

# Calendar

## MAY 7, 2008

Inaugural Concert celebrating partnership between IMNF and Schnurmacher Center in White Plains, NY (See page 3).

## JUNE 16, 2008

Body Rhythm Workshop at New York State Department of Health, 2008 Dementia Conference, Living Well with Dementia, Facing Challenges and Finding Solution, Albany, NY. Health Professionals interested in learning more should contact [dementiaconference08@daughtersofsarah.org](mailto:dementiaconference08@daughtersofsarah.org).

## JUNE 13-20, 2008

Benedikte Scheiby to be principal teacher at Nordic Summer School on Music Psychotherapy with Somatic Patients, in Copenhagen.

## We greatly appreciate the generous support of the following new donors:

Maxine Aigen  
Stephen H. Gold  
Gloria H. Goldberg  
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Marble Fund, Inc.  
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Jerry I. Speyer



**SAVE THE DATE!**  
Music Has Power Awards  
Monday, September 8, 2008  
Feinstein's at the Regency  
Loews Regency Hotel, New York

INSTITUTE FOR MUSIC AND NEUROLOGIC FUNCTION  
A Member of the Beth Abraham Family of Health Services  
612 Allerton Avenue, Bronx, New York 10467  
(718) 519-5840



## Probing the Mystery of Music and the Mind

While the Institute for Music and Neurologic Function (IMNF) continues its vital daily work in helping people recover and enhance the quality of their lives through music, it has another mission as well – that of researching the mind-music connection. Dr. Mijin Kim, DA, LCAT, CMT, Director of Research for the IMNF, follows key studies from all over the world and supervises the development of research projects being conducted at the IMNF. Two studies, one each on how music therapy can affect outcomes for sufferers of nonfluent aphasia and depression, are projected for publication in the coming year.

The 40-person nonfluent aphasia study is nearly halfway completed, with 23 persons enrolled to date and eight persons having finished the 12-week therapy sequence. Aphasia is a type of speech difficulty that can affect victims of stroke, Parkinson's, brain trauma and other conditions,



Research subject Cheryl Kirkland, pictured here with music therapist Ariel Weissberger, chose to enroll in the Bronx Adult Day Health Care Program to continue music therapy after her part in the study was done.

and this study focuses on aphasia sufferers who are no longer enrolled in active speech therapy programs.

Our study compares a group randomly assigned to receive a music therapy protocol twice a week with a parallel group that receives a picture-based therapy protocol. The research has two parts – first, to determine if, after speech therapy has ended, either

of the therapies can help patients continue to recover. The second is to compare the two methodologies and their outcomes to see which, if either, is more beneficial.

“With our two decades of music therapy experience, we have seen people pick up speech miraculously through singing interventions where we use familiar tunes,” said Dr. Kim, “but we haven't seen a serious outcome-based study showing whether people can be helped after being left behind by traditional speech therapy programs.”

*(cont. on page 3)*

In addition to the aphasia study, the IMNF has received a \$60,000 grant from the New York Community Trust to study the impact of music therapy on depression. The research will examine whether active music making therapy can have a positive effect on ongoing recovery by people enrolled in rehabilitative therapy at a community-based health program at CCM, a member of the

Beth Abraham Family of Health Services. One group of participants in the study will receive active music therapy, a second group will receive social visits to talk about their issues and emotions, and a third control group will receive no additional supportive interventions beyond the psychotherapy that all three groups will receive. We expect to begin this research initiative this summer.

## IMNF Grows Via Family Ties

Excitement is high as the IMNF is launching new programs and initiatives throughout the New York metropolitan area, largely thanks to new developments within the Beth Abraham Family of Health Services (BAFHS), our nonprofit parent organization.

For the first time, the Institute is being supported by resources managed and allocated by all four of the nursing homes in the BAFHS network. The BAFHS Board wants to replicate the IMNF's success at the Allerton Avenue facility

An important aspect of the expansion is creating services and methodologies that will cover the entire network. IMNF Executive Director and Beth Abraham Senior Vice President for Music Therapy Dr. Concetta Tomaino DA, MT-BC will provide guidance on how each facility can improve its program and apply music therapy for its individual patient needs, advise on equipment and documentation for them, and otherwise help them advance their programs. IMNF staff members are meeting with Neighborhood Directors and Recreational

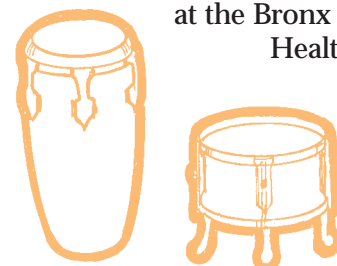
Therapy Directors at the nursing homes, planning in-service music therapy training for clinical directors and CNAs, and developing tools to standardize how patient assessments are handled across the network. This in turn will ultimately help us in our research efforts. At Schnurmacher, new funds will help Music Therapist Marlon Sobol expand his program with supervision tools, and provide for interns and other staff to help expand services.



