

Newsletter

Summer
2020



MUSIC MENDS MINDS

RESTORING THE RHYTHM OF LIFE



5th Dementia Band

Music Mends Minds is a 501(c)(3) nonprofit that creates musical support groups, bands and sing-a-longs for patients with Alzheimer's, dementia, Parkinson's, as well as traumatic brain injury, stroke and PTSD. Research shows that music memory remains intact in these patients, in spite of the disease process, offering a beneficial and therapeutic experience for our members, families, caregivers and the entire community. ALL are welcome to come and join in the fun, using the power of music to change brain chemistry and celebrate life!

WANTED:


- **General Volunteers**
- **Participants & Guests On Our Virtual Zoom Platform Sessions**
- **Fundraising Committee Members**

Contact:

(818) 326-0500

Visit us at:

www.musicmendsminds.org

 @musicmendsmindsorg

 @musicmendsminds

**Your DONATIONS
keep us growing.**

**Thank you for
your generosity.**



Remembering Gary LeMel
(9/16/1938 - 7/6/2019)

[- Watch Gary LeMel's 2016 Benefit Concert Speech HERE](#)

[- Gary LeMel Legacy Tab](#)

A Message From Music Mends Minds

Dear Fantastic Friends of Music Mends Minds,

It goes without saying that the past several months have been challenging for all of us. But know that Music Mends Minds is weathering the pandemic storm and pivoting to various and creative ways to keep up the musical momentum. Just as we were about to enter our new rehearsal home at the Los Angeles Temple Visitors' Center in mid-March, the sheltering at home edict came about and we needed to change our in-person rehearsals and performances to virtual gatherings. We made the switch without a hitch! We are pleased to announce that our Zoom singalongs take place three times per week, guided by a board certified music therapist. In addition, we are bringing global participants to the musical merriment. Please join us, too!

As the MMM fiscal year comes to an end shortly, we are pleased to report that we have eight terrific individuals as members of our board of directors, in addition to a board fellow. And we have a multitude of ambassadors ready to help out. Kindly contact us if you would like to be of service too! We are on the brink of creating the first MMM strategic plan, so we will have a solid blueprint from which to work next year, considering the "new normal." We also continue to look for viable ways to procure funding, so that we can continue our great work now and to grow bands when we can meet in person again.

On behalf of the board of directors and MMM team, we want to thank you - our supporters, donors and other angels who continue to help restore the rhythm of life in so many people's lives. We hope that you will spread the word of what we do so that we can touch many more individuals in need of our special musical support systems!

With gratitude,

Carol Rosenstein
Founder and Executive Director

Ross Goldberg, MD
Chair, Board of Directors

In Loving Memory of Ed Fox (7/20/1932 - 7/14/2020)

Ed Fox, our long-time, beloved 5th Dementia Band member, has passed away. He played the saxophone, oboe, clarinet, and especially loved to sing with us. He is survived by his wife of 65 years, Lorraine, and their two children.

We love you, Ed!

[Ed Fox singing original composition "Join Us" on Zoom](#)

BAND LISTINGS

Click a band name to learn more about the band!

California

West LA, CA -

"The 5th Dementia"

Contact: Carol Rosenstein
info@musicmendsminds.org
(818) 326-0500

Beverly Hills, CA -

"Beverly Hills Treble Makers"

Contact: Myra Lurie
myra.lurie@bhrotary.org

Studio City, CA -

"Studio City Jazzanova"

Contact: Katherine Tolford
katetla@sbcglobal.net

West LA Veterans Affairs, CA -

"The Band of Heroes"

Contact: Carol Rosenstein
info@musicmendsminds.org

Villa Gardens - Pasadena, CA -

"Joyful Hearts"

Contact: Tanya Mazzolini
tmazzolini@frontporch.net

Redondo Beach, CA -

"South Bay Songsters"

Contact: Karen Weigel
karenweigel@me.com

Rancho Mirage, CA -

"Tunes for the Memory"

Contact: Jeff Moses
jeffbmoses@verizon.com

Santa Barbara, CA

Contact: Carol Rosenstein
info@musicmendsminds.org

Washington

Vashon, WA -

"The Island Rockers"

Contact: Amy Huggins
amyhugs@comcast.net

Mercer Island, WA

"Mercer Island Rotary Band"

Contact: John Nelson
nelj@comcast.net

Olympia, WA

Contact: Warren Carlson
slowdrifters@comcast.net

"Puyallup, WA"

Contact: Randy Schneider
rwschneid@gmail.com

MMM "Zooms" to Great Heights!

