



California Association  
of Health Facilities

# MONTHLY MELODY

***"Music is the greatest communication in the world. Even if people don't understand the language that you're singing in, they still know good music when they hear it."***

- Lou Rawls

## Welcome

Welcome to the May 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.

## A Letter to Psychologists

Psychologists play an important role assisting long-term care providers in addressing the behavioral health needs of their residents.

They are well equipped to support providers in the care of residents struggling with depression, anxiety, dementia, delirium, and/or lifelong mental health conditions.

This collaboration was strengthened with the Omnibus Budget Reconciliation Act of 1987, which mandated that non-psychopharmacological care be attempted prior to trials of psychoactive medication.

**Jennifer Birdsall, Ph.D.**, licensed clinical psychologist and clinical director with CHE Behavioral Health Services, is committed to this collaboration between long-term care providers and psychologists as well as to the appropriate reduction of psychotropic medications used to manage the diagnosis and related behavioral symptoms.

Please share [Dr. Birdsall's letter](#), regarding the use of Music & Memory in your building, with your facility's psychologist and medical director.

If your staff and facility psychologist deem personalized music to be an appropriate intervention for a resident, develop a [care plan](#) for them to have their music based on behavior, request and need. Remember to avoid creating care plans that limit the resident's music to specific days or times.

Working closely with all medical professionals that support the mental and behavioral health needs of your residents and ensuring they are aware of and support utilizing Music & Memory as a primary intervention for behaviors will enhance the lives of your residents.

Secondary to providing better quality of life, you will also see reductions in antipsychotic use and increased staff and customer satisfaction.

## Music & Memory: Changing Lives, One Resident at a Time

Every day, we hear stories from staff about how Music & Memory is improving resident quality of life.

One story in particular from **Carolyn Daniels (pictured here)**, RSD at **Raintree Convalescent Hospital in Fresno**, had us reaching for the Kleenex!

**Want to know if Music & Memory could work for your residents? Just read Carolyn's story here:**

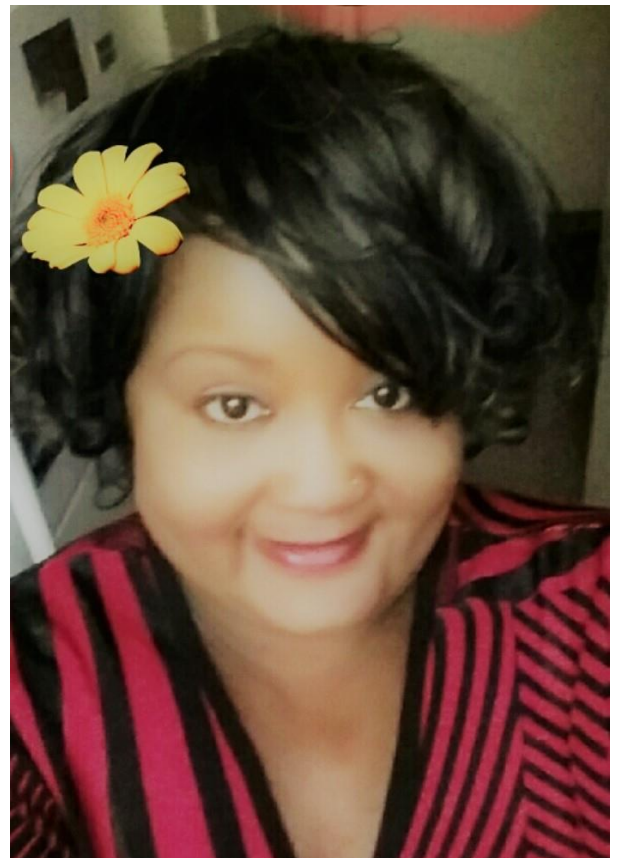
"We have a resident with a diagnosis of dementia who previously had numerous difficult behaviors; unsafe elopements, non-compliance with taking his medications and constant verbal and physical assaults towards his family members, staff and others.

With his family's support, we placed him in the Music & Memory program.

He participated in a Music & Memory music assessment that gave us a better idea of the types of music he enjoyed throughout his life and then we created a playlist. He loves his playlist and the music on his iPod and rarely refuses it!

When the volunteers or activities staff bring him his iPod, he is now friendly, respectful and a little humorous.

He looks forward to hearing his music and keeps the iPod overnight with him while jamming to the music, nodding his head to the beat, and shaking his shoulders as if he was on the dance floor!



He has flourished since being a participant in the Music & Memory program and his difficult non-compliant behaviors have decreased so much that his family visits have increased!

His attitude and mood are much better now and it makes it easier for staff to engage with him.

At times he will still have a bad day, but not as nearly as many as he had before the Music & Memory program.

It has made an impact on our residents, even on those who are not directly participating in the program.

We thank you for this opportunity to bring Music & Memory to our resident care conference and interdisciplinary team!"

## 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 a **FREE** two webinar series:

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

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?



California Association  
of Health Facilities

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



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](#).

## 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.

## Laptop Giveaway!

Now in its third and final year, the CAHF Music & Memory project has equipped 300 skilled nursing facilities with Music & Memory equipment.

Throughout the project, CAHF has received four laptops that have been returned from facilities.

One of these working and gently used laptops can be yours for free by nominating a deserving resident for the following contest:

### [Laptop Giveaway Contest](#)



This contest is only open to facilities currently participating in the CAHF Music & Memory project.

Incomplete forms may be considered ineligible for assessment.

Please contact [Amanda Davidson](#) with any questions.

## 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:

- June 12 and 13: 10:00 - 11:30 am
- 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.

## 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