

MTNA AT USC

The University of South Carolina
Collegiate Chapter

Musicáre: Spreading the Joy of Music

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Definition and Purpose

- Transformative, therapeutic, and interactive music experiences for elder-care patients in Columbia, South Carolina
- Began in 2015 as an RMM and Music Therapy Initiative
- Continued in 2016 at new location featuring integrated performance opportunities and varied programs

RMM and Music Therapy

“Enjoyable, accessible, and fulfilling group music-based activities that unite people of all ages regardless of their challenges, backgrounds, ethnicity, ability, or prior experience.”

~ Karl T. Bruhn

- Health Benefits of RMM
 - Lowers stress levels and provides intellectual stimulation, especially in senior populations
 - Enhances self-expression
 - Creates a sense of community and fellowship
- 2015: Thematic Activities
 - Music from the 40s and 50s, hymns, folk tunes, Christmas songs, etc.
 - Use of shakers for physical engagement
 - Responses from nonverbal residents
- 2016: Recorder Class
 - Goals:
 - Involve residents in music making
 - Emphasize the therapeutic purpose of the breath
 - Develop a new skill requiring coordination between hands and breath
 - Challenges:
 - Scheduling conflicts
 - Physical age resulting in crooked fingers and lack of finger pad

- Rewards:
 - Increased breath control
 - More personal relationships with residents
 - Sense of accomplishment

“I’ve come to love this [recorder].”

~ Irene, Atria resident

Performances

- Chapter Members & Students
 - Sensory friendly environment
 - Opportunity to share historical and theoretical background of pieces
 - Takes us out of the school of music and into the community

“As a musician, I must remind myself that performing is not about perfection, but simply sharing music with others.”

~ Candis Haskins, adult student

- Instrumentalists & Vocalists
 - Creates community engagement
 - RMM and chamber music
 - Residents reactions

“Welcome to Atria! [Musicáre] lifts my day up because Sunday is a boring day with not much to do. Music is good for my mind, body, and soul.”

~ Rosina Leo, Atria resident

- Beneficial, life-changing experience

“I Enjoyed playing! Everyone was nice and it was a positive environment.”

~ Jane Kathryn, USC student

Selected Resources:

Alzheimers.net, 5 Reasons Why Music Boosts Brain Activity, <http://www.alzheimers.net/2014-07-21/why-music-boosts-brain-activity-in-dementia-patients/> Accessed 10 Feb. 2017.

Bittman, B., Bruhn, K., Lim, P., et al. “Recreational Music-Making (RMM) Inspires Creativity & Bonding in Long-Term Care Residents.” *Provider* (2003/2004): 39-41. Accessed 10 Feb. 2017.

Bittman, Barry, et al. “Composite Effects of Group Drumming Music Therapy on Modulation of Neuroendocrine-Immune Parameters in Normal Subjects.” *Alternative Therapy and Health Medicine* 7 (2001): 38-47. Accessed 10 Feb. 2017.

Bittman, Barry, et al. “A Cost-Effective Group Interdisciplinary Strategy for Reducing Burnout and Improving Mood States in Long-Term Care Workers.” *Advances in Mind Body Medicine* 19 (Fall/Winter 2003): 4-15. Accessed 10 Feb. 2017.

¹ Karl Bruhn served as the executive director and president of the American Music Conference, president of the National Piano Foundation, president of Piano Manufacturers Association International and presidential advisor to the American Music Therapy Association. Most recently, he was chairman of the Yamaha Music and Wellness Institute. Bruhn collaborated with Dr. Barry Bittman on a series of research projects focused on developing and scientifically testing the bio-psycho-social aspects of recreational music making.