Due to the COVID-19 pandemic, MMM bands across the world sadly had to shut the doors to all in-person rehearsals and sing-a-longs. In light of this, MMM has moved to online sessions through Zoom led by our Board-Certified Music Therapist, three times a week. Our seniors, their families, and caregivers can join us for music-making and socialization from the comfort and safety of their own homes!



A snapshot of one of our Zoom sessions!

Join us every Monday/Wednesday/Friday 1:00 PM - 2:00 PM PDT!

CLICK HERE TO JOIN: <https://zoom.us/j/6378877508>

ZOOM HIGHLIGHTS!

CLICK or TAP a video below to play it!



Margie & Jan
singing "Zip-a-Dee-Doo-Dah"



Paul (Alzheimer's patient) sings
"You Are My Sunshine"



David (Parkinson's patient) sings
"Three Little Birds"



Mike (Alzheimer's patient) playing
the trumpet!

MMM & Meli Music: A Powerful Partnership

MMM is pleased to be working with Laura Fonseca, a board certified music therapist, from Meli Music LLC. Laura leads our group in sing-a-longs during our Zoom sessions!

As Laura says, "In our Zoom rehearsals, we provide a sing-along experience, as well as an opportunity for members to solo. This is great because members can engage at their comfort level, while still allowing everyone to experience the power of music!"



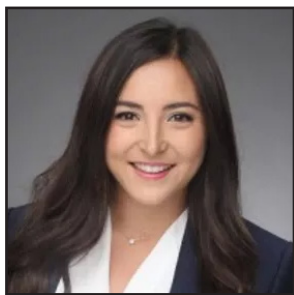
Laura Fonseca, MT-BC

Farewell to One of MMM's Musical Angels: Millicent Gappell (1932 - 2020)

Our beloved musical angel and avid supporter, Millicent Gappell, recently passed away. Millicent hosted our splendid "The Art of Myths and Music" soiree last October, where she entertained a plethora of music enthusiasts in benefit of MMM. As a leading post-millennial glass artist, concert pianist, speaker, and author, we admired her, and feel so fortunate to have known and loved Millicent, her formidable talents, and gracious demeanor!



Millicent Gappell
(1932-2020)



Meredith Wu

Welcome to Board Fellow, Meredith Wu!

MMM welcomes Meredith Wu, a Fellow with the Riordan Leadership Institute of the Southern California Leadership Network--an initiative that educates talented professionals through direct board participation with a nonprofit. Meredith Wu will be working with our Chief Strategist and Board of Directors to support our strategic planning process.

Golden Network TV Offers MMM a Golden Opportunity!

Prior to the pandemic, our 5th Dementia Flagship Band was offered a "new home" at the Los Angeles Temple Visitors' Center (LATVC), where we would rehearse every Monday. Meanwhile, GoldenNetwork.TV, a division of WAWO.TV Inc., launched an exciting new streaming service dedicated to bringing a variety of programs to seniors across the globe. We worked together with CEO and award-winning producer Temma Hammond, and 12-time nominated and 4-time Emmy Award winner Sheldon Altfield, with ambitions of streaming our music rehearsals at the LATVC to seniors across the globe. We hope to accomplish this when we finally return to the LATVC!



Maximo Marcuso

Welcome to MMM Celebrity Maximo Marcuso!

