

CAN YOU HEAR ME?

The Sing-Along Album



by Cheyenne Mize
& Special Guests



GLOBAL
BRAIN HEALTH
INSTITUTE



alzheimer's
association

IDEAS
xLab



Kentucky
Foundation for Women



LISTENER GUIDE

This album is a collection of sing-along songs from the 1950s-1970s, recorded by board certified music therapist Cheyenne Mize with a variety of amazing guest singers from Louisville, Kentucky. It is designed to provide an opportunity to sing with others no matter who or where you are, and can even be used to facilitate a singing group of your own!

Tips for listening...

The album begins with a Warm-up that includes breathing, stretching, and simple vocal exercises to prepare you for singing. You can listen to the songs in any order, but it is recommended to always start with this Warm-up track.

Although copyright rules do not allow for the song lyrics to be printed in this Listener Guide, each song has a separate instructional track to teach you a part of the song. Once you are familiar with the song, you can skip this instructional track -or- if you want more practice, repeat the instructional track until you feel ready to sing the whole song.

Each song also has a corresponding page in this Listener Guide with an idea for an additional creative experience related to the song. You can use this Guide to try something new on your own, or if you are using this album in a group setting, print these pages for a creative group experience.

Happy singing!

- *Cheyenne*



Can You Hear Me? Listener Guide

Track Listing

1. Warm-up

Stand By Me (p. 5)

feat. Christy O'Connell

2. Instructional
3. Sing-Along

Lovely Day (p. 7)

feat. JD Green

4. Instructional
5. Sing-Along
6. Visualization

I Love (p. 8)

feat. Will Oldham

7. Instructional
8. Sing-Along

(Sittin' On) The Dock of the Bay (p. 9)

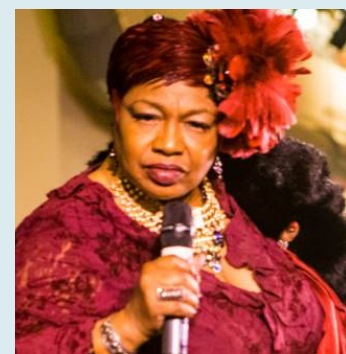
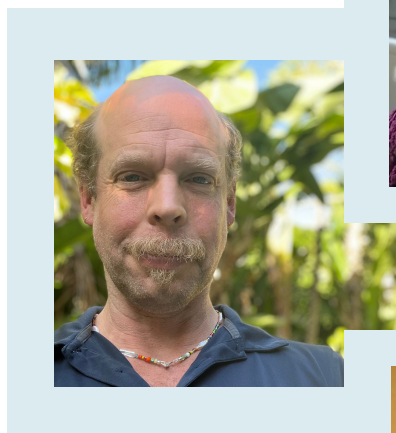
feat. Marjorie Marshall

9. Instructional
10. Sing-Along

Have You Ever Seen the Rain (p. 10)

feat. Heather Summers

11. Instructional
12. Sing-Along



Can You Hear Me? Listener Guide

Track Listing



Froggy Went A-Courtin' (p.12)

feat. Tyler Lance Walker Gill

13. Instructional

14. Sing-Along



Drift Away (p.13)

feat. Tyrone Cotton

15. Instructional

16. Sing-Along



Where You Lead (p.14)

feat. Brigid Kaelin

17. Instructional

18. Sing-Along



I'm So Tired / Here Comes the Sun (p.15)

feat. Mark Charles and the Neighborhood House

Four Seasons Choir

19. Instructional

20. Sing-Along



Don't Stop (Thinking About Tomorrow)

feat. Scott T. Smith

(p. 16)

21. Instructional

22. Sing-Along



Stand By Me

*Ben E. King, Jerry Leiber, Mike Stoller (1961)
featuring Christy O'Connell
tracks: 2 - 3*



What do you stand for?

Design your own coat of arms...

A coat of arms is a visual design that was used among European nobility in the 12th century. Historically these were used to establish identity during battle. They depict elements that are important to a family, state, or organization, including their ancestry, loyalties, and achievements. Traditions vary from place to place, including who has had the right to use them in the past.

Today we are designing our own coat of arms! On the next page, you will find a template. You can draw or paint your own designs, or cut out pictures from magazines to make a collage. You can separate your design into different sections, or you can use the whole shield as one canvas.

