



California Association
of Health Facilities

MONTHLY MELODY

"The best songs are the ones that make you feel something."

- Eddie Vedder

Welcome

Welcome to the June 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.

This is our **final** newsletter, where we share ideas from the field, the latest news on the project and examples of how Music & Memory is changing lives.

CAHF Music & Memory Project Comes to a Close

By Amanda Davidson, CAHF Music & Memory Program Coordinator and DeAnn Walters, Director of Clinical Affairs and Quality Improvement

After three years spent working on the CAHF Music & Memory project, it's hard to believe that it's coming to an end. When we first began, it was exciting to think about bringing personalized music to **300 skilled nursing facilities** and **4,500 residents**.

We had high hopes, but also knew there would be challenges.

Would 300 facilities want to participate in this project? Would residents respond positively to music that meant something to them like Henry did in *Alive Inside*? Would staff see the benefits of Music & Memory and use it as an intervention tool to reduce antipsychotics?

Three years later, we are incredibly pleased with the results.

Three hundred facilities accepted the challenge of bringing a new program into their building. We heard stories, time and time again, of residents who "came alive" after being given their personalized music. On

numerous occasions, staff reported that the music helped residents become calmer during stressful times and more engaged with their surroundings.

Every single one of your stories and photos inspired us.

We want you to know that despite this project coming to an end, your Music & Memory journey is just beginning!

We hope that you will use the equipment and training provided to you and continue to grow and sustain your Music & Memory program.

CAHF will soon be switching gears and undertaking a new endeavor: the **CAHF Volunteer Engagement Project**. This project will provide a framework for facilities to engage their communities and create a successful and sustainable volunteer program. Beginning in July 2018, the project will span two and a half years and support the implementation of an intensive pilot volunteer program in 20 skilled nursing facilities. For more information, contact Volunteer Engagement Program Manager [Amanda Davidson](#).

Perhaps you can join us at the **2018 CAHF Summer Conference** in Monterey from July 15 – 18. We will be honoring our Music & Memory participating facilities and supporters with a special presentation and video. For more information on the conference, [click here](#).

Thank you for your continued commitment to quality personalized care for your residents. Every one of you is a rock star in our eyes!

Stay Connected With Music & Memory!

By Letitia Rogers, Music & Memory Regional Director, Western US

The national Music & Memory program is going strong. As of June 2018, Music & Memory can be found in all 50 states and eight countries.

We are ready and willing to answer any and all of your Music & Memory related questions and will be your support system going forward.

Be sure you sign up for our public newsletter, **Stay Tuned**. If you're a certified organization, be sure you're connected to [Care Community](#) and are receiving our **Noteworthy** newsletter!

Please visit [Music and Memory's website](#) for more information.



Music & Memory Implementation and Sustainability Webinars

In 2015, the CAHF Music & Memory project was launched.

Over the past three years, 300 participating facilities faced similar successes and challenges surrounding their Music & Memory program.

Join CAHF Music & Memory staff members and Music & Memory Regional Director, Letitia Rogers, as we share some best practices and insights on program start-up and sustainability.

CAHF will host two **FREE** webinars. Depending on where you are in your Music & Memory program, attend one or both:

- [Starting a Music & Memory Program](#): June 26, 2018 from 1:00 - 2:00 pm. 1 NHAP & 1 BRN CE hour.
- [Sustaining a Music & Memory Program](#): June 27, 2018 from 1:00 - 2:00 pm. 1 NHAP & 1 BRN CE hour.

Both webinars are available to CAHF Music & Memory project participants and nonparticipants. Going forward, the webinars will be recorded and available on the QCHF Learning Center for a fee.

You know how much your Music & Memory program has helped your residents. Why not invite another facility who does not have a Music & Memory program to watch the webinars and see how it can improve the lives of their residents?

You will need to have a CAHF website user name and password in order to register.

If you are new to our website and need to set up a user name and password, [click here](#).

If you have forgotten your user name and/or password, [click here](#).



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Learn how to start and sustain a Music & Memory program

Two-Part Webinar

June 26 & 27, 2018 - 1:00 - 2:00 pm (PST)



- Identify best practices for sustaining a Music & Memory program
- List the resources that can help you sustain a Music & Memory program
- Identify tracking tools to evaluate the success of a Music & Memory program



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.

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 where you'll have access to all the latest training programs, research, support calls, marketing materials and more.

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:

- July 17 and 18: 10:00 - 11:30 am
- August 21 and 22: 10:00 - 11:30 am
- September 18 and 19: 10:00 - 11:30 am



FREE Music for Your Residents - All CDs Must Go!

Members of the [Sacramento Renaissance Society](#) donated and cataloged more than 1,700 CDs. We still have lots of **FREE** music for your residents!

Check out the list of [FREE CDs](#), cataloged into 15 different genres (see tabs on bottom of spreadsheet). CDs highlighted in red are no longer available.

If there are **FREE** 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 for **FREE** so that your residents can benefit from the music.

Did we mention that these CDs are yours for **FREE**?

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.



Click [here](#) to unsubscribe

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