

SONGS YOU KNOW BY HEART

A Simple Guide for Using Music in Dementia Care



Has dementia, including Alzheimer's, touched your life or that of a family member or friend? Are you a caregiver, family member or activity director caring for someone with dementia?

Are there days when you are short on time and energy and wish your job could be easier? Do you prefer to focus on what people can do instead of only focusing on the support they need? **Would you like to awaken memories, bring happiness, and truly connect?**

THIS GUIDE IS FOR YOU

Try one idea or try them all. Turn on the music, follow the simple directions and get ready for some joy!

"Mary Sue Wilkinson's guide truly offers ways to sustain or regain connections that we thought were lost or impossible."

-Teepa Snow, leading advocate and educator on dementia care

"The music is like a chisel that chips away the exterior of the dementia. Every song opens more light to Jean's real true being"

-Kim Spencer, caregiver

"Every Life Enrichment Coordinator will benefit from having Mary Sue's 'Songs You Know by Heart' CD and easy to follow guidebook as a resource. This is my go to, especially when I need to lift spirits. it works every time."

- Karen Bell, Life Enrichment Coordinator, Bay Ridge Assisted Living Center

About the Author: Mary Sue Wilkinson is the founder of Singing Heart to Heart™ and the Young at Heart Music Program. She is a career educator and a professional musician. Mary Sue is devoted to bringing the joy of music and singing to seniors with decades of life experience and memories tied to music. She specializes in using music in dementia care.

Contributor Teepa Snow is one of the world's leading advocates and educators for anyone living with dementia. She is the founder of Positive Approach™ to Care. The guide includes her GEMS™ dementia classification model.

INCLUDES RECORDINGS OF THESE SING-ALONG FAVORITES . . .

I Got Rhythm
Let Me Call You Sweetheart
Don't Sit Under the Apple Tree
Always
My Little Margie
My Bonnie Lies Over the Ocean
Peg O' My Heart

Bicycle Built for Two
Four Leaf Clover
Five Foot Two, Eyes of Blue
Shine On Harvest Moon
(Put Another Nickel In)
Music! Music! Music!
Take Me Out to the Ball Game

My Wild Irish Rose
On the Sunny Side of the Street
Side By Side
You Are My Sunshine
When You're Smiling

Available at SingingHeartToHeart.com and Amazon.com

**SINGING
HEART to HEART™**
connecting through music

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