Our Mission

“When words fail, music speaks.” Simple words by legendary author Hans Christian Andersen bring such meaning to our mission at Resounding Joy of enhancing the human experience through therapeutic applications of music. We meet people where they are during challenging times and use the power of music to uplift and support them.

Music’s unique ability to navigate damaged areas of the brain and transcend verbal communication makes it a powerful tool in the hands of a qualified professional. The proven benefits of music therapy are endless, but the accessibility of treatments is greatly limited or nonexistent. Insurance coverage – for those that have it – is spotty at best. Since its inception in 2004, Resounding Joy has metamorphosed into a nonprofit with a full staff of Board Certified music therapists, been featured in national publications, and continues to grow to meet the community’s needs.

Message from the Board Chair

As Chair of the Board, I would like to thank all our donors, our partners, our consultants, and our friends for all you have done to help us this past year. I would also like to thank our incredible staff who bring music therapy to those in pain and help families cope. During 2021, we created mission statements and measurable goals for all our board committees. I am pleased to report that all five committees met their goals, including our new Diversity, Equity, and Inclusion Committee. Some highlights are:

- We grew our Board to 11 members, including a liaison from the Advisory Committee in Indiana.
- We grew our revenue and decreased expenses, which allowed us to set aside some reserve funds.
- We continue to work virtually; however, we have been able to return to the community more.

Again, thanks all who helped us achieve these goals. I would like to personally thank every Board member for their tireless volunteer work!

Kind regards,
Mychelle M. Mowry DNP, Board Chair
Message from the CEO

We’d like to recognize the resilience of our staff, as many team members navigated challenges and stress during the last year. We welcomed music therapist Heather Grindle and MusicWorx internship alumnus Alex Lesser to the team.

We’d like to thank our hardworking team of volunteers, especially our 2021 Board of Directors and Volunteer of the Year, Jeff Miller.

And of course, we’d like to thank all of our donors, partners, supporters, and advocates. We couldn’t do this without you!

Thank you, everyone!

Barbara Reuer, PhD, MT-BC
CEO and Founder

10th Anniversary Heart of a Child Benefit Concert

This safely broadcast livestream featured amazing young musicians sharing melodies on a wide range of instruments. Thanks to our supporters, we raised $68,000 for Healing Notes’ hospital programs!

2021 Board of Directors

Diane Beckman, Secretary and Parliamentarian
Annie Boschetti
Sylvia Imm
Kevin Maddox
Monty McIntyre, Esq., Treasurer
Pat Molnar, Vice Chair
Mychelle Mowry, Board Chair
Patrick Panlasigui
Douglas Penstone-Smith
Cathy Wagner
James Wright

Our Families

We extend the sincerest condolences on the passing of Elvera Reuer, Barbara’s mother, who passed in January at the age of 90. She is greatly missed.

We welcomed Samuel and Rowan, sons of Director of Engagement Jess Blaisus and her husband Benjamin (below right, Samuel L, Rowan R).

We welcomed Frances Madelyn Zehren Kreinbrink (below left), daughter of Chief Purpose Officer Lindsay Zehren and her husband Zach Kreinbrink.

Connect with Us

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Subscribe to our email newsletter by visiting our website.
What is Healing Notes?

The Ariana Miller Healing Notes Program offers sliding-scale or free music therapy to children with significant health issues and their families. Music therapists provide bedside visits to hospitalized children, group music therapy sessions at partner nonprofits, and in-home sessions for those in need.

Hospital Programs

Resounding Joy’s Board-Certified music therapist served children at Rady Children’s Hospital - San Diego. The music therapist conducted sessions at the neonatal, pediatric, and cardiovascular intensive care units, as well as for the pain program and Ronald McDonald House. Four hundred sessions were conducted virtually due to COVID-19.

In over 50 sessions, the music therapist co-treated with other medical professionals, including for blood draws, echocardiograms, extubation, line removal, occupational and physical therapy, speech/language pathology, and wound care.

