

## The Greens at Greenwich News and Views

Volume 16/Issue 7

July 2017

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### July Activity Highlights

July Birthday Celebration  
Classical Music Sundays  
Dance Therapy Mondays  
Reflections on Art Mondays  
Photography Club Tuesdays  
Name That Tune Tuesdays  
Out Trips Wednesdays  
Worship Service Wednesdays  
Tai Chi Wednesdays  
Music Therapy Thursdays  
Drama & Art Therapy Fridays  
Music Concerts Saturdays

## Meet Kimberly Williams...



The Greens at Greenwich welcomes Kimberly Williams, our new full time Music Therapist. Kimberly received her Undergraduate and Master's Degree in Music Therapy from SUNY New Paltz in May, 2016. With over 1,200 hours of clinical internship experience working with various populations, she brings a passion for music and healing to The Greens.

Beginning piano lessons at the early age of 5, Kimberly acquired a passion for music from her grandmother, who was also a pianist. She became interested in the healing powers of music as a young teenager and decided to take her passion for healing through music into a life-long career.

Kimberly has already planned and facilitated multiple music therapy programs at The Greens, including: Drumming Circle, Music and Imagery, Songwriting, Sing-a-Long, Sounds of the Flute, as well as individual sessions.

"I believe that music is a universal language that can reach every individual while creating connections with others, regardless of any impairment," says Kimberly. Kimberly stresses the importance of music therapy to achieve specific goals, such as eliciting memories, increasing socialization, encouraging expression, decreasing anxiety and lifting overall mood. For those diagnosed with dementia, music therapy is a target-oriented and purposeful activity which can improve communication, motivation, and expression because music is processed in almost every part of our brain.

"When I begin playing a familiar song, I can recognize a brighter facial affect, an improved body position, and engaged eye-contact." Kimberly eagerly welcomes this opportunity to provide music therapy and become a full-fledged member of the Creative Arts Therapy team at The Greens.



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# The Greens AT GREENWICH

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## Events and Activities



Music and Dance to Celebrate the Season