

# The House of Music Therapy & The Bentley Village Foundation 2024 Assessment

## Purpose and Alignment with the Foundation

Music therapy is more than entertainment—it's a *lifeline* for residents, providing cognitive support, emotional healing, and community connection. With your support, we can continue making a lasting impact on the lives of seniors at Bentley Village.

Over the past year, our music therapy program at Vi at Bentley Village has dynamically championed the Bentley Village Foundation's mission to enrich lives through music and Music Therapy. We are proud to celebrate the successful completion of our newest music therapy program in independent living, marking a year of meaningful impact and growth.

Through regular, board-certified music therapy sessions, we have enhanced socialization and emotional well-being among residents. Rhythm-based exercises have strengthened motor skills, while singing has supported speech restoration, reigniting the spark of communication and movement. Personalized music interventions have provided comfort, alleviated mental distress, and stimulated neuroplasticity, aligning with the Foundation's vision of cognitive health enrichment.

Our intergenerational collaborations with Florida Gulf Coast University and diverse musical experiences have been a beacon of hope, combating depression and cognitive decline. Additionally, we have developed targeted techniques that aid memory, reduce agitation, and improve physical coordination, particularly for those living with dementia.

This synergistic blend of music and therapy has not only fulfilled but exceeded the Foundation's aspirations, transforming lives and infusing hope and joy in every note. We look forward to another year of innovation, connection, and healing through the power of music.

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## 292 Total Sessions/Hours Delivered in 2024

- Memory Care / Assisted Living Residence (ALR) Groups: 103 Sessions
- Care Center Groups: 80 Sessions
- Care Center Individual Sessions: 560 Mini Sessions (56 hours)

- Independent Living Groups: 50 Sessions
  - Arden Courts Memory Care: 3 Sessions
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## Impact Analysis

### Memory Care Music Therapy (ALR Memory Care)

#### A Story of Transformation

When Client Y first joined our memory care music therapy group, she struggled with agitation and rarely engaged with others. During her first few sessions, she remained withdrawn, avoiding eye contact and verbal interactions. However, over time, something remarkable happened—she began softly humming along with familiar melodies, then tapping her fingers to the beat. By the end of the year, she was fully engaged, singing along, making eye contact, and even laughing with her peers. Her caregivers described these sessions as “the highlight of her week,” bringing moments of joy and calm that extended beyond the music therapy room.

#### 2024 Impact at a Glance

- **289 Total Sessions Delivered**
- **10-12 residents per session**
- **4 Music Therapy Students engaged in hands-on learning**
- **Breakthroughs in cognitive recall, motor function, and emotional regulation**

#### Program Goals & Objectives

Music therapy is clinically proven to support individuals with cognitive impairments by engaging multiple areas of the brain. This program specifically focuses on:

- **Cognitive Stimulation** – Activating memory recall through familiar songs and reminiscence-based experiences.
- **Emotional Well-being** – Reducing anxiety, depression, and agitation through structured interventions.
- **Socialization** – Encouraging communication and connection with peers and caregivers.
- **Motor Skill Development** – Improving flexibility, coordination, and balance with music-assisted movement exercises.
- **Stress Reduction** – Guiding relaxation through deep breathing and rhythmic entrainment.

## Key Observations & Outcomes

- **Calm & Alert Residents** – By the end of each session, staff consistently noted increased relaxation, engagement, and attentiveness among residents.
- **Sustained Participation** – Structured movement breaks improved focus and interaction, keeping participants engaged for the full 50-minute session.
- **Breakthrough Moments** – Residents previously identified as “difficult to engage” began singing, participating, and responding to group discussions.
- **Enhanced Communication** – On average, 7 out of 8 residents successfully expressed a thought, memory, or idea when prompted.
- **Movement-Based Success** – 1-2 clients fully imitated gross motor movements, while 3-5 others approximated the motions despite physical limitations.
- **Innovative Engagement Tools** – Visual aids, interactive media (e.g., music-based Mad Libs, “Name That Artist” games, and boomwhacker arrangements), and new instruments increased focus and enjoyment.

## Family & Staff Testimonials

- **Client B’s daughter:** “Seeing my mother light up, sing, and contribute to the session is something I never expected. It’s given her back a part of herself.”
- **J (Client AB’s wife):** “We never miss a session. The structured activities help him move, talk, and sing. The memory-based questions really make him think and engage.”
- **Care Staff:** “Clients recall more autobiographical memories during music therapy than in other settings. It’s remarkable how it activates different parts of their brain.”

