

*Music Care*  
Training Caregivers in the Therapeutic Use of Music

Music Care Conference  
November 15, 2014  
Waterloo, Ontario

## SPEAKER INFORMATION



**Dr. Carey Andrew-Jaja, Singing Doctor**

**Carey Andrew-Jaja, MD, FACOG**, Professor of Clinical Obstetrics, Gynecology and Reproductive Sciences at the University Of Pittsburgh School Of Medicine, received his medical degree from the University of Ibadan, Nigeria and completed his residency in Obstetrics and Gynecology at Allegheny General Hospital (AGH), Pittsburgh in 1981. He is on the University of Pittsburgh Physicians/ Womancare Associates staff at Magee Womens Hospital/UPMC. Dr. Andrew-Jaja's research interest and publications are predominantly on the subject of cervical cancer screening. He has been an invited speaker for numerous lectures and courses. He has been named among 'Best Doctors in OB/GYN, Pittsburgh Region', ten years running and has earned several national awards

for teaching excellence. Dr Andrew-Jaja served as Residency Program Director and Chief of Obstetrics and Gynecology in OB/GYN at Allegheny General Hospital, Pittsburgh 1994 to 1998. At Magee Womens Hospital, he is currently President of the Medical Staff.

Dr Andrew-Jaja emigrated from Nigeria to the United States with his wife Lorna, in 1976. They live in Hampton Township, a suburb of Pittsburgh, Pennsylvania and are blessed with 3 children, now young adults. Around cultural circles, Dr Andrew-Jaja is recognized as the 'Singing Doctor' for celebrating the birth of each child he delivers with songs such as 'Happy Birthday' and 'What a Wonderful World'. A recent YouTube Video capturing this experience has been viewed more than a million times and has received widespread reporting on national and international news media. Andrew-Jaja also sings with the choir at Christ Episcopal Church in the North Hills and until recently with the Pittsburgh Concert Chorale, for over 20 years. He is a member of the Board of Directors, Mendelssohn Choir of Pittsburgh since 2010.



**Dr. Stephen Clift, BA, PhD, FRSPH**

**Dr. Stephen Clift** is Professor of Health Education in the Faculty of Health and Social Care, Canterbury Christ Church University, and Director of the Sidney De Haan Research Centre for Arts and Health. He is also Professorial Fellow of the Royal Society for Public Health and has lead on developments within the Society related to creative arts and health.

He has worked in the field of health promotion and public health for over twenty-five years, and has made contributions to research, practice and training on HIV/AIDS prevention, sex education, international travel and health and the health promoting school. His current interests relate to arts and health and particularly the potential value of group singing for health and wellbeing. The De Haan Research Centre was established in 2005 and since then has made original contributions to research on the value of singing for people with enduring mental health challenges and older

people with chronic respiratory illness. The Centre has also conducted the first ever community based randomised controlled trial on the value of singing for older people, with funding from the National Institute for Health Research. Stephen is one of the founding editors of the journal: *Arts & Health: An international journal for research, policy and practice* published by Taylor Francis, and Honorary President of the *Singing Hospitals International Network*.



### **Susan Aglukark – Keynote Performer**

**Susan Aglukark** is one of Canada’s most unique and most honored artists. An Inuk from Arviat, Nunavut, Susan has been walking in a tension between two worlds, a defining note in her remarkable career. She was a rare and exotic presence in the mainstream music world—an Inuk woman, a modern woman, a strong woman with something important to say is sometimes very rare in the entertainment industry --- Susan embodied pure, graceful honesty and strength. As her songs climbed the charts, her stories and her candor about the struggles of the Inuit and Aboriginal communities, and her bravery as she opened up about her own anger and struggle won her an audience beyond that of most pop artists.

Aglukark’s musical success is even more interesting when you realize she didn’t start her career until she was 24, with no modern musical orthodoxy to draw on Aglukark was free to respond to the sounds and styles that touched or motivated or inspired her. “When I move around creatively in my music it’s because one particular album has recently affected me.” In essence it has allowed her to build a musical sound that often starts with the strength of the drum, and yet sounds completely contemporary. But perhaps the real appeal of her music is that in an era where the most popular music is often less relevant than style or mood, her lyrics are where she lives. “The songs are driven by the stories. It’s all about the stories.”

As much as she writes and sings about her people, the songs Susan Aglukark creates have something in them that speaks to all of us, whether it’s the longing of a woman growing old for the traditional life that she was taken away from, (“Bridge of Dreams”) to an gentle anthem for peace and tolerance, (“O Siem”—joy in community), Aglukark’s artistic vision is ultimately a universal one.



