

BENTLEY VILLAGE FOUNDATION

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Unlocking Memories Through Music

Bentley Village Foundation's Impact on Residents with dementia

One of the programs supported by the Bentley Village Foundation is Music Therapy. Qualified Music Therapists from the 'House of Music Therapy' come to Bentley and conduct four sessions weekly.

The Foundation funds music theory sessions in Assisted Living, the Care Center and in the Memory Care units. We also support one music therapy session at the Baker Senior Center Naples.

The Memory Care and Assisted Living sessions are in a group setting while the Care Center sessions are one-on-one customizing the therapy to the specific patient. All of the sessions tailor music and actions to participants' abilities and needs.



UPCOMING EVENTS

**BVF
ANNUAL MEETING
FEBRUARY 15 - 2:00 PM.**

February 15, 27 - 4:30 PM. Doug Williams piano and sing-along

February 27, 30 - 7:00 PM. Met Opera Streaming, Theater

February 20 - 7:00 PM. HUGS Ukulele Group featuring the Bentley Strummers

March 8 - 7:00 PM. Spirit of the Gulf Chorus Palmetto Room, 2022 Sweet Adelines International 5th Place Medalists

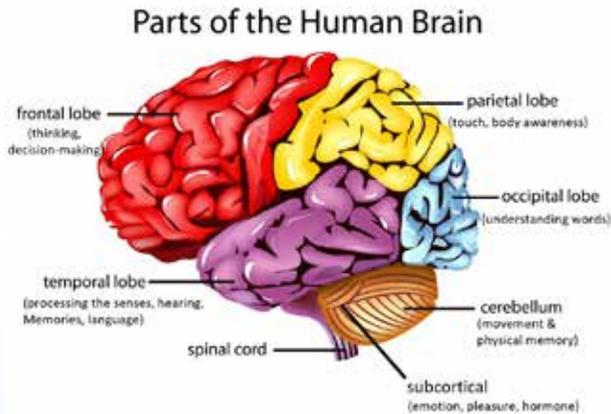
March 26 - 7:00 PM. Belles and Beaus Spring Concert, Palmetto Room

April 12 (multi-event) Boots and Bling Country & Western Themed Fundraising Program

Coming Soon

Mindful Mindz – a three-week series teaching mindfulness practices which can have health benefits such as reducing stress, depression and pain. It can also improve sleep.

How Does Music Therapy Work?



Music Therapy can be passive where the audience listens and analyzes the music or just listens for relaxation. It can also be active with participants singing, and/or playing instruments such as sticks, drums, and tambourines,

In addition to the audial area of the brain, active therapy targets several other areas including the frontal (thinking), temporal (memory and emotions), parietal (the senses such as touch and body awareness), and subcortical region (memory, emotion, and hormone production).

Olivia Guy-Evans, *Parts Of The Brain: Anatomy, Structure & Functions*, simplypsychology.org, November 9, 2023.

AARP describes the power of music therapy

A recent AARP article describes a music therapist walking into a room where the group was staring blankly, not recognizing their caregivers or the therapist, who visited every week. "When the music started, the effect was immediate. Chins lifted from chests, eyes opened, and smiles began to appear. Some in the group started singing."¹

After singing "Somewhere over the Rainbow," the therapist asks the group, "What was the girl's name in Wizard of Oz?" and several people responded, "Dorothy."

Music has powerful roots in our brain and works on different levels. People might not remember their spouse's name but will remember the words to their favorite song and who sang it. After a session, members feel a connection and their mood is dramatically lifted.

Music Therapy is also good for physical movement. Using instruments can increase motor skills. On an individual level, therapists can also help patients walk better by matching the music's tempo to the patient's pace and then gradually increasing the tempo.

"For a time, dementia patients were able to break free of the silence in which the disease had wrapped them."

Isolation is one of the most frightening and unsettling symptoms of dementia. Music therapy helps by becoming a temporary lifeline - restoring a sense of self through so participants can talk and laugh with their caregivers and one another - a miraculous transformation. For a time, dementia patients are able to break free of the silence in which the disease had wrapped them.



