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About us

The Amazing Grace Chorus

Milwaukee
2014



- A Community based Chorus designed to improve the Quality of life of individuals and their Care Partners who have been impacted by Alzheimer's or a related dementia. The Chorus provides "Purpose" to our participants lives and reduces "Stigma."
- We are an integral extension of Service and Outreach of the Wisconsin Alzheimer's Institute Regional Milwaukee Office
- Interwoven into the fabric of our Chorus program is meaningful and impactful cognitive stimulation, increased social engagement, ongoing dementia education, access to dementia resources and services, along with respite opportunities.
- Pre-Pandemic the Chorus held 2 Seasons per year up to 14 week rehearsal schedule along with Community Concert(s); Chorus In-Service "Healthy Aging" event.
- The Chorus model was adapted from Dr. Mary Mittelman's model The "Unforgettables" Chorus based in New York City.
- Established in the Summer of 2014 becoming the first Dementia Chorus in Wisconsin

Stephanie Houston

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About us

Stand in the Light Memory Choir

Eau Claire
2016



- *Stand in the Light Memory Choir* uses the power of singing to move people with memory loss and their care partners to rediscover themselves, make new friends, laugh together, learn together, and contribute to their community.
- Established in 2016 with 20 members; with the support of the Aging and Disability Resource Center, the Choir has grown to over 60 members.
- It includes individuals living with memory loss, cognitive and speech impairments, multiple sclerosis, and Parkinson's disease; as well as caregivers and volunteers.
- Weekly rehearsals include a social time and lots of laughs; several members travel over an hour to rehearsals.
- The Choir performs two concerts annually and participates in other community events.

Cathy Reitz

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Who is the target participant?

Persons living with dementia and their care partners
(*Stand in the Light Memory Choir* also has individuals with speech impairments, muscular sclerosis, and Parkinson disease)

KatWeen and Carly

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Who is the Target Participant?



- African Americans have 2 times the risk of developing Alzheimer's disease or a related dementia; African Americans are underserved and diagnosed in later stages of Alzheimer's disease or a related dementia
- Our program engages the Community from a cultural humility and Health Equity Lens; Recognizing that barriers continue to persist and impact African American families and Communities of Color in accessing care and support for their loved ones
- To address these disparities the WAI Regional Milwaukee Office developed a multi-level outreach program providing advocacy, education and services that lead to treatment and care to African American Elders and their Care Partners

Stephanie

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Who is the Target Participant?



Stephanie

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Who is the target audience?

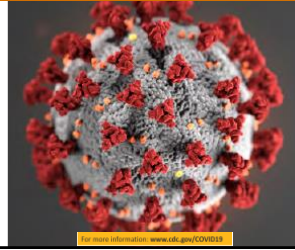
The community, including those living with dementia, those caring for people with dementia, and anyone who loves music.

Cathy

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Virtual Pivot

- When the pandemic hit, we wanted to keep our members singing so first I created sing-along videos of songs we had been rehearsing.
- I sent the videos and lyric sheets to the care-partners.
- When it became obvious that we were not getting back to rehearsing in-person any time soon, we decided to do twice monthly Zoom rehearsals.
- First, we had to make sure everyone had either a laptop or iPad. Fox Valley Memory Project took care of that.



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Kathleen

For more information, www.fvmp.org/COVID19

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Virtual Pivot

- We then wrote out directions on how to get onto Zoom and emailed that out.
- We had our accompanist record all the songs and I typed out all of the lyrics.
- Each practice:
 - we would sing two songs: lyrics on the screen, piano part being streamed and me singing along into my computer
 - then we would share a story, answer some open-ended questions regarding the songs we were singing, etc.
 - we made sure everyone got a chance to speak.
- Then return to singing the two songs and then break again in this pattern for about 45 minutes.



