

## STAFF

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**Hyacinth Atchison**

Dinning Director

**Alyssa Nidiffer**

Lifestyle Director

**Violet**

Health and Wellness  
Director

**Jeff Posey**

Maintenance  
Director

## Important Dates

**March 12<sup>th</sup>**

Daylight Savings

**March 17<sup>th</sup>**

St. Patrick's Day

**March 20<sup>th</sup>**

First day of Spring

Resident of the Month  
Libby L

Employee of the Month  
Crystal

## Music and Senior Health

We all love music, but very few of us are aware of all the benefits it can bring to improve our quality of life, especially in the aging process; music can become a great accomplice to keep us healthy and joyful.

First, we must bear in mind that music allows us to experience pleasure, and this is not only a subjective appreciation, but it is well founded: listening to music can help increase serotonin levels, the neurotransmitter responsible for regulating the state of mind, and sleep, which inhibits negative emotions such as anger. Furthermore, music is also about communication, allowing pleasure, gratification, and all the beautiful emotions it evokes in us to be shared with other people.

According to the World Federation of Music Therapy, it is defined as: "The professional use of music and its elements as an intervention in everyday, medical and educational settings, in which different individuals, groups, families or communities participate, seeking to optimize quality of life and improve physical, social, emotional functioning, communicational and intellectual of these."

In the elderly, music can release a whole torrent of memories. This is one of the reasons why music therapy is one of the most effective treatments for older people suffering from certain diseases or disorders.

**TAKEN FROM ATLAS SENIOR LIVING BLOG. READ MORE HERE**

<https://atlasseniorliving.com/blog/music-and-senior-health/>

### Ways to Incorporate Music at Legacy Ridge Neese Road

- Happy Hours with Live Entertainment
- Weekly handbell group



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