

CALMING MURAL CREATED FOR SENIOR CENTER

by [Peter Katz](#) [February 17, 2025](#)

Cerebral Palsy of Westchester (CPW) has unveiled a mural at its Rye Brook campus. Julia Fernandez, an art and design and psychology student at Sacred Heart University in Fairfield, Connecticut, designed and created the full-wall mural for the Adult Day Habilitation Program's Senior Lounge, which was opened last fall at CPW's main campus in Rye Brook. It's a space open daily to older adults who attend CPW's Day Program to



increase socialization and improve mental health through relaxation, meditation and fostering a calming environment. At the beginning of each day, the seniors gather and plan their daily schedules.

The new mural brings a colorful light to the lounge and creates an inviting environment for the seniors.

Mural for the Adult Day Habilitation Program's Senior Lounge; Photo by Cerebral Palsy of Westchester

“Art is truly able to bring people together and I hope the mural makes anyone around it feel a bit more uplifted and vibrant, said Fernandez. She loves using her passion for art to bring people together and recently applied to graduate school to pursue a master's degree in art therapy.

Founded in 1949, Cerebral Palsy of Westchester's mission is to advance the independence, productivity, and full citizenship of people living with all developmental disabilities, including autism, neurological impairments, intellectual disabilities, epilepsy and cerebral palsy. The organization's motto is: Realizing Tomorrow's Potential . . . Today.

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