Here are several ideas to get you thinking about what to include.

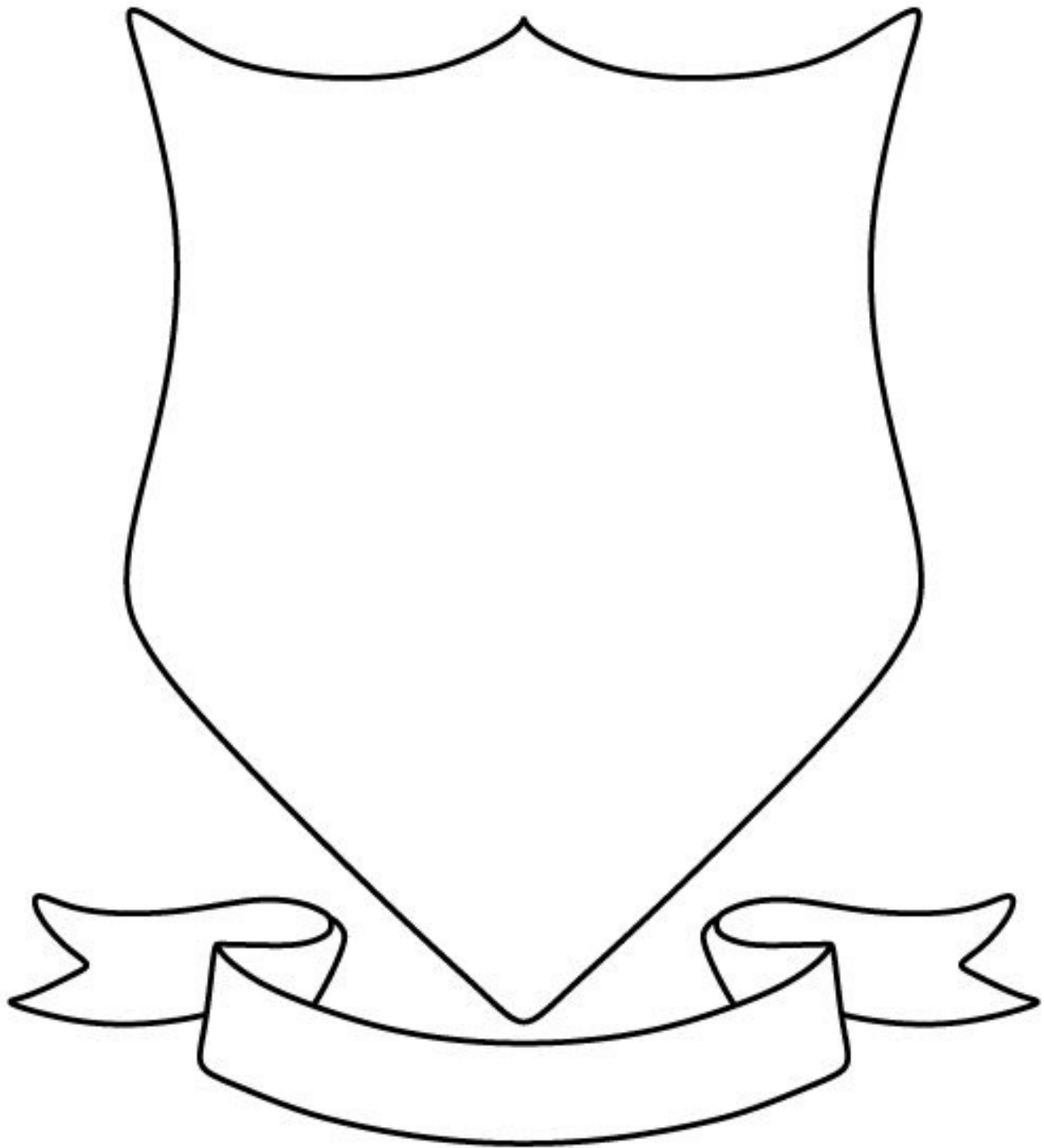
List several things that are important to you:

What objects or symbols could you use to represent these things?

What images could you use to represent your family or ancestry?

Your achievements, occupation, favorite things, or identity?





Design from: PatternUniverse.com



Lovely Day

Bill Withers, Skip Scarborough (1977)
featuring JD Green
tracks: 4 - 6



Visualize your own lovely day...

