

The House of Music Therapy & The Bentley Village Foundation

2024 Assessment – Executive Summary

This is only a summary. A more robust impact assessment for 2024 is available upon request.

Transforming Lives Through Music Therapy at Bentley Village

More Than Just Music – It’s Hope, Healing, and Connection

Music therapy at Bentley Village isn’t just about melodies and harmonies. It’s about **restoring dignity, rekindling joy, and renewing connections** that were once thought lost. It’s about **awakening memories, healing hearts, and building bridges** where words no longer suffice.

Your support makes this magic possible.

Your Impact in 2024

Because of your generosity, we delivered **292 transformative music therapy sessions** this year, reaching residents across all levels of care:

- **Memory Care & Assisted Living:** 103 Sessions
- **Care Center Groups:** 80 Sessions
- **Individualized Music Therapy:** 560 Mini Sessions
- **Independent Living:** 50 Sessions
- **Arden Courts Memory Care:** 3 Sessions

Every note played and every song sung brought hope, healing, and human connection to those who need it most.

The Power of Music Therapy: Bringing Light to Dark Moments

Music therapy is more than just entertainment. It’s a clinically proven approach to:

- **Awaken Memories and Minds:** Familiar melodies spark recognition, recalling moments long forgotten.
 - **Heal Hearts and Spirits:** Personalized music experiences reduce anxiety, depression, and feelings of isolation.
 - **Reignite Communication:** Singing supports speech restoration, giving voice to those who struggle to express themselves.
 - **Restore Dignity and Purpose:** Group music-making fosters social connections and builds community.
 - **Empower Movement and Mobility:** Rhythm-based exercises improve coordination, balance, and physical well-being.
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Real Stories. Real Transformations.

Behind every session is a story. **Your support changes lives.**

- **Client Y's Journey from Silence to Song**
When Client Y first joined our memory care group, she was withdrawn, rarely speaking, or making eye contact. But as familiar tunes filled the room, she began humming and tapping her fingers to the beat. By year's end, she was singing along, laughing, and fully engaged. Her caregivers call music therapy "the highlight of her week," bringing joy that lingers long after the music fades.
- **A Family Reunited Through Music**
"I thought I had lost my mother forever," shared Client B's daughter. "But seeing her light up, sing, and contribute during music therapy brought her back to me."
- **Restoring Identity and Confidence**
One resident, isolated and silent for years, rediscovered her voice through our drumming group. Starting with a hesitant tap, she progressed to leading rhythms for others. Her family was in awe: "Drumming brought out a side of my mother we hadn't seen in years. She's engaged, expressive, and alive again."

These are more than stories—they are lives transformed, hearts healed, and connections restored.

Why Your Support Matters

Your continued support allows us to:

- **Maintain Consistent Programming:** Ensuring music therapy is a reliable source of joy and healing for our residents.
- **Expand Group Sessions:** Reaching more residents who benefit from social interaction and shared musical experiences.
- **Enhance Resources and Tools:** Introducing new instruments, familiar songs, and engaging activities to maximize resident participation and enjoyment.
- **Provide Professional Development:** Supporting our board-certified music therapists in delivering innovative, effective, and compassionate care.

Your generosity keeps the music playing and the magic alive.

You Are the Heartbeat of This Program

Thanks to you, we are not just playing music; we are changing lives. **Your support is the rhythm of hope, the melody of healing, and the harmony of community.**

Thank You for Making a Difference!

Bentley Village Foundation & Harmony Health Services
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