THE CAREGIVER SPACE





WELCOME

Happy August! This months newsletter is especially exciting! We have partnered with Wiley Smtih, a board certified music therapist for this issue. Wiley has graciously volunteered to lead a virtual music therapy support group later this month. Below is an interview with Wiley to help you get to know him better!

TIPS TO STAY HEALTHY

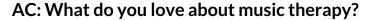
- Social Distancing
- Wash your hands
- Avoid Touching your Face
- Stay Active
- Get some fresh air
- Stay informed

INTERVIEW WITH WILEY SMITH, MT-BC

BY AMBER CHAPMAN, FAMILY CAREGIVER AND HEALTH PROMOTIONS SPECIALIST

AC: Tell us about yourself.

WS: I originally studied music education and when I graduated I worked with a faith based group for people with disabilities. This started my path in music therapy. I also observed a music therapist working with a man who had a stroke and starting singing with him and transitioned into speaking. This was what made me realize music therapy is for me.



WS: The most important thing for me is sharing music with people. Seeing the connections people make through music. Also, how the music related to people is so powerful.

AC: Why are you interested in running a caregiver support group?

WS: I have been board certified and practicing for 5 years. I also lead a group for nurses and this made me realize how important it is to have support for caregivers. I am really excited to provide support for families and caregivers who don't get a break. People who provide care need care too.

AC: What would you like folks to know?

WS: Most people assume you have to have some sort of musical ability or talent to do this, and that is absolutely not the case. I am not here to critique your abilities but to make sure you feel the music. I don't care about how you sing, I only care that you do sing.

Thank you Wiley Smith for doig this! leading this group. This is an awesome, free opportunity for our caregivers!



If you are interested in the support group you can call Amber Chapman 828-278-7406 or email achapman@hccog.org

