

0:00:16.640,0:00:19.600

Bonnie: Alright,
Welcome back to Navigating Adulthood and

0:00:19.600,0:00:23.199

IDD! I'm so excited today we have **Hannah**
Gallagher

0:00:23.199,0:00:26.560

a board-certified music therapist from
California.

0:00:26.560,0:00:33.360

Welcome!

Hannah: Thank you so glad to be here.

Bonnie: Yay and I'm excited because um as the

0:00:33.360,0:00:36.719

listeners may or may not know I'm a
music therapist too

0:00:36.719,0:00:40.399

uh but other than that like I haven't
had a music therapist on yet so I'm

0:00:40.399,0:00:43.360

really excited
yeah, you're like officially the first

0:00:43.360,0:00:48.719

music therapist that I've interviewed
so, I've like talked about music therapy

0:00:48.719,0:00:52.000

a little bit but not too much so I'm
really excited like

0:00:52.000,0:00:57.280

that now I can shine this episode

Hannah: great

I love it I'm excited

0:00:57.280,0:01:01.039

Bonnie: awesome so okay um can we start with you
telling us a little bit about yourself

0:01:01.039,0:01:06.479

and maybe your work

Hannah: yeah um yeah, my name is Hannah I

0:01:06.479,0:01:12.880

live in Daly City which is in Bay area
I'm like five minutes from San Francisco

0:01:12.880,0:01:18.080
and um I am a music therapist
and person-centered planning coordinator

0:01:18.080,0:01:20.720
for
a non-profit organization that provides

0:01:20.720,0:01:24.320
services
for children all the way through adults

0:01:24.320,0:01:26.320
with
developmental and intellectual

0:01:26.320,0:01:31.920
disabilities and I primarily
work in the adult services so

0:01:31.920,0:01:35.680
I've been there for about two and a half
years

0:01:35.680,0:01:40.000
um it's my it was my first music therapy
job and I'm still

0:01:40.000,0:01:43.759
with it and I love it and this
organization has been great because they

0:01:43.759,0:01:48.159
have allowed me to kind of start
this little music therapy program and

0:01:48.159,0:01:52.560
and slowly start to grow it
so yeah, it's been great

Bonnie: oh, it's so

0:01:52.560,0:01:56.640
exciting that's awesome I feel like
sometimes like new professionals

0:01:56.640,0:02:00.240
might not like stay at their first job
very long for whatever reason is not a

0:02:00.240,0:02:03.840
good fit or
trying to even find yourself as a music

0:02:03.840,0:02:07.200

therapist and like what you want to do
so it's exciting like it was a good fit

0:02:07.200,0:02:11.120

and you've been able
to grow this program

Hannah: mm-hmm yeah and I

0:02:11.120,0:02:13.760

mean
it yeah it's it's such a journey and

0:02:13.760,0:02:18.080

there's
a lot more we can do but it just started

0:02:18.080,0:02:22.560

with me and it's still me but I
this semester I have a music therapy

0:02:22.560,0:02:25.360

student kind of under my wing a
practicum student

0:02:25.360,0:02:29.440

and get to watch what I'm doing so
that's like one step closer and growing

0:02:29.440,0:02:33.760

this program and
and um and kind of like spreading the

0:02:33.760,0:02:37.599

the awesome word of music therapy with
adults with developmental and

0:02:37.599,0:02:40.800

intellectual disabilities
Bonnie: yeah I would have loved that as a

0:02:40.800,0:02:44.239

practicum I did have an adults with IDD
practicum and

0:02:44.239,0:02:47.680

they like came to the school of music
which was cool but that would have been

0:02:47.680,0:02:52.319

like really cool to be like kind of out
and like in the action and like kind of

0:02:52.319,0:02:55.200

know what it's more like to work at

different facilities

0:02:55.200,0:03:01.760

are you at different facilities?

Hannah: yeah

so um pre-COVID we were in

0:03:01.760,0:03:07.440

I was in two different buildings um and

I would rotate my time because in

0:03:07.440,0:03:09.920

addition to being music therapist I also

do

0:03:09.920,0:03:13.920

person-centered planning which involves

a lot of goal writing and working with

0:03:13.920,0:03:17.040

social workers and the treatment teams

and everything like that but

0:03:17.040,0:03:21.360

yeah I go back and forth to to different

buildings and split my time there

0:03:21.360,0:03:26.080

Bonnie: cool yeah and you we we could dive into

it now if you want you just touched on

0:03:26.080,0:03:29.200

it pre-COVID so like what's going on

now

0:03:29.200,0:03:33.840

how's 2020? (pained laughter)

0:03:35.360,0:03:39.200

Bonnie: are the fires bad around where you are?

Hannah: say that again?

0:03:39.200,0:03:42.319

Bonnie: are the fires bad or is that a different part of California?

0:03:42.319,0:03:48.080

Hannah: The fires are bad um

yesterday actually we woke up to bright

0:03:48.080,0:03:53.920

orange skies

um yes it was quite the experience

0:03:53.920,0:03:57.360
we were all very confused the air
quality wasn't actually that

0:03:57.360,0:04:00.640
bad we were told but it looked horrible
Bonnie: it looked

0:04:00.640,0:04:06.080
bad
Hannah: The logic was hmm
I'm gonna stay inside um and today it's

0:04:06.080,0:04:11.680
very smoky unfortunately so
we're okay um people I know are safe

0:04:11.680,0:04:15.040
but it's still it's unfortunate thing
Bonnie: yeah

0:04:15.040,0:04:18.320
we've had a lot of fires around here too
and like

0:04:18.320,0:04:22.960
I think it was Sunday I was on my porch
and there was like ash falling from the

0:04:22.960,0:04:25.520
sky
and I'm like I don't live that close to

0:04:25.520,0:04:30.880
the fires either so it's just like
just coming our way so yeah not to get

0:04:30.880,0:04:35.040
too distracted but when I said 2020 I
started thinking about the crazy weather

0:04:35.040,0:04:40.479
that we've had this week
Hannah: I know and
and I think yeah Colorado got snow

0:04:40.479,0:04:45.520
that's what I heard?
Bonnie: we did! it snowed Tuesday and Wednesday

0:04:45.520,0:04:50.479
so it was like 98 degrees on Sunday and
then it was like 93

