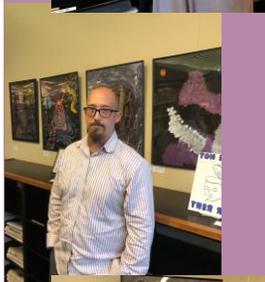


CARS CAYUGA ADDICTION RECOVERY SERVICES NEWS

Volume 1 / Issue 5

CARS' Residential Center Art Show at Tompkins County Public Library

July 5th – August 30th



Our first-ever art show at Tompkins County Public Library has been a great success! The show, having the theme of “Space” and curated by CARS’ Recreation Therapist Monica Weimer, CTRS, opened on Friday, July 5th. Our clients’ work will be on display through August 30th in the Library’s North Reading Room.

Exploring space through art

CARS’ resident artists explored space through art in a variety of creative ways. Bill B. chose to represent space through literary art, writing the poem “Out of this World” to detail stages of drug use, recovery, and sobriety. Parris P. designed a dreamcatcher. She connected the dreamcatcher to providing space for recovery, with the dreamcatcher representing capturing bad dreams and allowing one to focus on recovery and new ways of living. CJ S., whose interests include quantum mechanics and string theory, depicted physical space in the forms of a worm hole, a dwarf star among nebula, and a universe. Justin M. chose to combine his fascination with and questions about the construction of Egypt’s pyramids with extraterrestrial visitors via an accidental application of glitter and a resulting spaceship. Tammara S. found unique ways to interpret personal interests in light of space, culminating in one of her works, a magnificently feathered flamingo, channeling Zsa Zsa Gabor through the tag line, “Dahling, you’re invading my space.”

Clients’ response to the show

More than one of our artist-clients noted that creating art for the show reinforced for them that art is therapeutic. Another client described how creating art enabled them to, “take their minds off the chaos.” Parris P. noted that preparing for the show had given her the inspiration to “be an artist”. Both Parris and Tammara S. highlighted the immediate sensory benefits of art, comparing it to meditation. For Justin M., preparing for the show rekindled his previous interest in creating art. He was thrilled to notice notable progress in his abilities as an artist.

See the show through August 30th

Please consider stopping at Tompkins County Public Library through August 30th and viewing the magnificent collection of “space” art our residential clients have created! The Library is located at 101 E. Green Street in Ithaca. You may call the Library (607-272-4557) to confirm hours.