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Top hits for 90+ year olds

Hits of 30's & 40's
The Andrews Sisters
Benny Goodman
Bing Crosby
Glenn Miller
Judy Garland

Top hits for 80+ year olds

Great Records Of The
Decade: 40's Hits
Greatest Songs Of The
1940's
Dinah Shore
Doris Day
Nat King Cole
Patti Page
Tony Bennett

Top hits for 70+ year olds

50's Ultimate Rock & Roll
Collection
No. 1 Hits of the 50's
Connie Francis
Elvis Presley
Essential Everly Brothers
The Rat Pack: 100 Hits

Top hits for 60+ year olds

Pure 60's: The #1 Hits
Aretha Franklin – 30
Greatest Hits
The Beatles
Frankie Valli and the Four
Seasons
The Rolling Stones
Roy Orbison
Simon & Garfunkel

The Benefits of Music for Elderly Adults

The relationship between music and the elderly can be beneficial both as a form of stress relief and to aid in cognitive abilities. In this piece, we will explore how music can assist seniors in living a quality life.

Music and Alzheimer's

According to the American Music Therapy Association, studies have shown that music activities for the elderly can provide comfort and relief to seniors with Alzheimer's and dementia. There are many ways to incorporate music therapy for the elderly, including creating playlists, popping in a sing-along DVD, or simply singing along with your loved one and the music.

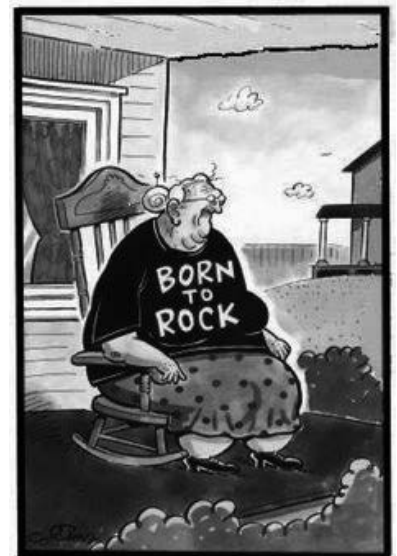
John Carpentre, the founder and executive director of the Rebecca Center for Music Therapy in New York, spoke with *Today's Geriatric Medicine* about the benefits of music therapy for elderly patients. Carpentre called music the "most engaging and emotionally powerful stimuli."

"Listening to music can have strong effects on people's moods, thinking, and even their physiology, which constitutes a probable reason certain songs remind us so vividly of a specific memory," he said. "That being said, memory is a mental system that receives, stores, organizes, alters, and recovers information from sensory input. Emotions and memory are very much linked, and because music is charged emotionally, it can trigger past memories, good and bad."

Music Therapy Activities for the Elderly

Activities can include:

- Play music around the house
- Attend a concert to encourage socialization



Benefits of Music for the Elderly

Music for elderly people can help promote overall health and wellness while eliciting positive memories and reactions. An elderly person can benefit from music in the following ways:

- **More exercise**
- Increases coordination and mobility
- Provides motivation for walking, running, dancing, and stretching
- **More social interaction**
- Improves cognition and speech
- **Better overall health**
- Reduces pain and recovery time
- Increases relaxation
- Allows a better night's sleep
- Enhances mood
- **Improves memory**

Music Word Search

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