0:04:50.479,0:04:56.080

where I was Monday and then it was 35
degrees on Tuesday

0:04:56.080,0:04:59.280

and it's like 50 today like it's slowly
kind of going back up to like a fall

0:04:59.280,0:05:03.039

temperature
but like I was not prepared for this I'm

0:05:03.039,0:05:07.520

from Georgia originally
so you know snow in the normal snow

0:05:07.520,0:05:11.280

season I get all like whoa
snow but snow in September I'm like okay

0:05:11.280,0:05:16.320

2020 is like really
really giving it to us this year right

0:05:16.320,0:05:22.479

Hannah: wow yes exactly we uh um
in one of my music therapy sessions we

0:05:22.479,0:05:25.280

rewrote
the song I want it that way by the

0:05:25.280,0:05:29.759

backstreet boys too
the pandemic can go away um

0:05:29.759,0:05:34.160

Bonnie: so amazing **Hannah:** when you ask me how my 2020
was

0:05:34.160,0:05:40.639

that that song popped into my head
Bonnie: what a perfect songwriting so validating

0:05:40.639,0:05:44.160

to everyone's
feelings and like like what a like

0:05:44.160,0:05:49.280

that's a bop
so you're validating to a bop

0:05:49.280,0:05:52.800

and like and you can kind of keep going

back to it even as a clinician

0:05:52.800,0:05:58.560

please go away COVID

Hannah: exactly I mean like

I we're not here to kind of sugarcoat

0:05:58.560,0:06:03.919

things I work with adults

and they they recognize that this is

0:06:03.919,0:06:08.319

this is annoying this is frustrating um

I'm like yeah we're gonna sing about it

0:06:08.319,0:06:10.880

we're gonna

you know sing about what we wish we were

0:06:10.880,0:06:14.400

doing right now

and then you know after we've we've

0:06:14.400,0:06:17.039

gotten all that out then we can start

talking about

0:06:17.039,0:06:21.600

well what fun things can we do at home

um how can we make our situation better

0:06:21.600,0:06:24.800

just for today

you know but like you gotta get it out

0:06:24.800,0:06:28.160

and what why

why not do it to the backstreet boys

0:06:28.160,0:06:31.039

Bonnie: right exactly

I love that I feel like I'm gonna say

0:06:31.039,0:06:34.880

that like

I don't know when I'll need that but I'm

0:06:34.880,0:06:39.039

ready

oh it's so good yeah and I love that

0:06:39.039,0:06:41.360

like

how you said like yeah we're not sugar

0:06:41.360,0:06:44.880
coating it
and it's almost like the blues like the

0:06:44.880,0:06:48.479
blues is kind of a
genre of music where you don't sugarcoat

0:06:48.479,0:06:50.880
it and so
to acknowledge like yeah you're working

0:06:50.880,0:06:53.440
with adults we can we can point out this
year it

0:06:53.440,0:06:59.520
sucks like this year
Hannah: yeah exactly
exactly we yeah I mean the blues we we

0:06:59.520,0:07:02.000
did another blues songwriting it was
just like

0:07:02.000,0:07:05.520
I think we just call it the stuck at
home blue that was like
Bonnie: oh yeah

0:07:05.520,0:07:08.800
Hannah: fresh COVID I guess you know
three weeks in

0:07:08.800,0:07:12.560
everyone's getting a little antsy at
home so

0:07:12.560,0:07:19.919
Bonnie: oh no three weeks in
Hannah: um yeah but I I mean yeah we're

0:07:19.919,0:07:25.120
providing virtual services
now um in the time of COVID

0:07:25.120,0:07:31.360
and it's been a journey um we
we shut down our programs in March

0:07:31.360,0:07:36.000
mid-March and
um got I think our virtual classes

0:07:36.000,0:07:40.560

running

like a month and a half later um and

0:07:40.560,0:07:44.319

we're growing it so it's it's required
you know all of us

0:07:44.319,0:07:47.919

as staff calling um the individuals we
work with

0:07:47.919,0:07:51.520

calling the families making sure that
they're set up with technology

0:07:51.520,0:07:55.199

um and then I mean there are people that
don't have internet services

0:07:55.199,0:07:59.680

so then we're kind of stuck how how can
we best

0:07:59.680,0:08:05.840

provide services for you in this time um
and we get creative and I do phone call

0:08:05.840,0:08:09.280

music therapy

Bonnie: yes and we've talked about this like off

0:08:09.280,0:08:13.039

the podcast so I'm so excited to go into
this this is in my notes

0:08:13.039,0:08:16.800

because I don't I I've heard of music
therapists doing this I haven't done

0:08:16.800,0:08:20.080

phone call myself but I feel like it's
definitely not as common

0:08:20.080,0:08:23.919

as like the online platform but you're
right a lot of you know what do you do

0:08:23.919,0:08:26.720

when people don't have internet how do
we make this more accessible so I would

0:08:26.720,0:08:30.080

love like
what does a phone call session look like?

0:08:30.080,0:08:33.599
any tips for people if that's something
they need to venture into with their

0:08:33.599,0:08:37.760
Clients?

Hannah: yeah uh it's it's a big

0:08:37.760,0:08:44.640
grand old experiment it really is um
and I mean yeah so so we have people

0:08:44.640,0:08:48.560
who really benefit from music therapy in
person

0:08:48.560,0:08:51.680
we have we we provide services for
people

0:08:51.680,0:08:54.800
where sitting in front of a computer
does not make sense

0:08:54.800,0:08:58.800
to them it's too abstract and it's just
not working

0:08:58.800,0:09:02.399
um where maybe a phone is a little bit
more

0:09:02.399,0:09:10.399
like tangible for them to hear my voice
um so so yeah I I reach out to the

0:09:10.399,0:09:13.600
people
mainly who we we can't connect anywhere

0:09:13.600,0:09:15.680
else other than calling them on the
phone

0:09:15.680,0:09:20.320
um and they are short so you know we
can't go in expecting to do a

