

# SONGS & SMILES

## Programming Information

### Educational Resources

Workshops, articles, and social media posts are designed to educate and encourage primary family caregivers and anyone else loving and caring for someone who has Alzheimer's.

Resources are developed based on five educational themes intended to teach and equip people to:

1. **Grieve** along the way, recognizing real loss.
2. **Rest**, realizing and accepting some things aren't fixable.
3. **Invite** family and friends to join the journey.
4. **Connect** through songs and smiles.
5. **Celebrate** life with love and laughter.

Educational workshops are designed for interactive learning in small-group settings such as caregiver support groups or family gatherings. Workshops include:

- **Loving Someone Who Has Alzheimer's** – Practical information based on concepts of ambiguous loss and the need for rest and self-care.
- **Inviting & Including** – Practical information and resources on how to invite and include others in the Alzheimer's journey.
- **Comedy Caregiving** – Teaches caregivers and others how to use techniques of improvisational comedy to engage with people who have Alzheimer's.
- **Celebrating Together** – Practical information and resources for planning family gatherings to celebrate holidays and life events.

### Printed Magazines

- **Joyful Memories** – Quarterly magazine for families to share with loved ones who have Alzheimer's. Content will be timeless and intergenerational, with original and curated pictures, stories, poems, and jokes. Issues will be themed, allowing for discovery of particular interests. Theme ideas: childhood, gardening, cats, dogs, sewing, Christmas, hiking, cooking, woodworking, school, and seasons.
- **Songs & Smiles** – Quarterly magazine filled with original articles, stories, tips, and ideas, for primary family caregivers and anyone else who loves and cares for someone who has Alzheimer's. Editorial content for departments and feature articles will encourage readers to Grieve, Rest, Invite, Connect, and Celebrate.

### Singalongs

Interactive singalongs are designed especially for people living with Alzheimer's or other forms of dementia. Music can help people living with dementia connect with memories and emotions. Singing together can help people connect with family and friends and communities. Singalongs also provide moments of respite for caregivers.

In-person and online singalongs feature uplifting, positive, and widely known songs. Songs are arranged in singable keys and tempos, and easy-to-read lyrics are displayed on a screen next to the singalong leader.

- In-person singalongs at memory care facilities and senior centers in and around Grapevine, Texas.
- Library of singalong videos on website, Vimeo, and YouTube.
- Live virtual singalongs via Zoom.