

## The Greens at Greenwich News and Views

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## GETTING CONNECTED WITH SPRING



During April we celebrate the holidays Easter and Passover. While these two celebrations represent different faiths, they are a reminder of what is shared: a last supper, new freedoms, and Springtime themes such as rebirth and nature. The relationship between these 2 holidays reminds us of celebrating our similarities as well as our differences.

At The Greens at Greenwich, 30 residents share a space that holds each person's unique identity - and yet we are all able to coexist. How does this happen? How is it that we can create an environment that supports Eddie's penchant for golfing, Barbara's artistic endeavors, Loulette's craving for travel, Marion's love of Shakespeare, Judy's passion for word games, and Bob's desire for physical fitness...all under one roof? Our programming spans the interests of all our residents, constantly evolving as our population changes.

We call the latest evolution of our Therapeutic Programming department **The C's of Connection**. Enhancing connection between mind, body, spirit, and between friends, it is the core of our programming, which covers who we are across the board.

**The C's of Connection** include:

**Creative Arts Therapies**, including Music, Dance, Art and Drama Therapies;

**Continuing Education**, such as college-style lectures that cover Music Appreciation, Art Appreciation, Theater Talk, Travel, Scientific Discoveries, Sports Talk, News & Views and Historical Icons;

**Curated Sensory Experiences**, such as Pet Therapy, "smelling sessions" of perfumes called Essential Awakenings, and Culinary Gardening with Chef Michael;

**Community Engagement**, in the form of intergenerational programs that involve collaboration with local schools, such as Sacred Heart and Eagle Hill, internship programs with Sarah Lawrence College and SUNY New Paltz, as well as our "Artist in Residence" program with SUNY Purchase, and trips off-site to restaurants, museums, and other fun outings in the area;

**Conditioning & Strengthening**, a program that encompasses a range of physical fitness programs, such as Yoga and Zumba;

**Celebration & Spirituality**, providing worship services for different faiths, honoring of holidays, and birthday celebrations;

**Captivating Concerts & Recreation**, a comprehensive menagerie of leisurely games and an extensive musical concert calendar.

Of course, we leave room for the spontaneous dance party, visits from the local girl scout troop, and lots of well-deserved relaxation time. Especially during the upcoming Spring weather, as our back porch and garden become our main "hangout" spot, we simply enjoy each other's company.

Stay tuned for the next event invitation, our Open House and Art Show in May. Together, we will welcome in the beautiful Spring season.

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# The Greens

AT GREENWICH

An Assisted Living Residence  
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Maria Scaros, Executive Director  
Barbara Mullins, SALSA, RN  
Beth Liebowitz, Program Director  
Michael Sherman, Executive Chef  
Debbie Merigliano, Administrative Assistant

## Activities and Events



### *Staff Spotlight* *3 Fun Facts about Diallo*



1. Diallo's favorite part of working at The Greens is being a member of the culinary team.
2. He enjoys a huge range of music from African music to Country.
3. When not at work, Diallo loves to spend time with his family.



Bob and Eddie team up to tackle a puzzle.