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**SENIOR WITH DEMENTIA
COMES TO LIFE WHILE CREATING ART
AT POET'S WALK CEDAR PARK**

Cedar Park, TX (January 26, 2018) -- Carrie Nobile is a 99-year-old woman living with dementia, however when an art project is placed in front of her, she flourishes. Nobile lives at Poet's Walk Cedar Park, a Spring Hills Memory Care Community that believes in treating their residents holistically, as well as medically. Art Therapy is one of their *Signature Touches* and everyday they see the success of this program. Nobile's dementia has caused her to lose her short-term memory but she still has her long term. Art Therapy gives Nobile her place in life. It keeps her feeling young and creative in a world that doesn't typically see seniors thrive.



Kelsey Lang, LBSW, Resident and Family Ambassador at Poets Walk Cedar Park, believes that Art Therapy is very important to Nobile's well-being. "Carrie's perception of her reality while living with dementia, along with her extraordinary fire for life, is what I believe makes her so skilled in her art," she said. "She has such a beautiful, dreamy, positive view on life and those she interacts with. It truly shines through in her remarkable creations."

Poet's Walk includes Art Therapy in their *Signature Touches* program nation-wide because it is designed to help seniors regain themselves. This is invaluable for someone with dementia, a disease that can isolate a patient. While they want to feel purposeful and they want to contribute, they aren't always able to do that. Art Therapy will help to improve cognitive and sensory-motor functions, foster self-esteem and self-awareness, cultivate emotional resilience, promote insight, enhance social skills, reduce and resolve conflicts and distress, and advance societal and ecological change. *Signature Touches* is Poet's Walk's holistic philosophy dedicated to the wellbeing of their residents. It includes the entire Mind, Body and Spirit experience from Art Therapy, writing and gardening workshops to special events, exercise and fine dining.

Nobile has won the *Holiday in Dixie Shirli Morehouse Senior Art Show* twice when she was living in Shreveport, LA. She found art later in life, after her children were raised and enjoys painting, working with colored pencils, creating floral arrangements and just about all other forms of art. She takes initiative during a craft, something not all dementia patients have the ability to do, and has so much focus and attention to detail.



A sample of Carrie Nobile's art, created with Q-Tips at Poet's Walk Cedar Park.

For more information about Poet's Walk Cedar Park, please contact Gibran Chambers, Executive Director, at 512-738-8288 or visit <http://www.poetswalk-springhills.com/memory-care-facilities-cedar-park-tx/>.

About Spring Hills Senior Communities & Memory Care Communities:

All Spring Hills Senior Communities', Home Care Services, Assisted Living Communities and Poet's Walk Memory Care Communities offer a distinctive and innovative approach to home care services, assisted living, and Alzheimer's care as led by Alexander Markowits, President/CEO. Signature Touches is the company's holistic approach to offering individualized care and services that are designed to meet the needs and preferences of residents and clients. Personal choice is top priority in one of the company's eight Spring Hills assisted living communities or in client's homes with Spring Hills home care services located in NJ, VA, OH, FL and NV, or in one of the company's Poet's Walk memory care communities located in TX, VA and NV as well as soon-to-be FL. For more information about their Caring with a Commitment to Quality dedication to senior living, visit www.spring-hills.com or www.poetswalk-springhills.com.

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