



### **Participant Moment with Frank S. April 2025**

If anything, Frank S. understands both the value of hard work and the joy derived from quality leisure time.

After graduating from Ottawa Hills High School in 1972, he took on a factory job. He also worked in a plating facility and as a roofer. In his spare time, he worked on automobiles, something he learned how to do beginning back in high school, when he was enrolled at the Kent Skills Center. (His favorite auto ever? The Camaro SS!)

Frank lived many of his adult years in Michigan's Upper Peninsula, but more recently is a resident of Samaritas Senior Living of Grand Rapids. He first came to Care Resources about six years ago. He admits being reluctant in the beginning: "I was a little bit paranoid about getting into the program and being accepted," he remembers.

But it didn't take long for him to acclimate to the friendly environment at the day center, and he quickly embraced all the touchstones that continue to make his weekly visits a source of satisfaction and joy.

You can often find him painting with acrylics, usually specializing in landscapes. He also lifts weights on occasion and gravitates toward bingo games and exercise classes. "When I come here," he says, "the people show you how to build and grow and expand your life in general, and I always find something to do that is useful."

"All of us have roadblocks in life, but the people here at Care Resources find ways to help you through them and the energy you need to move forward."

A native of Grand Rapids, Frank enjoyed soccer, archery and building model cars as a youngster. He also loved to swim and has fond memories of the cool waters at Garfield Park pool.

He learned painting while at the knee of his father, an accomplished artist himself, and the motivation behind Frank's love of art. "He'd paint anything," says Frank, "and he used to produce a lot of artwork. He helped me develop the vision to do the same."

Frank has entered at least one work in ArtPrize, and his works hang in the homes of friends and former neighbors. Frank also is a walking canvas of sorts, thanks to the tattoos he sports. They include a lightning bolt on his right hand that lashes out to exterminate the Aryan nation,

which symbolizes Frank's disdain of hate groups. Other tattoos feature a moon and stars and a crescent sun.

Frank is especially grateful when his sister, Patti, visits Care Resources. She's part of a musical group called The Hootens that comes to play a time or two each year at the Day Center.

He also appreciates all the good vibes he receives from fellow participants, as well as Care Resources employees.

"Everyone here is so much in your corner," he says. "Care Resources is a program for all kinds of people, and they're all 100% behind you. I recommend it to anyone who wants to get some straight bearings in their life!"

# # #