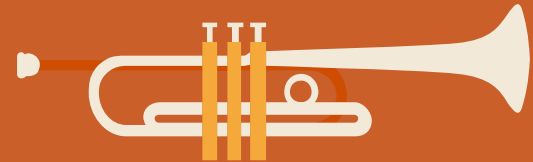
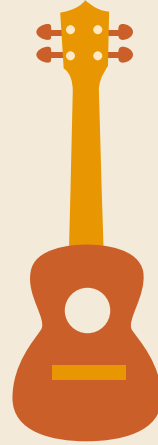


Music and *Memory*

Rachel Lockerbie, MT-BC



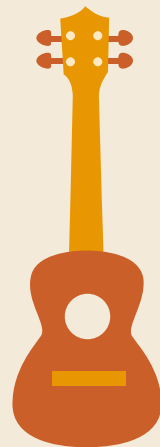
Rachel Lockerbie, MT-BC



- Board Certified Music Therapist
- Music Center of the Northwest (www.musiccenternw.org)
- Music Therapy: The evidence based practice of using musical interventions to achieve non-musical, individualized goals. Provided by a board-certified music therapist who has completed a degree in music therapy including a 1,200 hour clinical internship and passed a board-certification exam.

How are music and memory connected?

"Music has a prominent role in the everyday life of many people. Whether it is for recreation, distraction or mood enhancement, a lot of people listen to music from early in the morning until late at night, especially since the invention of radio and recordings. Because of its near ubiquity, music has been identified as important in the construction of autobiographical memories and thus for making judgments about oneself and others...Because emotions enhance memory processes and music evokes strong emotions, music could be involved in forming memories, either about pieces of music or about episodes and information associated with particular music" (Jancke, NIH).



How are music and memory connected?

"Musical memories are often preserved in Alzheimer's disease because key brain areas linked to musical memory are relatively undamaged by the disease.

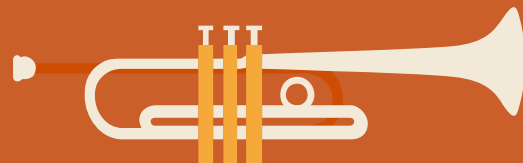
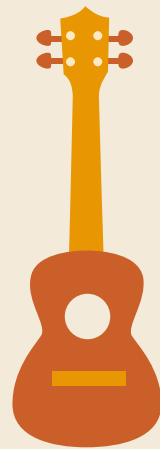
For example, music can:

Relieve stress

Reduce anxiety and depression

Reduce agitation

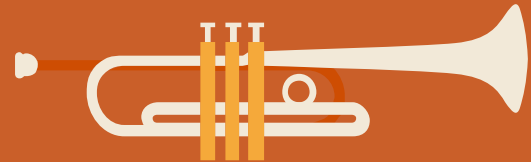
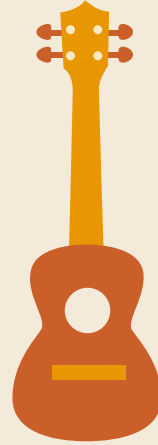
Music can also benefit caregivers by reducing anxiety and distress, lightening the mood, and providing a way to connect with loved ones who have Alzheimer's disease — especially those who have difficulty communicating." (Mayo Clinic)



How are music and memory connected?

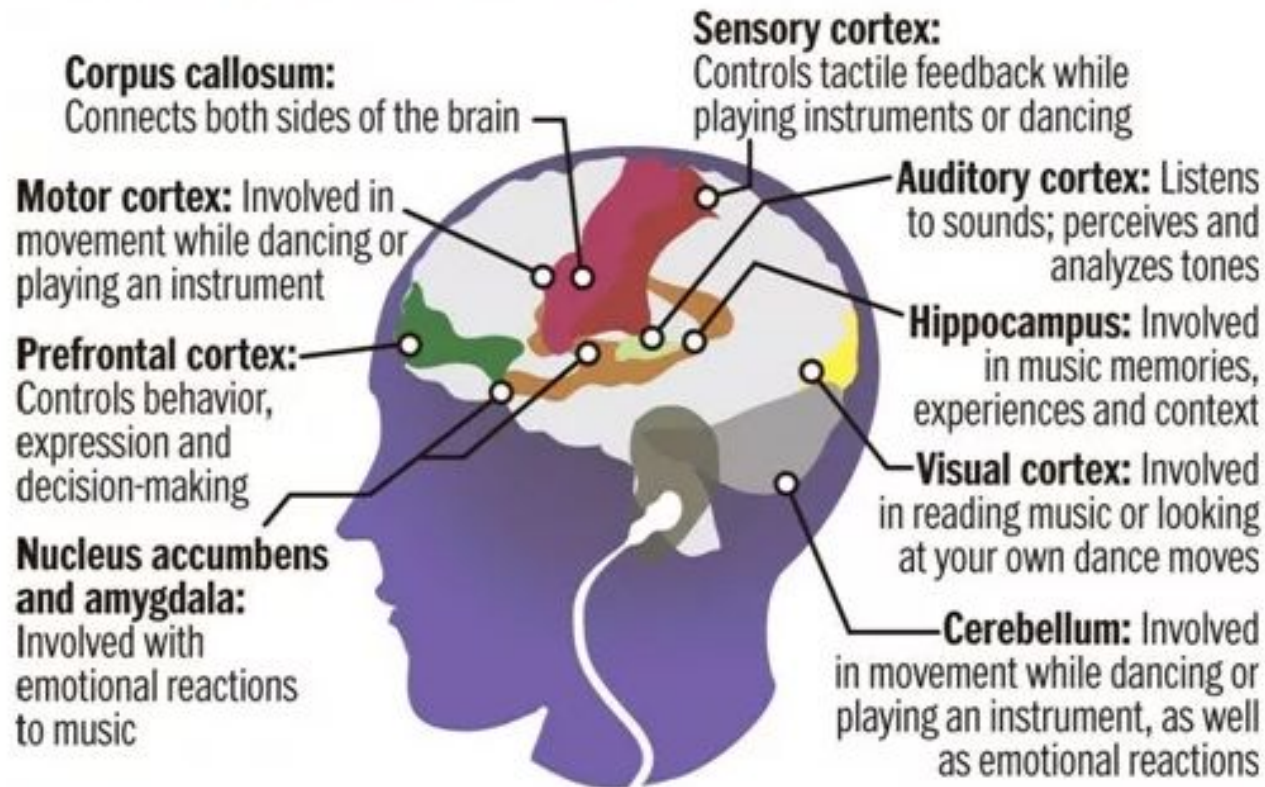
-From early childhood...consider songs used such as in children learning their ABC's or educational television shows such as Sesame Street, Mr. Rogers' Neighborhood, etc.