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Virtual Pivot

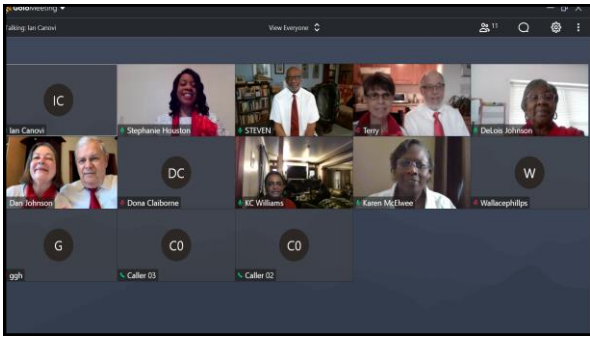
- In the beginning we decided to meet once a month online using the GoToMeeting virtual platform. We mailed out a copy of the Chorus Song Book along with the Schedule of our Sing Along. We held two technology trainings. Offered to purchase and upgrade technology for participants.
- We purchased a Blue Yeti microphone and a Logitech Camera to attach to a computer. Our Conductors met at one of the Conductors homes. They would Sing our familiar tunes. Chorus members muted themselves. I created Power Point Presentations that included lyrics, games such as "Name that Tune," trivia, National observances.
- We catered and delivered lunches to our participants. All the while mourning the loss of Chorus members. We said goodbye to 9 Amazing members. A total of 8 families impacted.



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Stephanie

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How to do a Hybrid Choir: Getting Started

- Survey the choir members, board members, and volunteers to make sure they support doing a hybrid format
- Enlist the help of knowledgeable individuals that can assist with the initial set-up
- Decide on a virtual software platform (i.e., Zoom Meeting, WebEX)
- Launching a hybrid format can best be described as “trial and error”.
- Keep choir members apprised of errors and changes, as well as the positive aspects.

14 Cathy

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How to do a Hybrid Choir

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How to do a Hybrid Choir: Equipment

- All virtual and in-person choir members have music binders, along with lyrics on the screen for virtual members.
- If we move to an outdoor rehearsal (when weather is good) we use a Wi-Fi Hotspot to boost the Wi-Fi signal
- I usually have 1 more person with a laptop that is doing attendance and walking around sharing the in-person choir with the virtual choir. They can also be made a "Co-host" on Zoom to help with technical issues.
- We have done rehearsals with just me, accompanist, and 1 tech person. It makes things more complicated.
- Most of this equipment is owned by the choir. A few pieces (2 tech laptops, mic/iPad stands) are personally owned.

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How to do a Hybrid Choir: Equipment

Choir Members' Music Binders



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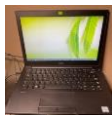
How to do a Hybrid Choir: Equipment



iPad with Stand
\$1,000, \$100



Zoom Host Laptop
Dedicated to running the Zoom Meeting and communication with Zoomers
\$800



Zoom Co-host Laptop
Dedicated to running sound and sharing lyrics
\$800



Host Headphone Set
Dedicated to communication with Zoomers
\$200

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How to do a Hybrid Choir: Equipment



2-channel audio interface
\$150



Small speaker
< \$500



Piano mic, cord and stand
\$200

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How to do a Hybrid Choir: Equipment



Microphone Stand
\$70



Omnidirectional Microphone
To pick up in-person choir and piano, connects to interface via XLR cord
\$500-\$1,000



XLR Input with Cord
\$500-\$1,000

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How to do a Hybrid Choir: Team Roles

1. Accompanist is in-person
2. Tech Director
 - Runs the technical part of the rehearsal
 - Engages virtual participants
 - It is easy to lose track of the virtual aspect, so make sure to include virtual participants in questions and the conversation
3. Musical Conductor
 - Runs the entire rehearsal
 - Engages all participants

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How to do a Hybrid Choir: Team Roles

- The Zoom **host** (a tech person) monitors the Zoom platform, answers questions, helps with technical questions, keeps Zoomers engaged
 - Wears headphones so knows exactly what Zoomers are hearing
 - Mutes all participants upon entry
 - Only co-host has audio
 - Spotlight the director camera right away
 - Make sure you are using a "gallery" view to see all participants on your screen

These tech people also handle set-up, tear down, answer choir phone messages.

