

We are a group of volunteer a cappella singers who bring musical comfort and joy by singing to patients in hospice, and to residents in nursing homes.

We hope you will embrace our mission and want to sing with us.

Journey Song

Rehearsals

Enjoy friendship and fun, making music at weekly rehearsals



Group Social Sings

Brighten the lives of those living in local nursing homes



Bedside Sings

Give ease and comfort to hospice patients

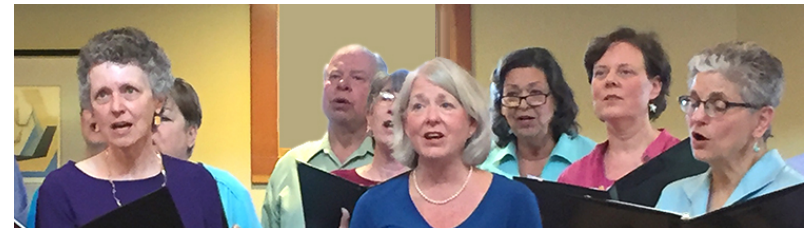
Join and Attend Rehearsals

Rehearsals are held every Monday, from 7:00-8:30 PM, at the Stratham Community Church, 6 Emery Lane in Stratham, NH. We ask that **you commit to attending at least two rehearsals per month**. Most people attend 3-4 times a month, especially when they're new and just learning our repertoire.

Regular attendance –even for longtime singers – is important

- To keep up with changes in old songs and to learn new ones
- To help new singers: veteran singers' confident knowledge of our repertoire is truly "contagious" to new folks
- To foster a group dynamic improving our music and our mission
- And simply to have fun together!

Join. We welcome prospective new members at any JS rehearsal. Come and see us in action – and talk to other JS members about what we do. We'll let you borrow music and sing along for a few weeks, until you're sure Journey Song is a good fit.



Annual Dues. Dues are \$70.00 per year; new members get their first calendar year free. Dues cover expenses like our Director's salary, our music, and rehearsal space. Please send to Treasurer Michael McCann (% 57 South St., Portsmouth, NH 03801) or give him a check at rehearsal. Questions? Email mfmccann@comcast.net.

Get started! Once you decide to join, give Michael McCann (mfmccann@comcast.net) your contact information. Then Eve, our director, will send you a weekly list of rehearsal songs and you'll receive email notifications of upcoming Group Social Sings.

Group Social Sings

A few times a month, Journey Song performs a Social Sing to larger groups at nursing homes or senior centers. All our singers are invited to participate, and – depending on availability – around a third of our members typically take part in any Social Sing.

We encourage you to join us in a Social Sing as soon as you feel comfortable with some of our core songs. (But don't worry: We always use music at sings, so you're not expected to memorize anything!) The goal at our sings is to share our music and to bring a smile to folks who can no longer attend outside concerts, so simply do your best and switch to singing melody if your part becomes difficult. Our audiences are very appreciative of us.

Social Sings are usually led by different members of the group (and occasionally by our Music Director, Eve). These stalwart volunteers choose music from our current repertoire and e-mail all singers signed up, with a Song List of music that we'll sing at that event. A short warm-up / review (15-30 minutes) is held on-site before each sing.

JS member Dan Bergeron schedules Social Sings, reaching out by email to everyone with dates and locations for each month's Sings. After you RSVP, following Dan's instructions, your Sing Leader will confirm and send you a Song List.

2 (A) *mp*
mel.
Gon - na take a sen - ti - men - tal jour - ney, Gon - na set my
mf
home, I wan-na go home,

Journey Song's Repertoire

Our repertoire of about 150 songs includes hymns and spiritual songs, patriotic songs, popular music from the last 100 years, and more, allowing us to customize each sing for its intended audience.

Don't be daunted by this extensive repertoire, because

- We sing certain songs *much* more often than others!
- Recordings of voice parts for many of our most-sung songs are on our website, to help you get up to speed at your own rate.
- You'll be exposed to a variety of songs at rehearsals.
- At any Sing, as we warm up, we start with the Sing Leader's proposed Song List then eliminate songs any of us are not confident singing.

At your first rehearsal we'll lend you an iPad with music. Once you decide to join, you'll download your own music from our website. It's all posted in the Singers' Corner section of our website (www.journeysong.org); you'll get password info after you've joined.

Almost all our members use iPads, while a few prefer to work from printed copies of music. When you join, we'll give you additional tips on handling our large collection of music, whether you prefer using paper or a tablet. We offer ongoing help to those wanting to use iPads with a useful app called ForScore. Contact Cynthia Harriman (charriman@masongrant.com) for iPad details.

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heart at ease, Gon - na make a sen - ti - men - tal jour - ney,
I wan-na go home, (m-m) Back home,

Bedside Sings, or “Bedsides”

After you know more of our repertoire and have completed hospice training (see elsewhere in this brochure), you may choose to participate in Bedside Sings. A Bedside Group generally consists of 4-6 singers – just 1-2 people on each vocal part, so you’ll want to be comfortable holding a part on your own. Most bedside singers sing with more than one group.

