

CAREGIVER NEWSLETTER

August 2019

MUSIC & MEMORY PROGRAM

Benefits of Personalized Music

Many people can significantly improve their mood and wellbeing doing something that might seem too easy – listening to their favorite music. A series of studies on the effects of music on the brain have found that listening to music involves nearly all parts of the brain, including brain regions responsible for motor actions and cognition. Music activates and improves the function of brain regions linked to positive mood, emotion regulation, attention, and memory. For people with Alzheimer's disease and other dementias listening to music can be especially beneficial. Familiar music may activate reward and motivation centers, enhance attention, and reduce emotional distress in people with memory problems.

Our Adult Daycare Program has been designated as a certified provider of the Music & Memory® program. Our certification indicates the organization's commitment to person-centered care and ensures that we are trained on the therapeutic benefits of personalized music. Creation of personalized music lists involves valuable input from family members. They know what songs could bring positive emotional memories to their elderly loved ones. The effort to create a personalized music list is rewarded with joy and tranquility that elderly with dementia feel listening to their favorite tunes. In turn, our organization can help caregivers to implement a Music & Memory® program at home.

We:

- Introduce Music & Memory to those in our care and their families;
- Develop personalized playlists for each individual participant;
- Create and maintain an easy-to-search music library;
- Manage equipment security and hygiene;
- Use assessment tools to improve our program.

“Music gives a soul to the universe, wings to the mind, flight to the imagination and life to everything.”

Plato



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Why Music & Memory® works:

The past which is not recoverable in any other way is embedded, as if in amber, in the music, and people can regain a sense of identity. . .

Oliver Sacks, Neurologist and Author

Listening to favorite music reduces stress, enables emotional recall, improves social connections, evokes autobiographical memory, and gives enjoyment and comfort to elderly with memory problems. Their families also benefit from listening to personalized music with their loved ones as their relationships are improved while unwanted, challenging behaviors associated with the loss of memory are reduced.

Benefits of Music & Memory® program:

- Favorite music gives pleasure to people with early and advanced dementia.
- Personalized music offers an enjoyable and fulfilling activity.
- Listening to musical favorites increases cooperation and attention, and reduces resistance to care.
- Personalized music reduces agitation and sundowning.
- Beloved music enhances engagement and socialization, fostering a calmer social environment.
- Music heals not only souls but bodies, too. It effectively eases the pain that in turn increases the enjoyment of life.
- Music & Memory® provides a valuable alternative to psychotropic medications.

More information on how music can help caring for people with Alzheimer's and other dementias: "Can Music Help Someone With Alzheimer's?" Mayo Clinic's article available here <https://www.mayoclinic.org/diseases-conditions/alzheimers-disease/expert-answers/music-and-alzheimers/faq-20058173>

Advice on how to create a play list: "How to Be a Music Detective" found here <https://musicandmemory.org/blog/2015/04/10/how-to-be-a-music-detective/>

Upcoming Events and Support Groups

ONEgeneration Caregiver Support Groups:

Saturday August 3rd-Group is held on the first Saturday of each month from 1:30pm to 3pm at the JOY Center—please contact Lucy Nalbandyan at 818.708.6634 for more information.

Tuesdays August 6th and 20th Groups are held the 1st and 3rd Tuesday of each month from 3:00pm-4:30pm at the JOY Center—please email or call Denise Kee-White dkeewhite@onegeneration.org 818.708.6376 for more information.

Grief Support Group A monthly support group for those experiencing the loss of a loved one. Upcoming dates are August 9th, September 13th, and October 11th. Groups are held on the 2nd Friday of the month from 3:00pm-4:30pm at the JOY Center—please contact Lucy Nalbandyan at 818.708.6634 for more information.

Groups are free and held at:

ONEgeneration JOY Center
[Joining Younger and Older]
17400 Victory Blvd, Van Nuys, 91406

