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.

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.

**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/](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.

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