



Newsletter #12 – April 2022

THE IMPORTANCE OF MUSIC

“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

<https://www.youtube.com/watch?v=MdYpIKQ4JBc>.

The academic and anecdotal literature continues to reinforce the importance and value of the arts in the life of those living with Alzheimer’s and other forms of Dementia. In this issue of our newsletter we will focus on the value of music. Future issues will explore the impact of dance and the visual arts.

New York’s own Kendra Ray has written extensively about music and Alzheimer’s and in a March 6th 2017 piece in the Huffington Post titled Tips on how the Power of Music Can Help Caregivers and People with Dementia she pointed out:

“Music can often seem to have magical properties. Our favorite song can lift our spirits. A few notes can take us back to a special memory. But while music has long been like medicine to our souls, there is increasing evidence that it can help treat our bodies – in particular, people with [Alzheimer’s disease](#). Music has long been used as a tool to ease the burdens of dementia, and

many [studies](#) have shown its effectiveness in [decreasing agitation](#), [reducing depression](#), improving motor skills and increasing [mental acuity](#).”

Concetta Tomaino who currently serves as executive director (and co-founder) of the Institute for Music and Neurologic Function (IMNF) and board member of Music & Memory, during an interview on the Being Patient website pointed out “We also know that we respond emotionally to certain types of sounds. The music that we love, that we form attachments for and hold memories of, becomes deeply embedded in subcortical networks in our brain. They are still very well preserved, so those emotional connections to a song that we love remain with us for quite a long time, up until the very end. Music is so much more resilient and well preserved than say, a visual cue.”

Studies at Brown University, The University of Utah, University of Kansas, Brown University, and the NYC Health and Hospitals, among others, support the importance of music for those with Dementia. See the following for a more detail on these studies: <https://musicandmemory.org/resources/>.

Check Out the Following

- The 79-year-old pianist with dementia who phases in and out of the present, but [can still play beautiful compositions](#) by ear. https://www.youtube.com/watch?v=FbfBjTR_muQ.
- Tony Bennett is still able to perform with Lady Gaga. <https://www.youtube.com/watch?v=uvIB3LR3GO4>.
- Glenn Campbell is still able to go on the road and perform a full concert <https://www.statnews.com/2017/08/09/glen-campbell-alzheimers/>.
- <https://www.youtube.com/watch?v=28nxYvuTGAor>.

- The prima ballerina with advanced Alzheimer's who is able to recall, decades later, the movements to "Swan Lake" <https://www.classicfm.com/discover-music/periods-genres/ballet/new-york-dancer-alzheimers-remembers-swan-lake/>.
- From the Dementia Spring website – a piece about Music Mends Minds <https://dementiaspring.org/featured-arts-organization/music-and-dementia-changing-brain-chemistry-one-song-at-a-time/>.

NYC as several arts-based programs. Among them the Unforgettables Chorus and the Louis Armstrong center for Music and Medicine. <https://www.mountsinai.org/locations/music-therapy>

News from our community

A special thank you to all those programs that are returning to in person programs. Check out

- Lincoln Center Moments, <https://www.lincolncenter.org/lincoln-center-at-home/series/lincoln-center-moments>,
- Intrepid Museum [Access@intrepidmuseum.org](https://www.intrepidmuseum.org)> **Note:** For their RB cares dance program they provided UBER cars for transportation. Thank You!
- Brooklyn Botanical gardens will begin IN PERSON programs on April 13th. You can register by contacting Joanne D'auria, jdauria@bbg.org.
- The Unforgettables chorus has also begun in person rehearsals and is open to new members.

If you are interested call Tania at 347.351.1247 or by e-mail at unforgettables.chorus@gmail.com.

Research Studies

Weill Cornell Medicine's Center for Aging and Behavioral Research is launching an exciting research study for caregivers and their loved ones who live in New York, New Jersey, and Connecticut. The study seeks to work with informal and unpaid caregivers, such as family or friends, of people with mild cognitive impairment/early Alzheimer's and their care recipients. The program, delivered through laptop computer technology, will be tailored for the caregiver and emphasize issues important to caregivers, not only in the earlier stages of caregiving, but will also target issues across the caregiving trajectory to help prepare the caregiver for changes in his/her role.

Participants will receive \$20 - \$30 for each of the assessments (there are 3), and those who are not eligible will receive \$10. Participants in the study will also be able to keep the laptop at the end of the study if they choose. **Note** :If you know someone who is interested, they can
call: 646-962-7141 or
email: AgingBehavioralRsrch@med.cornell.edu
to see if they qualify or to get more information.

Note from Ira:

Check the [event calendar](#) on our [website](#) on a regular basis. We are constantly adding new events.

Get your name on our mailing list. Email your request to:
contact@adrcnyc.org

We have a new telephone number.

212-243-0386.