Meet Maximo Marcuso, known as "Tenor of the Americas." Maximo brings grand opera and musical drama to a multitude of fans, now including MMM. Over the years, Maximo has performed extensively both locally and abroad, with the Pasadena Symphony and POPS Orchestra for the "A Night at the Oscars Concert," AmericaFest at the Pasadena Rose Bowl, Crystal Cathedral "Hour of Power Symphony," Nevada Symphony, Golden State Symphony, Long Beach Symphony and POPS, as well as across the pond at Rome's Church Palace with the Cavalieri S. Silvestro Et Opera Orchestra. Maximo can be reached at

info@maximomarcuso.com

The Jazzanova

MMM's Jazzanova was one of over 20 bands that took part in the Join the Band's (JTB) spring showcase at The Federal Bar in March. JTB offers a variety of musical and rock band performance classes and music lessons. JTB's Trent Stroh, who is also Jazzanova's musical director, led the band in a rockin' version of "Mercy Mercy Mercy." [Listen HERE!](#)

Washington, cont.

West Seattle, WA

Contact: Mark Ward
mark@upwardarchitecture.com

New York

Bellport, NY

["Bellport Rotary Club Band"](#)

Contact: Marylou Bono
bellportrotary1@gmail.com

Connecticut

Ansonia, CT

["Forget Me Not"](#)

Contact: Judy Nicolari
jlarnic@comcast.net

International

Toronto, Canada -

["Recollectiv"](#)

Contact: Ilana Waldston
info@recollectiv.ca

["Tavistock, UK"](#)

Contact: Lynn Roddy
lynn.rodgy@homeinstead.co.uk

Rwanda

["Red Rocks Rwanda"](#)

Contact: Gregory Bakunzi
greg@redrocksrwanda.com



Jaden Anselmo with Irwin & Carol Rosenstein

Thank you to Jaden Anselmo!

Jaden, one of our long-time student musical volunteers from Windward School with The 5th Dementia Flagship Band, recently wrote about Music Mends Minds for the Curtis Alumni Grant for non-profits, and generously gifted MMM with his \$500 prize!

[Click HERE to watch Jaden gift Carol the check, and play piano for Irwin!](#)

[Click HERE to read Jaden's essay!](#)

“Carol’s Corner” **On a Roll with Rotary International Clubs!**

As a proud member of the 91-year-old Westwood Village Rotary Club AND Rotary International Clubs, I have learned how powerful this global collaboration is for Music Mends Minds. Thank you again to Amy Huggins, President of Vashon Rotary Club in Washington State, for being the creator of this thriving blueprint!

As a refresher, Rotary is a global service organization with over 33,000 clubs in 200+ countries, with over 1.2 million members. Fourteen of the 19 MMM bands have been formed by Rotary Clubs. MMM has partnered with two global arms of the International Rotary Organization: one is called Alzheimer’s Dementia Rotary Action Group (ADRAG) and the other is International Fellowship of Rotarian Musicians (IFRM). [See our Rotary tab on our website HERE!](#)



Westwood Village Rotary Club



Music Mends Minds Presentation at the
Rotary International 2020 Virtual Convention

ADRAG is an action group focused on bringing attention to the growing epidemic of neurocognitive diseases, specifically Alzheimer’s and dementia. MMM is a resource partner and we share a mission to spread awareness and educate about research regarding Alzheimer’s and dementia. As an active member of their global board, I was scheduled to be a speaker at the Annual International Rotary Convention in Hawaii - June 2020, now cancelled. Instead, our MMM video, which features our history and vision, and our new global music-making platform on Zoom, was included during the ADRAG presentation at the Rotary International 2020 Virtual Convention. Please enjoy the video, and share with your outreach!

Carol was recently interviewed by past District Governor and current ADRAG board member Dave Clifton on their “Service Matters” program on WPRV-AM 790. Enjoy the interview, which is followed by ADRAG-funded accomplished Alzheimer’s researcher Dr. Rudolph Tanzi.

