

Gaining Vocal Strength Through the Power of Music

#### **Mission**

1. To provide music-based voice strengthening classes for those whose speech has been compromised by Parkinson's, stroke, other neurological disorders, or aging.



3. Train and certify instructors to teach SongShine classes.

4. Continue creating course material which uses music and creative expression to strengthen damaged voices.

The Human Brain does not need to deteriorate as a natural part of aging. Processing new information and acquiring new skills are important in the senior years. Singing, playing an instrument, rhythmic movement, dancing, playing a role, reading lyrics or poetry, and using the imagination stimulates many areas of the **brain.** 

Music can trigger a process called neural plasticity or neuroplasticity.



Neuroplasticity is the *lifelong* ability of the brain to *reorganize neural pathways* based on new experiences. As we learn we acquire new knowledge and skills through instruction or experience. In order to learn or memorize a fact or skill, there must be *persistent* functional changes in the brain that represent the new knowledge.

SongShine uses a variety of methods to help *rewire* and stimulate the brain.

### Body Awarness Alignment



#### Vocalises (Vocal Ease) Singing Exercises



## Creative

### **Expression:**

Playing a Role Poetry Story Telling



# Rhythmic Movement

Our work is carried out in a nurturing, caring, nonjudgmental atmosphere...where students find dignity and worth.



Strengthening Voices Lifting Spirits Touching Hearts Releasing Memories Creating Community

The Heroes and Over Comers





Gaining Vocal Strength Through the Power of Music and Creative Expression



SongshineforParkinsons.org

**FB-SongShineEvansville** 



#### New Evansville Class begins:

Tuesday, Sept. 16, 2014 \*Meets weekly from 1:30 pm to 2:30 pm \*Aldersgate UMC, 5130 Lincoln Ave, Evansville, IN



**Questions?**