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How to do a Hybrid Choir



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How to do Live Stream: Things to Consider

- Live Streaming allows you to connect with your target audience in real-time. It can also increase your visibility presence online.
- Find a Live Streaming Platform that is user friendly. Most are user friendly, especially when **You** are responsible for the set-up, equipment, managing the technology and content of the Live Stream
- It is helpful to seek out a person(s) who is knowledgeable and experienced in Live streaming
- Some of the Top Live Streaming platforms are Wave video, YouTube Live, Twitch, Facebook Live, Instagram Live, StreamYard and Dacast

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How to do Live Stream: Things to Consider



- **You Must Purchase a license and Annual Subscription from a Vendor to Live Stream.** StreamYard \$240.00 is about \$20 a month
- **Participant limit - The number of people who appear in your broadcast. Also, consider your Audience who are you trying to reach and how are you trying to reach them**
- **Streaming limits and Branding - The number of hours you can live stream. Ability to do multi-streaming. The ability to customize your Live Stream with logos, backgrounds etc.**
- **Proper Equipment to Live Stream. Does your equipment interface with the platform to enjoy the benefits of its use.**

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How to do Live Stream: The Basics



Find out more at wajradio.org/choirs
Contact Stephanie Houston
shouston@wajradio.org
954.239.9127

Find out more at wajradio.org/choirs
Contact Stephanie Houston
shouston@wajradio.org
954.239.9127

WJAX-TV Channel 10
www.wjax.com
954.239.9127

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How to do Live Stream: Technical Assistance

Omniverse Media Group
Technical Assistance with Live Stream



- The Technology allows you to customize your broadcast with logos, and personal banners. It allows you to invite guest to the platform
- It allows for live and Power Point Presentations to coexist

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Live Stream Equipment



Laptop
Used for live streaming connects with camera and audio devices.



ATEM mini pro
Multi camera live streaming
\$295



M Audio Track Audio Interface
Between Audio equipment and computer
\$69.00



Purchase Accessory cords
input/Outputs
To all devices

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Live Stream Equipment



PA System with mixer
\$1,399



Panasonic with Digital Camera & Stand
\$800



Canon Camcorder
\$2,000 and up



Canon Camcorder

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How to do Live Stream

Before we begin a new Chorus Season, All chorus members, virtual partners and friends receive the Chorus Season flyer, Sing Along/ Rehearsal schedule, COVID precautions and Community resources via email and by mail. The events schedule is also on our website.

I go to the StreamYard website to schedule the Live Stream in Four basic steps:

1. Click on Create Live Stream
2. Select destination Facebook and YouTube
3. Create a Title and description of the program and schedule the broadcast for later – This includes setting the date and time to begin Live Stream
4. Click on "Create Broadcast" – Our Communication Assistant connects links to our WA! Facebook and YouTube page

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How to do Live Stream

- Our Phenomenal Conductor Team meet weekly to prepare for Live Stream
- A Senior Conductor provides me with the list and order of Songs. I put on my "Producer" hat and I create a Power Point Presentation based upon the list and order of Songs. In addition, I add images, Dementia resources for individuals and Care Partners, events, Daily and monthly observances, Birthday shout outs etc. Create a Live Stream Show/Program
- I put the Song Books in order according to the Power Point Presentation for the Conductors and In-Person Chorus participants
- Make sure that I have the WIFI code from the School. Travel to the School to disinfect rehearsal area. Volunteers and I Set-up Sign-In Tables, and snack table.
- We have plenty PPE on hand including, Masks, Hand sanitizer, wipes, plastic desk protectors if requested.