This power of music to transform mood and stimulate all the areas of the brain is one of the reasons the Foundation chose to emphasize musical programming.

To read the full AARP article use this QR code

¹ John Collapinto, *The Extraordinary World of Music*, AARP Magazine, December 2023/January 2024

Memorials & Tributes - Second Half of 2023

In Memory

William F. Aiken

Rockwell Foundation

Paul Bernhardt

Diane Foster
Georgina Sands

Walter "Tip" Boerger

Karen Rosenstein

William Bond

Elaine Bond

Hugh Brandt

Randal & Karen Jones

Paul Broughton

James Ware

Kay Brown

Roger & Sandra Brown

Thomas Burgess

Anthony Kennedy
Shirlee Mason
Dallas & Carolyn Mulder
William & Mary Pat Hooper

Luan Callery

Judy Gantley

Helen Craver

Marvin & Barbara Marcus

Arturo Diaz

Frances Diaz

Anne Donald

Frank & Diane Halas
Chester & Nancy Hobert
Karen Rosenstein
Brenda N Schlegel
John & Angela Toth
Arlene Whitney

Larry Edelmann

Lisa Hartung
James & Marla Ray

Don Feiman

Orville & Mary Bryant
Richard & RoseMarie Butz
Theodore & Barbara Christiansen
Dave & Marcia Courtney
Dr. Ira Dash
Arthur & Catherine Galya
Joan Geoghegan
Susan Goodwin & Braxton Hinchey

Frank & Diane Halas
Carole Kaplan
Dave & Lucy Killkelley
Dave & Sue Leonard
Larry & Phyllis J. Liebman
Diane & Tom McNulty
Thomas Ouellette
Marvin & Suzanne Parker
Timothy & Irene Pellegrino
Karen Rosenstein
Arnold & Tammra Sigler
William & Patricia Smart
Clifford & Lindsay Weidner

Frank Flood

Meeyung Ainsworth
Wayne Antworth
Orville & Mary Bryant
George David
Frank & Diane Halas
Nancy Kahn
Dave & Sue Leonard
Robert & Carolyn Myers
Rich & Nancy Nortz
Thomas Ouellette
Margaret Ross
Brenda N Schlegel
William & Patricia Smart
Joe Song

Albert (Al) Fulton

Wayne Antworth & Bev Gromek
Roger & Sandra Brown
Theodore & Barbara Christiansen
Robert & Janice Conrad
Dave & Marcia Courtney
Arthur (Bud) W. Edwards
Genevieve (Genny) Esayian
Joan Geoghegan
Susan Goodwin & Braxton Hinchey
Frank & Diane Halas
Lisa Hartung
Jacquita Hauserman & Bob Wydock
Donald & Ann Herring
William & Mary Pat Hooper
Ric & Mary Beth Huttenlocher
Carole Kaplan
Herbert & Carroll Koelling
Frank & Jean Kowalski
Terry & Susan Lake
Lee Landon

Dave & Sue Leonard
Marvin & Barbara Marcus
Robert & Doris Martin
Shirlee Mason
Diane & Tom McNulty
Richard & Betty Miller
Dallas & Carolyn Mulder
Angie Nichols
Carole Rambo
James & Marla Ray
Karen Rosenstein
Arnold & Tammra Sigler
John & Angela Toth
Rosemary Ufheil
Clifford & Lindsay Weidner
Gerald Weis & Margot Feiler Weis
Margaret Wilmott
James & Natalie Wismar

Jim Geist

Roger & Sandra Brown
Orville & Mary Bryant
Theodore & Barbara Christiansen
Miriam Geist
Frank & Diane Halas
Larry & Sharyn Harris
Jane Hetrick
Marvin & Barbara Marcus
Robert & Doris Martin
Sydney Mellinger
Charles Bowman Strome

