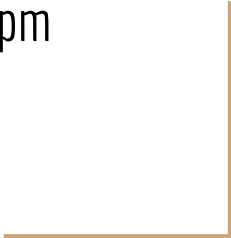




Music Therapy with Chinese Geriatrics

October 6, 2024 1-3pm



Land Acknowledgement

I acknowledge with gratitude that I live and work on the traditional, ancestral and unceded territories of the Coast Salish peoples - the x^wməθk^wəyəm (Musqueam), Sk̓w̓x̓w̓ú7mesh (Squamish), and Səlílwətał (Tseil-Waututh) Nations.

Check in / quick round table

- Name
- Where you work
- Biggest challenge you've encountered in working with Chinese seniors?
- Your hope for today's session

My background / my lens

- Born and raised in Hong Kong
- Moved to Vancouver in the 90s
- Middle class, Cantonese speaking home
- High school and university education in Vancouver
- Worked as an MT since 2008; have worked with Chinese seniors since the beginning, in Richmond and Vancouver.

Plan for today

- Cultural sensitivities within the Chinese population
- Accessibility of music and relevance of music therapy
- Idea of Play
- Program ideas and language
- Q&A

Cultural sensitivities

The Chinese people is very diverse:

- 56 ethnic groups
- 300+ languages and dialects
- Within the same language or dialect, there is sub-dialect
- Most spoken Chinese languages: Mandarin and Cantonese
- More common dialects found in Lower Mainland: Toisan, Fujian (Hokkien)...
- Chinese people live around the globe: Mainland China, Taiwan, Hong Kong, Singapore, Malaysia, Vietnam, Thailand...
- Depending on the region, there are different foods, culture, music and lifestyle.

Common Characteristics

- Trauma-informed: many Chinese seniors have been through wars, revolution, oppression...
- Humble beginnings
- Rural villages / farming background
- Hard working
- Resilient
- Respect and reverence towards the elderly
- Protective of their family, have high expectations towards younger generation
- Reserved, don't speak about feelings; words may be few
- Many prioritize work over leisure
- Most value sons over daughters

Common Music Preference among residents

- Songs and rhymes that are passed down verbally from generation to generation
- Folk songs
- Chinese traditional / Classical music (erhu, guzheng, yuan, sheng...)
- Cantonese opera / Peking Opera - local performances
- Pop songs / music from dramas or sitcoms
- Radio and television
- Musical influences from the West, especially in the 50s and 60s

Accessibility / Relevance of Music

- Older generation (in their late 80s and 90s)
 - Music might not have been a big part of their lives
 - Focus in life: make a living, provide and care for family
 - Helped raise the next generation
 - Music often does not seem relevant to their lives
 - “I don’t mind it, but I don’t quite care for it either.”
 - Past-times may not be music-related.
- As therapists, how can we make music accessible and relevant?
- What do our residents value?

What do Chinese seniors value?

- Health
 - How does Music Therapy promote health?
 - Exercise to music
 - Exercise brain with brain gym and learning new songs
- Connections
 - Can be achieved through play
- Family
 - Learning music / playing along with grandchildren or great grandchildren

The Idea of Play

- Can be a foreign or a forgotten concept
- Takes time to build the muscle for wonderment and appreciation for beauty
- Promote self-expressions
- Promote social connections
- Promote laughter
- Reduce stress

“We don’t stop playing because we grow old; we grow old because we stop playing.” - George Bernard Shaw

Music Therapy Activities that I've found to be effective

- Rhythmic activities (with structure)
 - “Freedom within bounds is true freedom”
- Exercising / moving to music
- Songs without words (SWOWs)
- Play-along with handchimes or small percussive instruments
- Promote accessibility by building in pockets to invite participation and engagement

Song Idea: Rainbow Sister - 虹彩妹妹

- Simple melody
- Lots of repetitions
- Each line ends with “Hai-Yo-Hai-Yo”
- [Classical guitar tab video](#)