“Can you stay in here all day? This is the longest they [patients] have stayed calm and relaxed all day”- RN

“I feel so much better after music, I wish we could do it every day!”- Patient

“Thank you, I was having such a bad day and this helped me smile.”- Patient

2021 Hospital Impact

<table>
<thead>
<tr>
<th>Category</th>
<th>Patients</th>
<th>Sessions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hematology/Oncology Patients</td>
<td>16</td>
<td>31</td>
</tr>
<tr>
<td>Cardiovascular Patients</td>
<td>206</td>
<td>635</td>
</tr>
<tr>
<td>Neurology Patients</td>
<td>40</td>
<td>86</td>
</tr>
<tr>
<td>Neonatal Intensive Care Patients</td>
<td>122</td>
<td>171</td>
</tr>
</tbody>
</table>

384 Pediatric Patients 923 Hospital Sessions

Physical Health Goals

When anxiety or depressed mood was reported, patients indicated an average improvement of 68% and 85%, respectively.
HomeCare

HomeCare music therapists provide in-home sessions for children with significant medical issues and their families. Diagnoses included brain cancer, cerebral palsy, “failure to thrive,” and rare syndromes and genetic disorders.

In 2021, the team served 94 children and 148 family members in San Diego through a total of 901 music therapy sessions!

- 382 free sessions
- 157 free sessions supported by partners
- 363 sessions provided with 25%-75% financial aid
- About half of sessions (48%) were virtual

Parents/Caregivers indicate that music therapy helped their child with...

![Bar chart showing the distribution of responses for various categories: Emotional Expression, Physical/Motor Goals, Communication/Speech, Coping Skills, Family Bonding, Quality of Life.]

- % Strongly Agree
- % Agree
- % Neutral
- % Disagree
- % Strongly Disagree
- % N/A

“It has become an important part of our week and would be greatly missed if we could not attend.”

“It is the one thing he enjoys and motivated to participate in.”

“[Patient] loves music and really likes to play instruments and with your technique he was able to do it.”

“My daughter is 4 and applies songs to things. It helps with self regulation, boredom, bonding, and learning new content or with routines.”

Legacy and End of Life Care

For families with a child with a degenerative or terminal illness, the team conducts a special songwriting and recording project. The child’s voice and heartbeat can be integrated for a truly special song.

“This project was, and are, the most precious memories. Bringing the memories to life again of our son who is now in heaven, but also creating new memories with my girls with their music. It also pushed us to continue on and enjoy life after our son left. This was soooo important for me because my girls transitioned to living life again and enjoying the day, and music helped to remind me this was not only ok, but possible.” - Parent
Shine & Sing

Shine & Sing group music therapy sessions provide an opportunity for joy, music-making, family bonding, and friendship through on-site programs at partner organizations.

In 2021, we teamed up with GiGi’s Playhouse San Diego, California Avenue School, Alcott Elementary, the Epilepsy Foundation, the Iverson Foundation for Active Awareness, and Oncology and Kids (OAK) to provide no-cost music therapy to their families.

“We loved having music therapy everyday! [Daughter’s] favorite part is story time. Music therapy was the one constant we had during the entire pandemic that we looked forward to every time. We enjoyed every moment.”

Shine & Sing By The Numbers

<table>
<thead>
<tr>
<th>Category</th>
<th>Number</th>
</tr>
</thead>
<tbody>
<tr>
<td>Session options (virtual and in-person)</td>
<td>17</td>
</tr>
<tr>
<td>Children served</td>
<td>191</td>
</tr>
<tr>
<td>Family members participated</td>
<td>243</td>
</tr>
<tr>
<td>Parents or caregivers participating in Shine &amp; Sing: Ukulele</td>
<td>37</td>
</tr>
<tr>
<td>Child attendance</td>
<td>1,575</td>
</tr>
<tr>
<td>Family/adult attendance</td>
<td>2,033</td>
</tr>
<tr>
<td>Caregivers who use songs or activities from sessions</td>
<td>93%</td>
</tr>
<tr>
<td>Caregivers who feel they have learned valuable tools at Shine &amp; Sing</td>
<td>96%</td>
</tr>
<tr>
<td>Caregivers who recommend Shine &amp; Sing</td>
<td>100%</td>
</tr>
</tbody>
</table>

Parents/Caregivers indicate that Shine & Sing helped their child with...

