

# Cantata SINGERS

*Choral Music Since 1964*

In collaboration with



alzheimer's  
association



OFFICE OF  
THE AGING

Community Arts  
of Elmira Inc.



Present

## Love & Music

## Continue to Bloom

### An Afternoon of Art,

### Music, and Memories



SUNDAY, JUNE 9  
2019

Wings of Eagles Discovery Center  
Horseheads, NY

**President's Message** I welcome you to our last program of the 2018-19 Season. This is a very special concert that joins the Cantata Singers in collaboration with the Alzheimer's Association, Office of the Aging, AARP, and Community Arts of Elmira in this musical and artistic experience; *Love & Music Continue to Bloom, An Afternoon of Art, Music and Memories*. It is our privilege to present these art works, poems, and music in support of those whose lives have been transformed by Alzheimer's and other dementias. Through these expressions we honor these individuals, families, friends and caregivers.

Let me extend my heartfelt gratitude to all of our sponsors and patrons for your generous and continuing support. Without you we would not be able to provide the classical music experience people have come to know and love in the Twin Tiers.

There are many ways that our audience members can help to support the group, with the most important one being your participation in this, and all our concerts! You may also spread the word to others in our community. New audience members are most welcome and sought after. Last but not least we would like to encourage your support in funding The Cantata Singers so that we may continue to bring you another season of extraordinary music. Please go to our website at [www.cantatasingers.com](http://www.cantatasingers.com) for more information about the group. You may also choose to send us an email at [cantatasingers@ymail.com](mailto:cantatasingers@ymail.com) to get on our mailing list. Be sure to "like" us on Facebook.

This concert is the last of my presidency. It has been an honor to work with the singers, our director, our community, and especially with you, our audience, in providing these wonderful concert opportunities. Joy Perry will be picking up the reins as the new president and I know that she is really looking forward to continuing great music in our 2019-2020 season. We look forward to you being with us for all of our concerts. I'm sure you won't be disappointed!

Sincerely,

Sally MacPherson Davis, President  
The Cantata Singers

## the singers

**soprano** - Janelle Bleiler, Ruth Bruning, Jessica Fierro  
Robin Fitzgerald, Joy McFarland, Jessica Malone, Danielle  
Murray, Susan Nagle, Joy Perry

**alto** - Chris Barulich, Bess Barrigar, Loueda Bleiler, Sally Davis  
Martha Horton, LLaurie Kraska, Frances McLaren, Nancy Pangia  
Jean Papandrea, Patricia Peters, Kitty Rolfe, Katie Vrabel



**tenor** - Bill Brodginiski, Melody  
Chilson, Diane Edwards, Gary  
Tucker, Ron Tunison

**bass** - Raymond Bulkley, Tony  
Ciccariello, Jim Cook, Josh Hochman  
Stephen Nagle, David Rosplock, Chris  
Vrabel

**rehearsal accompanist** - Frances McLaren

**music director** - Will Wickham

## soloists and instrumental accompaniment

mezzo-soprano solo - **Amanda Clark**

baritone solo - **Ian McDonald**

violin **Margaret Matthews**

cello **Rebecca Spena**

clarinet **Diana Groll**

trumpet **Kim Smith & Jud Spena**

horn **Jennifer Kunkle-Clark & Rebecca Dodson-Webster**

trombone **Duane Smith**

tuba **Nate Rinnert**

piano **Frances McLaren & Gary Tucker**

timpani **Emile Ickes**

vibraphone **Catherin Koester**

marimba **Brian McDougal**

all other percussion **Collin Smith & Simon Bjarning**

*The Cantata Singers offer special thanks to Wings of Eagles Discovery Center, Sweet and Saucy, Horseheads High School, Corning Community College, 1st Presbyterian Church of Elmira, Cynthia Huling-Hummel, Diane Edwards, Lynne Rusinko, Kaye Newbury, Kimberly Salisbury, and Rehana Stanley. As always, we offer a huge thank thank you to The people of St. Matthew's Episcopal Church, Horseheads as well as Jean Papandrea, Bill Brodginiski, Doug Davis and Tony Papandrea for helping make this, and all our events possible.*

Today's Program - *texts and translations available separately*

**Welcome!** *Sally Davis* President, *Cantata Singers*

**You Are My Sunshine** - traditional sing-along

*Faithful Friends & Cantata Singers, led and accompanied by Diane Edwards and Cynthia Huling-Hummel*