0:09:20.320,0:09:24.240
30 45-minute session on the phone it's
not gonna work

0:09:24.240,0:09:29.200

um but I mean I have one one individual
we started maybe

0:09:29.200,0:09:33.839

at three minutes and now we're up to 15.
um

0:09:33.839,0:09:38.000

you just you kind of you just build into
it and people they get used to it

0:09:38.000,0:09:45.040

um so I think of it
more in terms of less um less I guess

0:09:45.040,0:09:48.880

session like it's very it's not very
structured the phone call sessions

0:09:48.880,0:09:53.360

are not um it's me uh
talking to them so they can hear my

0:09:53.360,0:09:57.519

voice because this may be the
only contact they get for a little bit

0:09:57.519,0:10:01.040

um
we're having conversations if they want

0:10:01.040,0:10:05.600

to tell me about their day
um if they um

0:10:05.600,0:10:09.360

communicate in different ways I I just
give them more choices they can maybe

0:10:09.360,0:10:13.600

give me a yes or no
I let them choose what songs it's always

0:10:13.600,0:10:16.720

their choice
always always and then a lot of times to

0:10:16.720,0:10:20.560

get them I'm thinking
forward um and expecting my next phone

0:10:20.560,0:10:23.920

call it's like what song
are we gonna what song am I gonna learn

0:10:23.920,0:10:26.800
for you next week
um and that's actually expanded my

0:10:26.800,0:10:30.480
repertoire a lot during coding
because they'll just and a lot of them

0:10:30.480,0:10:33.600
can think of just whatever song
and I'm like okay great we're doing that

0:10:33.600,0:10:37.760
next one and you know generally
I'm the one you know picking the songs

0:10:37.760,0:10:40.560
and structuring the session but I want
them doing it

0:10:40.560,0:10:46.959
um because in this time especially
we're losing that sense of control um

0:10:46.959,0:10:49.040
and
and I want them to have that structure

0:10:49.040,0:10:53.600
of Hannah's gonna call
between 2 30 and 3 on Tuesday um get

0:10:53.600,0:10:56.640
ready
and you know she's going to sing the

0:10:56.640,0:10:58.959
song that we picked last week and then
I'm going to

0:10:58.959,0:11:04.720
be able to choose some songs and and
we're gonna make music together so

0:11:04.720,0:11:07.920
it's it's an experiment and you have to
really know

0:11:07.920,0:11:12.640
the individuals you work with um knowing
if they can do phone calls or not

0:11:12.640,0:11:15.040
because some people
phone calls aren't they're not gonna

0:11:15.040,0:11:18.959
work
Bonnie: um right like if they need more
visuals

0:11:18.959,0:11:22.399
then either online or maybe do you have
cases where people just

0:11:22.399,0:11:26.800
aren't able to do the virtual?
Hannah: yeah we
have some people that aren't

0:11:26.800,0:11:30.000
able to kind of do those services but
what we

0:11:30.000,0:11:33.839
do um sometimes it's not just music
therapists it's a whole bunch of

0:11:33.839,0:11:37.279
instructors
we um have been making activity bags for

0:11:37.279,0:11:40.480
people and that's kind of our biggest
artist we're doing at this point where

0:11:40.480,0:11:45.040
it's like structured activities
every day of the week um for certain

0:11:45.040,0:11:48.720
times which also helps
because some some individuals live with

0:11:48.720,0:11:53.519
their families and families are busy or
in group homes where you may not get as

0:11:53.519,0:11:56.160
much support
doing those activities it's structured

0:11:56.160,0:12:00.880
for you so we get creative
um which is kind of where the phone call

0:12:00.880,0:12:05.360
music therapy stemmed from and
and my goal is to be able to do maybe

0:12:05.360,0:12:10.000
socially distanced
uh front yard music therapy soon
Bonnie: right I

0:12:10.000,0:12:12.399
know I
I was I'm wondering if I'm going to do

0:12:12.399,0:12:17.200
that too it's
complicated with my situation but also

0:12:17.200,0:12:19.600
it's like
now I'm worried about the weather it's

0:12:19.600,0:12:23.360
snowing in Denver
I'm like am I going to miss this window

0:12:23.360,0:12:27.360
of like nice outdoor
time and then have to stay online I

0:12:27.360,0:12:32.000
don't know we'll just have to see
because right now I'm all online too so

0:12:32.000,0:12:34.480
Hannah: yeah it's
it's a forever changing thing and I

0:12:34.480,0:12:37.600
think the world of music therapy has
changed

0:12:37.600,0:12:42.959
forever
Bonnie: yeah forever
I even think about like people in school

0:12:42.959,0:12:46.320
like online's now going to be part of
this curriculum

0:12:46.320,0:12:50.560
yeah like and like you know that wasn't
an option when I was in school like

0:12:50.560,0:12:53.680
it just never came up no one would have
ever thought like oh we should make sure

0:12:53.680,0:12:57.519
this is in the curriculum
and like how is that not gonna be in the

0:12:57.519,0:13:01.440
curriculum moving forward
Hannah: exactly and I think like we're learning

0:13:01.440,0:13:05.200
a couple of things
um working with adults is one we haven't

0:13:05.200,0:13:08.959
prepared
um our adults enough to access

0:13:08.959,0:13:12.560
technology
um many many of them are super

0:13:12.560,0:13:15.519
independent
they they're teaching me about tech

0:13:15.519,0:13:18.800
things I have them I have them
you know share the screen when I do

0:13:18.800,0:13:21.120
google classroom and I'm like you do it
um

0:13:21.120,0:13:24.240
but we have people that they just never
had that opportunity

0:13:24.240,0:13:27.440
so they don't know how to do it and now
we're trying to teach them

0:13:27.440,0:13:32.959
virtually which is so hard so we're
seeing that the lack of education

0:13:32.959,0:13:39.760
um you know from the start and then
um but on the kind of flip side we are

0:13:39.760,0:13:42.399

seeing
some individuals really love these

0:13:42.399,0:13:47.360
virtual services and open up
way more than they would have in like a

0:13:47.360,0:13:51.199
group setting up program
um where they're actually greeting

0:13:51.199,0:13:55.279
people they're making choices
they're like they're singing along which

0:13:55.279,0:13:57.920
you know in a big group of people they
would probably be in the back

0:13:57.920,0:14:02.639
not talking not engaging um and it's
that's been really cool to see too it's

0:14:02.639,0:14:04.560
like hey now
we're now we're reaching some more

0:14:04.560,0:14:09.279
people virtually
Bonnie: right and
before that wasn't something to I know

0:14:09.279,0:14:12.399
some music therapists were doing online
stuff before COVID

0:14:12.399,0:14:15.600
but it definitely wasn't something like
a go-to option of like oh maybe this

0:14:15.600,0:14:19.120
would work better for this client or
this adult and it's like you're

0:14:19.120,0:14:22.639
it's so true that some people really
light up behind

0:14:22.639,0:14:26.560
the screen and then the comfortability
of their own home

0:14:26.560,0:14:30.639
um yeah for sure it's it's very

interesting the whole dynamics of it all

0:14:30.639,0:14:33.839

and

just this year yeah

Hannah: I know it's it's

0:14:33.839,0:14:37.279

interesting because it's I mean

in some ways it's you know being able to

0:14:37.279,0:14:40.480

do things at home and all virtually is
more accessible for some people and the

0:14:40.480,0:14:44.800

way they learn

and the way they interact um which has

0:14:44.800,0:14:47.680

been

cool to explore and see that

Bonnie: yeah

0:14:47.680,0:14:51.519

definitely just to circle back a little
bit I had a question with the phone call

0:14:51.519,0:14:54.399

session

is there a delay with that with singing

0:14:54.399,0:14:58.079

with people or does that eliminate it
more or is it kind of the same?