- [MMM in “Service Matters \(Audio Recording\)”](#)

IFRM is composed of Rotarians, spouses, and students who want to connect with one another through their love of music. IFRM accomplishes its mission to “promote and encourage the use and appreciation of music in Rotary Clubs in our society and, thereby, to encourage world understanding” by working with MMM to discover and start new MMM bands. Tavistock, UK was the first MMM IFRM band. IFRM has also included us in their global outreach, including their Staccato newsletter, whereby in May, they featured a piece called “Gateway to Happiness” that discusses MMM’s musical support groups and our online Zoom sessions. I was also invited to pitch to their global board at the Hawaii Conference as well, which was cancelled due to COVID. Now, I am a member of the IFRM World Choir, and we meet every Sunday to sing together from across the globe!

MMM, in collaboration with IFRM Vice-Chair/Africa Gregory Bakunzi, has just launched a new MMM band in Red Rocks Rwanda! This is our first band on the African continent, with many more to hopefully follow as we continue to expand our global outreach.

[Stay tuned for more exciting news about our Rotary Club partnerships!](#)
[Yours in Service, Carol Rosenstein -- Founder, Executive Director of Music Mends Minds](#)



Gregory Bakunzi (left) & Carol Rosenstein (right) at the
2018 Rotary International Convention in Toronto
[Watch Red Rocks Rwanda Talent Show HERE!](#)

Research Findings: The Power of Music on the Brain

As our community of patients wait for a cure, MMM is constantly updating our research information on how music benefits the mind and the brain.

Our Public Awareness and Education Program shares new research findings that support our musical model of using music as “medicine for the mind.” Playing a musical instrument is likened to a full-body workout for the brain, integrating motor, sensory and auditory functions together with other higher order processes.

- 5.8 million Americans suffer from Alzheimer’s (www.alz.org/facts)
- Every 3 seconds, someone in the world develops dementia (www.alz.co.uk/research/statistics)
- Parkinson’s Disease afflicts 1 million Americans, costing \$52 billion/year (www.parkinson.org)

The Interplay of Music, Neuroplasticity, and Brain Development: Neuroplasticity: The ability of the brain to change, repair, and reorganize itself

- Music promotes movement and memory through its engaging, emotional, physical, personal, social, and persuasive properties (Brancatisano et al, 2020).
- Integrating familiar songs with personal experiences has been shown to help and motivate individuals who struggle to retrieve and process their personal life stories and memories (Fraile et al, 2019).
- Through involvement in music rehearsals, people with dementia display improvements during and after rehearsals in terms of quality of life, social support, communication, and self-esteem (Mittelman et al, 2018).
- Group singing has observable benefits on the quality of life and mental health in older individuals, because it alleviates stigma, stress, and anxiety while improving social support for these individuals (Irons et al, 2020).
- Practicing music enriches the senses of hearing, vision, and touch as well as the more thoughtful processes of memory, attention, and mental organization (Shen et al, 2019).
- Music processing is preserved against the damaging effects of brain damage and cognitive decline. This makes music one of the most effective tools for people living with cognitive difficulties to recall important verbal information (Ratovohery et al, 2019).

Sources for all of the above research facts can be found on our website at:
www.musicmendsminds.org/research

Donate at www.musicmendsminds.org/donate

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Not only do we receive donations via cash and credit cards—we also receive gifts of stock and real estate. You can also include us in your will!

To learn more -- email us at info@musicmendsminds.org
Your gift will support our programming and administrative costs to operate Music Mends Minds.

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Thank You!

A very special **Thank You** to the **Brentwood Presbyterian Church** for your loving hospitality and sharing your blessed home.

A very special **Thank You** to **Katheryne Levin**, Music Director for BPC, for your ongoing musical creativity, healing and loving support for the "5th Dementia."

A heartfelt **Thank You** to: **Awards Plus & the Jossel Family, Westwood Village Rotary Club, Beverly Hills Rotary Club, Carnegie Investment Counsel, and CC Pulitzer-Lemann & Monte M. Lemann II.**

A very special **Thank You** to **Manatt, Phelps & Phillips, LLP.**

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