



California Association
of Health Facilities

MONTHLY MELODY

"Music can name the unnameable and communicate the unknowable."

- Leonard Bernstein

Music is Life!

Lodi Nursing & Rehabilitation Center's Successful Music & Memory Program

As you begin or continue your Music & Memory journey, you're probably feeling excited and determined to make your program the best it can be. As with any program, you've got a handful of tasks in front of you that may seem a bit daunting.

An interdisciplinary approach to your Music & Memory program is imperative and ensures that all staff are on the same page promoting and engaged in this beneficial program.

Lifestyle Enrichment Liaison Lisa Sperling has championed the program and works tirelessly to integrate it into **Lodi Nursing and Rehabilitation's** culture. Through educational staff meetings and by sharing her own enthusiasm, joy and confidence in the program, Lisa now has a commitment from all department managers that they will be Music & Memory certified!

Be creative with what you have access to - an old nursing cart can be easily repurposed for Music & Memory equipment storage. Lisa decorated Lodi Nursing & Rehabilitation's cart with flowers and music notes to give it a personal touch and make it clearly identifiable to staff.



The cart is a convenient way to store iPods, headphones and chargers, all while giving staff easy access to the equipment 24 hours a day. A clearly labeled individual [storage bag](#) with a resident's charged iPod, headphones and playlist is the perfect solution to quickly prevent and reduce a behavior or assist staff with providing ADL care.

Equally as important is tracking music's usage and effectiveness to actualize Music & Memory to decrease antipsychotic usage. A simple and concise [policy and procedures manual](#) is a practical way to ensure that staff know how to use and clean the equipment correctly. Just like you, a resident's musical preference may change from day to day.

In order to achieve the program goal, it is crucial to monitor a resident's reaction to the music. To help tailor an individual's playlist, answer and record the following questions in a daily [tracking form](#).

- Does the resident smile or tap his/her feet to a particular song?
- Does the resident prefer a certain genre of music in the morning?
- Does the resident respond negatively to a song that they once enjoyed?

Playlists should always be dynamic and updated to compliment the resident's individual preferences. The tracking form will also provide you with relevant data to monitor, analyze and improve your program (QAPI).

When your Music & Memory program is truly rockin' and rollin', you're bound to see results! At Lodi Nursing & Rehabilitation, their success stories are growing. Some of our favorite stories - a resident whose rocking and spitting has significantly lessened while listening to her music, and another resident who saw others using the iPods, wanted her own and is now a resident champion of Lodi Nursing & Rehabilitation's Music & Memory program.

Resident success stories like these mean one thing to Lisa. "This to me is proof of the positive power of music and a better quality of life for listeners. I recently heard a comment in the hallway by a visitor who found out about our Music & Memory program. They said, 'Music is life!' and I agree."

CAHF Music & Memory Project Equipment Update

As the CAHF Music & Memory project approaches its June 30 end date, many facilities have been asking when and where to return the equipment.

The great news is that the equipment is yours to keep!

CAHF does not want any of the equipment returned to us and we hope that you will continue to sustain and grow your Music & Memory program using the equipment provided.

Final UC Davis Survey and Raffle!

The research portion of the CAHF Music & Memory project is coming to an end, and this is the last opportunity for us to learn how your facility and residents are using the program.

We are asking that you respond to this FINAL survey, even if you have never provided any data in the past!

Please complete your survey by April 27 to be entered into the raffle. Eight winning facilities will receive five iPods, headphones, and chargers. Winners will be selected and notified in early May.

Now Playing: Alive Inside!

The public is invited to a free screening of *Alive Inside*, a documentary that explores the transformative impact of music on people living with a diagnosis of dementia or other cognitive disorders.