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. Use the questions below as prompts.

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?

What other details can you see in your mind's eye?

Now take a few minutes to imagine yourself inside that lovely day. Find a quiet place, turn on some music that would be a good fit, or use **Track 6** to help with your visualization...



I Love

Tom T. Hall (1973)
featuring Will Oldham
tracks: 7 - 8



Write your own verse to the song...

This sing-along includes a fill-in-the-blank verse for you to add your own lyrics! Fill in the blanks and then sing your lyrics along with the last verse in **Track 8...**

I love _____, _____,
(something cute) (something nostalgic)

_____ and _____.
(something weird you like) (your favorite color)

I love _____, _____,
(something beautiful) (something tasty)

_____ and _____.
(a sound you like) (your favorite weather)

And I love you too!



(Sittin' On) The Dock of the Bay

*Otis Redding, Steve Cropper (1967)
featuring Marjorie Marshall
tracks: 9 - 10*



Make a 'Color Mood Scene' with items from around your household...

First, pick a color to reflect your mood.

Then, gather objects from around your house that fit that color or mood - clothing or linens, hats, scarves, objects, anything with bright labels, etc...

Now, set up the 'scene' in an area of your home. Could be a sofa/chair, on a kitchen table - wherever makes sense for you.

Here are some examples of *Color Mood Scenes* from Artist Mia Harris from the intergenerational arts organization Magic Me.



This project courtesy of the TAnDem Creative & Sensory Activities Booklet
www.magicme.co.uk



Have You Ever Seen the Rain

John Fogerty (1970)
featuring Heather Summers
tracks: 11 - 12



Make raindrop suncatchers...



These suncatchers are fun to make with just a few materials. You will need:

- wax paper
- a marker or pen
- white paper
- school glue
- a few shades of blue tissue (or other thin) paper
- scissors

First, use the print out on the next page as a template or sketch your own raindrops onto wax paper. Then, cut or tear up your blue tissue paper into small squares.

