



California Association
of Health Facilities

MONTHLY MELODY

"I think music has the power to transform people, and in doing so, it has the power to transform situations - some large and some small."

- Joan Baez

Welcome

Welcome to the March 2018 issue of the Monthly Melody! You are receiving this newsletter because you are either enrolled in CAHF's Music & Memory Project or you have expressed interest in it.

Every month, we share ideas from the field, the latest news on the project and examples of how Music & Memory is changing lives.

Using Music & Memory in Your PIP/RCA

Root cause analysis (RCA) is a systematic process for identifying "root causes" of problems or events and an approach for best responding to them.

RCA is based on the basic idea that effective management requires more than merely "putting out fires" for problems that develop, but finding a way to prevent them.

Review this [PIP/RCA case study](#) about an 85 year old woman, Mary, and then fill in the RCA Fishbone diagram.

You probably have 20 similar resident situations in your facility. Use the RCA Fishbone or 5-Whys to find the root cause of behaviors.

Don't just assume the resident has a "behavior," find the reason for the behavior and address it. Use Music & Memory in conjunction with your person-centered intervention determined by your RCA.

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: Sunday, March 18, 2018

WHERE: Center For The Arts, Off Center Stage, 315 Richardson Street, Grass Valley

TIME: Doors open at 1:00 PM/Event begins at 2:00 PM

TWO HOURS of BRN and NHAP continuing education credits are available for attending this screening.

The screening is sponsored by the [California Association of Health Facilities \(CAHF\)](#) with support from [Music & Memory](#) and [Tuneswork](#), a Sacramento based non-profit dedicated to raising money for therapeutic music programs.

Any proceeds donated at the *Alive Inside* screening event will be used to expand the Music & Memory program at Nevada County memory care communities. In addition a [Benefit Concert](#) for Music & Memory will be held at the Center For The Arts on Saturday, April 7th with Steelin' Dan and the Rayos.

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 about this and other screenings, please email [Amanda Davidson](#).



That's a Wrap!

The CAHF Music & Memory project recently brought the Alive Inside documentary film to Orange and Fresno.

In Orange, the audience was treated to an informative panel discussion at the Dodge College of Film and Media Arts after the film.



Our largest crowd to date filled The Vineyards California Armenian Home's auditorium in Fresno.

CAHF would like to extend our sincere thanks to [Alzheimer's Orange County, Music & Memory](#), [Rockport Healthcare Services](#), [UCI MIND: Institute for Memory Impairments and Neurological Disorders](#), [Chapman University's School of Pharmacy](#), [Dodge College of Film and Media Arts](#), [Valley Caregiver Resource Center](#), and [The Vineyards California Armenian Home](#) for making these two screenings a huge success!

Share Your Music & Memory Story!

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)

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 be registered for upcoming certification webinars, please email Amanda Davidon.

Upcoming dates:

- April 17 and 18: 10:00 - 11:30 am
- 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).



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