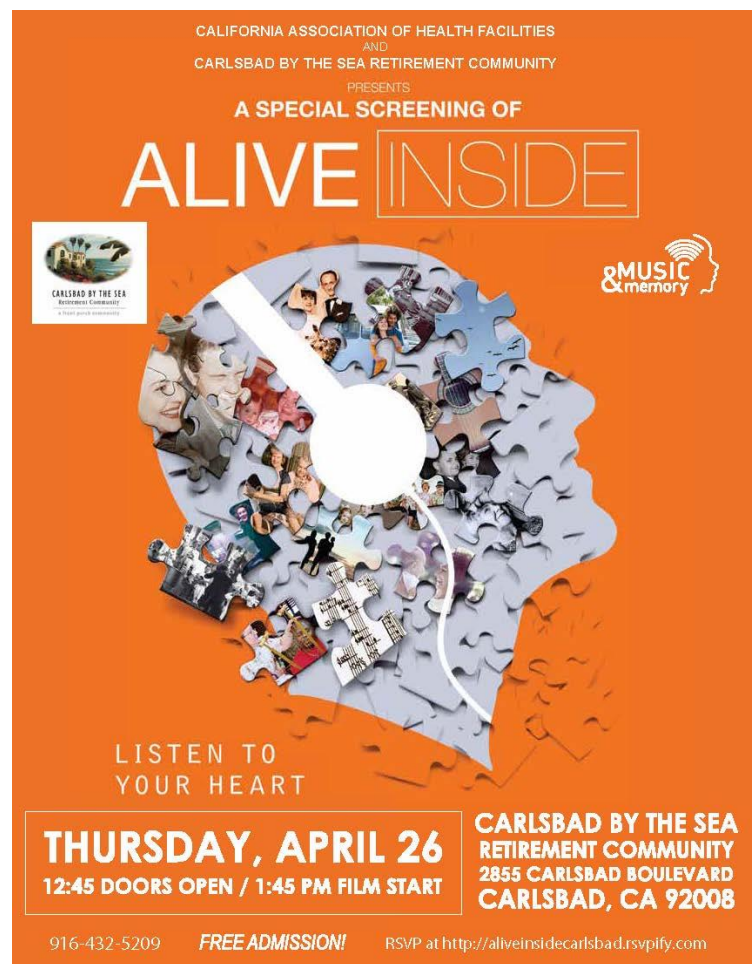
The award winning documentary follows the journey of social worker Dan Cohen, the creator of the national Music & Memory program which helps non-verbal dementia patients re-ignite positive memories as they listen to familiar songs from their past.

WHEN: Thursday, April 26, 2018

WHERE: Carlsbad By The Sea Retirement Community, 2855 Carlsbad Boulevard, Carlsbad, CA 92008

TIME: Doors open at 12:45 p.m./Film starts at 1:45 p.m.

RSVP: <https://aliveinsidecarlsbad.app.rsvpify.com/>



CALIFORNIA ASSOCIATION OF HEALTH FACILITIES
AND
CARLSBAD BY THE SEA RETIREMENT COMMUNITY
PRESENTS
A SPECIAL SCREENING OF
ALIVE INSIDE

CARLSBAD BY THE SEA
RETIREMENT COMMUNITY
A GREAT PLACE TO LIVE

MUSIC & MEMORY

LISTEN TO
YOUR HEART

THURSDAY, APRIL 26
12:45 DOORS OPEN / 1:45 PM FILM START

**CARLSBAD BY THE SEA
RETIREMENT COMMUNITY
2855 CARLSBAD BOULEVARD
CARLSBAD, CA 92008**

916-432-5209 **FREE ADMISSION!** RSVP at <http://aliveinsidecarlsbad.rsvpify.com>

We are excited to announce that Craig Cornett, CAHF CEO/President, intends to join us and watch *Alive Inside* for the first time.

There will be a Q&A panel at the end of the film. Participants include Lori Montross, Director of Psychological and Volunteer Services at LightBridge Hospice; Letitia Rogers, Music & Memory, Western US Regional Director; and representatives from local Music & Memory programs.

Two hours of BRN and NHAP continuing education credits are available for attending this screening.

Light snacks and refreshments will be provided.