0:14:58.079,0:15:01.199

Hannah: There unfortunately I think there is a
delay

0:15:01.199,0:15:05.839

um for some of the people I do music
therapy with

0:15:05.839,0:15:12.959

who are really strong singers um I
stop and have them sing and I accompany

0:15:12.959,0:15:17.120

them

I don't know if it sounds like a

0:15:17.120,0:15:23.120

delay on their end um but I keep

I I keep trying to just gauge interest

0:15:23.120,0:15:27.680

level and engagement
and it's still there so I think it's

0:15:27.680,0:15:30.240

working I'm constantly asking can you
hear me

0:15:30.240,0:15:33.360

okay can you hear both my voice and my
guitar

0:15:33.360,0:15:40.480

um yes there is a lag and I think
trained musicians it would

0:15:40.480,0:15:46.160

it would get a little annoying um it's
working for the people I am providing

0:15:46.160,0:15:49.680

that
service I am with
Bonnie: yeah that makes sense

0:15:49.680,0:15:53.279

so funny with video calls because yeah I
think especially if you're one-on-one

0:15:53.279,0:15:56.720

there's that delay but it's like
I know as the music therapist if I just

0:15:56.720,0:15:59.920

keep going it's gonna sound fine to them
but like

0:15:59.920,0:16:04.240

but yeah as musicians it's like ah
because it's so delayed

0:16:04.240,0:16:08.480

but I mean I guess if it sounds fine to
them like you just keep going

0:16:08.480,0:16:13.120

Hannah: yeah um and I keep asking them because I
want to make sure that they're

0:16:13.120,0:16:16.639

the the things they're hearing is like
sounds pleasant um

0:16:16.639,0:16:23.120
but yeah it it works um but I would say
it only works in with certain people in

0:16:23.120,0:16:27.440
very specific settings
um but it's for me it's a chance to

0:16:27.440,0:16:30.800
connect
it's a chance to make sure that they are

0:16:30.800,0:16:34.639
heard
um and that we can we can make some

0:16:34.639,0:16:40.320
music together you can make some choices
you have something to look forward to so

0:16:40.320,0:16:45.279
Bonnie: yeah that's awesome so it's
neat that you guys got that creative

0:16:45.279,0:16:49.440
idea from the people where it wasn't a
good fit for video

0:16:49.440,0:16:52.720
and with the abstract device because I
do think sometimes clients think I'm

0:16:52.720,0:16:56.560
like a video
and then they're like wait that video is

0:16:56.560,0:17:01.440
talking to me like what
um so yeah like I think you're right the

0:17:01.440,0:17:05.600
phone call can be a little more
accessible for different individuals so

0:17:05.600,0:17:08.880
really cool creative idea I haven't
heard that too too much with um

0:17:08.880,0:17:12.400
COVID so I'm gonna keep that in my back
pocket too

0:17:12.400,0:17:15.600

just to keep options open for people

Hannah: yeah

0:17:15.600,0:17:19.199

yeah definitely I'm I'm all about
accessibility and

0:17:19.199,0:17:23.199

we work with a wide variety of people
with a wide variety of

0:17:23.199,0:17:26.799

needs so how are we going to get to
everybody because right

0:17:26.799,0:17:32.240

job

Bonnie: right yeah and so you're mostly
doing sing-alongs on the phone

0:17:32.240,0:17:37.840

um maybe songwriting?

Hannah: we

have done a little bit of songwriting

0:17:37.840,0:17:40.799

I'm I

am starting to venture into that with

0:17:40.799,0:17:46.160

some

um it doesn't work

0:17:46.160,0:17:49.280

well yeah I'm venturing I'm venturing
into it

0:17:49.280,0:17:52.720

um I it has taken kind of a while for
people to get

0:17:52.720,0:17:59.440

used to me calling um every single
week at a certain time um and and I like

0:17:59.440,0:18:02.559

to kind of structure

um or I like to have them kind of

0:18:02.559,0:18:05.760

structure which is a lot of them
choosing different songs but

0:18:05.760,0:18:10.480

I'm starting to do um I'm gonna start to do more of the songwriting I think

0:18:10.480,0:18:13.600
with some of them to kind of get more of the emotional expression

0:18:13.600,0:18:19.520
going so yeah **Bonnie:** cool are most people that are on the phone are they tech

0:18:19.520,0:18:22.240
savvy or are they on the phone because they're not as

0:18:22.240,0:18:27.120
tech savvy?
Hannah: they are on the phone because they probably don't even have internet

0:18:27.120,0:18:33.600
at home um and so that's the only way we can contact them since

0:18:33.600,0:18:37.360
we can't do anything in person so um yeah I'm calling

0:18:37.360,0:18:42.320
landlines and I know

0:18:42.320,0:18:45.840
it's great
Bonnie: well I'm just asking because I was thinking like

0:18:45.840,0:18:49.200
you've gotten my like creative wheels spinning I'm like how would I do a phone

0:18:49.200,0:18:51.919
call session and I was like could you text the person

0:18:51.919,0:18:56.559
like have they have you on speaker and maybe you could like send visuals but

0:18:56.559,0:18:59.919
if they don't have a smartphone then that they probably

0:18:59.919,0:19:02.960

aren't having you know they might not
have the smartphone if they can't

0:19:02.960,0:19:06.480
have the internet in the zoom it
probably correlates or

0:19:06.480,0:19:10.480
they have landlines
Hannah: yeah yeah that's and
that's where it just gets

0:19:10.480,0:19:13.520
you got to get really creative and it
can get really tricky

0:19:13.520,0:19:17.280
and you know I yeah you just have to get
creative

0:19:17.280,0:19:20.480
um within like the means of where you
work um

0:19:20.480,0:19:24.160
to provide to provide services because
yeah there are people that just don't

