



California Association
of Health Facilities

MONTHLY MELODY

"We are advocates for these residents. As long as there are people like us who are passionate about improving their quality of life, I think the future looks bright!"

- Randi Vargas, Activity Director

Welcome

Welcome to our seventh 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.

Q&A with Country Oaks Care Center's Activity Director, Randi Vargas

Q: *What inspired Country Oaks Care Center to apply for the CAHF Music & Memory project?*

A: As a facility, our passion is helping our residents and all people that suffer from debilitating diseases.

When we were first introduced to the Music and Memory Program and its wonderful benefits, well, let's just say we were definitely intrigued and on board.

Being able to help residents and their loved ones share in the connection of happy memories and improving quality of life was very comforting.

Q: *When you were developing your program, what were some of the challenges?*



A: A challenge that we encountered starting our program was storage. We are a small facility so it was a bit of a struggle to figure out a place that was secure and accessible to staff so they can store and sign the iPods in and out.

We were able to overcome that by working together and brain storming.

We have also come across a difficulty with staff documentation. I am sure everybody is aware of how busy a nursing home can be, so staff finds it easy to turn equipment in but forget to document.

So we have put up visual reminders and include reminders in our in services.

Q: *What plans does Country Oaks Care Center have to grow the program?*

A: We have huge plans to grow our Music and Memory program. We are planning our first Music and Memory fundraiser to ultimately be able to provide an iPod to every single resident in our facility.

We are partnering with two local groups that will help promote and collect donations. Our goal is to utilize more community groups and volunteers to raise awareness and help implement our program.

We also have a Music and Memory board in progress to show off the benefits of our program in the facility and we will be including an informative brochure during tours possibly in the future.

The love and support from our community is absolutely overwhelming.

Country Oaks Care Center's Music & Memory program was recently featured on KCOY Channel 12. Watch the news clip [here](#).

UC Davis Offering "Office Hours" for CAHF Music & Memory Project

In order to answer any questions you have regarding the research component of the CAHF Music & Memory project, the UC Davis research team will host telephone "Office Hours" on **March 22, at 1:00 pm**.

Attendance on this call is not required, but may be useful in answering any questions you have regarding collecting and entering data, tracking and changing residents, use of the QAPI resources, or any other aspect of the research component.

You do not need to register or RSVP for the call. Please call 866-740-1260 and use access code 223 6336 anytime between 1:00 and 2:30 pm with your questions.

If you have any questions, don't hesitate to email the [UC Davis research team](#).

Elvis Costello Supports Music & Memory with PSA

Elvis Costello has witnessed the powerful effects personalized music has had on his family members with dementia.

He is supporting Music & Memory in his new PSA. Read about his experience and watch the PSA [here](#).

Take a moment to review the [Music & Memory State Status Report](#) and see how California and other states rank in their adoption of Music & Memory.

Is Your Music & Memory Certification Current?

Through your participation in the CAHF Music & Memory project, you can certify as many staff members 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 you 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:

- April 11, 12 and 13: 10:00 - 11:30 am
- May 16, 17 and 18: 10:00 - 11:30 am
- June 13, 14 and 15: 10:00 - 11:30 am
- July 11, 12 and 13: 10:00 - 11:30 am
- August 15, 16 and 17: 10:00 - 11:30 am



- September 12, 13 and 14: 10:00 - 11:30 am
- October 17, 18 and 19: 10:00 - 11:30 am
- November 14, 15 and 16: 10:00 - 11:30 am
- December 12, 13 and 14: 10:00 - 11:30 am

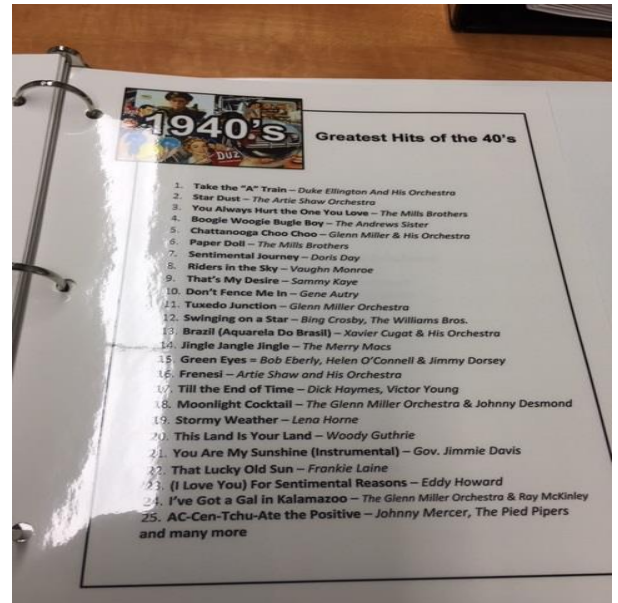
Solved It!

ACC Care Center in Sacramento, CA developed a creative way to identify residents' favorite songs.

According to Administrator, **Melanie Segar**, "Our IT Manger and Music & Memory workgroup came up with this idea to help with song selections.

He has created a music catalog with laminated pages by artist and genre. The staff or volunteer can take the book along when talking with the resident or family about favorite songs.

This gives them an idea of what songs we already have as well as jogs their memory for other favorite songs."



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