### **Debbie Lou Ludolph – Director Kanata Centre, Waterloo Lutheran Seminary**

**Debbie Lou Ludolph** combines a passion for community singing, a love of vocal pedagogy, and a link between faith and justice in her work. With a background in musical theatre and vocal performance, Debbie Lou has taught undergraduate voice students for many years and offered workshops in vocal technique and vocal health throughout southwestern Ontario. The power and place of singing towards healing and hope in the human journey are what inspire Debbie Lou’s teaching and music-making. As Dean of Chapel and Director of the Kanata Centre for Worship and Global Song at Waterloo Lutheran Seminary, Debbie Lou provides opportunities to build bridges through singing – bridges with the “other.” Debbie Lou teaches courses in singing for justice, and singing global song. She directs *Inshallah*, a WLS community choir committed to singing global song, and has recently led music on study trips to Palestine/Israel, and at Music that makes Community workshops in Hong Kong and Minneapolis. She delights in hosting ecumenical, inter-faith and community music opportunities for working together towards the common good.



**Bev Foster**

**Bev Foster** is the Executive Director of the Room 217 Foundation, an organization dedicated to music and care. She is an experienced, performer, songwriter and music educator. Bev has taught music in elementary and secondary panels in the Durham District School Board as well as in her private studio. Bev was the Executive Director of the Ontario Vocal Festival and has been Director of Music in several churches. Compelled by their own caregiving situation, Bev and her husband Rob, founded the Room 217 Foundation in 2009. Bev speaks and writes extensively on the power of music, especially in complex care or life limiting situations. Her passion for music enhancing quality of life and care is contagious. [www.room217.ca](http://www.room217.ca)



### **Mino Ode Kwewak N'gamowak – The Good hearted Women Singers**

Our drum circle, formally called the “Mino Ode Kwewak N'gamowak” (Good Hearted Women Singers) meets weekly to sing for the joy, healing and spirit it brings. We were founded by Indigenous community Elder, Jean Becker in 2003. We have been taught to live our lives by the Anishinabe teachings of the Seven Grandfathers (i.e. Love, Respect, Honesty, Truth, Courage, Humility and Wisdom). Through song we have been partnering with many community groups, churches,

schools and organizations. All cultures have song and by sharing this common ground with one another, we hope to begin to understand one another, to create opportunity for healing, to learn each others' histories and to build strong and lasting connections with All Our Relations.

There is a long history of colonization and attempts to assimilate Indigenous people into mainstream society. These attempts have weakened Indigenous people from within and have resulted in devastating disruptions and/or loss of their Indigenous identities, knowledge of cultural traditions, language and family and community roles and responsibilities. Many Indigenous people are reclaiming their heritage and are making strong strides in this endeavour. One of these strides is our women's drum group. Often, our group can reach up to 25 women and children. We are all on our own personal healing journeys. Some of us have experienced the impacts of colonization and oppression, violence, extreme poverty and homelessness and some of us are looking for ways to cope with the struggles that life can bring. Regardless of what is happening in our lives, we come out to sing, as this provides us with the strength we need to get through what life brings our way.

We have a teaching that helps us to be able to sing. One blade of sweetgrass by itself is not very strong. It can break easily. When several blades of sweetgrass are braided together, the sweetgrass is strong and cannot be easily broken. This teaching is what our drum circle is all about for the women and children. The singing and drumming helps us to find the strength to keep going. A woman may feel reluctant and not have the confidence to lead a song, but she gives it a try because she knows that the others will be there to pick up the song if she falters. That song will be carried on, just as we all must carry on with our lives. Just as the braided sweetgrass is strong, our “knowing” that we have the strength and support of one another helps us to carry on.



### **Alicia Smith – College Student**

**Alicia Smith** is a remarkable young woman. She is a well-loved and respected daughter, sister, grand-daughter and friend who has pushed herself to do and be her best. She is a talented figure skater, and has competed in the Special Olympics for over 11 years, and she has just been invited to compete again at provincials in January of 2015. Her goal is to make it to Canadians (Nationals), and she has a good shot at doing so! Alicia is also an avid waterskier. Since completing high school, she has worked part-time at McDonald's and has continued to work on her skating. In May, Alicia graduated from the CICE Program at Durham College (specializing in Early Childhood Education), which was a two year program. She is starting to look for employment in her field, hoping to work full time, at a daycare, in the fall. One of Alicia's greatest passions is music, and it has been a big part of her life, growing up in a very musical family. She loves to sing, and is currently taking guitar and singing lessons. She dreams of being on the stage, even though her shyness can make such things seem impossible. It is an exciting honour for Alicia to perform at this year's Music Care Conference.

