



## NEWSLETTER Spring / Summer 2020

Over 514 compact **virtual sessions** were distributed and viewed during April & May.

### BIG CHANGES

When our main **Encore! center** closed on March 17 due to a raging pandemic we, like most everyone else in the world, weren't sure what was happening and for how long it would last. However, we did know why. We **contacted** everyone connected to our program, completed a deep **cleaning** and prepared to be closed for some time. We **learned** that face-to-face home visits would not be allowed due to our high-risk group of folks. This became an **opportunity** for **OlyCAP's Mission & Vision** including: *embracing innovation and collaboration, strengthening and expanding community connections, and commitment to build a healthier community.*



Master student Frank Sartain has begun an internship in music therapy with OlyCAP's Encore! Adult Day Care Center.

University student takes OlyCAP internship for music therapy

### EMBRACING INNOVATION AND COLLABORATION

I was aware of Telehealth and Virtual Sessions (either recorded videos or live-stream programs like Zoom) but had no **experience** using them. Fortunately, we had a young music therapy **intern**, Frank Sartain, who probably did. Together we started **creating** video sessions. We learned to record short sessions with small file sizes after the first one (**physical exercise**) used up all the cell-phone memory and took over

two hours to upload. Our sessions included physical exercise, singing, **cognitive** exercise, seasonal music, performance, appreciation, **relaxation** and validation – all things we do with **music** every day at the center but in condensed form. These **focus** areas fit the required service categories for adult day centers in Washington: recreational, diversionary, relaxation, range of motion, remote socialization and health education.



### BUILDING A HEALTHIER COMMUNITY

After a week the entire building closed and we lost use of the center, computers and the office. I sent out letters inviting everyone to **participate** in our **Virtual** Adult Day Center. And that is how it's been going ever since. With the support of OlyCAP and O3A several times a week we send out emails with **specially** chosen links to video sessions to complete and then we **exchange** comments back & forth, all to keep stimulated and **engaged**, and to maintain our beneficial, **social** connection. Amidst the stress-filled news broadcast every minute of every day we can be an **affirmation** of calm and stability for each other during this tense time. As one participant put it: *I hope you are not panicking with the coronavirus. Please do not watch the news at night since it is bad news at that time. I miss you guys and I am looking forward to going back to Encore.*



In April we started with 29 video sessions and by May we had a **repertoire** of 59 plus assistance with **health** education from our nurse consultant, Mary Reynolds RN. For some with no internet access specific sessions have been **conducted** over the phone. Some of our regular participants who have been ill or in declining health, and would not have been able to attend,

have remained **connected** through the telehealth system of program delivery.

## LEARNING

Frank & I have been busy educating ourselves as well. In addition to the **technical** things like Zoom software, recording, editing & uploading videos, creating & cataloguing hyperlinks, and **navigating** Youtube channels, we have both been “attending” **sessions** provided by The Western Region American Music Therapy Association virtual **conference**, the Music WorX virtual conference, American Music Therapy Association Podcasts, **reviewing** many AMTA Covid-19 resources provided to members, and **reading** articles in the music therapy journals. We are staying **connected** to our professional colleagues and striving to improve **service** delivery to our day center participants. During one of the classes I was reminded of a device called a **Choice Board**, sometimes used in educational settings, and adapted it for our older adults. If I get one good **idea** from a conference session it is worth it.

Sessions include these options plus Health Education, Seasonal or Special Music.

Please make one selection from each of the 6 choice squares at least 3 days per week.

<b>Greetings &amp; Wake Up the Brain</b> Singing1 Singing2 Singing2 with lyrics	<b>Wake up the Body – Stretch</b> Exercise1 Adventures In Movement Exercise2 BrainDance Progressive Muscle Relaxation	<b>Cognitive Exercise the Brain – Stretch</b> Name That Tune1 Complete the Title Hit Parade1 1950s Complete the Title Folk Songs1 1960s
<b>Performance</b> all of me fly me to the moon four-mdavis	<b>Frequencies with Frank</b> Calm & Soothing the light still shines Exciting & Stimulating transformers Guided Relaxation Forest Walk Music & Imagery	<b>Goodbye Song</b> Happy Trails May the Good Lord Bless and Keep You We'll Meet Again

## STRENGTHENING AND EXPANDING COMMUNITY CONNECTIONS

**Tim's Place**, an older adult activity outreach ministry of Trinity United Methodist Church in Sequim, contacted us seeking **assistance** with best practices for using **music** in their program. Since we had already created several video experiences I was able to **design** a complete virtual session – singing, exercise, name that tune, performance/validation, relaxation, seasonal music and farewell song - that they could **share** with their participants & volunteers (about 50 of them) for use at home. A **local** connection.

**The Brookdale National Foundation** supports community-based efforts to develop and **sustain** social model group respite and

early memory loss programs. Encore! Adult Day Center and the Arts & Minds Memory Wellness program are network **members**. I created a complete virtual session to be distributed by the foundation to select member programs **throughout** the U.S. A **national** connection.



Select recorded sessions are also being posted on Encore Olycap **Facebook**. In this way some **caregivers**, community members, facilities and other health **providers** (including our regional music therapy network, local nurses, senior information office, etc.) will have **access** to them, and they can be shared to other Facebook pages. This **benefits** elders and **expands** community connections locally, **regionally** and nationally.

## MEALS

Another important aspect of our adult day center is healthy **nutrition**. We offer a balanced meal each day that is **prepared** by OlyCAP's senior nutrition program located at the Port Angeles Senior Center. Josh, who supervises the service there, has **continued** providing meals to elders in our community. Encore! Program assistant Jenieva has been involved **delivering** meals and keeping in touch by phone.

Our adult day center has made significant shifts but **continues** to serve as an integral part of the many ways **OlyCAP** is connecting with and **supporting** our community through home care, energy assistance, food banks, food assistance programs, congregate (pick up) & home delivered meals, supportive housing and emergency social distancing shelters, employment, early childhood, retired senior volunteer and client support services, community centers, weatherization and the COVID-19 Emergency Relief Fund.

For more up to date information check out the OlyCAP website:

<https://www.olycap.org/>

## Choice Board Samples

[Encore Sing2 with lyrics](#)

[Encore Name That Tune1](#)

Send us an email if you'd like to join our Virtual Adult Day Center.

**Please let us know if you need anything or would like to help.**

OlyCAP @ 360-452-4762

*Please call if **we can help** your older adult loved one and give you a break from your dedicated caregiving.*



Respite and Adult Day Care  
*For Older Adults and the Families who Love them*  
Tuesday, Wednesday and Friday  
9 am to 2 pm  
&  
Arts & Minds Brain Fitness Program  
*For Adults with Early Memory Loss*  
Thursday 10 am to 2 pm

301 E Lopez Ave, Port Angeles, WA 98362  
360-457-6801 [EncoreStaff@olycap.org](mailto:EncoreStaff@olycap.org)

Jenieva vanderWaal, CNA, Aide  
Jim Couture, MA MT-BC Coordinator

## Encore's

# Arts & Minds

## Brain Fitness Program

*For Adults with Early Memory Loss*

- ♫ Strategies To Strengthen Your Memory
- ♫ Music & Creative Arts Model
- ♫ Cognitive & Physical Exercise

**Thursdays 10am – 2pm**  
Simple Lunch included.  
Reasonable Fee.

Call Jim for details at  
**360-457-6801**



Brookdale Foundation  
Albert Haller Foundation



Encore!'s home across from the library