

So Much More than a Sing-a-Long

January 15, 2022
Becky Wellman, PhD, LPMT, MT-BC
Board Certified Music Therapist

 Cleveland Clinic



Why singing?

- may help coordinate oral motor movements
- may help strengthen muscles in the face, mouth, neck, and diaphragm
- may help increase vocal volume
- may help increase articulation and clarity of words

- may help elevate mood
- may help with memory recall and engagement
- may help with feelings of connection, community, and support
- may increase feelings of confidence, pride, and joy

How to Select Songs/Sing at Home

- Selection
 - Start with preferred music
 - Look at songs with an easy pace/few words to start
- Sing at Home
 - YouTube
 - Spotify
 - Pandora
 - iTunes

Things to Remember

- We're not trying to become opera singers
- We're focusing on proper posture, good breath support, increased volume, and clear words
- We're having FUN while working on vocal skills
- Did I mention FUN? Make sure you're having fun.

Will You Still Love Me Tomorrow?

Tonight you're mine
completely
You give your love so
sweetly
Tonight the light of love is in
your eyes
But will you love me
tomorrow

Is this a lasting treasure
Or just a moment's pleasure
Can I believe the magic of
your sighs
Will you still love me tomorrow

Tonight with words unspoken
 You say that I'm the only one
 But will my heart be broken
 When the night meets the
 morning sun

I'd like to know that your love
 Is love I can be sure of
 So tell me now and I won't
 ask again
 Will you still love me
 tomorrow

Sh-Boom

Life could be a dream
 If I could take you up in
 paradise up above
 If you would tell me I'm the
 only one that you love
 Life could be a dream,
 sweetheart
 Hello, hello again, sh-boom
 and hopin' we'll meet again

Oh, life could be a dream
 If only all my precious plans
 would come true
 If you would let me spend
 my whole life lovin' you
 Life could be a dream,
 sweetheart

Every time I look at you
 Something's on my mind
 If you do what I want you to
 Baby, we'd be so fine!

Oh, life could be a dream
 If I could take you up in
 paradise up above
 And tell me darling I'm the
 only one that you love
 Life could be a dream,
 sweetheart

Can't Buy Me Love

Can't buy me love, love
 Can't buy me love

I'll buy you a diamond ring my
 friend
 If it makes you feel alright
 I'll get you anything my friend
 If it makes you feel alright
 'Cause I don't care too much
 for money
 Money can't buy me love

I'll give you all I've got to give
 If you say you love me too
 I may not have a lot to give
 But what I've got I'll give to
 you
 I don't care too much for
 money
 Money can't buy me love

Can't buy me love, everybody
 tells me so
 Can't buy me love, no, no, no,
 no
 Say you don't need no
 diamond rings
 And I'll be satisfied

Tell me that you want the kind
 of things
 That money just can't buy
 I don't care too much for
 money
 Money can't buy me love

Can't buy me love,
 everybody tells me so
 Can't buy me love, no, no,
 no, no

Say you don't need no
 diamond rings
 And I'll be satisfied
 Tell me that you want the
 kind of things

That money just can't buy
 I don't care too much for
 money
 Money can't buy me love

Can't buy me love, love
 Can't buy me love, oh

Sweet Caroline

Where it began
I can't begin to knowin'
But then I know it's growin'
strong

Was in the spring
And spring became the
summer
Who'd have believed you'd
come along

Hands, touchin' hands
Reachin' out, touchin' me,
touchin' you

Sweet Caroline
Good times never seemed so
good
I've been inclined
To believe they never would
But now I...

...look at the night
And it don't seem so lonely
We fill it up with only two

And when I hurt
Hurtin' runs off my
shoulders
How can I hurt when holdin'
you?

Warm, touchin' warm
Reachin' out, touchin' me,
touchin' you

Sweet Caroline
Good times never seemed so
good
I've been inclined
To believe they never would
Oh, no, no

Show Me the Way to Go Home

Show me the way to go home
I'm tired and I want to go to bed
I had a little drink about an hour ago
And it's gone right to my head
Everywhere I roam
Over land or sea or foam
You can always hear me singing this song
Show me the way to go home.

- Becky Wellman, PhD, LPMT, MT-BC
- 702-701-7895
- wellmar@ccf.org



Every life deserves world class care.