0:19:24.160,0:19:27.840
have
that access or um have the support to to

0:19:27.840,0:19:33.120
help them
utilize that so that's why phone calls

0:19:33.120,0:19:36.799
almost everyone I work with I know is
comfortable taking a phone call

0:19:36.799,0:19:39.840
and whether they respond or not I don't
know

0:19:39.840,0:19:45.200
they heard me they answered the phone
they made a choice it doesn't matter if

0:19:45.200,0:19:49.039
they're singing along or not
yeah it's more of like kind of at this

0:19:49.039,0:19:53.679
point we're trying to improve

quality of life right yeah

Bonnie: right and I

0:19:53.679,0:19:56.720

think that's a great segue into our next kind of topic

0:19:56.720,0:20:00.320

I want to kind of ask you about that second position you have as the

0:20:00.320,0:20:05.200

person-centered planning coordinator so you're both music therapists and this

0:20:05.200,0:20:10.400

other title correct?

Hannah: yes yes

(**Bonnie:** cool)

Hannah: so um

0:20:10.400,0:20:13.679

yeah when I first joined this organization

0:20:13.679,0:20:17.600

um I originally started as an instructor but they saw that I was a music

0:20:17.600,0:20:22.880

therapist wanted to utilize my services um but I you know

0:20:22.880,0:20:26.640

the the budget's not there for me to be full-time music therapists there we're

0:20:26.640,0:20:30.880

we're growing it which is great um so I had I had another position kind of

0:20:30.880,0:20:34.320

tacked on um and it's kind of evolved over the

0:20:34.320,0:20:37.280

years but uh recently it's person-centered

0:20:37.280,0:20:41.360

planning coordinator so um there is a huge push and there has

0:20:41.360,0:20:47.600

been past several years
in especially the adult sector

0:20:47.600,0:20:51.520
of person-centered planning and seeing
this

0:20:51.520,0:20:59.520
implemented in adult day programs
employment programs things like that

0:20:59.520,0:21:06.320
because for a very long time
um we have done a fairly good job I

0:21:06.320,0:21:10.320
shouldn't say a very long time
most recently we've done a good job of

0:21:10.320,0:21:14.000
keeping
adults with disabilities healthy and

0:21:14.000,0:21:17.440
safe
and mainly focusing on that and yes we

0:21:17.440,0:21:20.640
want to keep
um individuals healthy and safe and that

0:21:20.640,0:21:25.919
is that is a huge thing
but we also don't allow

0:21:25.919,0:21:29.440
a lot of folks with disabilities to take
risks

0:21:29.440,0:21:36.320
or try something new or
fulfill their own goals

0:21:36.320,0:21:41.679
hopes and dreams many don't have that
choice many have a team of people

0:21:41.679,0:21:46.400
working with them
making choices for them and so

0:21:46.400,0:21:49.440
um the person-centered planning
coordinator we go in

0:21:49.440,0:21:54.000
and we're looking at how we can make
sure that everything we do at

0:21:54.000,0:21:58.799
our program for
the adults that we work with is

0:21:58.799,0:22:03.120
person-centered
are your goals person-centered um

0:22:03.120,0:22:07.200
that's a huge thing so I you know every
individual that we serve

0:22:07.200,0:22:10.880
has goals um they can range from life
skill

0:22:10.880,0:22:15.120
goals to finding a specific job or
gaining a certain

0:22:15.120,0:22:21.600
work skill to obtain a certain job um
but we rarely ask like their hopes and

0:22:21.600,0:22:26.799
dreams and what they
really want um and we focus

0:22:26.799,0:22:30.799
a lot on what's important for someone
versus what's important

0:22:30.799,0:22:35.600
to someone and um it's about finding
that balance between

0:22:35.600,0:22:39.440
important for and important too and I
use this analogy a lot

0:22:39.440,0:22:43.600
but I know exercise is important for me
I understand this

0:22:43.600,0:22:46.960
I know that it's going to decrease my
stress

0:22:46.960,0:22:51.520

maybe it's going to get me in shape um
I'm going to feel stronger

0:22:51.520,0:22:57.679
I hate running
that's not important to me so how do we

0:22:57.679,0:23:00.240
find how do we find this balance and we
often

0:23:00.240,0:23:04.480
for I I know I've worked in the group
homes for for many years before being a

0:23:04.480,0:23:08.000
music therapist and
we often are just focused on oh this

0:23:08.000,0:23:12.320
person has
maybe you know they need to do

0:23:12.320,0:23:16.080
they may need to lose some weight they
maybe have high blood pressure

0:23:16.080,0:23:19.200
or something like that and so we slap a
goal on it

0:23:19.200,0:23:22.320
like they need to exercise to lose
weight

0:23:22.320,0:23:26.400
the end of the goal well uh there's
plenty of

0:23:26.400,0:23:29.600
adults floating around out there with
high blood pressure and

0:23:29.600,0:23:32.880
you know high cholesterol and not
exercising

0:23:32.880,0:23:35.760
so it and it's not saying and this is
where we have to find that balance

0:23:35.760,0:23:38.880
because it's not
(Bonnie: right)

Hannah: we don't care about this person's

0:23:38.880,0:23:44.559

well-being um

but what are we you know how are we

0:23:44.559,0:23:47.679

serving

this person it is it is about what they

0:23:47.679,0:23:50.000

want

and you would also find that when you

0:23:50.000,0:23:54.799

listen more to what they want

their quality of life may improve um

0:23:54.799,0:23:57.919

maybe you find out how this person wants

to move their body

0:23:57.919,0:24:00.880

other than like going to the gym or

walking on a treadmill there's other

0:24:00.880,0:24:03.600

ways

music therapists can come in we can do

0:24:03.600,0:24:07.760

lots of movement

you know yeah so it's about um about

0:24:07.760,0:24:09.760

what

the individual wants and making sure

0:24:09.760,0:24:13.039

that they are heard and people are not

really making decisions

0:24:13.039,0:24:17.520

for them yeah and it's a big thing it's

a it's kind of a mindset

0:24:17.520,0:24:21.440

that you need to think of but but yeah

that's kind of what I do

0:24:21.440,0:24:25.279

it's very long

Bonnie: that's so cool no that's

awesome I think it's so important and

0:24:25.279,0:24:29.200
like so
significant for working with adults with

0:24:29.200,0:24:31.679
disabilities
I loved how you said like there's plenty

0:24:31.679,0:24:35.200
of you know adults that don't exercise
and they should

0:24:35.200,0:24:39.600
or you know whatever yeah but so why do
we like

0:24:39.600,0:24:43.840
focus like hyper focus on these kind of
goals to like kind of almost put people

