

MUSIC & MEMORIES PROGRAM

**Lasata Senior Living Campus/ Lasata Care Center
Cedarburg, WI**

**By Kathleen Roberts, ADC/AC
Activity Therapy Director**

THE PROGRAM'S SUCCESS STARTS FROM THE TOP LEVEL DOWN

- Administrator mandated that all staff be involved
- Staff from all three shifts including Nurse Managers, Nursing Assistants, Social Workers and Activity Staff attended the M&M webinars
- In-service director made M&M program part of the mandatory in-services for staff to bring them all on board with what we were doing
- Local Newspaper printed an article to explain the M&M program and to ask for donations
(we received over \$300 in donation for iTunes library and 2 iPods)
- An article was put in the resident newsletter



SAMPLE LETTER TO COMMUNITY

○ August 4, 2014

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○ From: Angela Tomasino, R.N., In-service Director

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○ Re: Music and Memory Initiative

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○ We are so excited here at Ozaukee County's Lasata Senior Living Campus. The facility has been chosen to participate in an extraordinary project involving the power of music and its ability to positively affect the memory. The results we have witnessed with the Alzheimer's Dementia residents are miraculous. The Music and Memory program provides boundless benefits to its participants. To see the residents come to "life" while smiling, tapping their foot, and singing is truly a priceless gift.

○ What makes this program such a success is the individualized playlist created for each resident. It is so important that we really research and find the specific music they each enjoyed. Each iPod is given an owner. They are not shared. Each one is unique just as each resident is unique.

○ Proven benefits of this program include decreasing medication utilization by decreasing agitation, depression, and restlessness. With the decreased agitation, depression, and restlessness, employees have increased compliance with cares and a safer work environment. The highlight of the program is how it allows resident's an ability to re-connect to their memories and therefore, re-connect with their loved ones through those memories.

○ We are so inspired by this gem of a program. It has truly changed lives; for the staff, family members, and most importantly the residents!

○ As we move forward with this project, we are reaching out to the community to assist us in acquiring the necessary equipment. Our goal is to provide this quality of life asset to all of Lasata's residents. To make this dream come true, we will require donations. We can accept monetary donations, gently used or new iPod donations, and I-Tune donations.

○ Visit "[Alive Inside](#)" a wonderful, heartwarming documentary! View real clips of residents who have experienced a most astounding transition through music!!

○ We would be extremely grateful for any assistance received on this new and exciting endeavor.

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○ Please call or email with any questions.

○ (262-512-2810 or atomasino@co.ozaukee.wi.us)

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ARTICLE SENT TO LOCAL PAPER

- **Lasata Senior Living Campus/ Lasata Care Center**
- **Launches Music & Memory Program**
- **for Alzheimer's and Dementia Patients**
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- *Therapeutic Benefits of Personalized Music on iPods Enhance Memories and Lives of*
- *Nursing Home Residents*
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- Cedarburg, WI – Lasata Care Center was chosen by The Department of Health Services as one of the 100 nursing homes in the state of Wisconsin to take part in launching the Music & Memory program. This program brings iPods loaded with personalized music selections to residents with Alzheimer's disease or dementia to enhance their memories and enrich their lives. Grounded in research about how brains respond to music, the pilot program will engage 15 Lasata Care Center residents who will have the opportunity to benefit from the therapeutic potential of music to tap deep memories and reconnect with the world. “In my past I have witnessed how music, specific to a resident can make that resident react to its stimuli where other environmental stimulus has failed” says Kathi Roberts, Activity Therapy Director of Lasata Care Center. One particular resident started to tap his foot to County Western Music and made his wife cry since he had not responded to even her presence in years, said Roberts. Even the most agitated resident will calm down when their favorite music is played and provides those times of peace and reminiscing in their own mind's eye for a while. Those residents that seem not to be aware of their surroundings, perk up, tap their feet and sing along to every chorus, even though they are not able to put a simple sentence together on their own.
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- Founded in 2006, Music & Memory is a non-profit organization that brings personalized music
- into the lives of the elderly or infirm using digital music technology. Music & Memory's work is
- rooted in extensive neuroscience research that shows consistent results. The proven benefits
- include:
- Increases cooperation and attention, reduces resistance to care.
- Reduces agitation.
- Enhances engagement and socialization, fostering a calmer social environment.
- Provides a valuable tool for the effort to reduce reliance on anti-psychotic and anti-anxiety
- medications.
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- Lasata Care Center will be asking the public to help us in this exciting adventure by considering a donation of iPods and iTunes Gift Cards to load music on the iPods. Grafton High School has graciously offered to be a drop off site for donations. What a wonderful gift to give an elderly person in a nursing home, the gift of music and a personalized program for them to enjoy. If you are interested in helping us out with this endeavor, please contact: Kathi Roberts, Activity Therapy Director at Lasata Care Center, Phone: 262-512-2803, or Angela Tomasino, RN, Inservice Coordinator at 262-512-2810.



