

## **Judith-Kate Friedman**

**Composer • Performer • Speaker • Producer • Author • Consultant**  
**Founder and Director, Songwriting Works™ Educational Foundation**  
**Co-founder, Psalms, Songs and Stories™**

### **Recent Achievements**

- 25 year anniversary. January 2015 marks 25 years since the first Songwriting Works™ workshop
- Executive Producer. Performer. "Life's a Song" – a new recording featuring 13 songs composed by 200 neighbors age 60+ and 8 performing songwriters in 8 communities (forthcoming 2016)
- Fellow. Jubilation Foundation for intergenerational music program design and leadership (2015-16).
- National Leadership Exchange Faculty. National Center for Creative Aging Conference (2014, 2015)
- Research Subject, Papers Presentation. "Validation Opportunities Abound in Participatory Arts-Based Intervention for People with Dementia" Daniel B. Kaplan, PhD, LICSW and "Personhood in the Context of the Life Course Perspective of Linked Lives " Laura Hahn, Miami University, OH Gerontological Society of America Annual Scientific Meeting, Washington DC (2014)
- Leadership Training. "All the Way In" Vocal Improvisation & Musical Leadership certificate (2013)
- Distinguished Fellow Designation. Society for Arts in Healthcare/Alliance for Arts & Health (2012)
- Leadership Award. MetLife Foundation and National Center for Creative Aging Creativity and Aging in America Leadership Award. Health and Wellness category. (2012)
- Exhibit & Premiere. Capitol Hill Rotunda, Russell Senate Building Dementia Arts Exhibit and premiere of "WWII Homecoming Song" video at DC Dementia Arts Festival (2012)
- Book Publication. "The Songwriting Works Model: Enhancing Brain Health and Fitness through Collaborative Musical Composition and Performance," Chapter 20 in Hartman-Stein and LaRue, eds., *Enhancing Cognitive Fitness in Adults: A Guidebook to the Use and Development of Community-Based Programs* (Springer Business & Media, 2011)
- Grants. National Endowment for the Arts "Challenge America" (2013), "Creativity & Aging in America" for Songwriting Works Olympic Peninsula in conjunction with Arts NW (2009)
- Grant. Washington Health Foundation Health through Song (2013) and Rural Health Initiative. Director and Trainer, "Songwriting Works™ for Healthy Living Through Music" (2010-11)
- Award. The Rosalinde Gilbert Innovations in Alzheimer's Disease Caregiving Legacy Award, Creative Expression category of The Rosalinde and Arthur Gilbert Foundation (2010)
- Publication Features. Program Profiles of Songwriting Works in *Generations*, the Journal of the American Society on Aging (2011) *Transforming the Healthcare Experience through the Arts*, Blair L. Sadler and Annette Ridenour, eds, (Aesthetics, Inc, 2009) and *Forget Memory: Creating Better Lives for People with Dementia*, Anne Basting (John Hopkins Press, 2009)
- Research Subject, Book Publication. "Songwriting in the Nursing Home: Transcending the Boundaries of Institutionalization through Music," Theresa A. Allison, M.D., M. Music, Chapter 18 in Koen, ed., *Oxford Handbook of Medical Ethnomusicology*, (OU Press, 2008)

### **Highlight Performances, Keynotes and Productions (Partial List)**

*Touring Artist. Composer. Performer. (Career Highlights)*

- 32 years performing and touring original music and concert programs (1983-present)
- All the Way In vocal ensemble concert, Pigeons International Theatre, Montréal, Canada (2013)

***Patience & Adventure Musicworks • [www.judithkate.com](http://www.judithkate.com) •***

***Songwriting Works™, Psalms, Songs & Stories™, Songwriting Works Educational Foundation • [www.songwritingworks.org](http://www.songwritingworks.org)  
2023 East Sims Way #271 • Port Townsend, WA 98368 US • Studio: 360.385.1160 • Mobile: 360.643.1961 • Fax: 360.554.8045***

