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**Celebrating National Creative Arts Therapies Week**



During the third week of March each year, we honor National Creative Arts Therapies Week. The Greens at Greenwich is recognized as a leader in the use of the creative arts therapies to care for the mind, body, and spirit of our residents. Creative arts therapists are licensed psychotherapists with specialties in specific arts disciplines: music therapy, art therapy, drama therapy, dance/movement therapy, and poetry therapy. All creative arts therapists use arts-based methods and creative processes for the purpose of enhancing quality of life and optimizing health and wellness for a variety of populations. Through music, art, drama, and dance/movement therapy programs, our residents can connect and communicate in deeply meaningful, unique ways.

Every week here at The Greens feels like National Creative Arts Therapies Week. There isn't a day that goes by without an opportunity and space for residents to connect through the arts. Whether it's engaging in musical dialogue during group drumming, expressing oneself through vocal or instrumental improvisation, joining one another in joyous dance and connected movement, sharing and learning each other's stories during drama therapy, or creating pieces of visual art that give us

glimpses into each other's souls, our residents are engaging in and enjoying the wonders of the creative arts therapies each day.

May this year's National Creative Arts Therapies Week inspire all of us to indulge in the arts in new ways. Perhaps we can all pay extra close attention to the music we love and recognize how it moves us, allow our bodies to dance and move in ways that feel therapeutic, carve out a few minutes to paint, draw, or appreciate visual art, and think about our own stories and the experience of learning those of others. In the words of Mary Lou Cook, "creativity is inventing, experimenting, growing, taking risks, breaking rules, making mistakes, and having fun." Let's all continue to create, discover, learn, and, most importantly, have fun!



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## Activities and Events

Savoring sunshine and good company while we await Spring.

