

Grace Brigham

Sundowning

text by Shae Lime

SATB a capella

GRACE EMILY
BRIGHAM



MUSIC

Text

your hand in mine
clenching
breathe in, breathe out
as we recollect back to the now

time stands still each time I grow
but for you it ebbs and flows
and as your eyes flutter at me
my heart murmurs unevenly;
sundowning.

in and out
as the sun descends
you trail along with her;
i will guide you back

we pulse in sync
until the morrow robs you again
of the light in your eyes,
and the hope in mine

-Shae Lime

Program Note

Sundowning recounts the experience of observing a loved one suffer from dementia. Medical professionals use the term "sundowning" to refer to certain behaviors people with dementia often exhibit during the late afternoon and early evening. These behaviors can include increased confusion, agitation, anxiety, aggression, and restlessness.

I worked as a Certified Nursing Assistant in a dementia unit during college. During that time, I learned how difficult and draining it is watching someone you love change so much, knowing that there is nothing you can do to stop it.

A few years later, my grandfather developed dementia. Towards the end of his life, I helped care for him as the only one in my family trained to do so. I think that dementia is something most people have dealt with in some way, but we tend not to talk about how heartbreaking it is to watch someone you know and love so deeply slowly decline. This is what inspired me to partner with my friend Shae, who also has her own personal experience with dementia, and create this piece of music.

for Peter Kline & Sandi Lime
Sundowning

SATB a cappella

Shae Lime (b. 2000)

Grace Brigham (b. 1998)

Warmly, ♩ = 59
Trebble solo, out of tempo

p rubato

SOPRANO
your hand in mine clen- ing, breathe in, breathe out, breathe in breathe

ALTO
p
a tempo

TENOR
p rubato
mm. a tempo

BASS
p rubato
mm. a tempo

Piano
(for reh. only)
p

6

S. **Solo mp** **Tutti mp**
out, as we re-col-lect back to the now time stands still, stands

A. **p mp**
breathe out, oh time stands still, time stands

T. **p mp**
breathe out, oh time stands time stands

B. **p mp**
breathe out, oh time stands

Pno. **mp**

11 *p* *mp* *mf* 3

S. still each time I grow, but for you it ebbs and flows,

A. still each time I grow, but for you but for you it ebbs and flows, and as your

T. still each time I grow, but for you it ebbs and flows, and as your

B. still each time I grow, but for you it ebbs and flows, as your

Pno.

15 *f* *mf* *mf* *mp*

S. flut-ter at me, my heart mur-murs un-e-ven-ly; sun -

A. eyes flut-ter at me, my heart mur - murs, sun -

T. eyes flut-ter at me, my heart mur - murs, sun -

B. eyes flut-ter at me, flut-ter at me my heart mur - murs, sun -

Pno.

19

S. *p* < *mp* < *p*
 - down-ing, sun - down-ing.

A. *p* *mp* *p* *p*
 - down-ing, sun - down-ing. in and out as the sun des-cends,

T. *p* *mp* *p*
 - down-ing, sun, sundown - in

B. *p* *mp* *p* *p*
 - down-ing, sun - - down-ing. in and out as the sun des - cends, as the

Pno.

24

S. *pp* *p* *mp poco accel.*
 as the sun des - cends you trail a - long with her, you trail a -

A. *pp* *mp poco accel.*
 as the sun des - cends, you trail a - long with her, you trail a -

T. *mp* *p* *mp poco accel.*
 as the sun descends, you trail a - long, you trail a -

B. *mp poco accel.*
 sun, the sun des - cends, you trail a - long, you trail a -

Pno. *mp poco accel.*

29 **a tempo**, ♩ = 59

S. *mf* long with her, I will guide you back, I will guide you *f* 5

A. *mf* long with her, I will guide, I will guide, will guide you back, I will guide, I will guide you *f*

T. long with her, I will guide, will guide you back, I will guide, I will guide you *f*

B. long with her, I will guide you back, I will guide you *mf* *f*

Pno. *mf* *f*

33 *senza vib.* *mp* *mf* *rit.* *ff*

S. back. we pulse in sync un-til the mor-row robs you a - gain

A. *senza vib.* *mp* *mf* *rit.* *ff*

T. *senza vib.* *p* *mf* *rit.* *ff*

B. *senza vib.* *p* *mf* *rit.* *ff*

Pno. *mp cresc.* *mf* *rit.* *ff*

Treble solo, out of tempo
mp molto rubato *rit.* a tempo **poco rit.**

S. **mp** *rit.* a tempo **mp dim. poco a poco**
of the light, the light in your eyes

A. **p rit. a tempo **mp dim. poco a poco**
light in your eyes sun**

T. **p rit. a tempo **mp dim. poco a poco**
light in your eyes mm**

B. **p rit. a tempo **mp** *dim. poco a poco*
light in your eyes and the hope in mine. mm**

Pno. **p molto rubato** a tempo **mp** *dim. poco a poco* **poco rit.**

mp dim. poco a poco. **molto rit.** niente

S. sun - down ing, sun - down-ing. niente

A. down-ing, mm sun - down-ing, sun - down-ing. niente

T. sun - down ing. mm niente

B. sun - down-ing, sun - down-ing. mm niente

Pno. **molto rit.**