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**“Singing For Our Lives”  
Songs Made in Jefferson and Clallam Counties  
A Concert and Silent Auction to benefit Songwriting Works  
Saturday Afternoon May 8<sup>th</sup>  
Tri-Area Community Center in Chimacum**

*featured performers: Judith-Kate Friedman, Paula Lalish, Matt Sircely, Keeth Monta Apgar and Aimée Ringle with special guests  
Andy Mackie and J.J. Jenkins*

Rhody Week and Mother’s Day festivities get off to an early start on Saturday May 8th as Songwriting Works hosts a concert of songs composed in Jefferson and Clallam counties by more than 100 local elders and their family members. Featured performers include Judith-Kate Friedman, Matt Sircely, and Aimee Ringle (Port Townsend), Paula Lalish and Keeth Monta Apgar (Marrowstone Island), and special guests Andy Mackie and J.J. Jenkins (Tri-Area).

The concert will take place at 3pm with a silent auction beginning at 2pm. Doors open at 1:30pm. Tri Area Community Center is located at 10 Valley Road off Rhody Drive in Chimacum. The venue is wheelchair accessible.

Tickets, by suggested donation of \$5 to \$50, will be available at the door. Reserved seating tickets can be purchased in advance at Quimper Sound in Port Townsend, or by phone reservation at: 360.385.1160.

**The Event:** The concert features songs composed in 2009 when more than 200 older adults, their families and supports of the arts in healthcare came together as part of a National Endowment for the Arts grant project which launched Songwriting Works on the Olympic Peninsula. Audiences will hear the collection of these songs in folk, country & western, and choral styles, and the stories behind the songs. Topics range from recipes for A Happy Life on the Puget Sound to life stories, local history, and a poignant cantata to honor those that served in WWII.

**The Project:** “Songwriting Works on the Olympic Peninsula” was launched in Spring 2009 with support of a grant from the NEA in conjunction with Arts Northwest. More than 40 community leaders and agency partners joined to bring the proven health benefits of the Songwriting Works approach to local groups of older adults in community, retirement, and residential care settings.

**Local Artists Serving Community:** Three Jefferson County professional songwriters – harpist Paula Lalish, mandolinist Matt Sircely, and guitarist Keeth Monta Apgar of Harmonica Pocket – were selected through a juried process to enter Songwriting Works’ two-year facilitator certification program. They participated in hands-on songwriting workshops with older adults at community senior centers, skilled nursing and assisted living facilities and studied best practices in group facilitation, life-long learning, and research on making music with elders diagnosed with Alzheimer’s disease and other dementias. Songwriting Works’ faculty include sound healer Vicki Dodd, composer/choral director Laurence Cole, and singer/mythologist/ author Daniel Deardoff, social worker Martha E. “Marty” Richards, and dementia care specialist Kathy Burrer.

**New Songs:** Using a process that has been described as “musical mural painting” professional songwriters start with a belief that everyone has musical intelligence and ability to compose songs. From this ‘level playing field’ song topics quickly spring from the group as participants share story, rhyme, laughter, poignant recollections, and spontaneous melody, listening to the rhythms and cadence of each one’s speech. Facilitators demystify the creative process giving each person new ways to express creativity, share truths, and become songwriters in the process. Founder and Director Judith-Kate Friedman: “The aim is always to write a good song that people can recognize as their own. That’s what’s vitalizing to participants and the community.”

**Better Health through Music:** Dr. Gene Cohen, M.D.’s groundbreaking three year study showed that older adults, average age 80, who engaged weekly in professionally-conducted arts programs experienced significant health benefits including: decreased frequency of falls, diminished vision problems, diminished depression and loneliness, reduced need for medication, fewer doctor’s visits, and an increase in overall social engagement. Dr. Theresa Allison, M.D. M. Music who published her study of Songwriting Works in the Oxford Handbook of Medical Ethnomusicology (Oxford University Press, 2008) found that Songwriting Works transformed institutionalization in a skilled nursing environment and offered powerful opportunities for remaining vital, creative and productive even for those diagnosed with Alzheimer’s Disease and other dementias.

