



**Sing to Remember
- Defying Dementia**

Episodes: 2 x 60 mins
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There is no cure for dementia. But science is proving that one instrument can slow down its cognitive decline - the human voice.

Inspired by the power of music on the brain, Jason Lai - Principal Conductor of the Yong Siew Toh Conservatory - forms a choir with 9 individuals living with dementia and their loved ones. But it's not all fun and games. They have three months to prepare for a Christmas Concert along Singapore's busiest shopping street.

Under the tutelage of A Cappella and vocal trainer Angelina Choo, this unlikely choir undergoes weekly rehearsals and a series of assessments to find out whether choral singing can slow down the cognitive decline of dementia.

Can they pull off this herculean task? Will choral singing prove to slow down the cognitive decline of one of the most threatening diseases to an aging population?

Information correct at time of printing

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Episode 1

For the first time in his career, Conductor Jason Lai is putting up a concert with a group of amateurs who live with an incurable condition.

Former commando Peter Estrop, 61, was diagnosed with dementia just two years ago and struggles to remember his daily tasks.

And while dementia hasn't robbed 72-year-old Jacqueline of her razor sharp wit, it has disrupted her mobility and speech.

But with just three months to prepare them for a Christmas Concert along Singapore's busiest shopping street, has Jason bitten off more than he can chew?

He confronts the realities of this uphill task when a participant goes missing and witnesses the varying symptoms that can accompany the condition.

Episode 2

The clock is ticking.

The Christmas concert is just two months away but some of Jason's choir members are still struggling to keep up. One of them is Steven, 67, whose form of dementia affects his behaviour and ability to stay focused.

And while 84-year-old crooner Peter Lim can easily belt out a tune, keeping in time is proving to be a challenge.

It's make or break as this first-of-its-kind choir takes the stage.

Can they shatter the stigma and prove that those living with dementia can achieve something extraordinary? And will the assessment results prove that choral singing can slow down the decline of this debilitating condition?

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