

Newsletter

Winter
2019



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:

- Members for Fundraising Committee
- Committee to orchestrate Intergenerational Benefit Concert with UCLA Herb Alpert School of Music, "5th Dementia," and Studio City "Jazzanova"
- Volunteers to assist with MMM


Contact:

(818) 326-0500

info@musicmendsminds.org

Visit us at:

www.musicmendsminds.org

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Your DONATIONS
keep us growing.

Thank you for
your generosity.

Remembering Gary LeMel (1938 - 2019)

Earlier this year, one of the keystone members of MMM's "5th Dementia," Gary LeMel, passed away. Gary was President of the Music Division at Warner Bros. for 23 years, and worked on over 500 films, including the Grammy-award winning soundtrack for The Bodyguard. Gary joined MMM's "5th Dementia" in 2015, and since then, he has elevated the musicality and dynamic of rehearsals with his professional expertise and kind heart.

Gary will be in our hearts forever and his legacy lives on in MMM and across the industry.



Gary and his wife, Maddy LeMel, at the Gary LeMel Benefit Concert in 2016

MMM Event: "The Art of Myths and Music"

On October 12th, we hosted our first MMM Benefit Event, "The Art of Myths and Music," where we honored Diana Rogovin Davidow and Marina Day with our inaugural Maestro Award for their generosity to MMM. Our guests gathered in the beautiful home and studio gallery of Millicent Gappell, who performed classical piano pieces on her Fazioli piano. Board Member and UCLA Professor Michael Dean, a renowned bass-baritone, sang a selection of songs ranging from classical opera to musical theater. Afterwards, guests toured Gappell's upstairs glass art gallery and studio.



Millicent Gappell and Carol Rosenstein



Michael Dean and Carol Rosenstein



Carol Rosenstein Awarding Marina Day with the Maestro Award



Carol Rosenstein Awarding Diana Rogovin Davidow with the Maestro Award

BAND LISTINGS

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: Paige Potts
paige.potts@va.gov

Villa Gardens - Pasadena, CA -

"Joyful Hearts"

Contact: Tanya Mazzolini
tmazzolini@frontporch.net

Redondo Beach, CA

Contact: Karen Weigel
karenweigel@me.com

Rancho Mirage, CA -

"Tunes for the Memory"

Contact: Jeff Moses
jeffmoses@verizon.com

Santa Barbara, CA

Contact: Carol Rosenstein
info@musicmendsminds.org

UC Berkeley, CA

Contact: Yasmeen Faisal
yasmeenf22@berkeley.edu

Washington

Vashon, WA - "The Island Rockers"

Contact: Amy Huggins
amyhugs@comcast.net

Mercer Island, WA

Contact:

John Nelson, nelj@comcast.net

Olympia, WA

Contact: Warren Carlson
slowdrifters@comcast.net

Puyallup, WA

Contact: Randy Schneider
rwschneid@gmail.com

West Seattle, WA

Contact: Mark Ward
mark@upwardarchitecture.com

New York

Bellport, NY

Contact: Marylou Bono
bellportrotary1@gmail.com

Connecticut

Ansonia, CT

Contact: Judy Nicolari
jlarnic@comcast.net

International

Toronto, Canada - "Recollectiv"

Contact: Ilana Waldston
info@recollectiv.ca

Tavistock, UK

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

Manila, Philippines

Contact: Danilo Carandang
djcarandang@yahoo.com

New Band With Ansonia Rotary

Rotarian and Past President Judy Nicolari (right) of the Ansonia Rotary Club co-created with MMM the Ansonia "Forget Me Nots" chorus. Judy and daughter Patricia Nicolari (middle) traveled all the way from Connecticut to enjoy the Art of Myths and Music.

Spencer Lemann Honored

On November 7th, the Association of Fundraising Professionals, Greater Los Angeles Chapter awarded Spencer Lemann the Young Philanthropist Award as part of annual National Philanthropy Day at the JW Marriott with an audience of over 350 attendees. Spencer has volunteered with our "5th Dementia" band for five years and is now a second-year at USC's Thornton School of Music.