Schnurmacher is one of four nursing homes now helping provide IMNF music therapy programs directly through its own funding initiatives

throughout the network, and the responsibility has been placed on each of the agencies to allocate funding for expanding music therapy services. Schnurmacher Center for Rehabilitation and Nursing in Westchester plans to create an expansive new program. In the Bronx, the Board of Beth Abraham has allocated funds to continue and grow its program for this year. The Center for Nursing and Rehabilitation (CNR) and the Margaret Tietz Center for Nursing Care in Brooklyn are following suit with their own initiatives, including the hiring of new music therapists Michiyo Yoshimura (CNR) and Rebecca Hasselbrook (Margaret Tietz).

But we're also expanding outside the traditional residential treatment facility model. We are now developing programs for day-care and home-care patients at Bronx community sites of CCM (Comprehensive Care Management), an affiliated member of the Beth Abraham Family of Health Services. In addition, through funding and special gifts, the IMNF was able to hire Spanish-speaking music therapist Ariel Weissberger, who now works with the registrants at the Bronx Adult Day Health Care Center.



## Probing the Mystery (cont. from page 1)

Although it's too early to predict the outcome of the study, some anecdotal stories have come out about early participants. One woman who was assigned to the music therapy group was so impressed with her progress over 12 weeks that she registered for the Bronx Adult Day Health Care (ADHC) program in order to have continuing access to the therapy when her role in the study ended. Another patient has seen such dramatic improvement through his participation in the study as a music therapy recipient that he recently reapplied for the position he left in the financial field after a stroke.

We are delighted to report that two recently published scientific reports on research conducted by groups outside the IMNF highlight music's potential to help patients recover from both stroke and depression. The first is a study published in the journal *Brain* in February that showed that listening to music in the early period after a stroke can help improve overall

long-term prospects for recovery. Listening to music improved subjects' verbal memory, mood and ability to focus and pay attention.

The second positive report, this one on music therapy's efficacy in treating depression, was published by the Cochrane Collaboration in January. The summary document compiled the results of five separate studies. Four of the studies showed clear reductions in symptoms of depression among those who received music therapy, and according to Cochrane, "suggest that music therapy for people with depression is feasible."

***"This almost universal responsiveness to music is an essential part of our neural nature... Why this should be so is still a mystery. Our research is only now beginning to unlock those secrets."***

Dr. Oliver Sacks, March 2002

## Concert Launches Westchester MT Program



David Amram

Schnurmacher Center for Rehabilitation and Nursing in White Plains, NY, is launching Westchester's first comprehensive Music Therapy program, in partnership with the IMNF. The partnership is being celebrated at a benefit concert featuring celebrated

musician/composer David Amram on May 7 in downtown White Plains.

The Inaugural Concert will raise funds to support the expansion of music therapy services at Schnurmacher by providing funding for staff positions, additional programming, supervision and research through the IMNF.

David Amram has composed more than 100 orchestral and chamber music works, along with numerous scores for the Broadway theater, films and operas. Listeners "marvel at his multiple gifts as a composer, conductor and solo instrumentalist," said a review in *The New York Times*. "David Amram (is)... a musical catalyst and leader on a par with Leonard Bernstein, Pete Seeger and Dizzy Gillespie ..." agreed the *Minneapolis Star & Tribune*.

Shem's Disciples, featuring Schnurmacher's own music therapist Marlon Sobol, will also be performing at the benefit with its unique, electrifying blend of raw live hip-hop, roots reggae, and spiritualism. "This benefit is an exciting opportunity for Schnurmacher to launch a great partnership with the Institute," Sobol said. "With our program expanding, we hope to work closely with our peers throughout the network to develop novel uses of music to help people achieve and regain function. The Institute and Schnurmacher have a unique expertise in this region, particularly for people with strokes, dementia, and rehabilitation needs."

## A Letter From The Chairman

Dear Friends of the IMNF:

What a year we are having! Already we have enjoyed the exciting success of our Beastie Boys benefit concert, which raised nearly a quarter of a million dollars toward expanding our services and enhancing our research efforts. In addition to the incredible Beastie Boys, I want to thank my sons Eddie and Nick Stern for their extraordinary efforts in pulling this concert together. We also want to thank Moby, whose willingness to host and play at the show made all the difference, DJ D-Nice, and our own David Ramsey and Jeremy Deliotte, who taught the audience what the power of music really is.



