

5 Reasons Why Music Boosts Brain Activity

Music has been known to affect those with dementia and Alzheimer's, but why it has an effect on these residents has not always been clear – until now.

Music Helps Dementia Patients Recall Memories and Emotions A recent study shows that dementia and Alzheimer's patients can recall memories and emotions, and have enhanced mental performance after singing classic hits and show tunes from movies and musicals. Researchers determined the effect music has on dementia patients, by leading half of the participants through selected songs while the other half listened to the music being played. After the musical treatment, all participants took cognitive ability and life satisfaction tests which showed how participants scored significantly better when being lead through songs, rather than only listening.

Here are five reasons why researchers believe that music boosts brain activity:

1. Music evokes emotions that bring memories.

It brings back the feeling of life when nothing else can.” By pairing music with every day activities, patients can develop a rhythm that helps them to the recall the memory of that activity, improving cognitive ability over time.

2. Musical aptitude and appreciation are two of the last remaining abilities in dementia patients.

Musical aptitude and music appreciation are two of the last remaining abilities in residents with Memory Care Needs. Because these two abilities remain long after other abilities have passed, music is an excellent way to reach beyond the disease and reach the person.

3. Music can bring emotional and physical closeness.

In the later stages of dementia, patients often lose the ability to share emotions with caregivers. Through music, as long as they are ambulatory, they can often dance. Dancing can lead to hugs, kisses and touching which brings security and memories.

4. Singing is engaging

Singing activates the left side of the brain, listening to music sparks activity in the right side. With so much of the brain being stimulated, residents are exercising more mind power than usual.

5. Music can shift mood, manage stress and stimulate positive interactions.

The Alzheimer's Foundation of America say that, “When used appropriately, music can shift mood, manage stress-induced agitation, stimulate positive interactions, facilitate cognitive function and coordinate motor movements.” This is because music requires little to no mental processing, so singing music does not require the cognitive function that is not present in most dementia patients. Please join us for our many activities that involve our performers. Sing along with your loved one and stimulate your own brain.

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Golden View:

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ENTERTAINMENT: ANDY LEPAK

Andy is a singer /songwriter and has been playing music his entire life. His father was Alexander Lepak, head percussionist for the Hartford Symphony Orchestra for 56 years. At 11 Andy performed with his dad doing “Battle of the Drums” In high school he played drums with the Wild Weeds in Windsor CT. The head of the group Big Al Anderson taught Andy how to play guitar. He now writes for Vince Gill & Tim McGraw. The Wild Weeds had #1 hit in New England called “No Good to Cry” They played with famous bands such as The Doors, The Young Rascals, and The Turtles.

Now Andy preforms as a soloist. He sings, plays guitar and the keyboards. He has lived in CA for almost two years now and preforms in the area with us, Highland Springs Resort, Grand Oak Restaurant, Mill Creek Cattle Co., Farmhouse Restaurant and Parish Ranch in Oak Glen. Please look at our Calendar and join us for a joyous afternoon of wonderful music with Andy. Join our residents in a dance or two.

GOLDEN CARE

SENIOR LIVING

ASSISTED LIVING & MEMORY CARE

(800) 889-1864

ANNOUNCEMENTS FROM OUR STAFF:



Nita Veloso
Administrator of Golden View



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Hot weather is dangerous, and seniors are particularly prone to its threat. There are several reasons for elderly heat vulnerability. People's ability to notice changes in their body temperature decreases with age. Many seniors also have underlying health conditions that make them less able to adapt to heat. Furthermore, many medicines that seniors take can contribute to dehydration. Golden Care Senior Living takes a few simple precautions when transporting our residents to keep safe. We recommend you do the same. Here are some guidelines for keeping safe in hot weather:

1. **Drink Plenty of Liquids**
Dehydration is the root of many heat related health problems
2. **Wear Appropriate Clothes**
An old Swedish saying says, "There's no such thing as bad weather, only bad clothes." When it's hot out, wear light-colored, lightweight, loose-fitting clothes and a wide-brimmed hat.
3. **Stay Indoors During Mid-day Hours**
During periods of extreme heat, the best time to run errands or be outdoors is before 10am or after 6pm.
4. **Take it Easy**
Avoid exercise and strenuous activity, particularly outdoors, when it's very hot out.
5. **Watch the Heat Index**
When there's a lot of moisture in their air (high humidity), the body's ability to cool itself through sweating is impaired. The heat index factors humidity and temperature to approximate how the weather really feels
6. **Seek Air-conditioned Environments**
7. **Know the Warning Signs of Heat-related Illness**
Dizziness, nausea, headache, rapid heartbeat, chest pain, fainting and breathing problems are all warning signs that help should be sought immediately.



Golden Care Senior Living Specializes in:

Dementia Care
Alzheimer's Care
Memory Care
Incontinence Care
Medication Management

MEET OUR RESIDENTS:



Alfred Page
Mary Baszaral
Dorothy Willis

Anna Carr
Maureen Franzmathes
Shirley Reynolds

REFERRAL SPECIAL

Attention Family & Friends. Refer someone to move into Golden View or Golden Meadows and receive \$500.00 off your loved ones rent for one month. Contact Cassie for details.

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