- Our In-Service Director arranged for a local school to be a drop-off site for donations and a basket was placed in our front lobby for donations
- Nurse Managers and Social Workers were asked to help identify which residents would benefit from the M&M program. Then we sent out permission letters to the families and created our play lists from their input. We started out with about 23 and have grown to 33 residents in the program. Some family members also donated or purchased I-Pods for their loved one or other residents
- Nurses are required to chart the M&M program participants into the MAR section of the MDS and Electronic Charting system
- Activities charts the participation of the residents from the sign in sign out sheets provided by the M&M program



- A clipboard with sign in and out sheets is placed in the storage cabinet with shuffles
- All Zip Lock bags clipped to hangers are hung in alphabetical order and shuffles plugged into power strips which are State approved.
- A list is placed on the cabinet of all participants in the program in alphabetical order for easy access
- The cabinet is located away from residents
- Aides are responsible for putting music on residents, signing the shuffles in, out and recharging them
- Activity staff will remove headphones of M&M participants when resident are involved in activities. When the activity is complete the headphones are replaced on the residents



ORGANIZING THE M&M EQUIPMENT

- First laminated instruction cards were made

iPod Shuffle Instructions



Battery indicator light

- Battery Full
- Battery 25%
- Battery Low

- ▶▶ Press to play or pause
Press to hold to lock or unlock buttons.
- + Press to increase volume
- Press to decrease volume



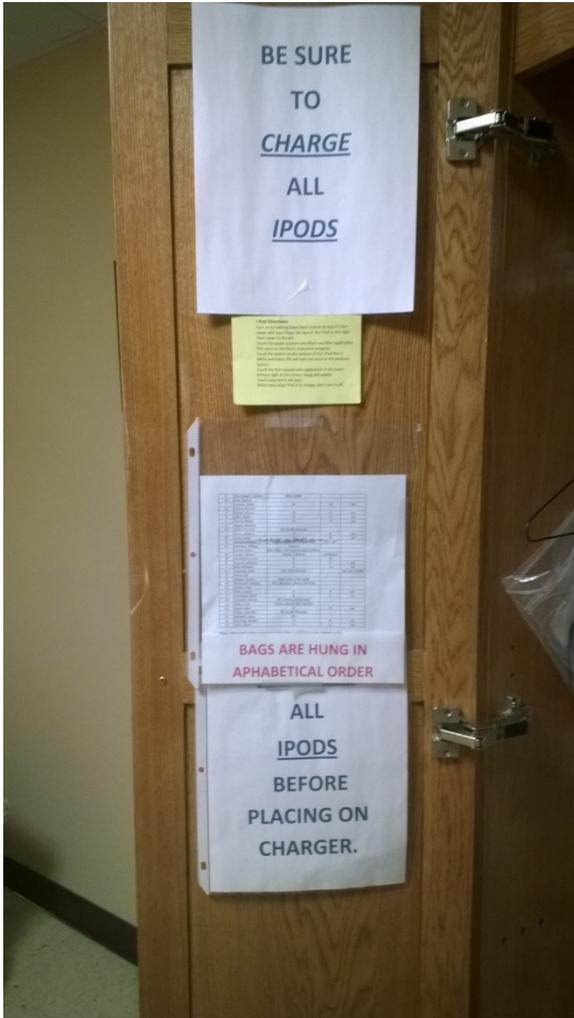
- ▶▶▶ Press to go to next track
Press and hold to fast forward
- ◀◀ Press to restart track
Press and hold to rewind.