Of course, most of our important work goes on much more quietly – that of advancing science and helping people find their way to a fuller life through the power of music. These vital efforts don't happen in a vacuum. We rely on an active and energetic Board to direct and shape our efforts. Please join me in welcoming two new Board members: Jayne Young Allen, an author and music industry creative consultant, and Charles Armstrong, President and CEO of Armstrong InterActive. In addition, for the first time, the Boards of the individual member institutions of the Beth Abraham Family of Health Services are allocating funds toward expanding their own music therapy programs through our Institute.

I want to extend special thanks to our Board Member Michael Feinstein, who once again is offering his club at the Regency for our 2008 Music Has Power Awards event on September 8, and to our Executive Director Dr. Concetta Tomaino. Finally, we mark a year since staff members Linda Wagner and Teresa Simonetti arrived at the IMNF, and we note with gratitude the outstanding work they have done in this short time to further our goals.

As you read this issue of Music Has Power, please know that we count on you to help us expand the vitally important work we do every day, opening the doors to recovery and rehabilitation through music.

Sincerely,

Edwin H. Stern III  
Chairman

## Guitar Center Foundation Grant

The IMNF will receive \$4000 worth of musical instruments from the Guitar Center Music Foundation. The grant, which will include a selection of guitars, keyboards, percussion instruments, amplifiers, speakers and related equipment, will be used by BAFHS patients and their music therapists as part of their music therapy programs.

"We understand the impact music has on the lives of people of all ages, and the tremendous

gift it brings to participants and listeners," says a statement on the Guitar Center Music Foundation's website. "We understand the power of music on the soul and the vehicle it provides for our sanity, health and creativity. We want to help make that gift available to everyone, with the understanding that the process of participating in music is a means to this end." The IMNF is grateful to the Guitar Center for this grant.

## How Sweet the Sound

It began modestly... just a music therapist, a guitar, and a woman's request to hear some of the old songs again. But ten years later, this little light of Beth Abraham shines brightly as the Gospel Choir celebrates a decade of memorable performances, weekly rehearsals, and the creation of lifelong friendships.

Thompson's room to sing with her, and people clustered around, spilling out into the hallway. "Many of our singers' independence is limited, and they have been separated from their families and friends. Some have had strokes, and one of the side effects of stroke is depression. This

*(cont. on page 7)*

"Ever since the beginning, the people in this group have had a sense of a closeness and belonging," said the IMNF's Tom McClelland, the music therapist who has directed the Gospel Choir since he first went to resident Miriam



## Drumbeat of Hope

Rhythm is everywhere, from the way we talk to the beating of our hearts, from the pace of our steps to the way we shake hands. But for many patients with dementia, the rhythm of life has been lost. No wonder that therapeutic rhythm

skills, attention, emotional expression, ability to follow cues, and much more.

The IMNF is completing work on a two-year grant from the New York State Department of Health to develop and teach therapeutic rhythmic programs for nursing homes around the state. Music therapist Luci Butler has headed up the grant program, which has included two far-ranging workshops for nursing home staff and dementia caregivers. The program has culminated in the creation of a DVD and accompanying handbook entitled Rhythmic Activities for Everyday Care, which can help providers observe, develop and lead rhythmic activities for their own patients with dementia. The newly completed DVD and handbook will be distributed to more than 600 nursing homes in New York State, and greater detail about the topic is available for download at no cost at [www.health.state.ny.us/diseases/conditions/dementia/edge/](http://www.health.state.ny.us/diseases/conditions/dementia/edge/). Selected staff in all of BAFHS long term care facilities will receive in-service training.

For copies of the DVD and booklet, contact the Institute at [imnf@bethabe.org](mailto:imnf@bethabe.org).



and drumming programs are an important part of the IMNF's work – they can enhance mood, social interaction, motor

## Beastie Boys Mix Up Excitement

The Beastie Boys headlined for 3,000 fans at Terminal 5 in New York City this spring at the first-of-its-kind IMNF benefit. Hosted by Moby, with major underwriting from MTV and VH1, the concert was a tour de force of sound,



The Beastie Boys got the bodies movin' at the benefit concert.

rhythm and energy. Also on the bill was IMNF music therapy graduate Jeremy Deliotte, who sang "I Can See Clearly Now" with Moby and music therapist David Ramsey on accompaniment.

The show opened with DJ D-Nice spinning well-known hip-hop hits. Then Moby and Jeremy came on and took a moment to talk about the Institute and to express the IMNF's gratitude to the Beastie Boys and their fellow performers. They also thanked organizers Nick and Eddie Stern and the entire audience for their support. Their song was received with wild cheering and applause from the sold-out crowd.

Then the Beasties' own Mix Master Mike came onstage and the band was on. For two hours, Beasties Mike D (Michael Diamond), Ad Rock (Adam Horovitz) and MCA (Adam Yauch) and their band played with frenzied force as they performed such hits as "Sureshot" and "Body Movin". The climax of the evening was the closing number, "Sabotage."