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How to do Live Stream

- Media Team sets up the night before the Live Stream. There are usually 4 Cameras operating along with additional equipment including the use of the Large projector screen in the room. If Media Team is not present, we operate with 2 camera, our Audio equipment, laptop etc.
- Lead Conductor will assist with setting up and testing Audio. The Live Stream allows you to test your Cameras and Audio before you begin the Live Stream.
- My role I'm the Co-Producer, and announcer and assist Volunteers with participants. If the Media team is not present, I manage the Camera's and Power Point presentation
- Phenomenal Conductors lead the Live Stream Sing Along/Rehearsal
- Our Phenomenal Volunteers assist participants and manage snack table and clean up

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Hosting a Live Stream: Things to Consider

THE AMAZING GRACE CHORUS PROGRAM ®

Improves the quality of life of its participants and caregivers through socialization and music, and provides education and assistance to connect with dementia and Alzheimer's care support services, resources, programs and respite opportunities. The program was established in 2014.



THE AMAZING GRACE CHORUS PROGRAM ®

BRAIN HEALTH AND MUSIC: WHY WE SING

- Enhances Memory Recall
- Improves Mood
- Stimulates Language and Speaking Abilities
- Improves a sense of well-being and greater social connectedness
- Lowers stress levels, fatigue and pain



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Hosting a Live Stream: Things to Consider



Thank you to the Bader Philanthropies Inc. Your generous and continuous Support has allowed this Chorus to grow and transform the lives of individuals and families. Because of You we are able to Build our Community Through song and reach and Serve far more people than we could ever imagine...



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Hosting A Live Stream: Things to Consider

PHENOMENAL CONDUCTOR TEAM



PHENOMENAL VOLUNTEER TEAM



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How to do a Hybrid Choir: Rehearsals /Concerts

Amazing Grace Chorus®

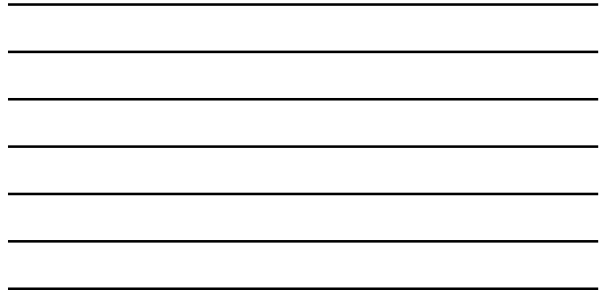
Movement (You can Sit or Stand)

- Neck Rolls
- Shoulder Rolls
- Stretch up High; Stretch down low
- Lean Right; Lean Left



Stephanie Houston

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How to do a Hybrid Choir: Rehearsals /Concerts

TODAY'S PROGRAM

- Chorus Warm-up – Breathing, Movement and Vocal
- Opening Song – Give Me Your Hand
- Holiday Classic Music
- 15 Minute Intermission
- Holiday Classic Music
- Closing



Stephanie

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Hosting a Live Stream: Things to Consider

Celebrate the
Caregivers
In Your Life



November is National Family Caregivers Month

Memories in the Making - Memory Cafe



Significant Day Program for Those Living with MCI, Early Stage Alzheimer's, Another Dementia and Their Care Partners

The challenges of living with memory loss can make social engagements difficult. For the Alzheimer's Association, it's critical to maintain and promoting brain health. Memory Cafes are nonpartisan social gatherings that allow people experiencing memory loss & their loved ones to connect, socialize, and build upon support networks.

Memories in the Making is a unique art program, established to help those affected by Alzheimer's disease and related dementias to express themselves through art and conversation, or share the essence of who they are.

All art supplies are provided.

Sharing joyful laughter, stories and creativity!

2024 - October 30th (Friday) 10:00 AM - 12:00 PM
2025 - January 10th (Friday) 10:00 AM - 12:00 PM
2026 - April 10th (Friday) 10:00 AM - 12:00 PM
2027 - July 10th (Friday) 10:00 AM - 12:00 PM
2028 - October 10th (Friday) 10:00 AM - 12:00 PM



Alzheimer's Association
Memories in the Making

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How to do a Hybrid Choir: Rehearsals / Concerts



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How to do a Hybrid Choir: Rehearsals / Concerts



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How to do a Hybrid Choir



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Use of Virtual Option

Virtual attendance is ideal for those that are:

- At a distance
- Not feeling well that day, their care partner is not feeling well
- Weather is poor (do not have to cancel rehearsals due to snow, all can attend virtually on bad weather days)
- Do not have transportation
- Other, i.e., not in the mood to go out...

