

# Bellingham Threshold Singers



*How can Singing  
Help...*

## *...Patients who are in pain?*

When we see signs that a patient may be in pain, we notify caregivers so they can take appropriate action. Music itself has been found to provide pain relief. It can help to distract the patient until medications take effect.

## *...Patients who are anxious?*

Music is effective in reducing anxiety. Our songs encourage relaxation. They communicate to patients that they are safe; that they can let go of their worries. Music can lower stress levels.

## *...Patients who are recovering?*

We have many songs about healing. We support people in their healing from serious illness or accidents. Music boosts the immune system.

## *...Patients with dementia?*

Familiar songs can help patients recover memories associated with those songs and reclaim, even if briefly, pieces of themselves that have been lost. Since music accesses different parts of the brain than speech, patients who are unable to speak may be able to sing along with a song they know from decades earlier.

## *...Patients who are sleeping?*

The songs we sing are very soft and quiet. Usually, we can slip into a room and leave again without waking a sleeping patient. Even while sleeping, a patient can be comforted by our lullaby-like songs. When we sing for patients who are awake, we encourage them to relax and fall asleep while we sing. We leave when we see signs that they are getting tired.

### *...Patients who are deaf?*

Although we usually sing softly, we can turn up our volume for patients who are hard of hearing. Amazingly, some patients who are unable to hear speaking voices can hear our singing.

### *...Patients who are unresponsive?*

Many people report remembering things they heard while “unconscious.” It is thought that hearing is retained longer than any other sense when a person sinks into unresponsiveness. Comatose patients show enhanced brain wave responses when music is played.

### *...Patients who are dying?*

Music improves the quality of life for terminal patients. Our singing can bring peace to people in their final hours and make their passing easier.

### *...Patients who are depressed?*

Music can lift the spirits and engage withdrawn patients. Negative thoughts can be replaced by the positive messages of our songs. We let patients know that they are not alone. The presence of three or four singers who have come specially to sing for an individual sends a powerful message that someone cares.

### *...Patients who are not religious?*

Our group is not affiliated with any religion. We do sing sacred music when requested or when we know a patient is religious. Most of our songs express peace, love, comfort, courage or letting go. We sing to let patients know they are not alone on their journey.

### *Our volunteer service is free*

and available to anyone who requests it at home with a caregiver present or in a care facility.

Three or four singers will visit at a convenient time to sing for 15-20 minutes.

When time is of the essence, we can often respond within a few hours.

**It just takes a phone call:**

**360-927-4384**

**Bellingham  
Threshold Singers**

**Learn more about us at:**

**[www.bellinghamthresholdsingers.org](http://www.bellinghamthresholdsingers.org)**