



ADVANCING INTERDISCIPLINARY RESEARCH IN SINGING

Keeping Momentum Going: Buddy's Glee Club Phase Two

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Purpose of the Study

- The purpose of this study was to examine the physical, psychological, social, and emotional effects of singing in a weekly choir facilitated by a music therapist for both cognitively intact and cognitively impaired older adults.



Phase Two: Research Questions

- What, if any, are the benefits of the lived experience of singing in a glee club facilitated by a music therapist and accompanist as expressed by older adults living in nursing homes?
- How can a glee club program best be implemented with older adults in nursing homes?
- What is the impact of singing on the physical and emotional dimensions of health? The physical and emotional dimensions of health in this context are defined as anxiety, happiness, pain control, energy and mood.

Phase Two: Data Sources

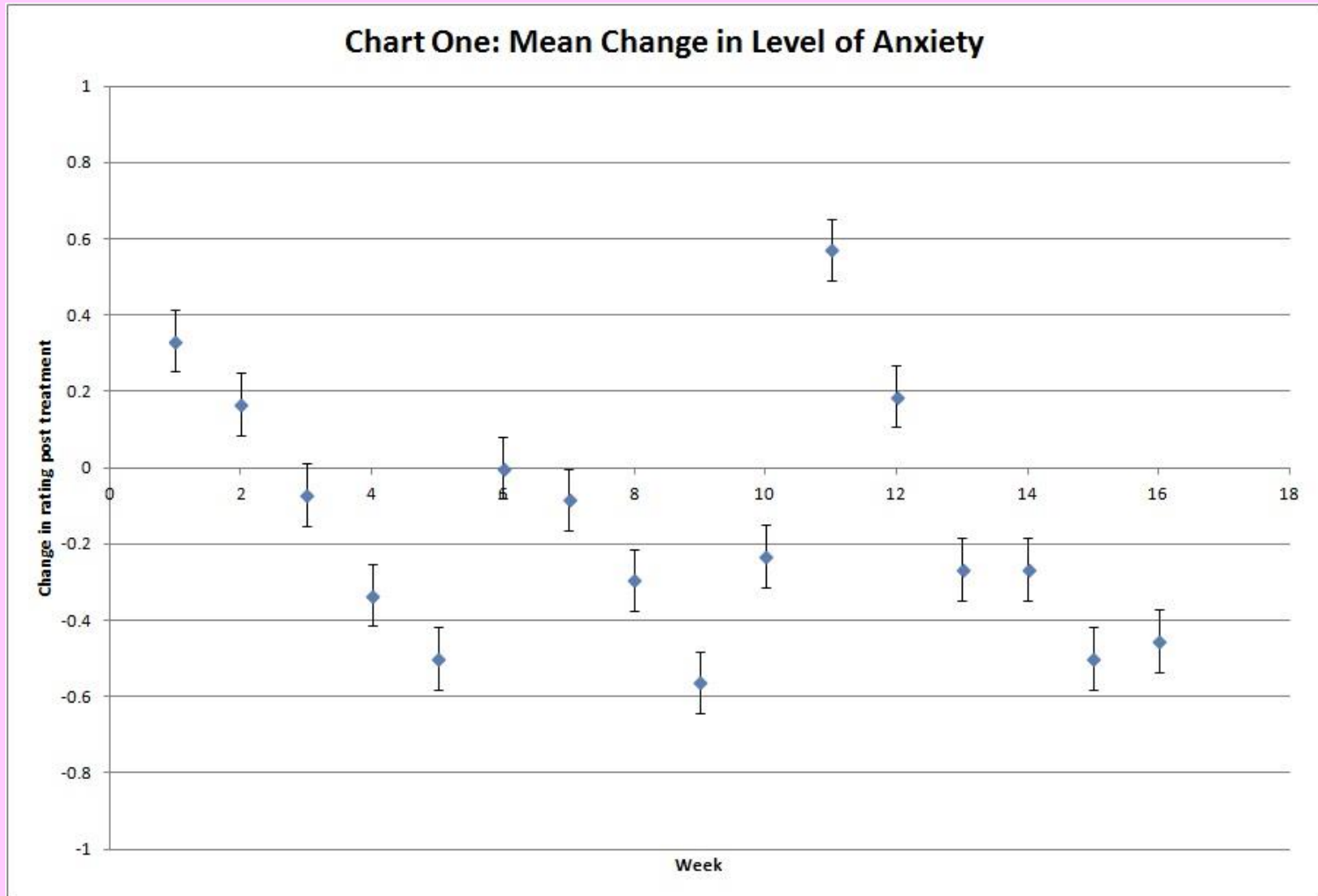
- *Participant Intake Form*
- *Pre and Post Tests At Each Choral Session:*
anxiety, pain, happiness, mood, and energy
- *Interviews*
- *Observation*



