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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

Meet Valeria Koutmina



Valeria joined The Greens team as the full-time visual art therapist in September 2022. Val holds a Master's degree in Art Therapy from The School of Visual Arts. Her career began working with children and adults with developmental disabilities. Val has since honed a multi-modal and culturally sensitive approach to working with those who have experienced traumatic events, mental illness, addiction, and repatriation. She specializes in sexual trauma and domestic violence issues, as well as end-of-life and memory care. Val has worked in the United States and abroad as an instructor, facilitator and advocate of creative arts therapy. Sensory integration, metaphor, attachment, humor and play have significant roles in the approach she brings to collaborating with clients to improve self-awareness, promote resiliency, and empower working toward well-being.

"As a young child, I was inspired and encouraged by my grandmother in my creative endeavors. She was my confidant, co-conspirator, my muse and greatest friend. From making dumplings to working with clay, painting at an easel to reciting poetry, her guidance moved me toward trusting my intuition and the sense of affirmation I felt when I put my creations into the world. I believe that mark-making is meaning-making. The creative tools allow us to leave a mark on the world, thereby

affirming 'I was here'. By working with creative materials, we transform them, and are ourselves also transformed. My early creative encounters led to curiosity about the different methods and means we have for expressing our fullest selves."

Since starting at The Greens, Val has facilitated a range of therapeutic activities including art therapy groups, walking club, movement circles, poetry readings and discussions. Being multilingual, she was inspired to create a new program titled "La Vie en Rose", featuring cultural, linguistic, and sensory experiences focused on francophone regions of the world. This program will be expanding to become "Global Explorations" in the New Year!

In the art studio, Val has offered the residents diverse creative opportunities through painting, drawing, collage, printmaking and rubbings. Throughout the holiday season, participants have created ornaments, cards and drawings to celebrate and bring cheer to one another and loved ones while learning about seasonal traditions. Val is particularly proud of an ongoing mural project inspired by the aesthetic of Henri Matisse. Our artists have been diligently drawing and tracing shapes, painting backgrounds, cutting and putting together the large-scale collaborative collage for over a month! The process has been so successful, it has encouraged Val to research and write about the approach and its efficacy with dementia populations. We all look forward to proudly displaying the group mural at The Greens when it is complete!



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The Greens AT GREENWICH

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

Maria Scaros-Executive Director
Barbara Mullins, RN, SALSA
Caroline Greco, Program Director
Luis Arista, Executive Chef
Debbie Merigliano, Administrative Assistant

Activities and Events



Congratulations to Trent Boock, our Music Therapy Field Work student from SUNY New Paltz, for completing his semester study with us in the Creative Arts Therapies.



Raymond K. 1/10

Betty S. 1/22



Carol L.