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Carilyn's Care

Connecting Student Performers with Nursing Homes



During the COVID-19 pandemic, many of us have been hit the hardest: nursing homes. Residents have not been able to see family or enjoy outside entertainment, and are confined to certain areas. Due to these unforeseen circumstances, residents are feeling especially isolated and paranoid.

Whitney Sprung, a sophomore at Greenwich Academy, has recognized these new challenges and created an initiative to counteract them. She has been playing piano for years and regularly played at Nathaniel Witherell for Alzheimer's residents prior to quarantine. Her grandmother, Carolyn, has Alzheimer's and lives in a Florida nursing home, where visiting has been restricted since March 10th. Seeing the impact music has on her grandmother and other Alzheimer's patients, combined with Whitney's love of piano, she created Carolyn's Care.

Carolyn's Care's mission is to connect student performers with nursing homes so artists can practice performing to an audience while bringing joy to nursing home residents. Now that we are isolated, Whitney decided to redirect and make these performances virtual. Over the past few weeks she has signed up peers and started virtual performances with nursing homes in Connecticut.

Elanit Linder, clinical community liaison at The Greens at Cannondale, described, "Whitney Sprung and the talented young musicians from Greenwich Academy have made a positive impact on The Greens at Cannondale community. Guitar, vocals and piano have wafted through our corridors bringing joy and youthful vivaciousness through the miracle of technology."

Whitney added, "These virtual performances only take 30 minutes and are so rewarding. You get to meet caring people and bring joy to them through music and interaction, something the residents are lacking during quarantine."

Whitney also praised the efforts of the other students at Greenwich Academy who have helped her bring joy to these nursing homes by signing up for her initiative.

Whitney has enjoyed creating these light-hearted interactions in such tough times, and hopes to continue signing students up and performing virtually as we progress into the summer. If you are interested in taking part in her initiative or looking for ways to help she can be reached at wsprung@greenwichacademy.org.