



## Conference Keynote Singing Extravaganza

Friday, March 21, 2025, Voxman Concert Hall

### Program

#### Conference Keynote Choir

*Do Re Mi*

Director: Rachel Burchett

Accompanist: Hsin-Hui Liu

The song *Do Re Mi* is widely recognized and celebrates our joy of making music together. This playful exploration of musical notes and sounds is accessible across ages and abilities, and symbolizes our shared experience of learning and creating together as a community. Please enjoy our concert and celebrate with us!

#### ISU PD Singing Group

*Why We Sing*

Director: Elizabeth Stegemoller

Accompanist: Hsin-Hui Liu

*Why We Sing* was the song our group performed at our very first Parkinson's singing festival. We sing it today to celebrate over 10 years of regular meetings on Wednesday afternoons. This song conveys our shared resilience and determination to thrive, and serves as an anthem of hope, joy, and solidarity—not only for us as singers but for our loved ones and audience members.

#### Tremble Clefs

*When You're Smiling*

Director: Anelise Gebard

Accompanist: Hsin-Hui Liu

One of the most common symptoms of Parkinson's disease is flat affect, which is characterized by a reduced ability to express emotions through facial expressions. To address this, we use the song *When You're Smiling* as an exercise to engage facial muscles, enhance facial expression, and encourage body gestures. This uplifting song is also a reminder that smiles—both given and received—can brighten even the darkest moments. We share the joy we create within our community, and remind us all of the contagious nature of optimism and kindness.

#### Hawkeye Choir

*Three Little Birds*

Director: Sage Johnson

Accompanist: Hsin-Hui Liu

Percussion: Anabel Perez-

Brennan, Chichi Dusanek

Oboe: Rebecca Cohen

*Three Little Birds* serves as the theme song of our choir, symbolizing our commitment to embracing positivity and finding meaning in everyday life. We hope to share this song with those facing challenges, reminding them: "Don't worry about a thing, cause every little thing's gonna be alright."



## **Oaknotes**

### *How Can I Keep from Singing*

Director: Meghan Ross

Accompanist: Roxene Pierce

As we age, many things start to change, and older adults may experience loss—loss of physical abilities, loss of cognitive abilities, loss of friends, family and spouses, loss of home, etc. But aging can also be full of joy interspersed with these changes. Music is one thing that brings us joy, purpose, and connection. Despite these losses, music continues! “Through all the tumult and the strife... How can I keep from singing?”

## **SoundReach**

### *If You Want to Sing Out*

Director: Rachael Willeke

Accompanist: Rachel Burchett

SoundReach Choir in Iowa City sang *If You Want to Sing Out* for a music-themed concert in 2022. It was performed at a special concert when we were finally able to sing together again as COVID restrictions eased. This song demonstrates the advantages of songs with repetitive and simple lyrical structure, and contains an empowering message that resonates with the group.

## **Conference Keynote Choir**

### *Sing*

Director: Meghan Ross

Accompanist: Hsin-Hui Liu

The song *Sing* is an anthem that embodies hope and resilience. It serves as a reminder of the transformative power—and simple, yet profound act—of singing out loud and proud. This song is a joyful affirmation of our own unique individuality and shared strength as a community. On the repeat, we invite you to sing along with us! No matter what, keep singing, and remember: “Don’t worry that it’s not good enough for anyone else to hear. Just sing...sing a song.”

## **Acknowledgements**

We extend our deepest gratitude to all the music therapists, choir directors, singers, and accompanists who participated in this keynote and took the time to share their joy and love of music with us today. A special thank you to Rachel Burchett, Abbey Dvorak, Sun Joo Lee, Hsin-Hui Liu, Meghan Ross, Elizabeth Stegemoller, Rachael Willeke, and Natalie Wlodarczyk, and members of SoundReach, Tremble Clefs, Hawkeye Choir, Oaknotes, ISU PD Singing Group, and Intergenerational Rock Band. Thank you to the Midwestern Region of the American Music Therapy Association and the University of Iowa School of Music for their generous support in hosting this event and trying something new. A special thank you to all the behind-the-scenes staff, students, faculty, colleagues, administrators, and committee members who worked very hard on this conference. Please thank them and express appreciation for their time, energy, and service to our community. Until next time, keep singing!

*The keynote event on Friday, March 21, will be photographed and potentially filmed for public use (in print, online, or on social media) in the promotion of the University of Iowa, UI School of Music, and the Midwestern Region of the American Music Therapy Association. If you do not wish to be photographed or filmed, please let us know by emailing [abbey-dvorak@uiowa.edu](mailto:abbey-dvorak@uiowa.edu).*