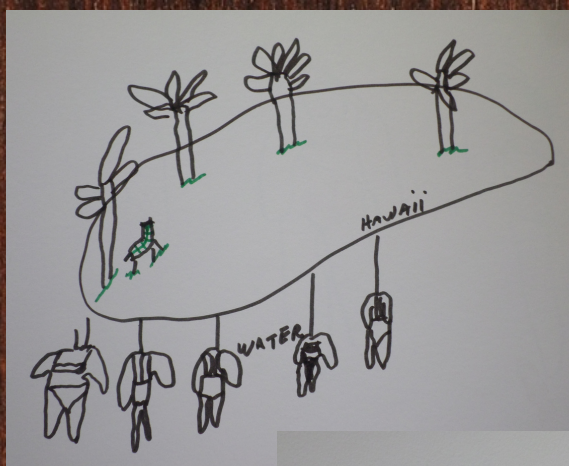


**"During our art session, we discussed vacations and where resident-artists would enjoy going."**

Carolyn stated she had always wanted to go to Alaska, so she drew a picture of herself driving a dog sled team through Alaska.



Barbara shared that she had gone to Hawaii in the past and always dreamt of returning someday with her sister. She decided to take me along too!



**STORY BY: MARGARET MILLER  
ACTIVITY DIRECTOR  
AHC - LEWIS COUNTY  
HOHENWALD, TN**



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## ***"Residents were asked to draw what makes them happy inside of a Mandala."***

STORY BY: JAMIE SMITH  
ACTIVITIES COORDINATOR  
AHC - CLARKSVILLE, TN

Amy has suffered a stroke, and she's working to get better use of her hands. Her artwork represents her cats, Willow and Jack. The rainbow represents colors she loves — bright colors. They catch her attention and bring her so much joy. The dark purple background represents nighttime. Amy's a bit of a night owl!



Patricia drew trees, flowers, and rose bushes. She enjoys going outside every day with her sister to sit in the front of the facility. Patricia loves the scenery, the breeze, the sun beaming down upon her, and the different plants outside. If she had to choose her favorite season, she said it would be between Spring and Fall.

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