



# A Lifetime with Music!

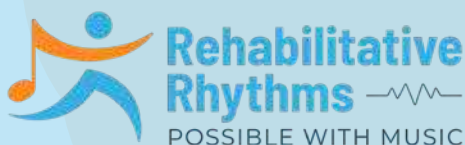
Are you an activity director or life enrichment coordinator who is looking for quality music activity and music therapy programming to use with your residents?

Are you looking for a way to engage your residents in meaningful musical activities other than a weekly sing-a-long?

Are you a care partner of a loved one with the early stages of a neurodegenerative disease who is struggling to connect with them at home?

Do your residents or loved ones enjoy music, but you are unsure how to use music with them?

**A Lifetime With Music is a targeted music enrichment and therapy program designed by board-certified music therapists to engage residents and empower care partners and activity staff to use music to connect, engage, reminiscence and move.**



## The Top Three Benefits of the Program

- #1 Exercise Speech & Motor Skills\***  
Rhythm-based exercises and singing are shown to slow the regression of speech and language skills, allowing people living with Alzheimer's and Dementia to maintain these skills as long as possible.
- #2 Enhance Memory**  
Research demonstrates that **music enhances autobiographical recall by promoting positive emotional memories.**
- #3 Decrease Stress & Increase Connection\***  
Studies show that singing, dancing, and other musical activities can reduce stress and depression not just for Alzheimer's and Dementia patients, but for their caregivers and loved ones.

## **This Program includes:**

- Weekly access to LIVE music therapy classes facilitated by a Master's level, board-certified music therapist
- A variety of activities to address language, memory, reminiscence, cognitive and physical exercise
- An additional curated list of targeted music activities for staff designed by a Master's level MT-BC
- Access to playlists with the ability to individualize activities based on musical preference
- Easy to use program available at your convenience
- BONUS one-time 30 minute consult with MT-BC following feedback survey (survey will include days/times they are available)
- And MORE; see reverse for program details

Call (303) 481-8134 or visit [PossibleWithMusic.org](http://PossibleWithMusic.org)

1. Ingram, A. (2012). Critical review: Does music therapy have a positive impact on language functioning in adults with dementia? University of Western Ontario: School of Communication Sciences and Disorders.  
3. Clair, A. & Ebberts, A. (1997). The effects of music therapy on interactions between family caregivers and their care receivers with late stage dementia. Journal of Music Therapy, 34(3) 148-164.

## Program Benefits and Features

**Partner  
Community  
\$125  
/month**

**Individual  
Sessions  
\$380-\$460  
/month**

A curated list of targeted music activities designed by a master's level music therapist, new activity guides every month

X

A variety of activities to address language, memory, reminiscence, cognitive and physical exercise

X

Visuals and instructions on how to create a multisensory experience

X

Content updates each month

X

Access to curated playlists that are completely customized to the musical preferences of your loved one

X

30-minute consult with a board-certified music therapist

X

Easy directions and prompts on running each activity including adaptations for varying levels of need

X

Links to instruments recommendations that are appropriate for the older adult population

X

X

Two weeks of assessment with a full evaluation report

X

Weekly private, interactive classes LIVE in person or remotely on Zoom at your convenience

X

Quarterly Progress Reports

X

Interventions customized to the participant needs and goals by a master's level music therapist

X