0:24:43.840,0:24:48.240
in boxes of like
societal standards of like you need to

0:24:48.240,0:24:51.440
be healthy weight
you know and then not taking in any kind

0:24:51.440,0:24:54.400
of
regard for what what do they actually

0:24:54.400,0:24:57.120
want and because you could find that
balance of like

0:24:57.120,0:25:00.960
you know finding their interests and
exercise I love that you're like using

0:25:00.960,0:25:04.559
music therapy
and like yeah finding different ways to

0:25:04.559,0:25:07.919
maybe
like almost problem solve like how how

0:25:07.919,0:25:11.520
would you want to
solve this problem versus like here's a

0:25:11.520,0:25:15.039

problem and this is the best way to solve it and this is just gonna happen

0:25:15.039,0:25:19.039
to you

Hannah: yes exactly exactly and I find

0:25:19.039,0:25:23.200
so often in working in kind of the realm of adults with

0:25:23.200,0:25:27.279
uh developmental disabilities we put we put them in a box

0:25:27.279,0:25:32.000
knowing or they say hey I want a job okay well we have

0:25:32.000,0:25:38.720
custodial jobs for you we have hotel work for you okay there are

0:25:38.720,0:25:42.720
um adults that work in our organization that have worked for

0:25:42.720,0:25:46.320
the local hotel that's near us have worked there for 15 and

0:25:46.320,0:25:49.360
20 years they love it that is their thing

0:25:49.360,0:25:52.880
that is theirs that that is what they've loved every single day they

0:25:52.880,0:25:56.320
come to work in a smile with a smile that's some adults

0:25:56.320,0:26:00.960
not all adults want to go do custodial work or work at a hotel or something

0:26:00.960,0:26:05.200
like that and we often put um those adults in a box of

0:26:05.200,0:26:10.000
like well this is kind of your option no you can get creative and that's where

0:26:10.000,0:26:15.039
the person-centered planning comes
in um because everyone is an

0:26:15.039,0:26:18.480
individual person with specific wants
and

0:26:18.480,0:26:22.799
hopes and dreams and it's kind of our
job is like the advocates to kind of

0:26:22.799,0:26:25.760
help
make sure that that is heard for them

0:26:25.760,0:26:30.640
Bonnie: yeah I love that let's get creative
yeah let's do it oh here comes Queenie

0:26:30.640,0:26:35.520
Queenie!

Hannah: hi kitty
Bonnie: yeah and then um Jenny Anderson

0:26:35.520,0:26:38.320
was on
a couple episodes ago and she was

0:26:38.320,0:26:41.600
talking about the five
f's and they're like the different jobs

0:26:41.600,0:26:45.600
that like you're kind of saying people
get kind of boxed into like oh you can

0:26:45.600,0:26:49.679
do this this this it was like food
filth and whatever the others are and

0:26:49.679,0:26:52.480
her and her brother
are part of this organization that

0:26:52.480,0:26:56.960
provides online
classes about business for individuals

0:26:56.960,0:26:59.440
with disabilities for adults with
disabilities

0:26:59.440,0:27:04.480
to be entrepreneurs because it's
not just those jobs and like you said

0:27:04.480,0:27:08.080
some people those are jobs for people
that and if that works for them awesome

0:27:08.080,0:27:12.400
but it's not going to work for everybody
so how can we get creative with either

0:27:12.400,0:27:16.400
with whatever option works for somebody
and get them as involved in those goal

0:27:16.400,0:27:20.320
planning
as possible
Hannah: yes yeah and I mean

0:27:20.320,0:27:25.200
it's a huge thing for for those of you
who are listening to this podcast if

0:27:25.200,0:27:30.080
you're working in meetings
um and the meeting is about someone

0:27:30.080,0:27:34.640
but you're talking at them or to
everyone else but them

0:27:34.640,0:27:39.600
just reevaluate it it's their meeting um
whether or not they can communicate back

0:27:39.600,0:27:42.640
to you
doesn't matter it's their meeting
(**Bonnie:** right)

0:27:42.640,0:27:46.320
Hannah: you ask them those questions
because it it is their meeting their

0:27:46.320,0:27:49.600
life you know
and it and often takes it's just

0:27:49.600,0:27:52.480
thinking about
being in their shoes just placing

0:27:52.480,0:27:56.799
yourself in their shoes and it will
it will uh adjust your thinking really

0:27:56.799,0:28:01.600
fast
you know if I went in and had you know

0:28:01.600,0:28:05.279
an entire treatment
team just talking about me and I didn't

0:28:05.279,0:28:10.460
get to say anything
Bonnie: right yeah and I even approach that my

0:28:10.460,0:28:11.840
with um
my kid sessions that way a lot too if

0:28:11.840,0:28:15.120
I'm like debriefing with a parent at the
end and the kid's still there I kind of

0:28:15.120,0:28:18.399
get them involved because
again that they're going to pick up on

0:28:18.399,0:28:22.159
that at a younger age too of like
these people just keep talking about me

0:28:22.159,0:28:25.440
like I'm not here
and so I'll try to involve them and be

0:28:25.440,0:28:28.880
like you did this today and like
and like yeah make it so they're

0:28:28.880,0:28:32.720
included in them in the meeting even at
a younger age because I think

0:28:32.720,0:28:36.960
unfortunately, that's just it's not
limited to adults with disabilities it's

