



Westchester & Fairfield County

Business Journals

YOUR COMPLETE SOURCE FOR LOCAL BUSINESS NEWS

Hospitals & Eldercare | May 20, 2024

SOME KIND OF WONDERFUL

By Maria Scaros

Executive Director, The Greens at Greenwich

I recently “celebrated” my birthday. A Sunday lunch with some of my favorite women, all of whom are my family. The evening was spent sharing pizza with my daughter, her partner, and my 4-month-old granddaughter. As I cradled my granddaughter in my arms, my daughter leaned over and quietly asked, “What did you think about today?” Without missing a beat I said with a smile, “Your yiayia and your papou,” meaning your grandmother and grandfather, (my parents). “I thanked them for giving me life, which continues to be extraordinary.” I have not lived a charmed life. Who has? I am not always cheerful and I can sometimes be downright ornery. I recall enormous grief and loss, disappointment and tragedy. Family members who died prematurely. Loved ones who lost the decades I have been blessed to live. And yet, now and then, it comes along. I let it in. That “some kind of wonderful feeling.” That feeling of “Yes, this is good. This is what matters. Life overall is precious.” Monday through Friday I am surrounded by activity that is often frenetic and at times, serene. Friends and family find the love I have for my work confounding. I work in an assisted living community for people who have memory impairment. “It must be sad,” they say. Absolutely not. There is life. There is humor. There is joy. There are wonderful moments that confirm life can hold something wonderful at any stage. Bob has been living with us for almost five years. Over time he has not used words to communicate, but his “being” communicates more than most who have language. Interestingly, when our staff feels overwhelmed or in need of comfort, they all know intuitively to stand or sit beside Bob. He responds by looking you straight in the eye, “seeing” you, smiling and nodding his head knowingly. You may see a staff member



with their head on his shoulder. “Bob sees us.” It reminds me of the song by Carole King. That feeling is sometimes fleeting and often unexpected and often so quite simple: All you have to do is touch my hand To show me you understand And something happens to me That’s some kind of wonderful And then there is Loulette who smiles when she sees you and reaches for your hand. She speaks in riddles, but when the music begins, her rendition of “La vie en rose” is flawless. With a flower in her hair and a champagne glass of lemonade, she stands and swoons to the tune. “She is some kind of wonderful, yes she is.” Peter reports he is a serious man with a serious job. He tells us he does not dance or sing. Music was never much of a part of his life. Well, Peter, music is a part of life

at the Greens. You can’t ignore it. Our dance/movement therapist put on a jazz classic. Frank Sinatra started. “I can’t dance. Don’t ask me.” The therapist’s graceful hand went out to Peter, and he grabbed it. He danced like no one was watching. It was “some kind of wonderful.” I do believe we are wired for these moments no matter how we understand the world. Everyone can feel those moments of wonder, joy, love and awe. Let us embrace them throughout our lives and see them for the miracles that they are. To find out more information or to schedule a tour at The Greens at Greenwich, call 203-531- 5500 or email: mscaros@thegreensatgreenwich.com. www.thegreensatgreenwich.com.