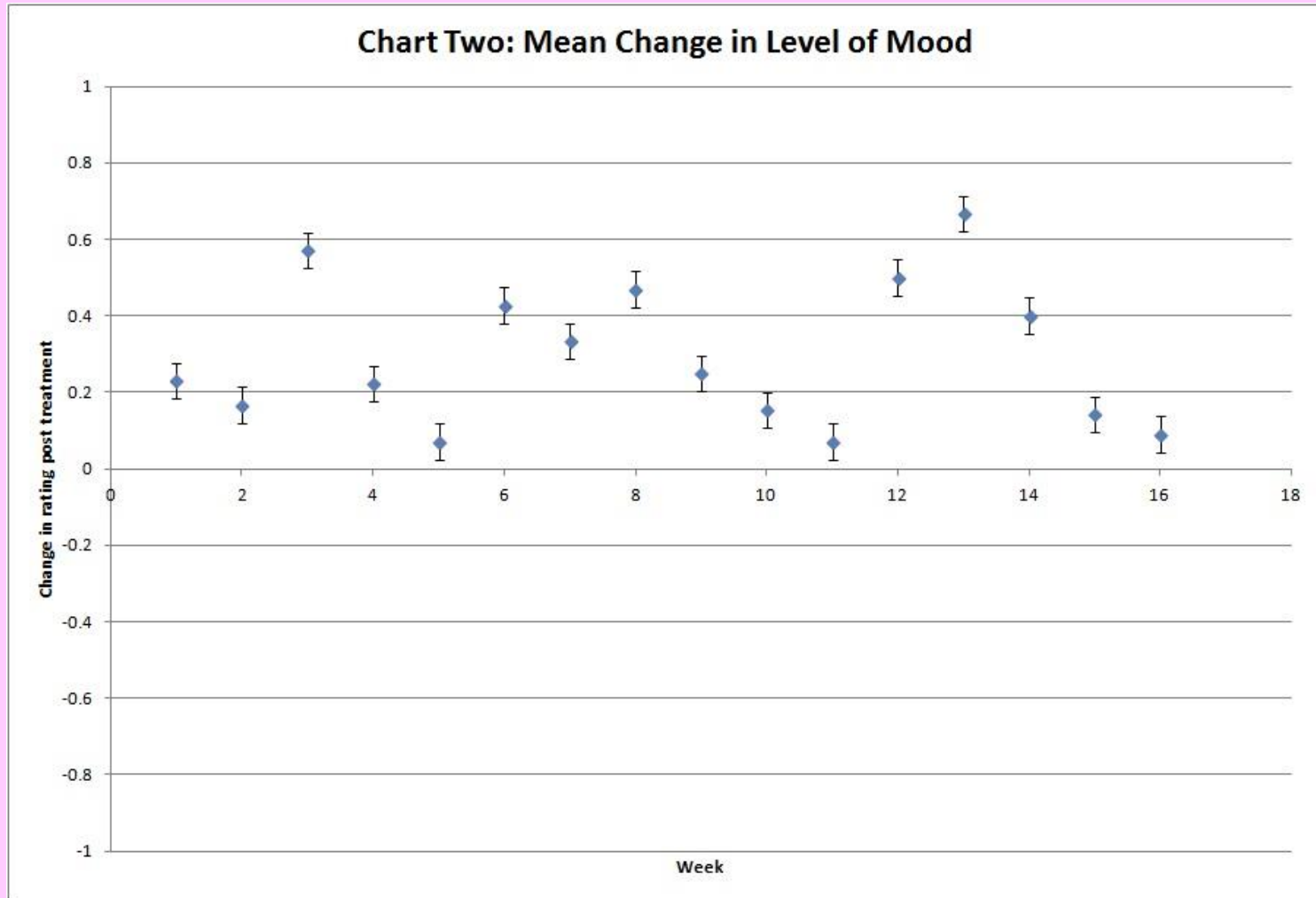
Quantitative Results

- Averages of pre and post test scores showed the following:
 - Reduction in anxiety in 11/16 sessions
 - Improvement in mood in 16/16 sessions
 - Reduction in pain in 14/16 sessions
 - Increase in energy levels in 14/16 sessions
 - Improvement in happiness in 16/16 sessions
- Short-term improvements

Anxiety



Mood



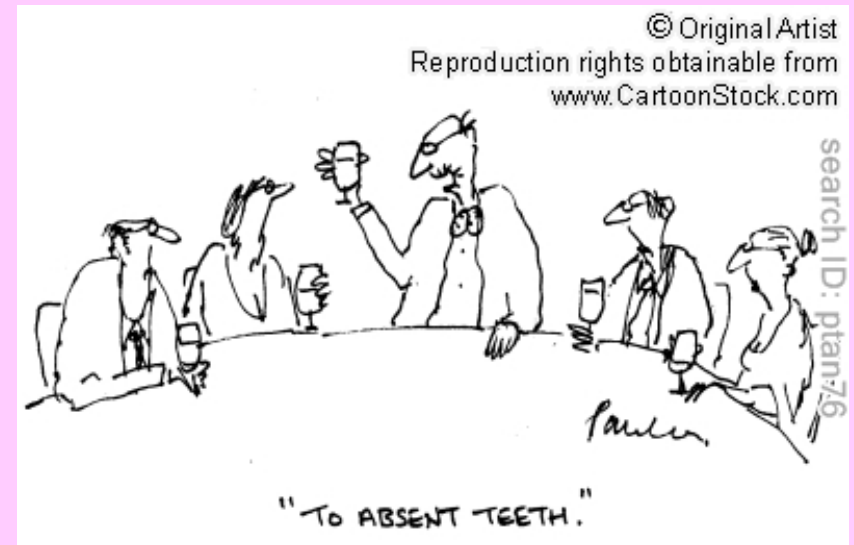
Qualitative Results

Themes:

