

Serendipity Adult Day Services News



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DATES TO REMEMBER

Closed: 02/16
President's Day



Field Trip – 2/11 – Museum of
Science and Nature. Please RSVP.

For more information visit alaska.salvationarmy.org



UPDATES

Our trip to the Anchorage Museum in January garnered much interest and was a great success. Our party of 18 saw some amazing art, exhibits and relics. One participant kept touching - in awe and wonder of course - all the exhibits so we also had the incredibly memorial event of museum staff frequent group-trailing, monitoring our movements (some 86-year-olds cause so much trouble! :). We later had a good laugh about “security”, snacks in their café and planned our next adventure.

It was so much fun that....

Field Trip--#2!

Serendipity will be heading out again on February 11th—Museum of Science and Nature. Cost of admission, transportation will be covered. We will be leaving at 11:30 and having lunch in their Party Room (woowhoo!) before our museum tour. Folks will return home from the museum around their normally scheduled time.

Please remember to RSVP so that we have a good head count for the museum and can recruit volunteers if needed.

Now Taking Appointments!

Dawn, Dolphin Hair Salon will be at Serendipity Tuesdays and Thursdays from 8:30-11, by appointment only.

Fee schedule as follows:

Haircuts	\$40
Perms	\$85
Beard Trims	\$15

Dawn also does home visits and as shared previously, has a great deal of experience with our population. You can contact her at 907-250-6304.

When it rains... We have the possibility of mani-care as well. Will be reaching out to that stylist for schedule and fees to share at a later date.

Serendipity Website

Salvation Army has created a new, more comprehensive website for the Alaska Division. The redirect links have not yet been embedded—for technical and territory reasons-into the old sites. New site with current forms, information can now be found at:

<https://www.salvationarmyusa.org/usa-western-territory/alaska/serendipity/>



Caregiver Corner

The Magic of Familiar Music

By Kimberly West ADC, CDP, MDE, VMC

For many caregivers, it can feel discouraging when traditional forms of communication begin to change for someone living with dementia. Yet, time and time again, one thing continues to break through those barriers: music. A familiar rhythm, gentle harmony, or beloved song can reach parts of the mind and heart that remain intact, sparking a smile, easing anxiety, or opening a door to memories once thought lost. This resource was created to help caregivers understand why music is such a powerful and meaningful tool, not just as entertainment, but as a source of comfort, connection, and emotional well-being. Inside, you'll find simple, practical ideas you can use at home or in a care community, along with insights into how music can brighten a day, soothe challenging moments, and create opportunities for connection with the person you care for.

Helpful Tips & Tricks for Using Music in Daily Care

- Create a short playlist of songs from the person's young adulthood (ages 15–30 is often the most meaningful). Include genres and artists they naturally gravitated toward. Even a few familiar tunes can make a big difference.
- A few minutes of music can be more effective than long sessions. Aim for five to 10 minutes at a time, especially during transitions or when feeling restless.
- Match the music to the moment. Use calming, slow music for evenings, personal care, or times of agitation, or upbeat, rhythmic music for morning routines, light movement, or social engagement.
- Play the same gentle song to signal bedtime or the same cheerful tune during morning grooming. These musical cues can help create a sense of predictability and comfort.
- Encourage small movements like clapping, tapping fingers, gentle swaying, or humming. Even tiny gestures can build connection and engagement.
- If they look relaxed, smile, tap their foot, or hum along, the music is helping. If they appear tense, frown, or pull away, switch to something softer or try again later.
- People living with dementia may be sensitive to loud or sudden sounds. Keep the volume low and steady to avoid overstimulation.
- Bathing, dressing, toileting, and mealtimes often go more smoothly with calming background music. It can shift the focus from the task to the experience. (**Note:** Avoid music that encourages those living with dementia to sing during mealtimes, as it could cause choking.)
- Turn off the TV, reduce background chatter, and keep other sounds to a minimum. Too many audio layers can feel overwhelming.
- Sing together whenever possible. Singing simple, well-known songs can feel grounding and joyful.
- Consider a [speaker pillow](#) to offer familiar music or voices in a comforting, low-stimulus way. It can help the person stay engaged without adding extra clutter or devices.

By thoughtfully incorporating music into everyday routines, caregivers can create meaningful moments. That supports emotional well-being and strengthens the caregiving relationship.

Resources:

[Dementia Action Alliance – Music Virtual Programs](#)

[12 Music Activities & Tips for Someone with Dementia](#)

[Music Therapy for Dementia with Alexis Baker, Bridgetown Music Therapy](#)

[Alzheimer's Association – Art and Music](#)

[Music Therapy for Dementia Care](#)