



## NEWSLETTER Spring 2025

These past few months have been **active** for us at Encore! We welcomed new music therapy **intern** Jamie Tada from California State University at Northridge. She plays **flute** and, lucky for us, is interested in gaining more **experience** with older adults in a community setting.



She has also been engaged with **community** members at Highland Court, Volunteer Hospice of Clallam County and St. Andrew's (to enhance **choral** conducting skills). While she saw some of the **impacts** from storms, snow, ice and illnesses this past winter, **none** of them lasted very long . . . at least this year.

Participants in the program have **engaged** in discussions about MLK Day including his favorite **songs** and friend Mahalia Jackson; read **lyrics** to and sang traditional **spirituals** during Black History month; identified **instruments**, song titles, performers and styles as part of an **auditory** discrimination exercise we like to call Music Grab Bag; highlighted Women's **History** Month and International Women's Day with clips of talented performers from around the **world**;



decorated **colorful** egg shakers; created crafty cards and soft sculptures for Valentine's (because our folks **wanted** to); colored personal **butterfly** Mandalas guided by Mary; listened **reflectively** to flute and

piano duets; sang and watched video clips of **familiar** Irish songs; reviewed and sang **nostalgic** songs related to Spring and Earth Day; chose morning songs to sing from **menus** (and reviewed new **research** for increasing success making choices by using song menus); engaged in **songwriting** of individual participant songs as well as a **favorite** topic: chocolate!



While chatting with a couple of participants from **Canada** we came up with some security **questions** to re-enter Canada if you forget your passport and need to **prove** your knowledge.

- 1) What country makes the most maple syrup?
- 2) Name the national capital of Canada.
- 3) What is a "beaver tail?"
- 4) Name the ingredients of poutine.
- 5) Name the Canadian national anthem.
- 6) What is the largest waterfall in Canada?
- 7) What is a common Canadian word or phrase?
- 8) Name an ocean that borders Canada.
- 9) Name the national animal of Canada.
- 10) What symbol is on the Canadian flag?

Extra: what is the most popular sport in Canada?



In 2025 the State of Washington began issuing a required **license** for Music Therapists practicing in the state. Now the **journey** to become a music therapist includes earning a **college** degree (bachelor's or master's), completing a minimum six-month **internship**, passing the national board certification **exam**, earning continuing education **credits** during a five-year cycle, **applying** for the Washington license and completing additional **education** credits during a two-year cycle.



The task force has been working on this **project** since 2006, and though I served for about ten years you can see that it took a long time for the bill to **pass** the legislature. The license will help **protect** anyone receiving music therapy services and allow therapists to **access** diverse settings such as mental health and public schools that were previously excluded.



#### Answers

- 1) Canada
- 2) Ottawa
- 3) Fried dough
- 4) Fries, curds, gravy
- 5) O, Canada
- 6) Niagara
- 7) Eh, sorry, Toonie, Loonie, toque, Canuck
- 8) Atlantic, Pacific, Arctic
- 9) Beaver
- 10) Maple Leaf

Extra: Ice hockey

*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

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