



# LISTENER GUIDE



## Episode 1: *Lovely Day*



In this first episode, Dr. JD Green helps us sing "Lovely Day" by Bill Withers from 1977.

The Community Challenge is to visualize what a lovely day might look like to you and tell us about it!

Our featured organization is the Greater Kentucky and Southern Indiana chapter of the Alzheimer's Association: [www.alz.org/kyin](http://www.alz.org/kyin)  
24-Hour Helpline: 1-800-272-3900

alzheimer's   
association®

# Can You Hear Me? Community Challenge

## Song: Lovely Day



With inspiration from this episode's song, what might make a lovely day for you? It could include experiences you've had before or something you're making up in your mind right now. Take a minute to imagine yourself inside that lovely day and write down responses to the following questions and anything else that comes to mind...

*Where does your lovely day take place?*

*What do you see around you?*

*What are you doing on this lovely day?*

*Would there be anyone else there with you and if so, who?*

*Are there any significant sounds or smells?*

*Is there a song or kind of music that goes along with your day?*

### **Don't forget to share...**

This show is called *Can You Hear Me?* for a reason. We need to hear from YOU!

Call **502-286-3616** and leave a message describing your lovely day.

Or visit [canyouhearmelouisville.org/contact](http://canyouhearmelouisville.org/contact) and click the button to record a voice message.

Your voice might be featured on a future episode!

