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

Corpus callosum: Connects both sides of the brain

Sensory cortex: Controls tactile feedback while playing instruments or dancing

Motor cortex: Involved in movement while dancing or playing an instrument

Auditory cortex: Listens to sounds; perceives and analyzes tones

Prefrontal cortex: Controls behavior, expression and decision-making

Hippocampus: Involved in music memories, experiences and context

Nucleus accumbens and amygdala: Involved with emotional reactions to music

Visual cortex: Involved in reading music or looking at your own dance moves

Cerebellum: Involved in movement while dancing or playing an instrument, as well as emotional reactions

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
<table>
<thead>
<tr>
<th>1960s Hits</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>A Day In The Life</strong></td>
</tr>
<tr>
<td>I'm Waiting For The Man</td>
</tr>
<tr>
<td>California Dreamin’</td>
</tr>
<tr>
<td>I Wanna Be Your Dog</td>
</tr>
<tr>
<td>Space Oddity</td>
</tr>
</tbody>
</table>

myfreebingocards.com
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=2wj6y5NwWrE
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


Image Slide 5, “Music for Young Children”.

Bingo: myfreebingocards.com

Trivia: play.howstuffworks.com/quiz