

# Senior Sing A - l o n g

Engaging minds,  
memories, and  
movements

## We have exciting news!

Maybe you're saying...why am I getting another Senior Sing A-Long letter so soon? Well, it's because there is so much good news to share. **It's official! Our new website is up and running.** Check us out on [www.seniorsingalong.org](http://www.seniorsingalong.org). And, it's time to buy tickets for our annual fundraiser on **September 19th**. Come out and support our work and make more of these meaningful moments happen each day!

## Senior Sing A-Long meaningful moments...

- ♪ Ron loved playing guitar. But he has dementia, and it's been years since he could play. Ron is often agitated and unsettled. Every day is an unpredictable struggle. Dementia has stolen his ability to regulate his emotions, making life difficult for him and heartbreaking for his loved ones and caregivers. But on the days Ron attends SSAL's Music Therapy sessions, things are different. As the Music Therapist works with him, his body relaxes. His fingers strum, his hand move along the neck of his imaginary guitar. His whole body remembers what it was like to play...and to live. His favorite songs release him from the grips of his disease. And for a time, Ron is freed—to sing, to remember, to be himself again. And for a time, his wife gets her husband back...and they sing together, hold hands, and share memories of life and family.
- ♪ Senior Sing A-Long carolers performed at The Oaks at Cascade. Following their concert in the main community area, the carolers walked the halls, caroling door to door. The response was overwhelming. Senior residents made requests from the comfort of their rooms, singing along, smiling as the memories and sentiments of the familiar songs settled over them. Before the night was over, the carolers were invited to visit a resident who was close to passing. Sitting at her bedside, her daughter requested one of her mom's favorite carols—"Oh Holy Night." It was an emotional and meaningful moment as she held her mother close and watched her face fill with peace and joy—a memory she will carry with her forever.



Mark your calendars and buy your tickets today for our Annual Fundraiser

Live music from the Tom Hagen Trio featuring Rick Reuther!

\$65 tickets now, \$75 after August 31st. Don't Delay! Available online at [www.seniorsingalong.org](http://www.seniorsingalong.org)

Here are a few of the exciting live auction packages you could win!



**Personal chef dinner in your home.**



**Stay-cation in Grand Rapids!** Everything you need for a get away for the night. Stay at City Flats Hotel and enjoy some great restaurants and take in local entertainment.



**Need a handyman for the day?**

Make your to-do list and watch it get checked! Home Depot gift cards will help with any of those materials you need.



**Ann Arbor getaway.**

Take a night and relax at the Graduate Hotel. Wander around town or take in a campus visit. Also, tickets to any show at the nearby Purple Rose Theater of Jeff Daniels fame!

Save the date, September 19,  
for a night of fun with Senior Sing-Along.

# STAY STRONG SOIREE

Senior Sing Along's Annual Fundraising Event

LaFontsee Galleries  
833 Lake Dr SE, Grand Rapids, MI 49506

SEPT 19 6:30 - 9:00PM  
LIVE AND SILENT AUCTION.  
FOOD, AND LIVE ENTERTAINMENT

Thank you to Ken and Hattie VanHaften,  
Else Fierens and Jill and Martin Dover for the generous support, making all of our good work possible.

Thank you to our Sponsors!

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