

The Greens at Greenwich News and Views

Volume 22/Issue 12

December 2022

Gratitude and Reminiscence

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Programming: **Connecting** **Mind, Body & Soul**



Creative Arts Therapies



Continuing Education



Curated Sensory Experiences



Community Engagement



Celebration & Spirituality



Conditioning
& Strengthening



Captivating Concerts
& Recreation



Dear Families and Friends,

'Tis the season of hope and light. We reflect on the past year and look forward to the next. In 2022 we crept out of the pandemic and stayed safe while visiting with family and meeting new friends. We will soon wish each other a happy healthy 2023 and continue to celebrate life all year through.

We end the year with being the recipient of the Award for Best Practices in Resident Care from the Connecticut Assisted Living Association. Our expertise in providing the creative arts therapies to our residents has been acknowledged in providing excellence in dementia care. Music Therapy is a constant and loved by residents, staff, and families alike. Music continues to fill our home. Dancing and storytelling are always favorites, especially this time of year. Thanks to our new full time art therapist, Val, the residents continue to enjoy in art making of all kinds. New groups have been added as interests shift. Indoor horticulture will begin in the new year, as some new residents are garden lovers. We have added the music department from Purchase University to our "Artist in Residence Program" along with the dance department. We will bring back our "Buddy Program" with Sacred Heart in January, having stopped it during the pandemic.

Myths and Legends is a spin off from drama therapy and has become a favorite group. Meditation and lectures on art, music, and photography are popular. Our collaboration with the Bruce Museum continues even through their construction.

We welcomed new residents and said goodbye to old friends. We look forward to new paths in the new year and are confident in the blessings to come in 2023. During this holiday season I want to thank the Greens Team for their commitment to our residents. To our families, thank you for the privilege of caring for your loved one. And most importantly, thank you to our residents who bring us joy and wisdom every day. Wishing you all a season of boundless joy, family and love, and a new year of health and happiness.

With my warmest regards,

Maria



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Activities And Events



**HAPPY
HOLIDAYS!**

From Our Home To Yours...

***Wishing You The Blessings And
Joy Of This Holiday Season
And A Happy And Healthy
New Year!***



Elaine W. 12/19

Hugh M. 12/23



Carol L.