- Community building/making friends
- Special moments
- Climate of positivity
- Music is therapy
- Singing makes me feel well/keeps me going
- No anxiety at Glee
- Increased mood, energy, and alertness
- “I can do it!”
- I love to sing

Community Building/Making Friends

- Positive space to socialize, make friends, be part of a community
- Staff member: *“People who originally didn’t like each other ended up being friends.”*
- *“When you’re in a choir, you’re a congregation, you get together, and we have the same music, it’s good.”*
- *“It is nice to sing and be with people.”*



Special Moments

- *“Significant moments happened during each practice as various group members expressed themselves and developed awareness of the people around them. Our solo singers had especially proud moments.”*

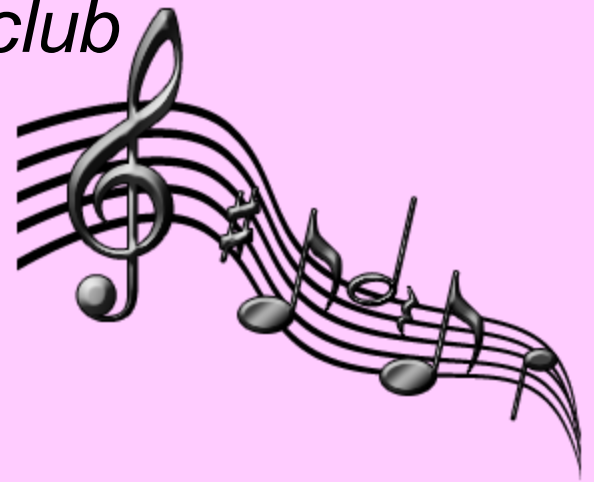
Climate of Positivity

- *“Her [Choir leader] manner of talking to you, it is so full of happiness and pulling us all together. She’s remarkable, I love her! I love you all!”*
- *“It was a very nice atmosphere.”*
- *“This is the best program I've been to.”*



Music is Therapy

- Designed for a variety of physical/cognitive limitations
- Strengths-focused
- *“I love to sing, music, music is therapy.”*
- *“They have lots of activities, but I cannot participate. Cards, bingo, movies, I cannot go. Music appreciation and glee club is something I can do.”*



Singing Makes Me Feel Well/Keeps Me Going

- Kept people energized and uplifted
- *“Keeps you going all day Friday, can’t take your mind off it!”*
- *“Has done me a world of good.”*

No Anxiety At Glee

- Distraction from daily lives/anxiety
- *“Glee gets you to think about other things”.*
- *“I’m not anxious at the Glee Club at all, but here at home, I am very anxious.”*
- *“Anxiety? Not when I’m singing, things that are not quite so important.”*

Increased Mood, Energy, and Alertness

- *“The choir has helped with my overall mood.”*
- *“I like to sing, it makes me all right, it makes me happy.”*
- Companion: *“It improves her mood.”*
- *“The choir gave me energy.”*
- *“I have more energy after singing.”*

I Can Do It!

- Increased confidence/reassurance in talents and strengths
- *“I really surprised myself because I seem to know all of the words.”*
- *“Every song that I used to know, doesn’t come to my mind immediately- until we sing it and we sing it right.”*
- *“Now that I’m so much older I feel that I don’t have a tone of voice, the same tone. This seems to have brought me out of myself, and I’m very pleased about that.”*

I Love to Sing!

- *“I sing, I love it.”*
- *“I don’t like to sing, I love to sing!”*
- *“I love singing with them.”*
- *“I love it.”*



How To Best Implement Glee in a Nursing Home

- Warm-up vocal exercises
- 3-4 songs per session, focus on 1-2 areas
- Assess music preference
- Smaller groups
- Cognitively matched groups

The logo for Baycrest, featuring the word "Baycrest" in white, bold, sans-serif font centered within a blue rounded rectangle with a white border.

Baycrest

Phase Three: Singing and Caring Together

- The purpose of the proposed project is to examine the effects of choral singing with residents of Baycrest Apotex Centre diagnosed with Alzheimer's disease, dementia, or cognitive impairment, and their caregivers.



Phase Three: Data Sources

- *Participant Intake Form*
- *Interviews:* caregivers and residents, at the completion of all 16 sessions, audio-taped and transcribed
- *Observation:* video recording of all sessions, analyzed for pain, mood, and energy changes
- *Questionnaires:* beginning and end of each session for caregivers and residents
- *Questionnaires:* beginning, middle, and end for caregivers, assessed their interpretation of the effects of the glee club on their loved one