- Emotional Expression
- Physical/Motor Goals
- Communication/Speech
- Family Bonding
- Health and Wellbeing

% Strongly Agree  % Agree  % Neutral  % Disagree  % Strongly Disagree  % N/A

“You have no idea how much attending music therapy helped me in enjoying motherhood and accepting Ophelia’s diagnosis. You created this amazing happy place for us moms. You have made a huge difference in our lives and I will always have fond memories of music therapy and her babyhood thanks to you.” - Noelia & Ophelia Cotto
Our Program

Semper Sound enhances quality of life and resiliency for military connected families, veterans, and service members through the power of music. It offers music instruction and music therapy to military service members, veterans, and their families.

In-person or virtual sessions involve improvised music-making, lyric analysis, songwriting, singing, creative arts, guided relaxation to music, or adapted music lessons. Traditional instrument and songwriting lessons are also available and can be adapted to almost all disabilities.

Semper Sound offers a clinic-to-community therapeutic integration model that addresses resiliency, quality of life, and the transition to civilian life, which can be especially beneficial for those with trauma or health challenges.

2021 Highlights

**Creative Forces Project**
Big news came for the Semper Sound program when we received a contract with Creative Forces: NEA Military Healing Arts Network, an initiative of the National Endowment for the Arts in partnership with the U.S. Departments of Defense and Veterans Affairs. The initiative seeks to improve the health, well-being, and quality of life for military and veteran populations exposed to trauma, as well as their families and caregivers.

This project significantly expanded our community programs within San Diego, allowed us to launch services in Northern California, and to develop a stronger evaluation system.

**Living Your Dreams Concert**
The Semper Sound Band headlined our annual benefit concert for the Semper Sound program, themed “Thriving Through Change” and sponsored by the Horst Family Foundation. We recognized Heather Cargill of the VA and raised $15,000!

**Partner Events**
We collaborated with AARP on a Virtual Holiday Concert, with VETART on a Pop-Up Community Creative Arts Café, and much more through the USO, ASYMCA, VVSD, and other military-serving nonprofits.
“Thank you for everything you are doing. Your compassion across the board makes me speechless and I’m proud to know you and all the people at Resounding Joy and the Semper Sound Band. The music and opportunity has kept me in the fight for my life.”

“This program is wonderful. I have taken part in many different type of therapies and this is the most unique and fulfilling. I look forward to my sessions every week.”

“Music therapy has greatly helped me. It is relaxing and therapeutic on many levels. Immense help with reduction in anxiety during the sessions.”

“Didn’t think it was possible for me to learn guitar, now I see the possibility. I really appreciate this program.”

Pre- vs. Post-session reported average improvements in:

- Pain: 23%
- Mood: 27%
- Depression: 54%
- Anxiety: 56%
- Anger: 68%

Total Attendance: 2,546
Total Reach: 1,706
Community Connections
Therapeutic & Supportive Music

2021 Impact

Service to Our Community

Community Connections provides a spectrum of music therapy, supportive music, and recreational music for all, encompassing health and wellness programs, clinical services for older adults, music lessons, drum circles, and volunteer training.