## **Highlight Performances, Keynotes and Productions (Partial List, continued)**

- Caravan to the UK. West Country Storytelling Festival, Devon and London, England. Performing Songwriter touring in collaboration with poet Robert Bly, novelist Gioia Timpanelli, mythologists Daniel Deardorff and Martin Shaw, and others (2008)
- 8 years touring with Vocolot Jewish/World music women's a cappella ensemble (1994-2002)
- An Evening with Judith-Kate Friedman. Neue Synagogue, Berlin, Germany (2001)

### *Keynotes. Performer and Speaker.*

- Inaugural Forum on Music and the Brain, with support of the National Endowment for the Arts and the Port Townsend Arts Commission, Port Townsend, WA (2013)
- Joining our Voices Conference, Jewish Family & Children's Services, Waltham, MA (2013)
- Inaugural Conference, Interdisciplinary Society for Quantitative Research in Music and Medicine. Weber State University, Ogden, UT (2011)
- 5<sup>th</sup> AHEPA Senior Housing Conference, Nashville, TN (2011)
- Int'l Conference on Creative Expression, Communication & Dementia, Penticton, BC, CAN (2010)
- StoryCorps Music & Memory, Contemporary Jewish Museum, S.F, CA (2010)
- Arts Northwest Booking Conference, Bellevue, WA (2010)
- Alzheimer's Society of Washington, Bellingham, WA (2007)

### *Festival/Event Producer. Performer.*

- Songwriting Works' SongFest, NorthWest Maritime Center, Port Townsend, WA (2011-13)
- National Center for Creative Aging/National Endowment for the Arts Vital Art and Aging Forum, Fort Worden State Park, Port Townsend, WA (2009)
- Imaginando La Paz en El Mundo. United Nations 60th Anniversary Commemoration, Universidad para la Paz, (UPAZ), Costa Rica. Associate Artistic Producer. (2005)
- Imagining Peace: Poems of Kazuaki Tanahashi Set to Music by West Coast Artists, Freight & Salvage/Society for Preservation of Folk Music, Berkeley, CA (2005)
- Art of Aging Festival, in conjunction with the Center for Creative Aging–West
  - 2<sup>nd</sup> Art of Aging Festival, Julia Morgan Theater, Berkeley (2005)
  - Inaugural Art of Aging Festival, San Francisco Hilton (2004)
- American Society on Aging Conference Opening Plenary with 40 performers/speakers and slideshow celebrating elders in the arts worldwide. San Francisco, CA (2004)

## **Training and Consulting (Partial List)**

- Consultant. Pabst Charitable Foundation for the Arts and the National Center for Creative Aging, in conjunction with Atlantic Center for the Arts • New Smyrna, FL/National Initiative (2013-15) and the national Creative Aging Leadership Exchange, Washington, DC (2014 and 2015)
- Trainer and Artist-in-Residence. Edmonds Center for the Arts and Aegis Living of Edmonds (2015, 16)
- Trainer and Artist-in-Residence. Benevilla, Surprise and Sun City, AZ (2014)
- Trainer and Artist-in-Residence. California Lutheran Homes/Front Porch, Anaheim, CA (2014)
- Trainer and Artist-in-Residence. Goodwin House, Alexandria, VA (2014)
- Faculty. Leading Age Annual Meeting, Nashville, TN (2014)
- Consultant. Mather Lifeways, Evanston, IL in association with National Center for Creative Aging and MetLife Foundation Technical Assistance Program (2012-13)
- Trainer and Artist-in-Residence. Presbyterian Retirement Communities Northwest (2013)

### **Training and Consulting (Partial List – Continued)**

- Faculty. National Center for Creative Aging Symposia on Arts in Health, Life-long Learning
  - Chicago, IL (2013) • Washington DC (2012) • Webinar (2011) • San Francisco (2011)
  - Cupertino, CA (2010) • Tampa/St. Petersburg (2008)
- Faculty. Positive Aging Conference, Fielding University, Los Angeles (2011)
- Faculty. MetLife/MindAlert Nat'l Brain Health Forum, Aging in America, Chicago, IL (2010)
  - Webinar, "Enhancing Brain Health & Fitness through Song" (2010)
- Faculty/Speaker. MetLife/American Society on Aging MindAlert Speaker's Bureau (2007-10)
  - Soldotna, AK • Chattanooga, TN • Detroit, MI • Sacramento, CA • Minneapolis, MN
  - Brookline, MA • Atlanta, GA • Chicago, IL • Greensboro, NC • Los Angeles, CA
- Trainer. Centers for Spirituality & Aging • Cupertino and Anaheim, CA (2010)
- Faculty. Kalsman Institute-HUC, Midrash and Medicine Conference, Asilomar, CA (2009)
- Trainer. Luther Manor/Milwaukee, Brewster Village/Appleton, Wisconsin (2008)
- Faculty. Creativity & Dementia Think Tank and Symposium, U Wisconsin Milwaukee/Center for Age & Community (2006)