Hong Cai Mei Mei hai yo hai yo

Zhang de hao na me hai yo hai yo

Ying tao xiao zui hai yo hai yo

Yi dian dian na me hai yo hai yo

Song Idea: Sha Li Hong Ba - 沙里洪巴

[Video to song and dance](#)

Na Li Lai Di Luo Tuo Ke Ya

Sha Li Hong Ba Hey ah Hey

Ma Sa Lai Di Luo Tuo Ke Ya

Sha Li Hong Ba Hey ah Hey

*Sha Li Hong Ba means "Hello" in Uyghur

Gao Shan Qing - 高山青

[Video to song](#)

Gao Shan Qing, Jian shui lan

Ah Li Shan de gu liang mei ru shui ya

Ah Li Shan de shao nian zhuang ru shan ah-a-a. Ah-a-a...

Ah Li Shan de gu liang mei ru shui ya

Ah Li Shan de shao nian zhuang ru shan ah-a-a

Gao Shan chang qing, jian shui chang lan

Gu liang he na shao nian yong bu fen ya

Bi shui chang hui zhe qing shan-a-a zhuan-a-a

Tian Mi Mi - 甜蜜蜜

[Video Link with lyrics](#)

[Guitar Tab with chords and lyrics in pinyin](#)

Some Popular Artists and Singers

- Teresa Teng - 鄧麗君***
- Zhou Xuan - 周璇
- Yoshiko Yamaguchi - 李香蘭
- Grace Chang - 葛蘭 (Crazy Rich Asians soundtrack / Carmen)
- Bai Guang - 白光
- Wu Ying Yin - 吳鶯音
- Gu Mei - 顧媚 (her younger brother Joseph Koo was a prominent composer in HK)
- Liza Wang - 汪明荃
- Sam Hui - 許冠傑***
- Paula Tsui - 徐小鳳
- George Lam - 林子祥
- Sally Yeh - 葉蓓文
- Roman Tam - 羅文

Bilingual Group Program / Song Ideas

- Many popular English songs have Chinese versions:
 - Que Sera Sera - [世事多變化](#)
 - Red River Valley - [紅河谷](#)
 - Enjoy Yourself (very familiar to people in HK) - [歡樂今宵](#)
 - Oh Susanna - [有酒今朝醉](#)
 - Rock Around the Clock - [加價熱潮](#)
 - Seven Lonely Days - [給我一個吻](#)
 - Cherry Pink and Apple Blossom White - [鳥語花香](#)
 - Don't Be Cruel - [佛跳牆](#)
 - Can't Buy Me Love - [行快啲啦喂](#)
 - I Saw Her Standing There - [一心想玉人](#) - [亞珍已經嫁咗人](#)
 - Today - [相對無言](#)
 - One Day When We Were Young - [當我們年輕時](#)
 - Mambo Italiano - [叉燒包](#)
 - Rose Rose I Love You - [玫瑰玫瑰我愛你](#)
 - You Raise Me Up - [重新點起了生命](#)
 - Traditional hymns
 - Christmas Songs

Asian Elvis - 鄭君綿

Chinese parody covers / Humorous / mostly from 1960s

- Three Coins in the Fountain [飛哥跌落坑渠](#)
- Rico Vacilon [詐肚痛](#)
- Never on Sunday [兩仔爺](#)
- I Love You Baby (Paul Anka) [扮靚仔](#)

Cantonese Opera parody - [落街無錢買麵包](#)

Grace Chang - 葛蘭

Covers "Songs of the Times" in Shanghai in the 1950s

- I Want You to be My Baby - 我要你的愛
- Carmen - 卡門

Useful Phrases

English	Cantonese	Mandarin
Good Morning	Jo Sun	Zhao (An)
Hello	Nay Ho	Ni Hao
Listen to music	Tan(g) Yum Ngo(k) / Tang(g) Gor	Tin Yin Yue
Play music	Waan Yum Ngo(k)	Wang Yin Yue
Sing	Cheung Gor	Chang Ge
Thank you	Dor Jeh	Xie Xie
Goodbye	Bye bye / Joy Gean	Zai Jian