Jeremy Deliotte, accompanied by Moby (l) and David Ramsey (r), opened the show.

"Mike D has been a friend of mine for several years," said Eddie Stern, "and I first asked him about the band performing for the Institute three or four years ago. At the time they were not able to do it, but this year he presented the idea to his bandmates. Anything they do is a relatively big undertaking, so for them to offer their time, energy and enthusiasm for the Institute was a huge thing."

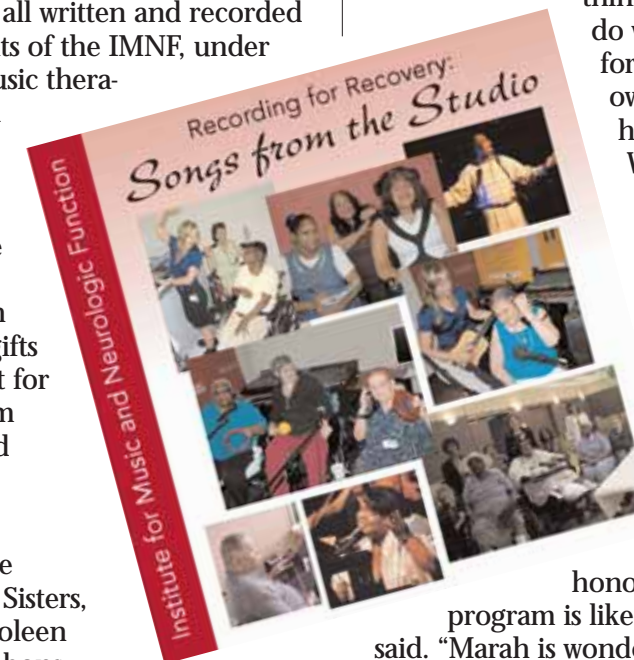
Nick Stern handled all the logistics of the show, from ticketing to security. "My brother and I have a close connection to music, and the IMNF is the charity we want to put our minds and efforts into," Nick said. "The Beastie Boys have been my favorite band since I was a kid, so sitting backstage and seeing this come together was great."

After-expense proceeds of the event exceeded \$230,000. In addition to support from VH1 and MTV, sponsors included Atlantic Records and numerous individual donors. Nick Stern especially thanks Graham James of MTV, John Moore of The Bowery Presents and Jenn Hall, the Beastie Boys manager, for all their support. The Institute is grateful to everyone who made this event such a tremendous success!

## CD Release: It's Party Time!

A new CD called Songs From the Studio, the latest in the "Recording for Recovery" series of CDs, has just been released. On it are 16 original songs ranging from slow and sentimental to peppy and powerful, all written and recorded by music therapy patients of the IMNF, under the guidance of staff music therapists Marah Bobilin and Benedikte Scheiby. Songwriting and musical improvisation are important aspects of the music therapy program at Beth Abraham, which has received generous gifts of electronic equipment for its recording studio from Moby, Sandy Wilbur and several music industry corporations.

Among the artists on the recording are The Soul Sisters, Saved by God's Grace, Ioleen and Doreen, Trevor Gibbons, Natalie, Tomas Valera, Juanita Hill, Club Emerald and Concetta Tina Previte. At the party for the CD launch, there were



movies and photos, and each of the artists received a certificate and a copy of the recording.

"When Club Emerald wrote Just Do It, we were thinking that you just have to do what you can to move forward, not think about your own pain or difficulties, and have faith," said Dorothy Woodberry, a six-year resident at Beth Abraham. "And that's what came out in the song."

Concetta Previte wrote Dance! after thinking about her days of watching Dick Clark and American Bandstand on TV. Her song Cara Mamma was written to

honor her mother. "The music program is like a dream come true," she said. "Marah is wonderful; she goes out of her way to help me with the songs. I now have a tape recorder, and when I have an inspiration in the shower, I can just come out and reach for the tape, and I have it for later when we can work on the song together."

## How Sweet the Sound *(cont. from page 5)*

helps many of them cope with that depression, and brings a sense of purpose and community to their lives."

It also aids many participants in recovering speech (through singing), hand movement (through holding lyric sheets or clapping) and serves multiple social and emotional needs. But the most important thing it does is bring light into the lives of participants and listeners alike. The choir includes residents, former residents who return for rehearsals or concerts, some staff members, and even people from the community who occasionally come to sing with the group.

"The choir revitalizes us all. It energizes me," said participant Rev. Jethro Wright, who lives at Beth Abraham. "My mind and spirit are still

growing, and singing keeps our minds attuned to positive things instead of being depressed or downcast."

Rehearsals happen on Monday nights. "We have about 25 members, and about 12 to 15 attend any given rehearsal," said McClelland. "I move around and encourage everyone to participate. People of all faiths come just because they love to sing. Some have told me that this choir is a miracle in their lives."