### **Major Artist-in-Residencies, Grants and Special Projects (Partial List)**

- Dementia Arts Research Ensemble, Consulting artist (2012-15) • Miami University, Oxford, OH • Gerontological Society of America 2014 • Dementia Arts Exhibit, Senate Rotunda, Wash, DC
- National Endowment for the Arts Challenge America grantee (2013-15) and Creativity and Aging in America grantee (2009) for Songwriting Works on the Olympic Peninsula
- Atlantic Center for the Arts, Pabst/NCCA Arts & Caregiving Initiative, Consulting team (2013-15)
- Amherst-Glebe Arts Response in collaboration with Central Virginia Center for Vital Living Meals on Wheels/Nutrition program, Lynchburg and Amherst, VA, Artist-in-residence (2014)
- SAGE: Seniors Aging in a Gay Environment and Elders Share the Arts, New York, NY (2014)
- Jewish Senior Living Group, Songwriting Works™ and Psalms, Songs & Stories™ at the Jewish Home San Francisco, CA (1997-2013)
- Tremble Clefs (Parkinson's Choral Ensemble), Newton, MA (2013)
- ArtsHealth Solutions grantee, National Endowment for the Arts in association with the Global Alliance for Arts and Health/Society for the Arts in Healthcare (2013, 2012, 2010, 2007-08)
- Washington Health Foundation grantee, Songwriting Works (2013, 2010-11)
- Port Townsend Arts Commission grantee, Songwriting Works Annual Community SongFest (2011-13)
- Abramson Center for Jewish Life, Philadelphia, PA, Songwriting Works™ at ACJL (2005-06)
- California Arts Council Artist-in-Residence at Jewish Home San Francisco, CA (1996-2003), at Artworks/San Francisco Institute on Aging/UCSF-Mount Zion (1989-92)
- Marin Arts Council Artist-in-Residence, Songwriting Works in Marin, CA (1996-2002)
- Local Artists Collaborative Exchange, Jackson Heights, NY (2001, 1999)
- Art and the Spirit, Quaker Center, Ben Lomond, CA (1999, 1995)
- East Bay Conservation Corps/Project YES (Youth Engaged in Service), Oakland, CA (1996, 1997)
- William James Association Prison Arts Project, Women's Facility, Stockton, CA (1996, 1997)

## **Awards and Honors (Partial List)**

*Awards in Arts, Healthcare and Aging for Songwriting Works ~ Founder and Director.*

- 2013 National Endowment for the Arts “Challenge America” grant
- 2012 Distinguished Fellow, Global Alliance for Arts and Health
- 2012 MetLife Foundation/National Center for Creative Aging Creativity and Aging in America Leadership Award, Health and Wellness category.
- 2010 Rosalinde Gilbert Innovations in Alzheimer’s Disease Caregiving Legacy Award, Creative Expression category, The Arthur and Rosalinde Gilbert Foundation in association with the Family Caregiver Alliance
- 2009 National Endowment for the Arts “Creativity and Aging in America” grant for Songwriting Works on the Olympic Peninsula in conjunction with Arts Northwest
- 2008 Blair J. Sadler International Healing Arts Award, Society for the Arts in Healthcare/Global Alliance for Arts and Health for Songwriting Works at the Jewish Home
- 2007 MetLife Foundation/American Society on Aging MindAlert Award for Innovative Programs Enhancing Mental Fitness for Cognitively-Impaired Older Adults
- 2004 Association of Jewish Aging Services (AJAS), Best Program Award, Songwriting Works at the Jewish Home in San Francisco
- 2002 Governor’s Commendation for Community Service to Elders through Music, California

