

Donna Henri



1. Did you make any art before becoming a member of the BIAWW?

I was a scrapbooker, but I hadn't done any scrapbooking since my accident. That was something that I couldn't get back into again. So making art with the brain injury association, I started by doing the card program and that kind of got me back into being able to do some of the art thing I used to do and a little bit of scrapbooking."

2. Is it part of your daily life now?

I've really been enjoying the paint nights that the brain injury association has been putting on, and before that I never did any painting, so that's something I really look forward to doing as well.

3. What do these programs mean to you?

It really helps to bring out my creativity, it helps to, to help my brain focus and compartmentalize all the different things about art, which is great. I've really been able to try things that I didn't have the opportunity to do before, so like the painting, the glassmaking, that was something that I never did before. So it's really helped me hone a few skills as well which makes me happy because I love art.

4. What medium do you like to work in the best? What was the most memorable program for you?

I loved making the earrings and I also loved making the ornaments, but I really enjoyed making the glass plate, the serving plate we did with Lorry, that was something that I really enjoyed doing. I had never done any glasswork before and I really am enjoying doing that.

5. Why do you think these programs are important?

I think just being able to hone into a skill, learn something new as our brains are healing from concussion or whatever brain injury it was, whether it be stroke or concussion, I think it really helps to be able to give the opportunity for your brain to learn different things. So you know between the painting, the glasswork, the cardmaking. I think it just helps to hone a new skill that you could see. You know hey I really love doing this or hmmm that's not for me but at least it gives your brain the opportunity to go out of your comfort zone and try something new.