Kathleen

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Virtual Option Limitations

Full time virtual members are not included in concerts

- We do not have the technology to have them participate
- At concerts we acknowledge them, and they are on the choir member list
- If they can attend the in-person rehearsal before a concert, then they can participate in the in-person concert
- Do not benefit from the in-person interactions

Cathy

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Costs Estimates

\$75

Accompanist
Per rehearsal and performance

\$50+

Conductor
Per rehearsal and performance; or paid by the hour or salaried

\$50

Host and co-host (tech people)
Per person, about 2.5 hours of work each

\$4,000+

Equipment

\$70

Wi-Fi hotspot

\$100

Per song, copyrights & licensing credit

Items with significant variation

- Location
- Software Platform (Zoom)
- Members' binders, food/beverages for social time
- Stream Yard
- Mobile data plan for hotspot

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Kathleen

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- Donations
 - People often like donating \$ toward a "thing/equipment" versus operating costs
 - Can ask for equipment donations, keep in mind, often the equipment may be too old to be used
 - Rehearsal location (i.e., a church, public school, library)
- Grants, i.e., the Fox Valley Memory Project writes for them.
- Fund raising
- Collaborative relationships and sponsorships
- Volunteers



Funding

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- On a Positive Note Chorus
 - Formally Susan McFadden, Justin Krueger and Kathleen try to meet 3 times a year to check in and ask each other what we could be doing better.
- Informally we gauge how it is going by attendance of our singers and emails they send us.



Evaluation


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The Amazing Grace Chorus

- Completion of standardized assessments
- Results
 - improved global QoL (70%)
 - increased self-esteem (70%)
 - decreased perceptions of failure and uselessness (40%)
 - increased participation in physical activity (60%)
 - increased engagement in community activities separate from the chorus (45%)
 - improvements in communication between family members at home (55%)
 - The majority of our Chorus participants are female (55%)
 - The average age of Chorus members with AD/RD is 83 years with younger family members (62)

Milwaukee Melodies and Memories Chorus Project: The Amazing Grace Chorus
 Alzheimer's Disease International 2018
 International Psychogeriatrics, 2018, 1:11,
 doi:10.1017/S1041610217001867
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Stephanie



Evaluation

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Don't...

Don't do evening or morning performances


Don't ask them to stand for practice or performances.

Don't ask them if they remember this song.

On a Positive Note Chorus

Kathleen Albrecht

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Don't...

Don't Give up Hope
 Stay true to the mission of your program and the People you serve. Be committed to Serving your Community and listen humbly how they want to be served


Don't try to fit into someone else's cookie cutter image of a Chorus
 Create and build your Chorus based upon the people in your Community and what the unique needs of your Community

Don't try to do this work without Support. It takes a Village
 You need the support of individuals, families, advocates, community, organizations, health care professionals and financial support. You need people with compassion, love in their hearts, talent, skill, knowledge, patience and understanding

The Amazing Grace Chorus

Stephanie Houston

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Don't...


Don't give up.
All the hassle will be worth it. Sometimes I still have to remind myself of that, but it is true.

Don't do this alone.
Find your team. College students, local business people (in kind work), friends, relatives, neighbors, church members, assisted living employees and residents, other singing groups, area musicians. Build your community.

Don't stop asking for help – financial and physical. It is out there.

Stand in the Light Memory Choir Cathy Reitz

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Do...

On a Positive Note Chorus

1. Size of the font for the lyrics matters – generally about 24 works well, lyrics on one side of the paper only
2. We consider the ease of parking and handicap accessibility for all our performances
3. Mix up the genres and eras of the music; sing songs with well-known refrains
4. Ask them how this song makes them feel, give them opportunities to laugh and be outraged

Kathleen Albrecht

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Do...