**The Promise of Living** (*from The Tender Land*) - - - - - Aaron Copland

*Libretto by Horace Everett*

*Cantata Singers - Piano I Gary Tucker, Piano II Frances McLaren*

**Grant Us Peace** - - - - - Music and text by David Archer

*Cantata Singers - Piano Frances McLaren*

**Llega la Hora** - - - - - Kristopher Fulton, text by Kico Gonzales-Risso

*Cantata Singers*

**Bolero** - - - - - Maurice Ravel (*arranged by Vladimir Konstantinov*)

*Cantata Singers - Mezzo-soprano Amanda Clark, Sopranos Jessica Fierro*

*& Ruth Bruning, Piano Frances McLaren, Snare drum Simon Bjarning,*

*Marimba - Brian McDougal & Collin Smith*

**Trilogy for John** - - - - - Frances McLaren

*Solo piano Frances McLaren*

**Audience sing-along** - - - - - (words available separately)

*led by Diane Edwards, Cynthia Huling-Hummel, and the Faithful Friends*

**Let Me Call You Sweetheart** - - - - - L Friedman & B S Whitson

**Puff the Magic Dragon** - - - - - Leonard Lipton & Peter Yarrow

**Take Me Out to the Ball Game** - - - - - J Norworth and A Von Tilzer

**When Irish Eyes are Smiling** - - - - - C Olcott, G Graff, Jr., & E Ball

**If I Had A Hammer** - - - - - Pete Seeger & Lee Hays

**I've Been Working on the Railroad** - - - - - traditional folk song

**Blowing in the Wind** - - - - - Bob Dylan

**America the Beautiful** - - - - - K L Bates & S A Ward

**This Land is Your Land** - - - - - Woody Guthrie

**Alzheimer's Stories** - - - - - Robert Cohen & Herschel Garfein

*Cantata Singers, soloists Amanda Clark & Ian McDonald, piano Frances*

*McLaren, violin Margaret Matthews, cello Rebecca Spena, clarinet Diana*

*Groll, trumpet Kimberly Smith & Jud Spena, horn Rebecca Kunkle-Clark &*

*Jennifer Dodson-Webster, trombone Duane Smith, tuba Nate Rinnert,*

*timpani Emily Ickes, vibraphone Catherine Koester, marimba Brian*

*McDougal, other percussion Collin Smith & Simon Bjarning*

**Amazing Grace** - traditional sing-along

*Faithful Friends & Cantata Singers, led and accompanied by Diane*

*Edwards and Cynthia Huling-Hummel*

**Director's Note:** Music is the universal language. This is true in large part due to the power that music has to express emotions and to affect how we are feeling. Also widely known is that musical inflection in spoken language directly influences the meaning of what is being said. What is less known is why and how music does all of these things. Perhaps, then, we can consider music a true super-power, a strength we all possess that can bridge ages and cultures. Music has the ability to unite a gathering in joy or grief, music can express pride or humility, it can tell a story or paint a picture.

A large part of music's power comes from the way our brains process and store all of the information contained within the music itself. Studies have shown that music, for both listener and performer alike, engages many different areas of the brain. Obviously the area of the brain used to process sound is involved. Music also stimulates areas of the brain responsible for vision, movement, memory, and emotion. Many of us feel music emotionally as much or more than we take in the experience with any other sense. Likewise, love, our emotional bond to those with whom we share life, occupies many regions of the brain.

With so much of our physical brain involved with the experience and understanding of music and love it isn't too surprising that Robert Cohen's Alzheimer's Stories ends with the sentiment that "love and music are the last things to go." And there are countless stories that bear out that experience. Just within the last few weeks a number of stories have surfaced within the ranks of the Cantata Singers. 'The mom who was otherwise unresponsive opened her eyes and smiled when the message in her birthday card was sung;' 'the uncle whose heart rate dropped more than 50 beats per minute when his favorite music was played;' 'the husband who doesn't know names, recognize family, or understand relationships, and has difficulty finding words for conversations but comes alive when 50's music is playing! He perks up, knows all the words, sings along, often knows the artist or group and sometimes even the year. Music is present even if other aspects of communicating are not.'

In these stories and so many others, familiar music one thing that reaches and connects all of us with the joyful, the familiar. Music has that power, that super power!

We hope that you thoroughly enjoy today's event and that the music we offer lifts your spirits. Even more, it is our fondest hope that you take with you the knowledge that a good playlist is worth more than gold. No matter where you are in life, working, learning, retired, being a caretaker or living with dementia, music can and will lift your mood, calm your spirit, and bring you a better, more joyous day. Sing anything! - - - Soli Deo Gloria - will wickham



**Life Beyond an Alzheimer's Diagnosis:** It took me a while to learn that life doesn't end with an Alzheimer's diagnosis, although life certainly has been different than planned or expected. Even though there were so many cognitive and memory problems that doctors suspected Alzheimer's in 2011, the official diagnosis wasn't confirmed until 2016 with a special PET scan. It was hard news but has led to many unexpected blessings although I had to move from "Why me?" to "What next?" to see them. Serving others makes my heart sing. So does art and music. I've become an artist since my diagnosis! Who would have guessed?

Singing, like art, is a special activity that can fill us with great joy. Mysteriously, magically, music is stored in areas of the brain that we can tap into. Someone in the later stages of Alzheimer's: someone who is not able to speak, can often sing a song that was sung as a child. Music anchors us. It tethers us to a world we once knew - the music of our earlier years.

Today is the debut of the "Faithful Friends," a choir of your friends and neighbors who are living with Alzheimer's or related dementia, our care partners, and beloved community members. When we sing together we forget about forgetting. We dismiss our diagnoses as we remember and sing songs that shaped our lives. In our music and in our daily lives please focus on our abilities, not on what we can no longer do. Please include us, engage us, encourage us. Don't let us slip into loneliness or depression.

If you have memory concerns, please see your primary care provider - it may be something very treatable. If you do receive a dementia diagnosis, I urge you to reach out to the Alzheimer's Association - [alz.org](http://alz.org) or 800-272-3900. Help is available 24 hours a day, every day of the year. We are blessed to be part of a community that cares. Thank you all for coming today, thank you all for your care! *Rev. Dr. Cynthia Huling Hummel — Alzheimer's Advocate, Artist and Author, National Advisor on the Council on Alzheimer's Research, Care, and Services*



**Alzheimer's disease** accounts for 60% of people with dementia mostly affecting people over 65, though 5% of people with Alzheimer's are younger

**Vascular dementia**, which occurs when blood vessel damage reduces blood flow to brain cells, affects 20% of people with dementia

**Dementia with Lewy bodies** affects 15% of people with dementia. Lewy bodies are small round clumps of protein that build up inside nerve cells

**Frontotemporal dementia**, which primarily affects people aged between 45 and 64, accounts for fewer than 5% of dementia cases - symptoms may include changes in personality, memory loss, confusion and difficulty with day-to-day tasks