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Thank you, Sandy!



My name is Sandy Ross and I'm the dance/movement therapy intern from Sarah Lawrence College. It's a bittersweet moment to write this article as it's exciting to address The Greens community but also sad as I approach the end of my internship here. Over the past 8 months I have had the pleasure of working with the residents of The Greens. Not only has it been a highly educational experience critical to my growth as a clinician, but one made rich by the relationships I have made along the way with staff and of course the residents. To the families, I feel honored to have been entrusted with the care of your loved ones and I take that sentiment with me every morning I walk through The Greens' doors. I acknowledge and respect that my work occurs in their home and the preciousness of the time I spend here does not escape me.

I want to extend my gratitude to Maria Scaros and Beth Liebowitz for making this opportunity possible. Beth, thank you for guiding me through this process of figuring out who I am as a therapist by answering my many questions, allowing me the freedom to explore and most of all with your kindness and compassion. I want to thank the many staff members who have guided me either directly or through the modeling of their own exemplary work. There is not a single department or staff member I have not learned from. Feeling embraced as a team

member here as allowed me to extend beyond what I thought I was capable of. It is always a joy to see a staff member dancing to one of my sessions.

In my time here I have learned the power of movement and dance as a form of communication that has led to deep and meaningful connection with residents. Together we have laughed, told stories, challenged our bodies and mind and reinforced our community through the creative process of dance and movement. While I've facilitated these experiences, I've gained so much from the wisdom and resiliency of the residents. Whether we are reminiscing about the past or honoring the present moment, we do so with the knowledge that we have the comfort and support of one another. The Greens is a special place where I have made many memories and relationships I will not soon forget. I leave my internship experience here not only with more skills and confidence but with an open heart.

Sandy



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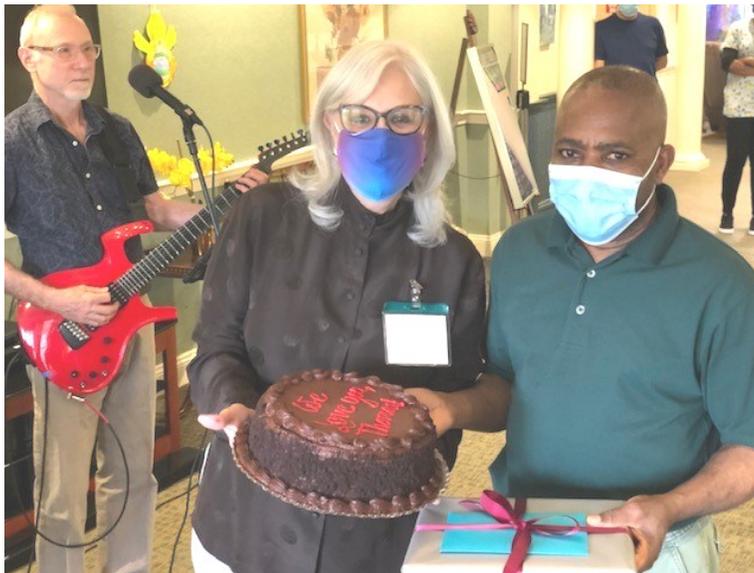
The Greens

AT GREENWICH

An Assisted Living Residence
1155 King Street
Greenwich, Connecticut 06831
(203) 531-5500
(203) 531-1224 (Fax)

Maria Scaros, Executive Director
Barbara Mullins, SALSA RN
Beth Liebowtiz, Program Director
Michael Sherman, Executive Chef
Debbie Merigliano, Administrative Assistant

Activities and Events



Honoring Thomas, our dear coworker of 19 years and wishing him the best on his retirement!



Ronald M. 5/21
Judith H. 5/26
Stephen D. 5/30