

MUSIC AS MEDICINE FOR THE MIND

By Kay S. Wolf

For many, the holiday season's carols and jingle-jangle melodies evoke joy and nostalgia, but is a music connection still possible for those with neurodegenerative diseases who may be drifting away from loved ones? Happily, there is a positive answer.

Carol Rosenstein founded the non-profit Music Mends Minds eight years ago after Irwin, her husband of 38 years who suffered from Alzheimer's and Parkinson's, had seemingly succumbed to the distant fog of those diseases. Once a real estate attorney with an ear for music, Irwin went through a renaissance of sorts on his piano, playing a lively set of standards despite his mental and physical challenges. Carol latched onto the opportunity to explore whether music could continue to spark Irwin's improvement. According to Irwin's neurologist, Carol had witnessed the power of music changing brain chemistry: Playing musical instruments can trigger a complex neurological workout, pushing dopamine levels and enabling a hopeful and more vibrant means of communicating and oftentimes, combating depression.

Jump to today, MMM and partner Rotary International Clubs are offering 20 musical support groups for individuals with Alzheimer's, Parkinson's, traumatic brain injury, PTSD, and other neurological disorders. Hoping to extend Irwin's transformative experience to others who were similarly

challenged, Carol first established a performing group in Brentwood called The Fifth Dementia. Since that time, 24 concerts have been held, and in 2018, Carol was featured as one of 20 CNN Heroes. The Studio City-Sherman Oaks Rotary Club-sponsored Jazzanovas band began six years ago and plays music most Wednesdays from 1:30 to 3:30pm at the Universalist Unitarian Church at 12355 Moorpark Street. There are also tri-weekly virtual sing-alongs hosted by a music therapist for those interested in experiencing the role music plays in changing brain chemistry.

Many music therapists have witnessed how songs are tied to strong emotional experiences, and research has shown that musical ability is not only stored in one brain area, it is its own language of sorts, ingrained throughout the brain's processing mechanisms. You may recall the inspirational stories of Glen Campbell's "Goodbye Tour" and last year's Tony Bennett performance with Lady Gaga at Radio City Music Hall – despite having Alzheimer's Disease, both Campbell and Bennett wowed their audiences.

Carol explains, "Every three seconds someone is being diagnosed with dementia, every 65 seconds Alzheimer's, and every nine minutes Parkinson's. Although there is no cure for seniors suffering these diseases, music offers hope. Music storage cells form at seven months in utero and remain intact through our entire continuum of life. What we see with seniors in the mid to late continuum, despite having lost a good deal of their identities, is that they retain their musicality, even the ability to learn new genres of music."

The MMM groups emphasize play-



Jazzanovas ready to rehearse

ing and singing music, without stigma or a focus on illness and, as a result, many participants have moved from detachment and agitation to calm and a re-connection with loved ones.

A recent grant is enabling MMM and partners to start music groups in nine designated zones of Dementia Friendly Cities in the LA area. These communities inform residents of safety and courtesy measures to improve the quality of life for individuals with dementia, their families, and caregivers.

Irwin Rosenstein passed away almost two years ago, but he rediscovered music during his last years of life. Even if speech

and mobility issues kept him from connecting, the music brought him back to himself. It is hoped that while research for a cure continues, music will form a bridge to restore a sense of self and renew relationships. What greater gift is there?

**Information on Jazzanovas:
Contact Carol Rosenstein
at 818-326-0500**

**On line: Music Mends Minds:
musicmendsminds.org
and info@musicmendsminds.org**

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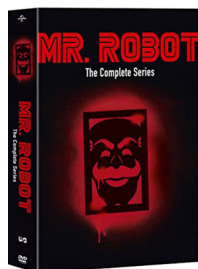
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From the
SCSOE News Staff*

Studio City Sherman Oaks Encino News Holiday Gift Guide

By the SCSOE News Staff

Mr. Robot- The Ultimate Collection



For the Sc-fi enthusiast in house, here is something for their shelves. Considered ground breaking TV when first viewed, "Mr. Robot" stars Emmy winning

Rami Malek as the star hacktivist Elliot Alderson. Disillusioned with modern society, programmer Alderson suffers from social anxiety, takes opiates to cope and hacking people is his primary means of human connection. Alderson's world undergoes a sudden upheaval when he meets the charismatic Mr. Robot (a perfect Christian Slater), as the mysterious leader of an underground hacker group that wants to destroy corporations' records of debtors to trigger a worldwide revolution. He wants to recruit the brilliant Alderson to help take down the "Man" and achieve his world wide vision.

In Alderson's new world, paranoia reigns supreme, corporations form alliances, friendships are tested, betrayals are inevitable and the final twists are unexpected. Included are 45 episodes and special bonus features including the making of show, many deleted scenes, special commentary and more!

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-Stephen Phenow

The Rolls Royce of Turntables

For the vinyl record lover on your list, start off right with something state of the art, built to last and priced just right. Head over to Shelley's Stereo in Woodland Hills, the Valley's premier Rega Dealer, Shelley's has been selling Regas since forever. My first real turntable was a Rega. Today's modern Rega starts with the Rega Model P1. Entry level and built to last, it costs \$600. Then there's the P1 plus which includes a built in phono preamp, all in one for just \$750. The Rega P3 is around \$1400 and can be an end game turntable. These are not toys. If you



commit to one of these Regas, you're making an investment as well as upgrading your audiophile game. You'll probably never have to buy another turntable again, unless to want to upgrade to another Rega. Top models can go for thousands more. Shelley's Stereo has been around since the Carter Administration, so they can really give you good advice. Isn't that nice? Give them a call at 818.716.8500.

Shelleys' Stereo, 22012 Clarendon St,
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- Jim Kaplan

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