

"Sing Along with Margaret"

FREE downloadable songs for your music therapy program.

Music for people with Alzheimer's disease and advanced dementia



"Sing Along with Margaret" is a unique project that brings meaningful music to people with Alzheimer's disease and advanced dementia. Music is very powerful, and research shows it is therapeutic: it improves mood, lowers anxiety, reduces depression, and helps people with dementia connect with the present through shared moments of joy.

Even though it has been known that music has many benefits for people with dementia,

there is nobody creating music specifically for this population.

The downloadable recordings in the "Sing Along with Margaret" project are all well-known, well-liked favorites; but we incorporate repetition, verbal cues and words of praise and encouragement. More than just background music, our songs are engaging and encourage participation. Musical responsiveness, as well as sensory awareness and emotional memory, are considered "continuing abilities" for people with dementia, as these skills often remain intact and are rarely compromised by the disease. Our music evokes a response, stimulates the senses, and taps into emotions and memories, and that's why this type of musical therapy is so beneficial to those with Alzheimer's disease and advanced dementia.

Our music is recorded live!

Our songs are recorded live using basic equipment and simple musical arrangements. This gives our music the feel of being performed right there in the room with you. It has been our experience that people with Alzheimer's disease and advanced dementia respond best when someone is singing "with" them instead of just singing "to" them.

Our music is free and in the public domain, so it costs you nothing to use!

You can download our music for free to create personalized play lists using iPods or other types of mp3 players. You can also download these songs and burn them to a CD. Because our music is in the public domain, you do not need any special licensing, and there are no copyright fees charged for using these songs for music therapy with individuals or within group settings.

Download our music for free!

<http://www.reverbNation.com/singalongwithmargaret/songs>

We use ReverbNation, an online platform for delivering musical content. It works just like iTunes, except it allows us to offer our music completely free!

Use the link above, or simply go to www.reverbNation.com and search for "Sing Along with Margaret."

Our songs are all well-known, well-liked favorites!

- Bicycle Built for Two
- By the Light of the Silvery Moon
- Home on the Range
- My Bonnie Lies Over the Ocean
- My Wild Irish Rose
- She'll Be Comin' 'Round the Mountain
- The Band Played On
- Twinkle Twinkle Little Star
- Yellow Rose of Texas
- And many more!

We also have a number of hymns and gospel songs, as well as Christmas music!

We will continue to record more songs to add to our library of free music downloads, so please check back often!

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Who is Margaret?

Margaret is 84 years old and she has Alzheimer's disease. While she has lost almost all her ability to talk, she can still sing! And music has become one of the main ways she communicates. The "Sing Along with Margaret" project is unique because this music is not only for people with Alzheimer's disease, it is sung by a special lady with the disease, and she wants to share her joy with others.

Who is behind the "Sing Along with Margaret" project?

That's a good question. My name is Doug Seubert, and I am a full time caregiver for Margaret, who is my mother. I happen to be musically inclined: I play piano and guitar and I like to sing, so music has always been a part of my mom's therapy at home. She responds much better to "live" music than recorded music. If I play my guitar in her room, she is much more engaged. If I just play the radio or a CD, it is mostly background noise to her and she doesn't respond as well. I found that by singing "with her" instead of just singing "to her" is when she has the best response to music. The only thing was I was playing my guitar or keyboard so often that my fingers hurt! So I decided to record the songs just using the built-in mic on my laptop. We made the recordings in her room and she is singing along on every song. I burned the songs to CDs that play on a boom box. These "live" recordings of the music work great, and I can play the CDs and sing with her while I hold her hand or while I wash her hair or give her a bath. The music helps her relax and she is more willing to cooperate. It also helps to calm her down during sundowning and eliminates almost all of her hallucinations. In fact, the music works so well she is no longer taking any antipsychotic medications!

I believe this music can have the same effect for others, so that is why we are making it available for free to anyone who wants to use our songs as music therapy for people with Alzheimer's disease and advanced dementia.

Who or what is Advantage Consulting Services?

Advantage Consulting Services is a limited liability company owned by Doug Seubert and is the parent company that owns the rights and the servicemarks/trademarks for the "Sing Along with Margaret" project. Doug Seubert is also the author of *The End of Life Survival Guide*, a blog providing tips and resources for caregivers of a loved one near the end of life.

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"Sing Along with Margaret" and "The End of Life Survival Guide" are servicemarks/trademarks of Advantage Consulting Services, LLC.



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