**INFORMATION SHEET**

**JOYFUL SOUND OTTAWA CHOIR**

Joyful Sound Ottawa is an intergenerational community choir whose purpose is to bring joy and greater wellbeing to those with dementia and their caregivers and students.

**SOME DETAILS**

* In addition to those with dementia and their caregivers, the choir will also be made up of friends and family, as well as students from middle school, high school and possibly university.
* The nature of the choir draws on the experience of such choirs elsewhere, such as the Voices in Motion choirs in Victoria, B.C.
* The choir director and others are donating their time.
* Choir members are asked to sign up for the full period through the concert at the end of May and pay a membership fee of $60. each for music. Students under the age of 30 are free. High school students can get credit for 18 volunteer hours by participating fully.
* Previous experience singing in a choir is not necessary (but useful).
* The ability to read music is not necessary (but useful).
* Large-print, words-only copy will be available for those wanting them.
* All the students will receive education from the Dementia Society on Wednesday March 11, 2020 from 3:00-4:30 at the Church of the Ascension, 253 Echo Drive.
* Choir practices for all members will run Wednesdays from March 25 to May 27 3:00-4:30 at the Church of the Ascension.
* Practices will begin with 15 minutes of socializing followed by one hour of rehearsal and end with 15 minutes of refreshments. For certain parts of the time, students will be paired with someone who has dementia and a caregiver.
* There will be a public concert sometime between May 29-31. Further info will follow.
* The choir will consist of approximately 36 singers: 12 people who have dementia, 12 caregivers or family members, and 12 students.
* The kinds of music sung will be varied. It will include, but not be limited to: Songs from 1940s, 1950s, 1960s, 1970s; Broadway musicals; Jazz; and Spirituals.
* Parking: After 2:45, there is lots of room in the Immaculata High School parking lot beside the Church. Further info about dropping people off and parking will follow.
* The church is accessible by wheelchairs and walkers through the lower entrance on Echo Drive. There is an elevator to the upper floor where practices will be held. People who are able to use the stairs are encouraged to do so.

**NOTES OF THE EFFECTS OF CHORAL MUSIC ON THOSE WITH DEMENTIA:**

* Provides social interaction and fosters a sense of belonging
* Uses parts of the brain not affected by dementia
* Reduces stress and anxiety
* Elevates mood, brings pleasure, and wards off depression
* Improves episodic memory (recalling details from long-term memory)
* Creates new memories in spite of dementia

**ANNE LONGWORTH (CHOIR DIRECTOR)**

* Education: ARCT (Piano); Bachelor of Music (University of Toronto)
* Was the choir director and organist at St. Stephen’s Anglican Church in Ottawa from 1978-2004
* Worked with worship bands as a keyboard player and organist from 2005-2016 at St. George’s Anglican Church and then Church of the Ascension,Anglican
* Works with a small group of musicians that puts on singsongs in seniors’ residences
* Is passionate about using music in working with, and caring for, seniors and those with dementia
* Had parents and a grandparent who had dementia
* Has received “dementia friendly” training from the Dementia Society

**PARTNER:** Church of the Ascension

**FOR FURTHER INFORMATION DON’T HESITATE TO CONTACT**

[**https://www.churchoftheascension.ca/joyfulsound/**](https://www.churchoftheascension.ca/joyfulsound/)

**or**

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