Art As A Form of Healing

The benefits of the arts have been widely documented as a powerful force for healing. According to the Wellarts Association, “The arts are a critical component of healthcare. Expressive art is a tool to explore, develop and practice creativity as a means to wellness.” Therapeutic art programming is an integral part of Krempels Center’s daily group offerings. Under the guidance of staff, interns, volunteers and peers, members explore different media and forms of expression.

For many Krempels Center members living with brain injury, creative expression has been an important part of their recovery process and life post-injury. Healing arts engages brain injury survivors in creative activities that address a wide range of skills; physical skills such as fine and gross motor coordination to cognitive skills like following directions and sequencing. Expressing oneself creatively also supports emotional regulation and enhances quality of life. Krempels Center has long offered creative programming steeped in the arts, including painting, drawing, collage, writing, weaving, fiber arts, clay, theatre, music and more, ensuring that there are ample opportunities for members to engage in a variety of creative activities.

During the summer months, Krempels Center welcomes special enrichment guests to share their skills and passions with our members. Long-time Krempels Center volunteer Pat Linchey returned this summer to lead a popular group called “Paintin’ With Pat!” With her expert guidance, members tapped into their creative side while working on fine motor and bilateral hand coordination. Each member completed a beautiful work of art that they can proudly share with others.

Creative expression is not just limited to center-based groups at Krempels Center. A new group in 2022 called “Watercolor Your World” took place over Zoom through Krempels Center’s online programming. Thanks to a generous donation from the Leddy Group, Krempels Center program staff were able to procure and mail all of the supplies members needed to participate in a guided watercolor painting series from their own homes. Watercolor Your World not only provided time for creative expression, but also served as an opportunity to work on cognitive, visual, and fine motor skills.

Member artists have also begun preparations for the return of the annual Krempels Center Craft Fair on Friday, December 2nd at the Community Campus in Portsmouth. As part of a weekly group, these crafters, all living with brain injury, are coming together to create goods to sell including paintings, screen prints, woodworking products, weavings, and more. All proceeds go directly to the individual artists.

Incorporating the arts into Krempels Center’s programming is essential to our members’ well-being. If you are interested in learning more about supporting creative expression groups or the annual fall craft fair, please contact Becky Kates at 603-570-2026 ext. 223 or bkates@krempelscenter.org

Krempels Center Craft Fair
FRIDAY, DECEMBER 2ND, 2022
8:30 am-3:30 pm
Community Campus
100 Campus Drive, Portsmouth NH
MARK YOUR CALENDAR for the return of the Krempels Center Craft Fair! All artwork, crafts and gifts are locally made by members. Fantastic artisan treasures including photography, fiber arts, wood working, and more!
TD Bank Supports Enrichment at Krempels Center

Turning Over A New Leaf

Fall has arrived and the new season is well underway at Krempels Center. We welcomed a new crew of undergraduate and graduate occupational therapy, speech and language, social work, counseling, and therapeutic recreation interns to begin their work at Krempels Center. Their energy and enthusiasm can be felt by everyone. We are also bringing back program offerings that have been on hiatus since the beginning of the pandemic, ranging from the “What’s Cooking” cooking class held at the Community Campus to guided outings so members can experience being a part of the greater community. The fall craft fair will also return in December for the first time since 2019. Members are beginning to gather on Friday afternoons to plan for and prepare pieces of art for sale. There are always great things happening at Krempels Center!

Speaking of great things, we are making significant progress on our robust strategic plan that is elevating our work in terms of program growth, marketing and outreach, infrastructure, and financial sustainability. Over the summer, we formally launched a comprehensive study to help us better understand Krempels Center’s current identity and perception within our own community as well as untapped audiences that do not yet know the magic of Krempels Center. As this research continues into the fall, we are confident these findings will help us fine tune our presence and awareness for the future.

We also took a big step forward in evaluating our online program’s impact on the quality of life of brain injury survivors. Key findings indicate that the online program has a positive impact on participants’ quality of life as compared to the greater brain injury community. The online program meets important objectives such as providing a sense of acceptance, decreasing the incidence of isolation and depression and being more accessible to some participants than a Center-based program.

We have also added new positions on the program team to meet the needs of our members both in-person and online. I welcome you to join us for a Fireside Chat this fall to learn more about this exciting time at Krempels Center and share your feedback and questions directly with us.

We at Krempels Center are fortunate to have a large and supportive community helping us to continue moving forward as a leader in innovative programming for brain injury survivors. We are confident that the combined energy and resources of our Krempels Center staff, board, interns, volunteers, donors, members and their families will enable us to reach our goals.

