



Featured Participant – Harley Scandolera

## Meet Harley: TikTok Star in the Making

This month, we're excited to introduce you to our amazing participant, Harley! Known for his friendly smile and upbeat personality, Harley is always up for a good chat and brings so much joy to our community.

One of the highlights of Harley's week is his participation in the yearly concert BAM. He's been making TikTok videos to showcase his talent! Check out the pics from his recent concert, where he grabbed a prize for his performance, they're sure to brighten your day!

Every Thursday evening, Harley heads to the concert, where he not only loves performing but also enjoys the vibrant atmosphere and the chance to connect with others.

But that's not all! Harley is also committed to staying active. He enjoys hitting the gym and swimming, and we are proud to share that he's lost 2 kg recently! His determination is truly inspiring.

Outside of all the action, Harley loves spending weekends with his mom, catching up and enjoying family time. He loves exploring different cuisines and is always up for trying new dishes. His fantastic sense of smell makes every culinary adventure even more exciting—just imagine the delightful aromas he gets to experience!

Harley is known for his warm personality and love chatting with our staff, making everyone feel welcomed and appreciated and let's not forget his fun side—he's a fan of ghost movies! If you're ever in the mood for a spooky film night, Harley is your go-to buddy!

So here's to Harley—a multi-talented, friendly, and adventurous spirit who reminds us all to embrace life's little pleasures. We can't wait to see all the fun TikTok videos he'll create along the way! Keep shining, Harley!



## Staff Spotlight:



Meet

# Apoorav

Active Support Staff

We're excited to spotlight Apoorav, a standout member of our support team at SCA. Apoorav is known for his punctuality, reliability, and flexibility, working seamlessly across multiple sites and with any participant in need. His humble, caring, and gentle approach makes him a cherished part of our team. Let's get to know him –

- Describe yourself in one word:
  - *Determined*
- What Sports did you play growing up?
  - *Soccer and Cricket*
- Who is your biggest inspiration in life?
  - *My Father*
- What do people notice most about you?
  - *My positive attitude and energy*

*We are incredibly grateful to have him on our team, and his hard work and compassion continue to make a significant impact. Keep up the fantastic work, Apoorav—your efforts truly make a difference!*



## Importance of Including Music and Concerts in Holistic Therapeutic Practices

- **Emotional Expression**  
Provides a safe outlet for emotions, facilitating healing and catharsis.
- **Social Connection**  
Fosters relationships and community, reducing isolation and enhancing support networks.
- **Cognitive Benefits**  
Stimulates brain function and enhances creativity through engagement with music.
- **Stress Reduction**  
Reduces anxiety and promotes relaxation in a therapeutic environment.
- **Accessibility and Inclusion**  
Tailors concerts to accommodate different abilities, advocating for inclusivity in the arts.
- **Holistic Wellness**  
Addresses emotional, cognitive, physical, and spiritual well-being for a comprehensive approach.

## Celebrating the Richness of Sensory Experiences with the Sense of Smell

- **Emotional Connections:** Smells evoke powerful emotions and memories, enhancing our relationships with people and places.
- **Enhancing Daily Life:** Pleasant scents uplift mood and create comfort, promoting overall well-being.
- **Culinary Delights:** Food aromas enhance flavor and foster social interactions during gatherings and celebrations.
- **Therapeutic Benefits:** Aromatherapy harnesses the power of scent to heal, reduce stress, and improve mental health.
- **Community Bonding:** Sharing favorite scents fosters connection and enriches our collective sensory journeys.