**Impact on Caregivers:** In Jefferson and Clallam counties, where one in three persons are age 60+ family caregivers are themselves at great risk for health and economic losses. Judith-Kate Friedman worked with Barbie Rassmussen of Olympic Area Agency on Aging, Mark Harvey of Senior Information and Assistance, Jody Moss of United Way Clallam County and the CARE partnership

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and others to ensure that Songwriting Works would take the well-being of family caregivers into account as programs were designed. A pilot program at Dungeness Courte in Sequim, in which family members joined loved ones with dementia in a series of songwriting workshops, resulted in the composition of three songs including the WWII Homecoming cantata. Families reported improved communication and enjoyment of time with loved ones, greater connection with care staff and more sense of their own creative voices.

**About the Benefit:** SONGWRITING WORKS EDUCATIONAL FOUNDATION is a Port Townsend 501c3 IRS designated non-profit which works to restore health and community through the power of song. Funds raised at this benefit concert and silent auction will directly support the completion of second year training for local professional songwriter-facilitators and the expansion of programming in Jefferson and Clallam counties while will take place in conjunction with Arts Northwest, Olympic Area Agency on Aging, OlyCAP, and local facilities.

To learn more, visit: [www.songwritingworks.org](http://www.songwritingworks.org)

### **About the Performers:**

**Judith-Kate Friedman** is an awardwinning vocalist, songwriter and producer with an eclectic folk/roots repertoire. Songs are celebrations of life, heritage, and the courage to change delivered with heart, humor, and a soulful voice. ("Like Joan Baez....Friedman has that kind of pure voice and knack for emotional tunes." -- New Orleans Times-Picayune). Friedman teaches locally at her Port Townsend Song Studio as well as touring She is the recipient of the 2008 Society for the Arts in Healthcare Blair Sadler International Healing Arts Award for her work as founder-director of Songwriting Works. [www.judithkate.com](http://www.judithkate.com)

Songwriter and mandolinist **Matt Sircely** invokes a broad spectrum of American roots music to create songs that span the range of historical context and emotional expression. He has performed with many of the finest acoustic musicians on the scene today, from David Bromberg to David Grisman. Sircely tours with a multitude of acts, performing everything from swing to classic country, blues to bluegrass and rock. "I love working as an instrumentalist with groups to create a dynamic musical tapestry. But I've always been a songwriter at heart. These original songs represent my deepest form of personal expression." [www.mattsircely.com](http://www.mattsircely.com)

Composer of Marrowstone's National Anthem 'Island Time', **Paula Lalish** lives on the floating island, where she plays harp, weaves straw into gold, and raises unicorns. She writes songs about her life, but for some reason people always think she's making it up. As a music practitioner for the regional hospice, Paula provides palliative music at the bedside. She teaches the next generation of harpers in private lessons and at workshops and performs at weddings, funerals, and other occasions. She is also well-known for her one-of-a-kind woven and appliquéd coats and clothing creations. [www.paulalalish.com](http://www.paulalalish.com)

In his twenty prolific years of songwriting, The Harmonica Pocket's **Keeth Monta Apgar** has created an enormous catalog of music. With over 500 song compositions, Keeth has developed an untraditional style of weaving acoustic wah-wah guitar, lush jazz chords, and image-evoking lyrics into intelligent, refreshing pop. His soulful songs effortlessly span the genres, navigating folk, blues, reggae, and children's. Keeth holds a degree in Ethnomusicology from University of Mary Washington, spent half a year studying the didgeridoo in Australia, and plays the mbira – a "thumb piano" from Zimbabwe. He composes music for dance companies and writes musicals, among them a rock opera called The Jigsaw Dog. <http://www.harmonicapocket.com/>

**Aimée Ringle** is a musician, storyteller and dancer recently transplanted to Port Townsend from Decorah, Iowa. She finds there's nothing like an active and vibrant community to keep an artist busy in one place and has collaborated with fellow musicians, dancers, painters, photographers, actors, farmers, and entire families composing music for weddings, dance, children's theatre, and film.

### **Special Guests:**

**Andy Mackie** is well-known and beloved as a singer, teacher of music to thousands of children, Guinness World Record holder for the largest harmonica band ever to perform in one place, generous humanitarian, and founder of the local Andy Mackie Music Foundation. He serves on Songwriting Works' advisory council of elders and will grace the event with traditional Scottish songs.

**J.J. Jenkins** is the director of the Tri Area Community Center. A singer all his life, he made his living at it through the folk music era. He currently plays guitar, writes and sings folk, blues, jazz, pop and good ol' rock and roll in "all kinds of eclectic combinations."

**To download a poster of the concert, go to:** [songwritingworks.org](http://songwritingworks.org) events calendar. ###

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