

GETTING INVOLVED WITH MUSIC & MEMORYSM



WHAT IS MUSIC & MEMORYSM?

- Music & Memory 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



HOW DOES IT WORK?

- The music that we learn throughout our lives is tied to long-term **memories** and **emotions**
- People with memory problems sometimes struggle to **retrieve** those memories, but familiar music can be a **cue** to help them remember
- Scientific studies suggest that the areas of the brain that connect music with memories and emotions, are very **resistant** to age-related brain changes

GET INVOLVED! Benjamin Rose Institute on Aging is expanding Music & MemorySM into community-based settings with support and funding from the Ohio Department of Aging and RSVP Lake County. Volunteers are needed to assist once a week on site with the one-hour program.

- Volunteers will be trained fully on how to deliver the 6 week structured program
- There will be four sites in Lake County to choose from.
- We are also looking for participants with dementia, as well as caregivers of family members with dementia to be involved
- All equipment is provided from a grant from the Ohio Department of Aging

CONTACT US!

Contact RSVP Lake County by phone or email to learn about how you can volunteer to deliver Music and Memory in your area! **440.269.3015** or **Cristen.Kane@weschools.org**.

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