

# Introducing **Music & Memory**<sup>®</sup> at Jewish Family & Children's Service

We are proud to offer the powerful benefits of **personalized music to older adults** who are isolated, living with dementia, cognitive decline and other chronic illnesses.



## WHAT IS MUSIC & MEMORY?

Grounded in extensive research, Music & Memory helps people living with a wide range of cognitive and physical challenges to find renewed joy in life through musical favorites.

## HOW DOES PERSONALIZED MUSIC MAKE A DIFFERENCE?

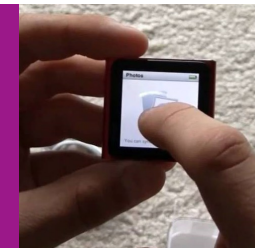
- Beloved music reduces depression and anxiety, and can moderate pain
- Musical favorites tap deep memories and can improve quality of life
- Music increases socialization, decreases isolation and restores identity
- Cherished music can improve mood and behavior



## WHAT WILL YOU RECEIVE?

Your participation will be administered by a JFCS licensed social worker and you'll receive:

- An iPod Shuffle, headphones and a personally-selected playlist of songs
- An assessment to determine music preferences
- A home visit to instruct the participant and/or the caregiver on how to use the iPod
- Follow-up to evaluate the program and modify playlists



## HOW MUCH DOES IT COST?

There is no charge to participate! This program is made possible by grants from Janssen Pharmaceuticals and the Association of Jewish Family & Children's Agencies.

For more information, contact Beverly Mishkin at  
609-987-8100, ext. 203 or [beverlym@jfcsonline.org](mailto:beverlym@jfcsonline.org)