Lee Gery

Dave & Marcia Courtney
Arthur (Bud) W. Edwards
Lisa Hartung
Gerald & Claire Levesque
James & Natalie Wismar

Murray Hendel

Romi Jordan

George Van Istendal

Shirlee Mason

Alan Kaplan

Carolyn Fulton
Genevieve (Geny) Esayian

Pat Kell

James & Natalie Wismar

(Continued on back page)

Memorials & Tributes - Second Half of 2023

In Memory (continued)

Catherine Kennedy

Judith Harvey
Shirlee Mason
Thomas Moxie
Dallas & Carolyn Mulder
Donald & Barbara Streicher
Suzanne Zelinka

Charles Mason

Shirlee Mason

Mary & Frances Mazzeo

Mary Ann Fithian

Jane Paul

Roger & Sandra Brown
Orville & Mary Bryant
Miriam Geist
Frank & Diane Halas
William & Mary Pat Hooper
Randal & Karen Jones
Robert & Doris Martin
Timothy & Irene Pellegrino
Karen Rosenstein

Richard Robinson

Arthur (Bud) W. Edwards
Carolyn Fulton
Donald & Ann Herring

Alan Rosenstein

Gerald Weis & Margot Feiler
Dave & Sue Leonard
Marvin & Suzanne Parker

Murray Simon

Dave & Sue Leonard

Dena Sklaroff

Dave & Sue Leonard

Dick Snyder

Lisa Hartung

Jack Ufheil

Theodore & Barbara Christiansen
Arthur (Bud) W. Edwards

Carolyn Fulton
Joan Geoghegan
Lisa Hartung
Bob Hill
Bob & Nancy Jaycox
Randal & Karen Jones
Caryl Koenig
Frank & Jean Kowalski
Marvin & Barbara Marcus
Margaret Ross
Brenda N Schlegel
Gail Stout
Sydney Mellinger
Rosemary Ufheil
Margaret Wilmott
Jacquita Hauserman & Bob Wydock

Sheila Ware

Rosemary Bell
Patricia A. Bryant
James and Judith Coleman
Dave & Marcia Courtney
Gerald Weis and Margot Feiler
Richard & Joann Fluke
Maureen Genel
Chester & Nancy Hobert
Ric & Mary Beth Huttenlocher
Howard & Marjorie Klein
Herbert & Carroll Koelling
Frank & Jean Kowalski
Tom & Donna Lambert
Dave & Sue Leonard
Larry & Phyllis J. Liebman
Shirlee Mason
Richard & Betty Miller
Gene & Ann Nau
Ruth Pavelchik
Karen Rosenstein
William & Patricia Smart
David & Claire Spencer
Edson & Joyce Taylor
Rosemary Ufheil
Clifford & Lindsay Weidner

James & Natalie Wismar

Barbara Winton

Wayne Antworth
Dave & Sue Leonard
Karen Rosenstein
Emma Lou Van Atta

Scott Wollaston

Dave & Sue Leonard

Laurence Wright

Ric & Mary Beth Huttenlocher
John & Angela Toth
James & Natalie Wismar

Polly Wright

Ric & Mary Beth Huttenlocher
John & Angela Toth

In Tribute

Richard Dahnke

Clifford & Lindsay Weidner

Nelda Elliff

Jeanine Tellier & Kim Williams

Frank Harrigan

Larry & Phyllis J. Liebman

Terry Lake

Diane & Tom McNulty

Balaji Mundkur

Ira Dash
Beth George

Mohini Mundkur

Ira Dash

Ron Tougas

Arthur (Bud) W. Edwards
Jane Pendleton
Lawrence & Sally Winston

The Foundation thanks everyone who has chosen to honor those you love with a contribution in their name. Memorial and Tribute donations qualify as charitable donations.

Checks may be sent in the campus mail to:

Bentley Village Foundation, Treasurer.
Credit card use is also available, and this option is online at: www.bentleyvillagefoundation.org Click on GIVE.