*Awards for Music and Video. ~ Composer. Performer. Producer. Songwriter. Recording Artist.*

- 2008-2014 Touring Artist: Juried Touring Artists Rosters: Arts Northwest
- 2008 “Best of Show” at Society for Arts in Healthcare Film Fest for “‘Specially Wonderful Affair”
- 2006 Best Music Film/Video of the Year, Just Plain Folks international, 3rd Place for "A 'Specially Wonderful Affair" documentary – featured composer, performer
- 2004 Best Jewish Song of the Year. Just Plain Folks international, 1<sup>st</sup> Runner-Up for "I'm 100 Years Old" song on “Island on a Hill” CD. Composer, Producer.
- 2000 Juried Showcase Artist. Northeast Regional Folk Alliance (NERFA) Conference
- 1997-2003 Touring Artist: Juried Touring Artists Rosters: California Arts Council
- 1998 John Lennon Songwriting Contest. Honorable Mention for “Separate But Equal”
- 1989-1995 West Coast Songwriter's Association.
- Best Song Songwriting Winner/Song of the Year Finalist. (1998, 1994, 1991, 1989)
- Best Performer Award (1995, 1994, 1991)
- 1989 Music City Song Festival. Vocal Performance Award. Nashville, TN.

*Award Finalist. Songwriter and Performer.*

- 2002 South Florida Folk Festival Songwriting Competition. Fort Lauderdale, FL
- 2001 Songs Influenced By Literature Contest. San Francisco, CA
- 1995 Falcon Ridge Folk Festival Songwriting Competition. Hillsdale, NY
- 1991 Columbia Music Festival, Songwriting Competition. Spokane, WA
- 1990 Kerrville Folk Festival, New Folk Songwriting Competition. Kerrville, TX
- 1989, 1990 Napa Valley Folk Festival Songwriting Competition. Napa, CA

**Publications: (partial list) *Film, Video, Documentary ~ Performer. Composer. Producer. Subject.***

- CD. Executive Producer. Performer. "Life's a Song" forthcoming with Songwriting Works (2015/16)
- YouTube Channel. Songwriting Works <http://www.youtube.com/user/songwritingworks>
- YouTube Channel. Judith-Kate Friedman <http://www.youtube.com/user/judithkatefriedman>
- Song Video/Documentary. "WWII Homecoming Song" Aba Kiser, filmmaker, <http://bit.ly/SiyIOl> photo montage to song composed by WWII veterans, families in Songwriting Works (2012),
- Documentary. "Between Heaven and Earth," profile of Songwriting Works™ in Seattle assisted living and skilled nursing contexts. Einat Kapak, filmmaker. (Ziv Tzedakah Fund, 2009)
- Documentary. "A 'Specially Wonderful Affair' the story of the making of the Jewish Home elders debut CD "Island on a Hill" Nathan Friedkin, filmmaker (Fdigital, 2002).  
<http://blip.tv/a-specially-wonderful-affair> 6 International film festivals, PBS' KQED-TV

**Music ~ Composer. Performer. Producer. Arranger.**

- Soundcloud, Judith-Kate Friedman <http://www.soundcloud.com/judithkate>
- *Print ~ Composer. Arranger.*
- "Start Fresh" in *Mishkan HaNefesh: A Machzor (Prayerbook) for the Days of Awe* (CCAR, 2015)
- "All Before Me" in *Singing Us Home: Bedside Songs for End of Life* (Songcatcher, 2011)
- "Me Hace Alegre" in *Pass It On! The Journal of the Children's Music Network* (2002)
  - CD/Audio Recordings SOLO Projects ~ Composer. Performer. Producer.
- "Bigger Things" CD co-produced with Jami Sieber (Patience & Adventure Musicworks, 2001)
- "Count Me In" CD (Patience & Adventure Musicworks, 1993)
- "Someplace Inbetween" EP (Patience & Adventure Musicworks, 1992)