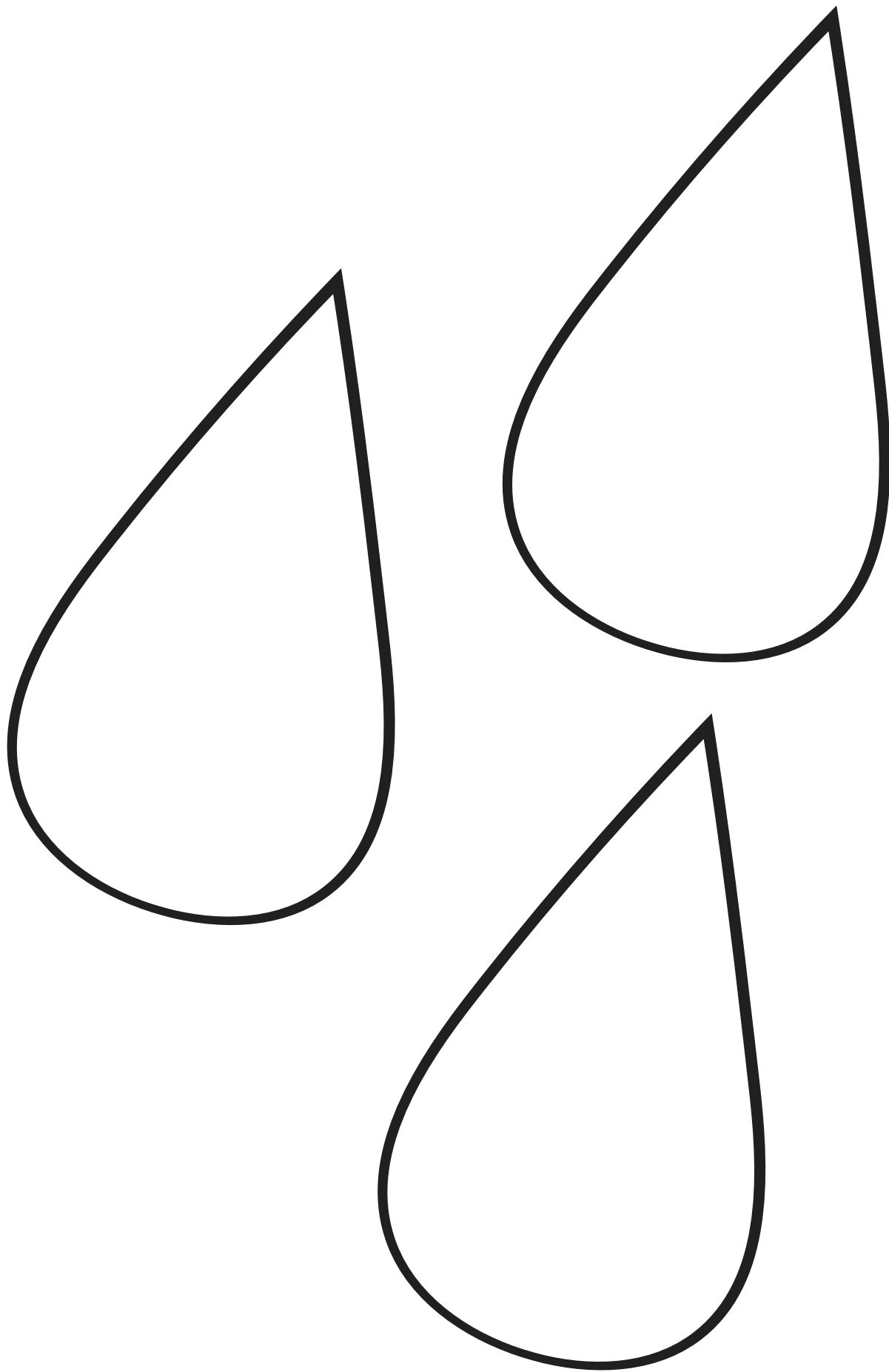


Now, cover your raindrops with glue. Glue the tissue into each raindrop shape. Coat with a thin layer of glue at the end to make sure all tissue is secure. Allow to dry.

Cut out your raindrops, and they're ready to hang and admire! You can tape them directly to a window, or attach a piece of string, thread, or fishing line and hang where they'll catch some light.

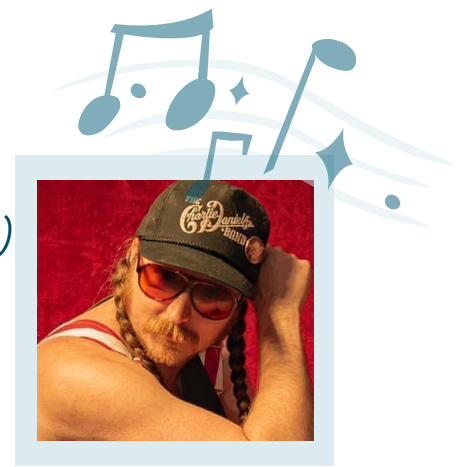
This craft courtesy of: thegoldjellybean.com





Froggy Went A-Courtin'

*traditional, in the style of Jimmie Rodgers (1958)
featuring Tyler Lance Walker Gill
tracks: 13 - 14*



Make your own instruments to play along...

A percussion instrument is anything you tap, shake, scrape, or hit to make a sound. Here are some ideas for making easy percussion instruments that you can use to play along to **Track 13**, or any song.



Put rice, dried beans or pasta, nuts, or any other odds and ends inside of an empty water bottle for a shaker. See how many different sounds you can make.

Try tapping a variety of mixing bowls with a wooden spoon. Metal, plastic or glass bowls of different sizes will have different tones. You can also try pots and pans, tables, or anything else you can safely tap with a wooden spoon!



Tape or glue two paper plates together. Punch holes around the outside edge and tie on jingle bells from old holiday decorations. If you don't have bells, put rice, popping corn, or dried beans/peas inside the plates before taping or glueing them. Make it festive by painting the plate or having a child in your family help you out!



Drift Away

*Mentor Williams (1970)
featuring Tyrone Cotton
tracks: 15 - 16*



Write a thank you note...

One of the lyrics to the song is:

*Thanks for the joy that you've given me,
I want you to know I believe in your song.*

Think about *someone* who gives you joy, or *something*. It could be as simple as a warm sunny day, a food that you can't resist, or a person who puts a smile on your face.

Take a few minutes to write a thank you note to this thing or person. Who or what are you thankful for, and what do you want to say about it? You can use the template below, or use your own paper and make it as long or short as you wish!

