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A Reflection on Gratitude



Dear families & friends,

As the vibrant colors of autumn begin to brighten our surroundings and the air turns crisp, we are reminded of the importance of gratitude and reflection during this special time of year. Here at The Greens at Greenwich, we see the changing of seasons as an opportunity to embrace the spirit of thankfulness for the many blessings we experience each day.

In a recent Music Therapy group, residents lent their voices, ears, and hearts as we sang Dolly Parton’s 1971 song, “Coat of Many Colors.” A few residents highlighted the wise lyric “one is only poor only if they choose to be,” drawing the connection between gratitude and perspective. Several residents took turns offering stories and memories of times where they leaned on their many blessings and supports to help them navigate particularly challenging times. As we listened to each other’s experiences and triumphs, we were reminded of the power of perspective and the true gift of showing thanks.

Gratitude is contagious. When practiced regularly, it spreads throughout the community, creating a warm and joyful atmosphere. Our staff is grateful for our residents and our multi-faceted community of families, friends, vendors, volunteers, therapists, students, doctors, and all others who bring their expertise and genuine care to our residents. Gratitude is more than a seasonal sentiment — it’s a practice that holds tremendous value for both our residents and the people who care for them. We thank all of you who help us care for our residents. We thank our families who entrust us with their loved ones. May the joys of this season continue to connect us all through kindness and appreciation.

With warm regards,
Caroline

The Greens
at Greenwich
Excellence in Dementia Care

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Caroline Greco, Program Director
Luis Arista, Executive Chef
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Events and Activities

We can always count on Augustine's Farm for a festive fall outing!



We are happy to announce Flu and Covid vaccines will be offered to our Residents and Staff on Monday, November 11th.

Please contact our Wellness Office for more information.