The Amazing Grace Chorus

1. Create an environment that is inclusive, safe, welcoming, friendly, loving, fun, caring, and family oriented. Remember for many of our participants and their families this is their therapy and support group. People forget most of what you say but they never forget how you made them feel.
2. Make safety always a main priority in planning for your Chorus and that includes rehearsal sites, performance venues, and traveling. People should not be made to feel awkward if they are not ready to meet in-person.
3. Have a plan and a vision for your Chorus program. Surround yourself with the brightest, gifted and most talented people you can find. There are so many costs associated with a Chorus program including: music, equipment, space, talent, consultants, technology, food, wardrobe, performances, travel. Funding is essential.
4. Treat your Chorus participants like the "Amazing" gifts that they are!

Stephanie Houston

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Do...

Stand in the Light Memory Choir

1. Plan, plan, plan, prepare, prepare, prepare.
That way if something goes wrong technically or in person, you have back up plans. Sometimes my back up plan is a music video sing a long, extra stretches while a glitch gets worked out, an apology and promise to do better next time.
2. Know you are making a difference and that you do not have to do it alone.
Maybe you can't hear your virtual people all the time (any time), see them, maybe you feel like you are doing two things at once - you are. You are still making a connection, a difference through music.
3. Do pick music that is accessible, quality, meaningful, and ready to make your choir members proud to be singing it.

Cathy Reitz

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Current Challenges and Barriers

- A. Rebuilding the in-person choir, vocally and musically. I needed to dial back the difficulty level when we went hybrid. Members forgot how to sing and listen to other parts consistently. While doing this you have to remember to keep including virtual singers. I know we will continue to grow musically.
- B. Record rehearsal tracks because that is all some members will be singing to.
- C. How to involve virtual members in a live concert? (still working on this)
- D. Keeping up with technology. I am always looking for better ways to upgrade sound to members and to get sound back. Time, money, knowledge are all barriers in this department.
- E. Being hybrid can cost more money, you need to work around and through this.
- F. Convincing your board and donors that being hybrid costs more money.

Cathy

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Current Challenges and Barriers

- F. Keeping up on social media, emails, hand letters to ALL members so we have things in common.
- H. Continuing to reach out and grow the virtual aspect of the choir, especially in rural areas.
- I. Having a "working board". Our board struggles with follow through and since we are a stand-alone choir, we need a lot follow through and consistency. In a more perfect world, you need an executive board and a working board.
- J. The cost of music. Licensing and copyright fees.
- K. Some care partners are not physically able to handle some of our singers, i.e., get them in and out of the chairs.
- L. Zoom limitations (hearing others when singing).

Cathy

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Benefits and Newfound Gems

- Working with high schools
- Through the pandemic we continued being a community – in fact, we are a better community, we have grown closer. We not only survived, but we thrived.
- Many members are so proud of their accomplishments as part of the choir, virtual and in person. (me too)
- I see my choir members as individuals making up our community.
- We have expanded our reach and that can continue to grow.
- The power of a team to accomplish a goal. No need to go it alone.
- I have learned to ask for and accept help.

Cathy

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**On a Positive Note
Chorus Concert**
Songs of Love & Inspiration

Most proud of...

How many care partners continue to sing with us after their loved one has passed.

59 Kathleen Albrecht

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Most proud of...
The Amazing Grace Chorus.. Our People



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Most proud of...

- That the choir continues to grow, in the Fall 2016 the choir had 20 singers, now in 2023 there are 66 singers
- All the people who have been helped. Young people, old people, musicians, technicians, caregivers, families, my family, friends, the bigger community
- **My choir members**, they are braver than me and I learn from them each week.

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Cathy Reitz

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Why start a choir?

It brings joy to everyone in the room, it creates present day memories of things you can still do together, and verbal skills improve for about 30 minutes following a practice.