**COLLABORATIVE Projects ~ Producer. Performer. Composer. Arranger.**

- "Life's A Song" Executive Producer, 2015/16 (as above), produced by Orville Johnson
- "Imagining Peace: the Poems of Kazuaki Tanahashi Set to Music and Performed by West Coast Composers." Compilation CD (A World Without Armies, 2006)
- "Island On A Hill" Debut CD by Singers & Songwriters of the Jewish Home in San Francisco, (Jewish Home/Composing Together Works, 2002)

**ENSEMBLE recordings ~ Performer. Arranger. Vocolot Jewish/World Music A Cappella**

- "Heart Beat" (2002), "Behold!" (2001), "Gather Round" CD (1994) - Oyster Albums

**COMPILATIONS ~ Composer. Performer.**

- "Amaze Me: Songs in the Key of Peace." Song: "Current Events" (2003, Rubberneck Records)
- "My Guitars, Their Music" Song: "Lullabyes" (2002, Luthier [johnfmello.com](http://johnfmello.com))

**SOUNDTRACKS ~ Composer. Performer.**

- "Count Me In" Music Video. Lori Dovi Productions. Frameline & UK film fests (1992)
- "Downwinders," David L. Brown's documentary "Bound By the Wind," (1992, Energon)

**Print ~ Scholarly Publications**

**Author.**

- "The Songwriting Works Model: Enhancing Brain Health and Fitness through Collaborative Musical Composition and Performance," Chapter 20 in Hartman-Stein and LaRue, eds., *Enhancing Cognitive Fitness in Adults: A Guidebook to the Use and Development of Community-Based Programs* (SpringerUS/Springer Verlandt Europe, 2011)

## **Print ~ Scholarly Publications (continued)**

*Research. Book Chapters on Songwriting Works. Subject, Program Founder.*

- "Songwriting Works" Theresa A. Allison, M.D., M. Music, chapter in forthcoming festschrift honoring ethnomusicologist Bruno Nettl (2015)
- "Psalms, Songs & Stories: Midrash and Medicine at the Jewish Home of San Francisco" Chapter 6 in *Midrash and Medicine*, Cutter, ed. *Midrash and Medicine: Healing Body and Soul in Jewish Interpretive Tradition* (Jewish Lights Publications, 2010).
- "Songwriting in the Nursing Home: Transcending the Boundaries of Institutionalization through Music," Theresa A. Allison, M.D., M. Music, Chapter 18 in Koen, ed., *The Oxford Handbook of Medical Ethnomusicology*, (OU Press, 2008)
- "God is in the Text: Using Sacred Text and Teaching in Jewish Pastoral Care," Rabbi Sheldon Marder, Chapter 12 in Dayle Friedman, ed., *Jewish Pastoral Care, 2<sup>nd</sup> edition*, (Jewish Lights Publications, 2005)

*Interviews. Retrospectives/Profiles of Songwriting Works.*

- *Kulturräume das KUBIA-Magazin/08* [http://issuu.com/ibk-kubia/docs/kubia\\_8\\_6\\_13515\\_web](http://issuu.com/ibk-kubia/docs/kubia_8_6_13515_web) (2015)
- *Generations*, Journal of American Society on Aging, MetLife/MindAlert Winners (2011)
- "Psalms, Songs & Stories: Midrash & Music at the Jewish Home of San Francisco," Rabbi Sheldon Marder, book chapter in William Cutter, ed. *Midrash and Medicine: Healing Body and Soul in the Jewish Interpretive Tradition* (Jewish Lights Publishing, 2010)
- *Transforming the Healthcare Experience through the Arts*, Blair L. Sadler and Annette Ridenour, eds, (Aesthetics, Inc, 2009)
- *Forget Memory*: Anne Davis Basting (John Hopkins University Press, 2009)

**Media ~ News Features and Blogs > Please see <http://www.songwritingworks.org> for current posts**

Author. • Washington Health Foundation Rural Health Blog (2011)

"Playing it Forward – Music, Brain Health and Community"

<http://healthieststate.typepad.com/ruralhealth/2011/12/do-you-ever-feel-blue-and-turn-the-radio-on-need-energy-and-crank-up-some-tunes-have-you-ever-found-yourself-humming-and-fo.html>

"Music as Service, Music for Health" <http://healthieststate.typepad.com/ruralhealth/2011/03/music-as-service-music-for-health.html>