0:28:36.960,0:28:39.200
limited to like all people with
disabilities

0:28:39.200,0:28:43.200
are not limited it's it happens to all

people with disabilities unfortunately

0:28:43.200,0:28:45.679

where it's just

okay now we're gonna we're gonna talk

0:28:45.679,0:28:51.360

about you now

Hannah: yeah most definitely most definitely um

0:28:51.360,0:28:57.120

yeah I agree

Bonnie: yeah so with the person-centered planning coordinator and

0:28:57.120,0:29:01.440

music therapist

uh those are like two separate roles and

0:29:01.440,0:29:03.919

so

are your music therapy goals something

0:29:03.919,0:29:06.640

that you're doing in these planning meetings

0:29:06.640,0:29:09.679

just kind of want to know like how does the goal setting work for both

0:29:09.679,0:29:14.399

both positions

Hannah: yeah so um from my person-centered planning

0:29:14.399,0:29:19.840

coordinator position

um I kind of see oversee everyone's

0:29:19.840,0:29:24.559

like broad program goals and what you would call an individual service plan

0:29:24.559,0:29:30.640

um there are times that I

I may see I know I see that individual

0:29:30.640,0:29:34.720

in my music therapy classes

um because I'm not assigned um I I

0:29:34.720,0:29:37.760

provide services for whoever just shows

up to my classes but if they're

0:29:37.760,0:29:41.120

consistent

um you know I and I see that they're

0:29:41.120,0:29:43.840

responding

really positively to music and we could

0:29:43.840,0:29:46.320

do a lot of you know a lot of work on
their goals

0:29:46.320,0:29:50.720

using music then I can kind of go in and
write that in there

0:29:50.720,0:29:54.320

um and write kind of a specific music
therapy goal

0:29:54.320,0:29:57.600

and and that works it's not for
everybody because I don't see

0:29:57.600,0:30:01.760

everybody so I can sometimes insert
music therapy goals and that can be like

0:30:01.760,0:30:04.000

their official

goal if I know that they're going to be

0:30:04.000,0:30:08.640

consistent but oftentimes it's

I I'm going in with my music therapy

0:30:08.640,0:30:12.799

sessions

with more specific goals um and then in

0:30:12.799,0:30:16.720

the time of COVID

um since I go in and do classes of 20

0:30:16.720,0:30:19.840

people

we don't have specific music therapy

0:30:19.840,0:30:23.760

goals we have big broad ones

um

Bonnie: right which is quality of life like

0:30:23.760,0:30:25.840
you were talking about earlier on the
phone

0:30:25.840,0:30:29.120
which is like that's what everybody
needs right now so really

0:30:29.120,0:30:33.520
I love that it hones in on like what
what do these individuals need now

0:30:33.520,0:30:37.440
versus like again kind of those shoe
boxing goals you could still be like

0:30:37.440,0:30:40.559
trying to
run after those exercise goals like oh

0:30:40.559,0:30:43.919
but we still need to do this in COVID
it's like wait wait step back like

0:30:43.919,0:30:47.919
quality of life's what matters right now
Hannah: exactly exactly and you know it's

0:30:47.919,0:30:50.559
quality of life like I said with the
phone call sessions

0:30:50.559,0:30:54.799
same works here in the virtual how many
choices can I offer you in a day

0:30:54.799,0:30:58.240
I want to give you as much control as
possible

0:30:58.240,0:31:02.000
in my 45 minute to an hour session I
have with you

0:31:02.000,0:31:06.159
opportunities for leadership I I love
because we have really great leaders and

0:31:06.159,0:31:08.320
that kind of boosts their self-esteem
and

0:31:08.320,0:31:12.159

and then it gets them involved with each other virtually because they're watching

0:31:12.159,0:31:16.320
that person instead of me
and an emotional expression that that's

0:31:16.320,0:31:18.559
huge um
because I don't really know what they're

0:31:18.559,0:31:22.799
being told at home um but like I said
I'm not we're not sugar-coating things

0:31:22.799,0:31:25.919
they're allowed to express how they are
feeling that day

0:31:25.919,0:31:28.960
and we talk about it and we sit with
them we're like yeah

0:31:28.960,0:31:33.600
a frustrating day today like it's really
frustrating

0:31:33.600,0:31:38.080
and that's okay you know
Bonnie: yeah awesome I
love us so much

0:31:38.080,0:31:42.559
awesome so we're kind of wrapping up uh
do you have any other resources to share

0:31:42.559,0:31:44.480
is there anything else that you want to
share?

0:31:44.480,0:31:50.480
Hannah: I I don't really have any resources
um but it's like a cry to all the music

0:31:50.480,0:31:54.640
therapists out there
give us some more research please with

0:31:54.640,0:31:58.399
with adults with disabilities
Bonnie: oh yes

0:31:59.120,0:32:03.200
Hannah: I appreciate the people doing the

research

0:32:03.200,0:32:07.919

I don't know if that's my gifting but
we need more we need more resource

0:32:07.919,0:32:12.960

research and resources
um because this I I love my job

0:32:12.960,0:32:16.240

I love who I get to work with and people
need to know that

0:32:16.240,0:32:19.519

Bonnie: yes I agree especially with adults with
disabilities it's not

0:32:19.519,0:32:23.200

a lot of research AMTA had a podcast
they released

0:32:23.200,0:32:28.159

as part of their AMTA Pro Podcast and
they're like here is all the research on

0:32:28.159,0:32:30.640

adults with disabilities and this
podcast is like

0:32:30.640,0:32:33.679

I can't I'm gonna get the time wrong now
but it was like an hour you know like it

0:32:33.679,0:32:37.120

was a normal podcast length you know
they were able to fit all the research

0:32:37.120,0:32:40.880

into like part of a normal podcast like
but I was like oh

0:32:40.880,0:32:47.840

oh no they're like here's the research
and it's good research but you know it's

0:32:47.840,0:32:50.399

like we need we need more for sure and
then

0:32:50.399,0:32:53.360

also research will be interesting after
this year kind of like we've been

0:32:53.360,0:32:56.960
discussing because it's like do we we
don't have any research on online stuff

0:32:56.960,0:33:01.600
in any population
so what's the plan there?

0:33:01.600,0:33:04.960
Hannah: I don't know it's it's one big adventure
and

0:33:04.960,0:33:09.440
I never thought I would be doing you
know music therapy sessions with 20 plus

0:33:09.440,0:33:14.480
people over
google classroom
(**Bonnie:** right)
Hannah: but you're doing it

0:33:14.480,0:33:17.840
Bonnie: yeah it's been a year of definitely
things I never thought I would do

0:33:17.840,0:33:21.200
and they've been they've been good
things so
Hannah: yeah

0:33:21.200,0:33:24.799
lots of growth lots of growth
Bonnie: yes
oh perfect word

0:33:24.799,0:33:28.080
awesome so if listeners wanted to
contact you for a question

0:33:28.080,0:33:31.279
is there a best way they could find you?
Hannah: can I can I do my email?