Kathleen Albrecht

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Why start a choir?

The Chorus has been such a rewarding experience for our program participants and as well as our Team. A Chorus can offer a "shared experience" with unimaginable benefits such as a feeling of purpose, Quality - meaningful life, music, inspiration, a greater sense of well-being, social connectedness, support, and access to care. I'm deeply humbled by so many families who have allowed Us to join them on the journey...

Stephanie Houston

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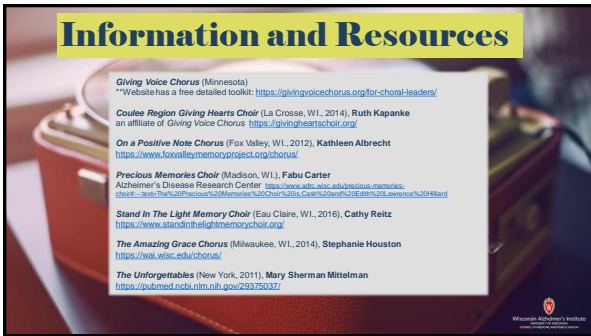
Why start a choir?

If you had the chance to make people feel happy, independent, confident, accomplished and musically satisfied - wouldn't you do it? That is just a part of what the choir can do for its members and that transfers to the community and diminishing the stigma of dementia.

Cathy Reitz

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Information and Resources



Giving Voice Chorus (Minnesota)
 **Website has a free detailed toolkit: <https://givingvoicechorus.org/for-choir-leaders/>

Coulee Region Giving Hearts Choir (La Crosse, WI, 2014), Ruth Kapanke
 an affiliate of Giving Voice Chorus <https://givingheartschoir.org/>

On a Positive Note Chorus (Fox Valley, WI, 2012), Kathleen Albrecht
<https://www.foxvalleymemoryproject.org/chorus/>

Precious Memories Choir (Madison, WI), Fabu Carter
 Alzheimer's Disease Research Center <http://www.wisc.edu/precious-memories-choir/> <https://www.researchprotocols.org/2018/2/e100000.html>

Stand In The Light Memory Choir (Eau Claire, WI, 2016), Cathy Reitz
<https://www.standintheightmemorychoir.org/>

The Amazing Grace Chorus (Milwaukee, WI, 2014), Stephanie Houston
<https://www.wisc.edu/chorus/>

The Unforgettables (New York, 2011), Mary Sherman Mittelman
<https://pubmed.ncbi.nlm.nih.gov/29375037/>

Wisconsin Alzheimer's Institute
 www.wisconsinalz.org

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On a Positive Note Chorus

From left to right:
Dr. Justin Krueger
 Collaborative pianist
Dr. Susan McFadden
 Administrative Assistant
Bill Albrecht
 Technology Guru



Kathleen

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THE "AMAZING GRACE" CHORUS PROGRAM
Building Our Community Through Song



FOR MORE INFORMATION

Contact
Stephanie Houston
 Wisconsin Alzheimer's Institute
 Regional Milwaukee Office
 414-219-5127

Amazing Grace Chorus








Yatta Jones Arlene Swierczowski Kevin C. Williams Maurice Cotton Joe V. Nathaniel, Jr. Jeff Clair

In Memoriam

Stephanie Houston

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The Amazing Grace Chorus

PHENOMENAL VOLUNTEER TEAM




Stephanie Houston

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Stand In The Light Memory Choir
Where Words Fail, Music Speaks

Paid positions (6)



- Artistic and Music Director
- Accompanist
- Administrative Assistant
- Two Technology Individuals (paid/limited pay)
- Certified Public Accountant (CPA)

Supporters

- Board of Directors
- Volunteers
- Dementia Care Specialist

Anne Kubiatowicz Cathy Reitz Kobi Shaw
 Accompanist Artistic and Musical Director Administrative Assistant

Barb Kleist Lisa Wells
 Volunteer Coordinator Dementia Care Specialist Liaison

Cathy Reitz

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