MMM at "Parkinson's IQ + You"

On December 14th, MMM will be represented at the Michael J. Fox Foundation's "Parkinson's IQ + You" Conference in Anaheim, CA. This event will increase public understanding of Parkinson's care and research, and MMM will educate attendees on the physical, emotional, and mental benefits of music for Parkinson's patients.



MMM's "5th Dementia" Band at USC



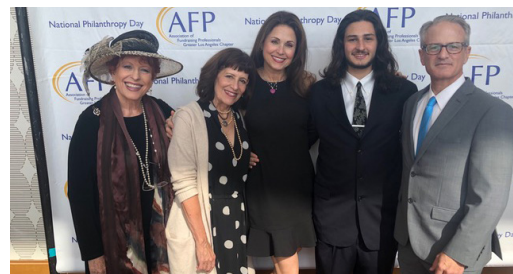
Beverly Hills "Treblemakers" at a Weekly Rehearsal



Studio City "Jazzanova" at The Mint LA



L to R: Carol Rosenstein, Patricia Nicolari, Judy Nicolari



L to R: Carol Rosenstein, Katherine Levin, CC Pulitzer-Lemann, Spencer Lemann, and Monte Lemann

MMM'S "5th Dementia" at USC

On October 1st, MMM's "5th Dementia" performed at USC as part of the Davis School of Gerontology's celebration of the UN International Day of Older Persons. Our musicians and singers awed hundreds of attendees and students in the main quad, showing that there has always been age equality in the unifying face of music.

Beverly Hills' "Treble Makers"

As many as 100 singers of all ages attend our Beverly Hills' "Treble Makers" musical group each week! Come join in the musical fun every Tuesday from 1:30 to 3:00 P.M. at Roxbury Community Center in Beverly Hills, CA.

Studio City "Jazzanova"

On November 23rd, our Studio City "Jazzanova" band gave an electric performance at The Mint LA. Pictured to left to right are Katherine Tolford, Paul Fox, Carol Rosenstein, Bryan Johnson, Nicke Pierone, Gene Herd, Mike Hassett, Peter Assing, and Trent Stroh.

Stay Tuned: 2020 Intergenerational Benefit Concert

We are looking forward to our 2020 Intergenerational Musical Benefit Concert celebrating the magic and power of music changing brain chemistry for our seniors suffering from neurocognitive decline, traumatic brain injury, stroke and PTSD. The music converts suffering into pure joy for our patients, caregivers, families and communities at large.

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

- Patients with Alzheimer’s Disease may forget certain melodic content of songs, but their **ability to play their musical instrument seems to be unforgettable** (Baird et al., 2009).
- Motor control training for patients with Parkinson’s Disease was shown to improve in response to musical sonification. Scientists say this type of musical therapy should be considered as a relevant strategy for **movement rehabilitation** (Veron-Delor et al., 2019).
- Music therapy benefits patients with Parkinson’s Disease in both motor and nonmotor symptoms that impact quality of life, **without the need for pharmacological treatment.** (Garcia-Casares et al., 2018).
- Music therapy can be used to help patients with dementia throughout the course of the disease, from mild to severe and can be effective in a variety of methods. Music therapy poses a **non-invasive, low-risk, and easy to implement** form of care (Fakhoury et al., 2017).
- Music therapy accesses the **part of the brain which retains memory**, making it an alternative treatment for dementia patients. Alzheimer’s and dementia are among the most expensive diseases to treat, and music therapy can help offset this cost (Trainor, 2019).
- Music therapy can be used as a **first line of defense against the behavioral and psychological symptoms of dementia (BPSD)**, including anxiety, depression, agitation, which may all contribute to a decreased quality of life (Nagy et al., 2019).
- Listening to music creates **synchronicity of mind, brain, and body**. Blood pressure, heart rate, and brain activity have been measured to **mirror each other in response to musical stimulation**, which allows music to be a **pleasurable and soothing experience** (Mollakazemi 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

Please send checks to:

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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 the sponsors of “Art of Myths and Music”: **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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