0:33:31.279,0:33:35.200
over a podcast? yeah okay yeah
Bonnie: I'll put it in the show notes too

0:33:35.200,0:33:41.600
Hannah: okay yeah people can email me um
I'm not super active on social media but

0:33:41.600,0:33:46.320
yeah you guys can email me

Hannah.gallagher08@gmail.com

0:33:46.320,0:33:49.840
and I'm happy to answer any questions I
love

0:33:49.840,0:33:53.200
advocating for music therapy and
especially music therapy with adults

0:33:53.200,0:33:56.640
with disabilities
gets me super excited super excited so

0:33:56.640,0:34:00.399
if you have questions
email me
Bonnie: yay awesome well thank you so

0:34:00.399,0:34:03.600
much for coming on today,
Hannah, I can't
wait to share this with everybody

0:34:03.600,0:34:07.360
Hannah: yeah thank you for having me this is
great

Bonnie: All right I hope that you enjoyed

0:34:07.360,0:34:10.159
that conversation with Hannah as much as
I did

0:34:10.159,0:34:14.639
it was inspiring to hear how she has
pivoted during COVID-19

0:34:14.639,0:34:18.079
to meet her clients' needs in a
person-centered way

0:34:18.079,0:34:23.440
and I especially liked the um validation
and singing of the Pandemic Can Go Away

0:34:23.440,0:34:28.560
to the Backstreet Boys
what a great songwriting activity to

0:34:28.560,0:34:34.560
really capture uh 2020 and how we can
validate it but also start working

0:34:34.560,0:34:39.280
towards making things better too
and she also had to pivot her goals I

0:34:39.280,0:34:43.280
really liked how
Hannah's now focusing on goals of giving

0:34:43.280,0:34:48.800
her clients a sense of control
choice and quality of life and to really

0:34:48.800,0:34:52.000
take into consideration their hopes and
dreams

0:34:52.000,0:34:55.520
and what do they want in goal setting
during any time

0:34:55.520,0:34:59.359
and to make sure we're not boxing
anybody into what our expectations are

0:34:59.359,0:35:02.800
but what do they really want
and what do they need and where can we

0:35:02.800,0:35:07.040
find that balance
of both to really respect the individual

0:35:07.040,0:35:12.160
and come from that person-centered
approach finally I really liked how

0:35:12.160,0:35:15.599
Hannah discussed how it's just one big
adventure

0:35:15.599,0:35:20.800
what a positive mindset to have
about the pandemic in this year it's

0:35:20.800,0:35:24.560
just one big adventure and she also
mentioned it as a year of growth

0:35:24.560,0:35:28.160
and both of these positive mindsets are
really inspiring to me

0:35:28.160,0:35:31.680
to remember that despite circumstances

we can

0:35:31.680,0:35:35.119
see things as an adventure and as growth
and we can

0:35:35.119,0:35:39.359
make it better while still validating
the difficulties of a situation

0:35:39.359,0:35:44.079
and finally my kind of call to action to
everyone is: "Remember to get creative."

0:35:44.079,0:35:47.920
just as Hannah had to get creative with
her phone session and with her online

0:35:47.920,0:35:50.320
sessions
this is a time where we need to get

0:35:50.320,0:35:54.320
creative in our lives
to meet our needs and our clients' needs

0:35:54.320,0:35:58.079
and to better serve adults with
disabilities by getting creative and

0:35:58.079,0:36:02.640
coming from that person-centered
approach to really meet our clients

0:36:02.640,0:36:06.400
hopes and dreams
so now we'll end today's episode with

0:36:06.400,0:36:09.839
our
music therapy monthly session plan

0:36:09.839,0:36:12.480
outline
so this month we have a fall themed

0:36:12.480,0:36:15.359
music therapy session planned for adults
with IDD

0:36:15.359,0:36:19.520
it starts with hello then goes into
drumming to "Changes" by David Bowie

0:36:19.520,0:36:23.119
spotlighting different drummers if
you're online to a movement

0:36:23.119,0:36:26.400
intervention to "September" by Earth, Wind & Fire

0:36:26.400,0:36:30.000
to a songwriting intervention to "Free
Fallin'" by Tom Petty
0:36:30.000,0:36:33.280
to a relaxation intervention to "Harvest
Moon"

0:36:33.280,0:36:36.400
by Neil Young where you could choose a
different fall thing

0:36:36.400,0:36:40.960
or a favorite fall thing to think about
or draw as the song is being played

0:36:40.960,0:36:44.079
and then the goodbye song the breakdown
of this plan

0:36:44.079,0:36:47.920
and a workshop around session planning
for adults with IDD

0:36:47.920,0:36:53.920
is available to patrons on patreon.com/navigatingadulthoodandidd

0:36:53.920,0:36:56.960
where
the patrons I like to call Navigators!

0:36:56.960,0:37:02.160
navigators for five dollars a month
support the podcast get access to this

0:37:02.160,0:37:06.320
breakdown of the monthly music therapy
session plan

0:37:06.320,0:37:10.240
and the breakdown includes a written
breakdown a video explaining how I

0:37:10.240,0:37:13.599
would implement the different
interventions and sometimes

0:37:13.599,0:37:17.680

extra materials as well including
visuals or

0:37:17.680,0:37:22.079
um this month there's a songwriting
prompt um and movement cards

0:37:22.079,0:37:26.320
available as well too for the patrons
and then you also get

0:37:26.320,0:37:30.880
access to episodes ad free one week
early from their release

0:37:30.880,0:37:34.800
so thank you so much for supporting this
podcast you can support by becoming a

0:37:34.800,0:37:39.040
navigator on patreon.com/
navigatingadulthoodandidd

0:37:39.040,0:37:44.000
or by listening sharing and rating the
podcast on iTunes

0:37:44.000,0:37:47.599
any way you support the podcast is so
greatly appreciated

0:37:47.599,0:37:50.960
as we continue gathering resources for
this

0:37:50.960,0:37:54.880
wonderful population of adults with
disabilities

0:37:54.880,0:37:58.640
so that we can really be providing the
best services as possible that are

0:37:58.640,0:38:02.400
person-centered
that really take into consideration what

0:38:02.400,0:38:05.680
do the adults that we're working
with what do they want what are their

0:38:05.680,0:38:08.960
hopes and dreams which I don't feel like
we could reiterate

0:38:08.960,0:38:12.720
enough so yeah thanks for listening to
another episode and we'll catch you next

0:38:12.720,0:38:15.359
Time!

0:38:15.359,0:38:19.599
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Services, LLC

0:38:19.599,0:38:22.880
with content and music produced by
Bonnie Hout

0:38:22.880,0:38:33.839
Thanks for listening!