Each summer and winter, Krempels Center welcomes volunteers from the greater Seacoast community to enrich our groups and engage members in new experiences. Often, these enrichment programs require additional supplies and group leaders beyond what is needed for a typical program at Krempels Center. So when TD Bank reached out to Krempels Center asking how the bank could directly support programming for brain injury survivors, a new partnership was born! With TD Bank’s generous sponsorship of our 2022 enrichment periods, Krempels Center was able to work with community businesses and leaders to facilitate several groups, and supply groups with all the necessary materials and have top-notch experiences.

“These enrichment periods occur during the times of the year when we don’t have support from our undergraduate interns. We collaborate with several local service and business organizations to provide the exceptional programming we are known for, and we are incredibly grateful to TD Bank for helping to cover the associated expenses,” shared Becky Kates, Development Director at Krempels Center. “We greatly appreciate TD Bank’s commitment to these unique programs that enhance the quality of life of our brain injury survivor members.”
Welcome New Program Team Members!

As the fall semester begins, Krempels Center is thrilled to introduce three new program team members.

“Feeling happy is an understatement,” shared Program Director Heather Gilbert. “We, as a team, always look forward to new minds joining us and enhancing our offerings to brain injury survivors and their families.”

**Ashlie Peters, M.S., Program Specialist**

Ashlie excitedly joined Krempels Center in June 2022 after previously volunteering with the program for multiple years. She first learned of the center while working as a Speech-Language Pathologist on the seacoast of New Hampshire. And even while taking a break from her career to focus on life at home with three children and a crazy dog, she enjoyed staying connected with survivors of brain injury with volunteer work. Ashlie has always thoroughly enjoyed finding creative ways to encourage involvement in the community for people after brain injury and is excited to continue this work at Krempels Center as the Program Specialist.

**Nick Ho, CTRS, Member Services Coordinator**

Nick joined Krempels Center in July of 2022. He is a Certified Therapeutic Recreation Specialist (CTRS) who formerly interned at Krempels Center in 2009. After earning his bachelor’s degree in Recreation Management and Policy from the University of New Hampshire, he spent several years supporting the recreation and leisure needs of different communities throughout the country. His role as Member Services Coordinator involves guiding new members through the intake and orientation process, developing the member Ambassador program, and supporting outreach efforts. He is excited to be returning to Krempels Center to bring his therapeutic recreation perspective to the staff and community.

**Troy Hartmann, Program Administrative Assistant**

Troy joined Krempels Center in August of 2022. He is a graduate student at the University of New Hampshire in the Public Administration program and has a bachelor’s degree in Economics. Troy’s role as Program Administrative Assistant involves supporting the operations of the center-based and online programs in various ways including sending communications out on behalf of the program team. He is excited to be joining a nonprofit with such a strong focus on members as Krempels Center and is looking forward to becoming a part of this amazing community.

Three Cheers for Kelly!

Program Coordinator Kelly Redwine-DePierre, MS, OTR/L, is the recipient of not one but two accolades this year for her achievements in the field of occupational therapy. First, she was selected by the MGH Institute of Health Professions – Department of Occupational Therapy as the recipient of the 2022 Award for Excellence in Fieldwork Education. The award recognizes individuals with outstanding communication and teaching skills that foster applied learning and evidence-based decision making in occupational therapy students.

Kelly is also the recipient of the 2022 Outstanding Fieldwork Educator Award from The New England Occupational Therapy Education Council. This award is given in recognition of members of the health care community who have made significant and outstanding contributions to clinical education of occupational therapy students.
Each year, Krempels Center holds a gift shop for members to select presents for their loved ones, free of charge.

**How Can I Help?**

**VOLUNTEER** to be a personal shopper and gift wrapper. The holiday gift shop will be held Monday, December 12, Wednesday, December 14, and Friday, December 16 from 10:45am-2pm. If you aren’t available for the full timeslot, we’d still love to have you for a partial day!

**DONATE** your new or gentle used items to Krempels Center from November 23rd through December 7th for the Holiday Gift Shop.

We accept household items, accessories, jewelry, books, toys and puzzles, supplies, etc. Aside from new hats, gloves, and scarves, no clothing please! If you want to help but don’t have any appropriate items to donate, we do accept cash/check donations, and we’ll do the shopping for you, purchasing high-demand items for the gift shop.

*Ask your friends and family to donate or volunteer too!*