Typically, a singer sings with us for 6 months to a year, attending Social Sings and rehearsals, before singing actively in a Bedside Group. That period may be more or less, depending on experience.

As of late 2024, about three-quarters of Journey Song’s 35 members sing Bedside. They’re led by 7 Bedside Coordinators leading 13 Bedside groups; these volunteers arrange Bedside Sings (usually once a month) at a dozen different Seacoast area facilities.

Bedside sings are carried out in one of two ways

- **Hospice-affiliated.** Working with local hospice agencies, Bedside Coordinators guide their groups from room to room, singing for a pre-determined list of hospice patients.
- **Facility-affiliated.** The Bedside Coordinator works with a staff person (often the activities director) to sing to specific groups or individuals.

If you’re interested in singing Bedsides, contact one of the Bedside Coordinators for a group with a location and time that would work for you, and see if the group needs additional singers. Some Coordinators stick with the same small group (with substitutes as needed), while others draw from a larger pool of singers.

A quick anecdote from a bedside sing the other day: There was a couple, clearly husband and wife. He was alert and aware, she was totally out of it. Her eyes started to brighten a bit as we sang, and when we did "Love me Tender" she completely tuned in, smiled and even laughed a bit as he joined us in singing to her. He said that this was the most responsive he'd seen her in a long time.

Bedside Coordinators and Groups

Anne Lyczak (anne.lyczak@gmail)
Cedar Health, Portsmouth (1st Mon. morning)
Webster, Rye (3rd Mon. morning)
Exeter Center, Exeter (4th Mon. afternoon)

Dan Bergeron (rdb@metrocast.net)
Langdon Place, Exeter (2nd + 4th Friday afternoons)
Exeter Center, Exeter (3rd Friday afternoon)

Vic Bilodeau (vic_bilodeau@yahoo.com)
Rockingham County Nursing Home (3rd Tues. morning)
Avita, Newburyport (varies)

Cynthia Harriman (charriman@masongrant.com)
Sentry Hill, York (3rd Fri. morning)

BJ Lates (bjlates7@gmail.com)
Benchmark, Rye (3rd Thurs. afternoon)
Riverside + Hyder House, Dover (4th Fri. afternoon)

Peter Nawrocki (panawrocki@gmail.com)
Edgewood, Portsmouth (2nd Mon. morning)
Country Center, Newburyport (4th Tues. afternoon)
High Pointe House, Haverhill (most Wed. afternoons)

John Wallace (crawford@myfairpoint.net)
Riverside + Hyder House, Dover (2nd Tues. afternoon)

current as of August 2024

Hospice Training

Journey Song works with several hospice organizations in the Seacoast area, to sing bedside in nursing homes and in patients' homes. For those singing Bedside, hospice training is encouraged by Journey Song and required by specific hospice organizations for hospice-affiliated sings. For hospice Bedside signing, training with any organization will generally be okay; Bedside Coordinators are usually certified with the specific organization with which they work.

Hospice organizations offer training a few times a year. Full hospice training* traditionally consists of 16 or more hours (for example, eight weeks of 2-hour sessions, or two full days). Shorter versions and online options may be available, depending on the organization.

Some hospice organizations also offer a shorter cross-certification training for those who have been previously hospice-trained.

Please contact these area Hospice Volunteer Coordinators to find out when their next training is scheduled, and what it involves:

Rockingham VNA & Hospice, Exeter, NH
Martha Carlson • 603-772-2981 • MCarlson@ehr.org

Beacon Hospice / Amedysis, Portsmouth, NH
Tara Gagnon • 603-433-2480 • Tara.Gagnon@amedysis.com

Compassus Hospice & Palliative Care, Exeter, NH
Julie Pinard • 603-289-7408 • julie.pinard@compassus.com

* Full training qualifies you to sing Bedside *and* to work directly with patients as a Hospice Volunteer, providing companionship to a specific patient and potentially providing respite to his/her caregiver. Patient care is not a JS activity, but many JS members find great joy and fulfillment in this additional opportunity.

About Journey Song

Journey Song is a 501c3 nonprofit governed by a volunteer Board of Directors. Other JS singers contribute as:

Bedside Coordinators	Group Sing Leaders
Repertoire Committee	Retreat Committee
Scheduling & Calendar	New Member Welcomers
Grants & Fundraising	Tech Team: Web & Tablets

In addition to sharing information at rehearsals and by email, we hold an Annual Retreat each fall.

New Member Contact

Michael McCann (603) 831-1317 or mfmccann@comcast.net

Board of Directors

Officers: Dan Bergeron (President); John Wallace (VP);
Cynthia Harriman (Secretary); Michael McCann
(Treasurer);

Directors: Mark Devries, Melanie Shields, Gail Werrbach

Music Director

Eve Kornhauser evekornhauser@hotmail.com



“Every Monday night, we are receiving voice lessons from one of the best teachers in the world. This is very valuable. I have been singing all my life, but since I joined Journey Song, my skills have leaped forward and given me much greater confidence as a singer.”

A Journey Song member

For more information about Journey Song, please visit our website at JourneySong.org