

ARE YOU STRUGGLING WITH MEMORY PROBLEMS?

- If you or your loved one are dealing with dementia, Alzheimer's disease, or related memory problems, you may be eligible to participate in a music intervention research project
- Benjamin Rose Institute on Aging and RSVP of Lake County have received a grant from the Lake County Board of Commissioners for a project designed to engage older adults with dementia in a music intervention, Music & MemorySM. The grant is funded through the Lake County Senior Citizens Collaborative Initiative.

WHAT IS MUSIC & MEMORYSM?

- Music & MemorySM helps people living with a wide range of cognitive and physical challenges to find **renewed joy** in life through music that is personally meaningful
- Music can help to reduce depression and anxiety, help with behavioral problems, and improve **quality of life** for persons living with dementia

WHO IS ELIGIBLE TO PARTICIPATE?

- Eligible participants must have dementia or a related memory problem, live in the community (i.e., not in long-term care), live in Lake County, and have a primary family member or friend who helps

WHAT DOES PARTICIPATING INVOLVE?

- There is absolutely no cost to you for participating in this project. This project is fully supported by the Lake County Senior Citizens Collaborative Initiative with support from the Ohio Department of Aging .
- If eligible, you will receive an **iPod Shuffle** and accessories—**yours to keep!**
- RSVP senior volunteers will conduct the personalized music intervention, helping you develop a personalized playlist and loading the iPods with your music and helping you learn how to use the equipment.
- You will be asked to record how much and how often you use the iPod throughout the project, and;
- You will be asked to respond to a survey at the beginning and end of your participation.

Additionally, RSVP volunteers will lead six group sessions of a therapeutic music activity at your local Senior Center

Kirtland Senior Center

7900 Euclid Chardon Rd

Every Monday, June 5 to July 10

10:00-11:00 am

Mentor Senior Center

8484 Munson Rd.

Every Thursday, June 1 to July 6

10:30-11:30 am

Willowick Senior Center

321 E 314th St

Every Thursday, July 20 to August 24

10:00-11:00 am

To determine if you are eligible and for more information contact:

Kirtland Senior Center at 440.256.4711

Mentor Senior Center at 440.974.5725

Willowick Senior Center at 440.585.5112