-Think of ways you have used music to remember something important, or times when just hearing a certain song has evoked emotions and memories from your past



Music and the brain

Playing and listening to music works several areas of the brain



SOURCE: Music for Young Children

DESERET NEWS GRAPHIC

Tips for Loved Ones

- If you are helping a loved one with this activity, provide musical cues
- If you are unsure of familiar music or your loved ones musical preferences, try looking up popular music from the years in which they were teens-young adults
- Sung general lyric content has been shown to be more effective than spoken lyrics



Finish the Lyric

You Sing: Somewhere over...

Loved One: The Rainbow

Note: remember this will be most effective if you sing the first part of the lyric for your loved one rather than speak it



Musical Bingo



Create your own or search for printable bingo cards with familiar songs

Play (YouTube) or sing part of each song for loved one in random order, having them mark the songs they recognize until they are able to get Bingo

<https://myfreebingocards.com/music/1960s-hits>



🎵 1960s Hits 🎵

A Day In The Life	Be My Baby	Good Vibrations	All Along The Watchtower	Leader Of The Pack
I'm Waiting For The Man	Sympathy For The Devil	Suspicious Minds	Like A Rolling Stone	I Heard It Through The Grapevine
California Dreamin'	God Only Knows	FREE SPACE	Whole Lotta Love	Paint It Black
I Wanna Be Your Dog	Respect	These Boots Are Made For Walking	I Want You Back	A Whiter Shade Of Pale
Space Oddity	You Really Got Me	Kick Out The Jams	Son Of A Preacher Man	She Loves You

Lyric Scramble

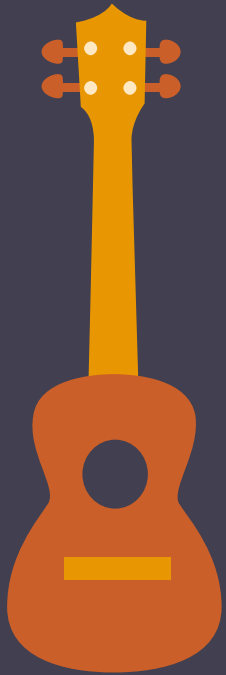
Way Up High

Somewhere

Over the Rainbow

Cut out squares of paper. Choose lines from familiar songs and write the line on the squares, with one word or short phrase per square. Mix up the order and have your loved one put them in the correct order.

YouTube Musical Activities



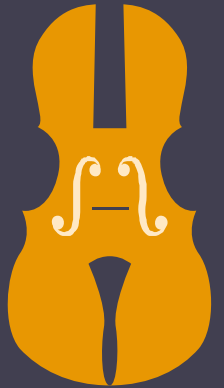
Go to: www.youtube.com

Type in: Sing Along (+ your favorite artist's name)

Type in: Sing With Me Karaoke (for duets!)

Type In: Guess the Song + Decade

<https://www.youtube.com/watch?v=2wjGy5NwWrE>



Personal Life Playlist

Either by yourself or with a loved one,
create a playlist based on your life

This could be either songs that
impacted you during different stages of
your life, or songs that you feel describe
different life stages



Music Trivia Games

-Type into Google: "Music Trivia" + decade or artist name

-There are lots of music quizzes online such as these ones:

<https://play.howstuffworks.com/quiz/can-you-name-the-beatles-song-if-we-give-you-one-line>

<https://play.howstuffworks.com/quiz/can-you-match-the-theme-song-the-60s-tv-show-quiz>



Questions

Thank you!

References

Graff-Radford (2019). Can music help someone with Alzheimer's? Mayo Clinic.

Jäncke L. (2008). Music, memory and emotion. Journal of biology, 7(6), 21. <https://doi.org/10.1186/jbiol82>

Image Slide 5, "Music for Young Children".

Bingo: myfreebingocards.com

Trivia: play.howstuffworks.com/quiz