In 2021, Resounding Joy partnered with the following organizations to improve lives in San Diego County:

- Chicano Federation
- Hausmann Quartet
- Iverson Foundation for Active Awareness (First responders)
- Free To Thrive (Survivors of human trafficking)
- North County Lifeline
- San Diego Rescue Mission
- Wesley Palms Retirement Community

Volunteer of the Year: Jeff Miller

Since 2011, the Ariana Miller Music with Heart Program has provided music therapy, at no cost, to more than thousands of children at Rady Children’s Hospital. This achievement is thanks to Jeff Miller’s tireless leadership, advocacy, and hard work to organize the Heart of a Child concert every year. We have profound gratitude for his choice of honoring us with continuing Ariana’s legacy through pediatric music therapy.
Expansion & Growth
Fiscal & Programmatic Goals

2021 Impact

New Satellite Program

Chief Purpose Officer, Lindsay Zehren, MT-BC, brought our music therapy services to central Indiana. Zehren started seeing medically resilient patients in Carmel, IN, in person late last fall and had the opportunity to work with three families, all who have continued services out of pocket until further funding can be secured. She also facilitated two community drum circles. “Most importantly, we made a lot of connections in the community that we hope to build upon,” Zehren said.

Many thanks to the Horst Family Foundation for their generosity in supporting an Indiana satellite office, which has developed significant momentum in 2022!

Fiscal Health

2021 continued to challenge Resounding Joy’s income. Thanks to generous funder support, government stimulus packages, and careful financial stewardship, we ended the year with a slight net profit.
THANK YOU
Donors & Sponsors
2021 Giving

Superstars $10,000+

Calvary Lutheran Church
Commission for Arts and Culture
THE CONRAD PREBYS FOUNDATION
The Music Man Foundation
Remo®

The Horst Family Foundation
Merle & Kay Horst
Jeff and Anita Miller

$5,000+
Anonymous Donor at the Jewish Community Foundation
Art Pratt Foundation Of Old Mission Rotary Club
Foundation for Developmental Disabilities
Guitar Center Music Foundation
Samuel H. French & Katherine Weaver French Fund
Rick and Ann Hein
Nordson Corporation Foundation
Cathy Wagner

$2,500+
Dick and Diane Beckman
County Employees Charitable Organization
Betty Scalice Foundation (Coastal Community Foundation)
Boys and Girls Foundation
Imaging Services Associates
David and Audrey McDowell
Eva L. McKenzie Memorial Fund
Jean Lafond and Mychelle Mowry
Music Nomad Equipment Care
Pine Family Foundation
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Terry Bluemer
Margaret Carberry
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Corey Ganser
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Joseph Noonan
Patrick Panlasigui
Noelle Pederson
The Arthur and Jeanette Pratt Memorial Fund
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Dan and Jamie Rosenfeld
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Douglas Penstone-Smith
Judy Tullie
Margot Walk
Abbott Laboratories
iHeartRadio Management Services
Naval Officers Spouses Club - SD
Pickford Realty Cares
Sempra Energy Foundation
Warren-Neely Foundation

$500+
Yu Bai
James Boyden
Joe Dowling and Cynthia Hanson
Raymond and Kate Hong
Sylvia Ruby Imn
Marc Intravaia
Alyssa Janney
Donald and Lois Lutz
Monty McIntyre
Monty & Mary Beth McIntyre
The Barish & O’Brien Foundation
David Ornstein
Jack and Lori Pivo
Charlie Portman
Janis Ryan
Roshanak Roshanzamir
Michel & Barbara Zelnick
Veterans Staff Association
De Anza Chapter NS Daughters of American Revolution

$250+
Don Agolia
Sergio Leonel Cruz
Peggy Duly
Terri Egan
Steve Epner
Kerrie Foss
Judy Fridono

We apologize for any errors. Please let us know by contacting Jess Blaisus, Director of Engagement, at jblaisus@resoundingjoyinc.org or call our office at 858-457-2200.
Supporting Partners:

The Elizabeth Hospice

GiGi’s Playhouse™
Down Syndrome Achievement Centers
San Diego, CA

Hausmann Quartet

Hospice of the North Coast

San Diego Printers

MusicWorx®
We prescribe sound solutions.

VETART.org

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