

## Alive Inside

Alive Inside is a documentary about MUSIC & MEMORY<sup>SM</sup> released in April 2012.

A video clip of Henry, a resident reawakened by listening to his Cab Calloway favorites, went viral. Now with more than 11 million views, the video has helped to boost awareness and enthusiastic interest in the MUSIC & MEMORY<sup>SM</sup> program.



## Resident-Centred Care at Woodingford Lodge

After seeing the Alive Inside video, the staff of Woodingford Lodge were inspired to purchase the program to help provide meaningful purpose to our residents.

### Woodingford Lodge Woodstock

Music & Memory Team  
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**&MUSIC**  
**&memory<sup>SM</sup>**  
at Woodingford  
Lodge

The Woodingford Lodge MUSIC & MEMORY<sup>SM</sup> program is seeking donations of the following items:

- New or gently used iPods
- iTunes cards
- Monetary donations

Spread the music to  
spark the memories.



## Benefits of the program

There are many benefits of the MUSIC & MEMORY<sup>SM</sup> program. Personalized music can:

- Provide staff with a way to bring pleasure to individuals with advanced dementia - often the most difficult to reach
- Provide a means of communication and self expression when verbal language abilities are diminished
- Replace confusing environmental stimuli with something interpretable, like musical favourites, reducing boredom and loneliness
- Increase an individuals, cooperation, attentiveness and willingness to accept care.
- Decrease agitation and provide distraction from fear and anxiety
- Make individuals more engaged with those around them
- Give family and staff a more meaningful way to connect with residents
- Provides a valuable tool for the effort to reduce reliance on antipsychotic, anti-anxiety and antidepressant medications

## How MUSIC & MEMORY<sup>SM</sup> works

With family and resident involvement, personalized playlists are created using iPods. Listening to personalized music enables those struggling with Alzheimer's, dementia and other cognitive and physical changes to reconnect with the world through music-triggered memories.

## Getting started

- Speak to a MUSIC & MEMORY<sup>SM</sup> representative at Woodingford Lodge (see contact details on back)
- Equipment needed for the program:
  1. iPod
  2. Headphones
  3. iTunes card

**“Where words fail,  
music speaks.”**

*Hans Christian Andersen*

▶ One of Woodingford's first residents on MUSIC & MEMORY<sup>SM</sup> Oct., 2015



## Your MUSIC & MEMORY<sup>SM</sup> team

### APPLE GROVE

Randi Williams ..... Ext 2095  
 Mark Dager..... Ext 2004  
 Leanne Gibbons ..... Ext 2083  
 Esther Mueller ..... Ext 2068

### ORCHARD LANE

Randi Williams..... Ext 2095  
 Mark Dager..... Ext 2004  
 Leanne Gibbons ..... Ext 2083  
 Lana Easton ..... Ext 2091

### MAPLEVILLE

Stephanie Kreiger..... Ext 2015  
 Mark Dager..... Ext 2004  
 Leanne Gibbons ..... Ext 2083  
 Marion Hutchison ..... Ext 2069

### PEACH PLACE

Stephanie Kreiger..... Ext 2015  
 Mark Dager..... Ext 2004  
 Leanne Gibbons ..... Ext 2083  
 Cheryl Howlett ..... Ext 2093

### LAKWOOD

Amanda Thomson ..... Ext 2073  
 Mark Dager..... Ext 2004  
 Leanne Gibbons ..... Ext 2083  
 Amber Bess ..... Ext 2094

### PINECREST

Amanda Thomson ..... Ext 2073  
 Mark Dager..... Ext 2004  
 Leanne Gibbons ..... Ext 2083  
 Melissa Holden ..... Ext 2018

### EXECUTIVE SECRETARY

Lisa Harris ..... Ext 2086

### STAFF DEVELOPMENT COORDINATOR

Jennifer Hall ..... Ext 2036