- Next each shuffle, instructions card, headphone, wall charger and device jack were placed in Zip Lock bags labeled with numbers and residents names
- The shuffles and headphones are numbered according to the number by the residents' name on the list of participants



CLOSET FOR SHUFFLES





LOCAL NEWSPAPER ARTICLE

OBITUARIES / NEWS

Tuesday, December 24, 2013

Lasata launches music and memory program

Personalized iPods help those with Alzheimer's and dementia

By Lisa Curtis
News Graphic Staff

Cedarburg — The Lasata Care Center is one of 100 nursing homes in the state chosen to participate in a program that uses personalized music on iPods to help those with dementia to enhance their memories.

The Music & Memory program was founded in 2006 and has already been used by nursing homes and hospitals throughout North America. The concept has already shown results in at least one Lasata resident.

Lasata Care Center Activity Therapy Director Kathi Roberts said that when one elderly male resident put on headphones playing country western, he started to tap his foot. It was the most responsive he had been to any cues in years, and prompted his wife to cry.

"Even the most agitated resident will

calm down when their favorite music is played and provides those times of peace and reminiscing in their own mind's eye for a while," she said. "Those residents that seem not to be aware of their surroundings perk up, tap their feet and sing along to every chorus, even though they are not able to put a simple sentence together on their own."

The Wisconsin Department of Health Services selected Lasata as one of 100 nursing homes in the state to participate in the program. Specifically 15 Lasata residents will receive iPods loaded with their favorite music and have the opportunity to benefit from the therapeutic potential of music to tap deep memories and reconnect with the world.

According to the Music & Memory website, the program is rooted in extensive neuroscience research and has show results in those with Alzheimer's and dementia across the country. The proven benefits include:

- Increased cooperation and attention, reduced resistance to care
- Reduced agitation
- Enhanced engagement and socialization, fostering a calmer social envi-

Donations needed

■ Lasata Care Center is asking the public for donations of iPods and iTunes gift cards for its Music & Memory program, which helps those with Alzheimer's and dementia find comfort in personalized music. Items can be dropped off at Grafton High School, 1950 Washington St., or Lasata Care Center, W76 N677 Wauwatosa Rd, Cedarburg. For more information or to assist with the program, call Kathi Roberts, activity therapy director at Lasata Care Center, at 262-512-2803, or Angela Tomasino, Inservice Coordinator at 262-512-2810.

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■ Reduced reliance on anti-psychotic and anti-anxiety medications

"It's an exciting program," Roberts said. "Music is the key."

(Lisa Curtis can be reached at lcurtis@conley.net.)

Lasata starts music and memory program

Lasata Care Center was one of 100 nursing homes in the state chosen by the Department of Health Services to take part in the Music & Memory program.

iPods with personalized music selections will be given to 15 residents with Alzheimer's disease or dementia to enhance their memories and enrich their lives.

"In my past, I have witnessed how music

specific to a resident can help make that resident react to its stimuli where other environmental stimulus has failed," Kathi Roberts, activity therapy director at Lasata, said.

iPods and iTunes gift cards can be donated at Grafton High School. For more information, call Roberts at (262) 512-2803 or Angela Tomasino at (262) 512-2810.



LOCAL NEWSPAPER COVERAGE

The link below is from the Milwaukee Journal/Sentinel news coverage and video news report.

- http://www.jsonline.com/multimedia/video/?bcpid=3520693903001&bckey=AQ~~,AAAAAGgk8Us~.dLqgruaIT6p_icq_YGXwsOjIKn7Fafen&bclid=0&bctid=3720737257001
- The Video is also available on Youtube, search Treating Alzheimer's with Music

THE END

