

## Music Touches the Soul

### Connecting with Families

Meeting with the individual and their family, a personalized playlist is developed and downloaded onto an iPod by a certified Friends Music & Memory volunteer. The individual can then enjoy hours of cherished music, bringing joy, wonderful memories, and meaningful interaction.

### How You Can Help

- Donate your old iPod.
- Provide iTunes cards to purchase music.
- Dust off and donate old music CDs you no longer use.
- Become a Music & Memory volunteer.
- Contribute to the Music & Memory program through Friends of Hospice. Donations are tax deductible and remain local.  
Online donations:  
<http://www.friendsofhospice.net/donate.html> deductible and remain

### To Learn More

Contact Annie Pillers, Friends of Hospice, **509-332-4414**  
[director@friendsofhospice.net](mailto:director@friendsofhospice.net)  
[www.friendsofhospice.net](http://www.friendsofhospice.net)

## NOTES:

### Music & Memory Outreach

"This personalized music service is offered to individuals at Pullman Hospital, Avalon Care Center, Circles of Caring, and individuals on hospice care or those at end of life while in their home or adult family home; and the transition between all these settings."

Outreach Project Members include: Pullman Regional Hospital, Avalon Care Center, Circles of Caring Adult Day Services, and Friends of Hospice.

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certified ✓

## Whitman County Music & Memory Outreach Project

Personalized music eases pain and anxiety, provides comfort and calm, and encourages the sharing of memories stirred by the music.

Families benefit from this gentle connection with their loved one at a time when traditional communication through words is often difficult.

Whitman County Music & Memory  
Outreach Project  
PO Box 484  
Pullman, WA 99163  
(509) 332-4414

## Reaching Out

Founded in 2010 by Dan Cohen, the MUSIC & MEMORY<sup>SM</sup> Certification Program is all about bringing joy into the lives of people suffering from Alzheimer's, other forms of dementia, and cognitive and physical impairments.

**“We must use the tools at our disposal, such as music, to help us keep in touch with those we care about and for.”**

Dan Cohen

*from July/Aug 2015 AARP Bulletin*

### Reconnecting at a Deeper Level

Research shows that personalized music playlists, delivered using iPods, have the capacity to transform quality of life for individuals struggling with a wide range of physical and cognitive impairments.

- Individuals are calmer.
- Individuals look forward to listening to their iPods.
- Family and caregivers are able to connect in a more meaningful way with their loved ones around music and memories.

## Connections

Use of technology to provide personalized music through The MUSIC & MEMORY<sup>SM</sup> Outreach Program vastly improves quality of life for individuals, their caregivers and families. Carefully selected music can stir memories tapping into earlier life events and bring back emotions associated with those important times.

Where words fail...

music

speaks

As we age, it is these long ago memories that carry the deepest meaning. Reminiscences of family and loved ones can be reawakened.

Using a laptop computer with extensive iTunes music library, personalized playlists are created and uploaded to iPod Shuffles, which are made available for use.

## Resources

To learn more about Music and Memory consider the following resources:

**The Award winning documentary film Alive Inside**

<http://aliveinside.org>



**Watch Henry tell you about his music** on youtube at <https://www.youtube.com/watch?v=fyZQf0p73QM>

**MUSIC & MEMORY<sup>SM</sup> Website:**

<http://musicandmemory.org/about/mission-and-vision/>

**Friends of Hospice Website:**

[www.friendsofhospice.net](http://www.friendsofhospice.net)

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