

PRESS RELEASE

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FOR IMMEDIATE RELEASE
October 19, 2017

RESIDENTS OF WALTONWOOD CARY PARKWAY TO SHOWCASE AWARD-WINNING PAINTINGS AT ART SHOW

CARY, N.C., October 19, 2017 – Waltonwood Cary Parkway residents are showing off their talents by hosting an art show at the senior living community (located at 750 SE Cary Parkway) on **Wednesday, October 25 from 1 p.m. to 4 p.m.** The free event is open to the public and will feature paintings by residents as well as wine and cheese for guests to enjoy. Luba Kobzeff, a resident of Waltonwood Cary Parkway, is looking forward to this opportunity. **Luba, 90, will have her award-winning painting on display.** She took home a bronze ribbon for her scenic oil painting during the senior games last spring, but painting isn't something Luba always did. While she always enjoyed all forms of art, she picked up the craft last year and credits a weekly art class at the senior living community for introducing her to the new hobby. The class is led by a volunteer named Chester Williams, who teaches independent and assisted living residents learn how to paint every Tuesday and Thursday. The media is invited to attend the class on **Tuesday, October 24 at 10 a.m.** to capture the residents in action, as well as the art show the following day.

“Chester is very artistic and takes the time to come to the community every week to spend two hours with us,” **said Luba.** “He is so gifted and inspired me to continue painting that’s why I try to paint at least once a week outside of the class. I have a second room in my apartment that I have dedicated as my art studio. I find it very relaxing to paint, especially scenery. The painting I won the bronze ribbon for included mountains with water and animals. I find it peaceful to paint the outdoors, and I plan to have four of my paintings on display at the art show. No two people paint alike, and I am very detailed, which is something I hope the public enjoys. The thought of expressing yourself on a canvas and having people look at it makes me feel good. I put a lot of love in my paintings, and I hope the public loves them too.”

Painting offers many health benefits for seniors. Art therapy can improve memory, reduce stress and alleviate pain. According to the American Art Therapy Association (AATA), painting is a way to challenge the mind and improve cognitive abilities. The calming nature of painting is a way to forget about larger stresses and promote healthy, happy feelings. Regular art therapy engages the fingers, hands and arms, and the consistent physical activity can promote better blood flow and dexterity. With time, seniors who begin writing, painting or sketching may feel nimbler and experience less pain.

Overall, art therapy can be a rewarding experience and can unlock hidden passions just like it did for Luba.

“Painting is therapeutic and helps to strengthen your memory,” **said Luba**. “The satisfaction you get when you achieve something is fantastic, and I always feel proud and accomplished when I finish a painting. To find a hobby that keeps me active at the age of 90 is a blessing. I never thought I would pick up a new hobby this late in life, but I am glad I did and I hope others give it a try. They may find out it’s something they enjoy too.”

The senior living community is constantly looking for new ways for residents to be active and live better. The art class is an outlet in which they can be creative and express themselves, and it especially benefits their mental, physical and spiritual health. The senior living community hopes the public will come out and support these seniors who have done so much to prepare for this event.

“It is amazing to see how creative the residents are and how much work they put into their paintings,” **said Christina Henderson, life enrichment director**. “We’re so excited to share the talents of our residents with the public and give them an opportunity to be recognized. They truly deserve it. It is inspiring to see their dedication to the arts and how they encourage others to get involved. Seeing the smiles on their faces when people view their art is what will make this event a success.”

If you are a member of the media interested in setting up an interview or attending the art class or art show, please contact Chelsi Smith at (214) 378-7970 ext. 238 or csmith@thepointgroup.com, or Amy Jones at ext. 302 or ajones@thepointgroup.com.

ABOUT WALTONWOOD CARY PARKWAY

Waltonwood Cary Parkway offers seniors a dignified, individualized community where residents can thrive. The community offers independent living cottages, and independent, assisted living and memory care apartments in studio, one- and two-bedroom floor plans, creating a continuum of care where residents can enjoy an active lifestyle and receive care if they need it. The community offers many engaging amenities, including a theater, therapy pool, putting green, garden view lounge and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to US 1, with new retail shopping, dining and entertainment close by, and just minutes from Raleigh. Waltonwood Cary Parkway also has a sister-community currently under construction in the Lake Boone area of Raleigh, at 3550 Horton Street. If you are interested in learning more about Waltonwood Cary Parkway, please visit www.waltonwood.com or call 919-275-0983.



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