- MetLife Foundation/American Society on Aging, Brain Health Webinar Series (2010)  
"Songwriting Works: Enhancing Brain Health and Fitness through Group Song Composition and Performance," [http://www.screencast.com/users/Am\\_Soc\\_on\\_Aging/folders/MindAlert/media/30464e54-8b30-48d4-a846-8c8943c04e35](http://www.screencast.com/users/Am_Soc_on_Aging/folders/MindAlert/media/30464e54-8b30-48d4-a846-8c8943c04e35)
- "Freeing the Voice Within" Signpost Journal, National Health Service, Wales UK, and Aging Today, US (2004)
- "Creativity At Any Age" Acoustic Guitar Magazine (1996)

News Features ~ Print. Radio. On-line. (Partial List) **Also see <http://www.songwritingworks.org>**

- Boomer Generation Radio, Philadelphia (2014)
- Port Townsend Leader (June 2013) "Explore the Science of Songwriting"
- Peninsula Daily News (October 2012 "Creating Musical Memory – Port Townsend Non-Profit, Alzheimer's Patients Write a Very Special Song" front page feature story
- Peninsula Daily News Healthy Living, "Healthy Living Through Music" (2011)

### News Features ~ Print. Radio. On-line. (Partial List)

- Wisconsin Public Radio's "Lake Effect" feature on Songwriting Works™ and Creative Aging (2008) [http://www.wuwm.com/programs/lake\\_effect/index.php?articleid=442](http://www.wuwm.com/programs/lake_effect/index.php?articleid=442) search: songwriting works
- "Winning Mind Workouts that Keep Older Americans Sharp." Dow Jones' Market Watch, Market Watch.com (2007)
- "Creative Currents: 2007 Mind Alert Awards" Aging Today. (2007)
- "Singing and Sharing the Spirit with Elders: A Talk with Judith-Kate Friedman" FORSA news, American Society on Aging Forum on Religion, Spirituality & Aging (2004)
- "The Healing Power of Music" Acoustic Guitar Magazine (1996)

For additional publications, recordings and song archive visit: <http://www.songwritingworks.org>

### Community Service

#### *Cantorial Soloist.*

- Congregation L'dor V'dor. San Francisco, CA (2003-2015)
- Congregation Bet Shira, Port Townsend, WA (2008-2015)
- Olympic B'nai Shalom Havurah, Sequim, WA (2008)

#### *Faculty. (Also see Training and Consulting, above.)*

- National Center for Creative Aging Speaker's Bureau (2012-16)
- The MythSinger Foundation, Port Townsend, WA. (2007-2014)
- Madrona MindBody Institute, Fort Worden State Park, Port Townsend, WA (2011-12)
- Sacred Nature Center for Spiritual Ecology, Port Townsend, WA (2007-2009)

#### *Grant Review Panelist.*

- The Rosalinde Gilbert Caregiving Legacy Award (2011-15)
- California Arts Council, Community Arts Grants (2003)

#### *Radio Producer and Program Host.*

- KPTZ-FM, Port Townsend, WA. Monthly Community Song Feature producer (2015)
- KPFA-FM, Pacifica Radio, Berkeley, CA. World Music programmer/DJ. (1989-91)
- WOBC-FM, Oberlin, OH. Public Affairs Producer. Music programmer/DJ. (1979-83)

#### *Trustee.*

- Oberlin College and Conservatory of Music. Oberlin, OH (1983-86)

### Education

B.A. Oberlin College, Oberlin, OH (1983)

*English Literature, Folklore, and Poetry Writing concentrations.*

*Coursework in Ethnomusicology, Choral Studies at Oberlin Conservatory of Music.*

C.M.T. National Holistic Institute, Emeryville, CA (1986) *Certification in Therapeutic Massage*

### Websites

- [www.songwritingworks.org](http://www.songwritingworks.org) • [www.cdbaby.com/judithkate](http://www.cdbaby.com/judithkate)
- [www.youtube.com/judithkatefriedman](http://www.youtube.com/judithkatefriedman) • [www.soundcloud.com/judithkate](http://www.soundcloud.com/judithkate)