**Miriam Smith** is involved in music in various capacities. She has sung at weddings, in a singing group called "In His Image," in "The Blackboard Blues Band," in choirs, as part of the worship team at her church, and has performed in several musical theatre productions. She is a music and special education teacher at a high school in York Region. Her daughter, Alicia, is the oldest of four children, and Miriam and her husband have worked diligently to provide Alicia with life opportunities that allow her to challenge herself and grow as an individual. It is an absolute delight to be asked to perform with Alicia at this conference. This is memory-making at its best! Music is such a gift!



### **Lee Willingham**

**Dr. Lee Willingham** is associate professor of Music Education at the Wilfrid Laurier Faculty of Music in Waterloo, Ontario where he also coordinates choral studies. Prior to his appointment at WLU, he served on the faculty of the Ontario Institute for Studies in Education of University of Toronto.

Lee is the Director of the Laurier Centre for Music in the Community. His research focuses on community and music. His writing and research are found in a variety of book chapters and journals. He is a past president of the Ontario Music Educators Association and has been the Editor of the Canadian Music Educator, a national journal for music educators.

He devotes much time to teacher education and choral singing. He has adjudicated and provided workshops for thousands of students and choral conductors across Canada and in the U.S. Lee is a Director of the Room 217 Foundation.



### **Catherine Haire**

**Catherine Haire**, MMT candidate, M. Ed., OCT, is a former educator who has recently completed the Masters of Music Therapy at Wilfrid Laurier University. She has also completed Neurologic Music Therapy (NMT) training. Her interests lie in working with clients with dementia and clients recovering from a cerebrovascular accident, combining NMT techniques with those of Aesthetic Music Therapy (AeMT). Currently she is pursuing a Ph.D. in Music and Health at the University of Toronto.



### **Dr. Amy Clements-Cortes**

**Dr. Amy Clements-Cortes** is Assistant Professor, Music and Health Research Collaboratory, University of Toronto; Practice Advisor/Senior Music Therapist at Baycrest Centre in Toronto, and Contract academic staff and supervisor, Wilfrid Laurier University. Amy is the President of the World Federation of Music Therapy, Managing Editor of the Music and Medicine Journal, and Past President of the Canadian Association of Music Therapy. Amy owns and operates Notes By Amy: Music therapy and performing arts services. [www.notesbyamy.com](http://www.notesbyamy.com)



### **Kate Munger**

**Kate Munger** is a singer/songwriter who lives with her family, sings, works and swims along the shores of Tomales Bay in Northern California and has led community singing for over 4 decades. In 2000, Kate founded the first of now 115 Threshold Choirs for singers who are called to share what has been the gift to their lives at the bedsides of people who are dying, in coma, children in hospital and with people who are incarcerated. Today there are 115 Choirs and 1300 singers in the US and around the world. These choirs bring together a magnificent community of huge-hearted, collaborating, creative folks who know that true service heals everyone. The Choir has released two CDs; "Listening at the Threshold" and "Tenderly Rain; Songs of Gratitude, Remembrance and Keeping Watch."



### **Aimee Berends**

**Aimee Berends** is a music therapist in the Kitchener-Waterloo area working in mental health and addictions with children, adolescents and adults. Over the past seven years, she has enjoyed being a part of the KW music community and currently holds the position of principal oboe in the Guelph Symphony Orchestra. Her major research paper for completion of her Masters of Music Therapy at Wilfrid Laurier University explored the clinical potential of the oboe (2013) and an abridged version is due for publication in the Canadian Journal of Music Therapy later this year. Aimee is passionate about music and wellness and is currently teaching in the music therapy department at WLU.



### **Mark Ruhnke**

Mark Ruhnke – Program Facilitator - "Singing 'fore' the Love of It"

Mark Ruhnke is a doctoral candidate and Teacher's Assistant in music education at the Faculty of Music, University of Toronto. In his research, Mark draws upon a lifetime of music-making: as Director of Music at St. Andrew's United Church, in Toronto, as a private instructor of voice and piano, as a former educator for the TDSB and as a guest clinician, adjudicator, workshop leader and recitalist. "Singing 'fore' the Love of It" is a Thursday evening program dedicated to those who describe themselves as 'non-singers' within a church setting. Reclaiming their voice is the goal!