The screening is sponsored by the [California Association of Health Facilities \(CAHF\)](#) with support from [Music & Memory](#) and [Carlsbad By The Sea Retirement Community](#).

Created in 2008, the Music & Memory program provides personalized music to people with dementia in thousands of long-term care facilities in the U.S. and Canada. In California, a \$1.4 million state grant administered by CAHF, is delivering the Music & Memory program to 300 skilled nursing homes, providing music to more than 4-thousand elderly patients.

Music & Memory support groups are encouraging community involvement to increase the presence of music in long-term care settings. Suggestions include conducting an iPod drive, holding a concert, collecting used CDs, raising money for iTunes gift cards and seeking support from local artists, choral clubs, and music programs at local schools.

For information contact Program Coordinator [Amanda Davidson](#), 916-432-5209.

Share Your Music & Memory Story by April 20!

The CAHF Music & Memory project is ending in June 2018 and we need your help.

We are putting together a short video that we hope will capture the impact that Music & Memory has had on your residents, families and staff.

The video will be placed on the CAHF website and shared at CAHF's summer 2018 conference.

We are looking for photos and/or video that reflect what this program has meant to you as a staff member and the reactions of your residents to their music.

You can take videos and photos with your phone and send them to Amanda Davidson at adavidson@cahf.org.

Please remember to get prior written authorization for your records before sending photos or videos of residents as they will be used for public marketing purposes.



Also, fill out a [photo/video release form](#) and send to Amanda Davidson at adavidson@cahf.org.

When taking video and photos, please remember these professional tips:

- **GET PRIOR AUTHORIZATION BEFORE SENDING VIDEOS/PHOTOS OF RESIDENTS**
- Videos should be 15-30 seconds in length
- Take videos in a quiet place without any background noise
- Be mindful of clutter or other residents/people in the background
- Do not pan or zoom
- Videos and photos of staff and resident together are best
- Videos and photos of residents with headsets on and smiles are exceptional!
- Videos and photos need to be taken in landscape (horizontal)

That's a Wrap

What a great turnout for our Grass Valley Alive Inside screening on March 18!

An audience of more than 50 people watched the documentary film and then excitedly asked questions during an impromptu Q&A discussion.

Big thanks to Ann Roach, Forrest Reed, and Mike Silcox of [TunesWork](#) for their ongoing support and passion!



Is Your Music & Memory Certification Current?

Through your participation in the CAHF Music & Memory project, you can certify as many staff members, family members, volunteers, or residents as you would like for free for up to one year!

At the end of your free year of certification, you can pay a renewal fee to Music & Memory which will guarantee your access to the online Care Community and future certification webinars.

Go to [Music & Memory's website](#) to learn more about renewal fees.

If you are part of the CAHF project and would like to attend upcoming certification webinars, log onto the Music & Memory [Care Community](#) to register.

Upcoming dates:

- May 15 and 16: 10:00 - 11:30 am
- June 12 and 13: 10:00 - 11:30 am



Free Music for Residents!

Downloading music on iTunes can get expensive.

That is why the CAHF Music & Memory project is so grateful to members of the [Sacramento Renaissance Society](#) for donating and cataloging more than 1,700 CDs.

Check out the [list of CDs](#), cataloged into 15 different genres (see tabs on bottom of spreadsheet).

CDs highlighted in red are no longer available.



If there are CDs on the list that you would like mailed to your center, please email [Amanda Davidson](#) with the artist and album name.

We will ship them directly to you so that your residents can benefit from the **free music**.

REMEMBER! To avoid copyright issues, nursing homes must keep the CD after burning the music onto a computer or laptop to then be transferred onto the iPod or SanDisk.

Facebook

The CAHF Music & Memory Project has a Facebook page! Check it out [here](#) and be sure to “Like” the page while you are there!

Remember, this is your page too. Feel free to share success stories, photos, and tips.

We’d love to see your Music & Memory program in action! (Please remember to get prior authorization before posting photos of residents).

Click [here](#) to unsubscribe

2201 K Street, Sacramento, CA 95816