Dear _____,

Thank you for the joy that you've given me.

I want you to know _____

Sincerely,



Where You Lead

Carole King (1971)
featuring Brigid Kaelin
tracks: 17 - 18



Imagine leading an adventure of your own...

If your time and resources were endless, *where would you want to go?* It could be a place you've been many times, a place you've only dreamed of going, or a place that you make up in your mind!

How will you get there? Will you take a plane, train, car, boat, or maybe you'll fly?

What will you do on your adventure? You're the leader, so you can decide anything you can dream of! Will you hike up a mountain, go sightseeing, start a revolution, or something else altogether?

Who or what would you want to take with you? Think about what you might need or who might add to the adventure if they were there with you. This could be anyone from the past, present, or future, even if you've never met before!



I'm So Tired / Here Comes the Sun

*The Beatles (1968 / 1969)
featuring Mark Charles
tracks: 19 - 20*



Make a picture of the sun...

The sun has been represented in many ways throughout human history. Now it's your turn to make a picture of the sun in your own way.

Start with a piece of paper - any size or color will do. Then use any materials you can find for your design, including colored pencils, pens, crayons, markers, paint, tissue paper, bits of colored paper or magazines, or anything else you can find. Here are some examples for inspiration...



Zia sun symbol



Nadja



Marcia Cole



Jonathan Stelle



Kwakiutl artist Trevor Hunt



Jackie Guttuso

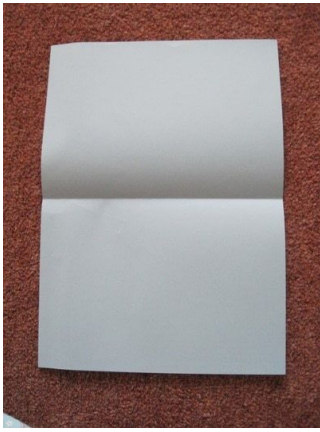


Don't Stop (Thinking About Tomorrow)

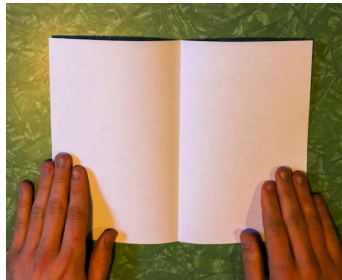
Christine McVie - Fleetwood Mac (1977)
featuring Scott T. Smith
tracks: 21 - 22



Don't stop spreading positivity!
Make a card for someone...



First, decide who your card is for- is it for someone you know, or will you send it to a stranger to brighten their day?



Then, find a piece of paper to make into a card- thicker is better, but any kind will do. Fold it in half and decide which way you want your card to face.

The front can be anything you want: a drawing, a collage of pictures from a magazine, or bits of colored paper and tissue glued to make a design. Perhaps it has one of the following messages?

Hello!

Thinking of you...

Just for you!

Now, write any message you'd like on the inside of the card. Put it in an envelope and address it to that special someone OR a care home near you, ATTENTION TO: Anyone Who Needs It.

You might decide to make 1, 2, or 10!





For further listening...

From October 2021 to October 2022, *Can You Hear Me?* existed as a sing-along online audio program. Each episode highlighted the voices of elders in the Louisville KY area, an organization doing good work, and the sing-along songs that are presented in this album. You can listen to the full episodes and find information on all the participating organizations and guest singers at the following website: www.canyouhearmelouisville.org.

A special note of thanks...

This project would not have been possible without the help of many supportive minds and organizations. Thanks to mentor Ian Robertson at the Global Brain Health Institute for your guidance from the very beginning. Thanks to Anne Basting and Timeslips for being a bright shining light to lead the way in creative dementia care. Thanks to Theo Edmonds, University of Colorado, and Dr. Lorna Segall, University of Louisville, for their research direction and coordination, and the many hours you gave to seeing this project realized for the better. Thanks to Josh Miller and IDEAS xLab for your fiscal sponsorship and all your support along the way. Thanks to Isabella Cross and Amelia Glikin for their willingness to explore, their assistance with the *Can You Hear Me?* 2022 Summer Listening Groups, and the valuable information gained in the process. Thanks to Dominic Campbell and Wambui Karanja for always having a listening ear and boundless optimism. To my most avid listener and biggest supporter always, David Mize.

