



California Association
of Health Facilities

MONTHLY MELODY

"If music be the food of love, play on."

- William Shakespeare

Welcome

Welcome to the September 2017 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.

Free Sacramento Screening of 'Alive Inside'

You are cordially invited to a free screening of *Alive Inside*, an award-winning documentary that explores the power of personalized music for people suffering from dementia and other cognitive disorders.

The video highlights the journey of social worker Dan Cohen, the creator of the national [Music & Memory](#) program.

WHEN: Friday, October 20, 2017

WHERE: Rosemont High School Auditorium, 9594 Kiefer Boulevard, Sacramento, CA 95827

TIME: Doors open at 6:00 pm – Event begins at 6:30 pm

The screening is sponsored by [CAHF](#) and [Sunrise Senior Living](#) with support from the [Alzheimer's Association](#), [Music & Memory](#), and [TunesWork](#), a local non-profit dedicated to raising money for therapeutic music programs.

Rosemont High School student volunteers will be on hand to help coordinate parking and concessions at the event. Students will also have the opportunity to volunteer to work directly with the Music & Memory program at three local Sunrise Senior Living memory care communities. Volunteers are needed to collect a variety of music genres on CDs, manage a database of selections, download music onto iPods and create personalized playlists for residents to enjoy.

Any proceeds donated at the *Alive Inside* screening event will be used to expand the Music & Memory program at the Sunrise locations.

Not in the Sacramento area? No problem. The CAHF Music & Memory project will be hosting five additional screenings of *Alive Inside* throughout the state. Stay tuned for additional information on these upcoming screenings.

Please direct any questions about this screening or upcoming screenings to [Amanda Davidson](#), 916-432-5209.

And the Winners Are...

Congratulations to the winners of the **Staying Connected** and **Keep the Memory Alive** equipment giveaway contests!

There were so many wonderful submissions that it was hard to choose!

The happy face of this laptop winner comes to us from **Casa Coloma Health Care Center** in Rancho Cordova.

We are thrilled to announce the following winners:

EmpRes Post Acute Rehabilitation, Petaluma
Eskaton Care Center Greenhaven, Sacramento
Casa Coloma Health Care Center, Rancho Cordova
Country Oaks Care Center, Santa Maria
Hearts & Hands Post Acute and Rehab Center, Santa Cruz
Leisure Court, Anaheim
Little Sisters of the Poor, San Pedro
Lone Tree Convalescent Hospital, Antioch
Marina Pointe Healthcare and Subacute, Culver City
Marycrest Manor, Culver City
Veterans Home of California, Redding



Special thanks to Kristen Bettega, Bonnie Jacobs, Letitia Rogers, and Meg Thayer for judging the submissions.

It's Never Too Late!

Ever wonder **WHY** your data submission is **IMPORTANT**?

All information you submit to UC Davis is important! Haven't submitted data every quarter? Don't have any residents using the music yet? Have 15 residents using the music on a regular basis? Somewhere in between? No matter what stage of implementation you are in, we want to hear from ALL of you!

The MDS data you submit helps us learn about the residents and how they are responding to the personalized music. The implementation data helps tell the story behind those resident responses. Knowing how your facility uses M&M will help us enhance implementation and sustainability of the program in other facilities after this project has ended.

UC Davis will be sending out requests for data in early October. Please make sure hs-musicmemresearch@ucdavis.edu is added to your contact list to ensure you receive the emails. Even if you have not been able to submit data in the past, we are still interested in your data now.

Using QAPI To Help Your Music & Memory Implementation

Feeling overwhelmed with starting or sustaining Music & Memory in your facility? Here are three tips on how to use QAPI to help implementation:

1. To document the plan, team, priorities and results of Music and Memory (**QAPI Step 9**) - **HSAG Companion page 16 and QAPI at a Glance page 16** provides guidelines for a Performance Improvement Project or PIP.
2. For guidance in writing SMART objectives (**QAPI Step 9**) - **HSAG Companion page 16 and QAPI at a Glance page 37** will lead you through the process.
3. Conducting a Root Cause Analysis can be challenging and (**QAPI Step 11**) - **HSAG Companion page 18 and QAPI at a Glance page 18** provides an example of how to use the Fishbone diagram related to inconsistent resident assessments and care plans for Music and Memory.

For more tips and assistance, please email hs-musicmemresearch@ucdavis.edu If your facility has received the UC Davis QAPI modules, we are here to help you make the most of them! We will be offering additional QAPI support webinars each quarter to orient you to the UC Davis QAPI tool.

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 Davidson](#).

Upcoming dates:

- October 17 and 18: 10:00 - 11:30 am
- November 14 and 15: 10:00 - 11:30 am
- December 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 1,600 CDs.

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

CDs highlighted in green are no longer available.



If there are CDs on the list that you would like mailed to your center, please email [Amanda Davidson](mailto:Amanda.Davidson@cahf.org) 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.

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

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