

Soundtracks

With the Copper Street Brass

Introducing **Soundtracks**, The Copper Street Brass' new Creative Aging music program designed specifically for older adults living with Dementia, caregivers, and families.

Soundtracks was developed in collaboration between the Copper Street Brass (CSB) and The Waters of Plymouth. After its pilot in April 2017, the CSB has expanded the program to a new community in the 17-18 season thanks to funding from the Minnesota State Arts Board's Arts Access grant program.

About Soundtracks

Soundtracks is a person-centered creative aging program designed to enrich the lives of older adults living with Dementia, caregivers, and families. The program includes an introductory concert brought directly to residents (eliminating the need to bus residents to an arts event), small group music activities for residents in Memory Care Units, and a Capstone Concert where the CSB and residents share their music with the entire community - all happening inside of an assisted living location.

The Soundtracks program explores how music runs through our entire lives - like the soundtrack in a movie. During each Soundtracks small-group session, Memory Care Unit (MCU) residents will use their creativity to guide the CSB in choosing musical selections and stories that they think best represents the soundtrack and story for a familiar theme, such as "Love Story", "Celebration", or "Travel". After all five Soundtracks sessions, CSB artists will synthesize these ideas to create a unique movie-themed concert at each location, presenting it as the final Capstone Concert of the program. The Capstone Concerts feature music, projected images from movies, and stories that celebrate the creativity of the residents in each MCU, giving voice to the richness of life and sharing it with the entire community.

The program has three types of activities

Introductory Concert: All residents, caregivers, and families may attend a special concert by the CSB at each Location. This concert features the CSB's unique blend of music from Classical to Folk to Popular music with lively audience interaction and music designed to spark memories for all residents. Bringing the concert hall experience to the spaces where older adults live eliminates the need for bussing and gives all residents and staff the opportunity to experience a fun, professional arts event in a comfortable, familiar setting.

Soundtracks sessions (five at each location): Soundtracks sessions are small-group creative music activities designed specifically for Memory Care residents and caregivers. These sessions feature a small group of CSB musicians and may occur in any community space within any assisted living facility. Each Soundtracks session will explore a common Story Theme through music, such as "Love Story", paired with a Music Theme such as "Melody", "Harmony", or "Rhythm". During each session, residents will have the opportunity to sing and move along with familiar music that relates to each Story Theme, explore and learn about the Music Theme of the day

alongside professional musicians, and exercise their creativity by helping to compose a melody, play a rhythm, or tell a story.

Soundtracks sessions are non-sequential, meaning a resident may attend any or all of the sessions and does not need to carry learning from a previous session to the next. Sessions are designed with flexibility to accommodate residents at various stages of Dementia so residents can find enjoyment and success no matter their ability to participate.

Capstone Concert: The culmination of the five Soundtracks sessions is a Capstone Concert, presented by the CSB in collaboration with any MCU residents that wish to participate. The music and storyline for these concerts is created by the CSB using creative elements offered by the residents from each Soundtracks session. Resident-created music and stories are intertwined with other familiar music to create a fun, entertaining and engaging event. The concert design is flexible to accommodate MCU resident participation as they are able and interested, however their participation is not required for a successful Capstone Concert. By building an arts event using elements inspired by resident creativity, the CSB showcases the ideas and talents from residents, building community between residents and their caregivers.

Research Supports Our Soundtracks Project

The benefits of arts participation for older adults is well documented. A few examples from recent studies show adults who engage with the arts:

- Have better overall physical health, fewer doctor visits, take less medication and fall less (Cohen et. all, 2006)
- Show improved cognitive function and psychological wellbeing (Noice, Noice and Staines, 2004)
- Nursing home residents with dementia show a measured increase in quality of life as measured using the Quality of Life in Dementia scale that lasted up to six weeks following a live musical performance (Gizzi with Dallow, "Music and Quality of Life Among Nursing Home Residents with Dementia")

According to a 2014 study looking at the importance of music for people with dementia, researchers concluded:

"The effects of music go beyond the reduction of behavioral and psychological symptoms. Individual preference of music is preserved throughout the process of dementia. Sustaining musical and interpersonal connectedness would help value who the person is and maintain the quality of their life." (McDermot, Orell and Ridder, Aging and Mental Health Aug 2014)

About the Copper Street Brass

The Copper Street Brass is the premier brass chamber ensemble in Minnesota and one of only a handful of self-sustaining brass groups in the country. We were founded in 2008 as a professionally trained classical chamber music ensemble (which means we perform *without* a conductor) with two trumpets, horn, trombone and tuba. We present exclusively our own music, which is an original blend of musical styles from Mozart to Madonna, in over 35 concerts and 80 outreach services each season.

In the past 9 seasons our work has taken us to every corner of Minnesota and across the country from Montana to Massachusetts. We have appeared on live TV and radio, and our recordings are frequently heard on MPR. The

CSB's educational programs have inspired many thousands of students across the country. Our commitment to excellence and innovation in music education led to invitations to present at music educators conventions in Minnesota, Montana and North Dakota as well as recent educational partnerships with The Schubert Club, Minnesota Public Radio, Minnesota Orchestra, and the Minnesota Opera.

Visit our website at www.copperstreetbrass.org for recordings, videos, and much more about the CSB.

All CSB musicians have completed CARES Dementia Basics training. Project leaders Allison Hall and Corbin Dillon are Alzheimer's Association essentialALZ certified and have completed the National Center for Creative Aging's Online Artist Training Course.

For more information about Soundtracks or our other concert and educational offerings, contact Copper Street Brass Executive Program Director Allison Hall:

Allison Hall
allison@copperstreetbrass.org
(612) 722-3667 (office)