

Volume 1 / Issue 4

Welcome to our Newsletter!

Welcome to the Heritage Senior Care Inc. Newsletter, we are so excited to share this newsletter with our senior clients, their families and the community.

Heritage Senior Care Inc. has been serving the needs of seniors for over 33 years. Our mission is to help seniors who wish to remain in their homes, but may require assistance with activities of daily life, transportation and companionship.



Retrieved from:

<https://musicandmemory.org>

Hot Topics: Decreasing Memory Loss with Music Therapy

Music is such an integral part of our lives, for it has the capability to take us back in time, help us relish the present and enhance our wellbeing for the future as we age. Our memory is exercised every time we hear a tune from long ago, maybe it reminded of high school or an old flame from the past. Our memories are not guaranteed, the risk of Alzheimer's disease affects 1 in 10 adults over the age of 65.

Alzheimer's is a degenerative disease, there are treatments available, but presently there is no cure for the disease. Non-Medical interventions such as Music Therapy may be beneficial for treatment in more ways than one. Music has a resonating impact on the memory and our emotions. For this reason, music can be effective therapy to improve memory recall, cognition, emotional states, pain management and a sense of self control.

Music therapy offers a non-pharmaceutical option for the treatment of Alzheimer's disease. Music and memory may be connected through our emotion/ feeling regarding a song. A study conducted by the University of Miami revealed that, "...music therapy leads to increased secretion levels of "feel-good" brain chemicals, including melatonin, serotonin, norepinephrine, epinephrine, and prolactin in Alzheimer's patients. Music and memory also is said to have an auditory connection, as the music plays the frontal cortex in the brain is creating new neural networks. A study conducted by Slumings V. Brooks about Orchestral musicians and memory discovered that in musicians, compared with non-musicians, there is more gray matter in the part of the frontal cortex known to accommodate neural networks that are involved in several important working memory processes.

The positive impact on the memory that music has may be worth investigating for us all, not only for those who suffer from Alzheimer's but also as means of improving the memory and overall quality of life.

Musical Therapy at Home:

Create a music playlist of your loved one's favorite songs if you don't know then just create a playlist from when the individual was 15-35. Ask them, do you remember this song? Or, what does this remind you of? Repeat this activity once or twice a week.



For More Information and additional resources that discuss the Benefits of Music Therapy, please visit:

www.ascseniorcare.com/music-therapy-seniors/

<https://www.ncbi.nlm.nih.gov> › NCBI › Literature › PubMed Central (PMC)

<https://www.sdfoundation.org/programs/programs-and-funds/age-friendly-communities/>

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“Where words fail, music speaks.”

Hans Christian Anderson