## Looking Forward: The Next Step in Impact

While our group sessions have been transformative, **individualized music therapy** could offer even greater benefits. Residents' needs vary widely:

- Some require **motor-focused interventions** to improve coordination.
- Others need **emotional and psychosocial support** through personalized music experiences.
- Many could **enhance their communication abilities** with targeted interventions.

By expanding our **one-on-one music therapy offerings**, we can tailor interventions to maximize individual progress. **This is where donor support makes the greatest difference.**

# ALR General Aging Music Therapy

## A Story of Engagement

For many residents, daily life can feel routine, sometimes even isolating. Client A, a longtime participant, shared, *“These sessions provide a sense of relief from daily struggles.”* Music therapy has become a **vital space for connection, self-expression, and cognitive engagement**, bringing residents together in ways that go beyond conversation. Whether through familiar songs, interactive movement, or group music-making, participants consistently leave sessions feeling **uplifted, engaged, and reconnected to their community**.

## 2024 Impact at a Glance

- **10-12 residents per session**
- **2 Music Therapy Students actively engaging in hands-on learning**
- **Year-round participation** despite an anticipated summer break—residents requested sessions to continue!

## Program Goals & Objectives

This program provides a **comprehensive approach** to aging well through music therapy, focusing on:

- **Cognitive Stimulation** – Strengthening memory recall and communication skills through interactive experiences.
- **Emotional Well-being** – Creating an uplifting environment that **reduces anxiety, depression, and stress**.
- **Social Connection** – Encouraging participation and interaction to build **stronger community bonds**.
- **Physical Wellness** – Supporting mobility, coordination, and flexibility through movement-based activities.
- **Relaxation & Stress Reduction** – Using guided music techniques like deep breathing to promote calm and mindfulness.

## Key Observations & Outcomes

- **Increased Alertness & Engagement** – Residents consistently appear **more focused and energized** by the end of each session.
- **Familiarity Builds Confidence** – Routine participation fosters a sense of **comfort and predictability**, particularly for residents who may struggle with change.
- **Movement & Music** – **Residents respond most positively to interactive, movement-based activities**, such as rhythm exercises and seated dance routines.

- **Community Connection** – Many participants who **previously self-isolated have become more socially engaged**, speaking up and sharing personal stories during sessions.

## Family & Staff Testimonials

- **Client A:** *“Sessions provide a sense of relief from daily struggles.”*
- **Families Report:** Loved ones have become **more socially active** and **show improved moods** outside of sessions.
- **Resident Feedback:** Participants **enjoy familiar songs, music trivia, and the chance to contribute to song selections.**

## Looking Ahead: Expanding Impact in Independent Living

- Residents have expressed a **desire for more frequent sessions** and **expanded programming.**
- Provide **more individualized music experiences** to meet residents’ unique needs.
- Introduce **new interactive elements** to further enrich engagement.
- Expand programming to **reach more participants who would benefit from music therapy.**

## Care Center Music Therapy Groups

### A Story of Renewal

For many residents in the Care Center, illness or injury can lead to isolation, depression, and a decline in social engagement. One resident, previously withdrawn and unresponsive in group settings, gradually began tapping along to rhythms during sessions. Over time, he progressed to singing, making eye contact, and initiating conversation with others. His caregivers noticed a marked improvement in his mood and energy levels, with music therapy becoming the one activity he consistently looked forward to each week.

This transformation is not uncommon. Music therapy provides a **structured, engaging, and uplifting space** for residents to connect, reminisce, and regain a sense of identity through music.

### 2024 Impact at a Glance

- 12-15 residents per session
- 2 Music Therapy Students engaged in hands-on learning
- Sessions serve a dual purpose of **supporting recovery from illness or injury** and **alleviating symptoms of depression and isolation**

## Program Goals & Objectives

Care Center Music Therapy is designed to promote:

- **Emotional Well-Being** – Reducing depression, anxiety, and stress through structured music interventions.
- **Cognitive Stimulation** – Strengthening memory recall and communication through interactive reminiscence-based experiences.
- **Physical Coordination & Mobility** – Improving motor skills, flexibility, and balance with music-assisted movement exercises.
- **Socialization & Connection** – Fostering meaningful interactions through group music-making activities and intergenerational engagement.
- **Relaxation & Stress Reduction** – Encouraging deep breathing and guided music techniques for calm and mindfulness.
- **Inclusivity & Personalization** – Adapting sessions to individual preferences, ensuring all participants benefit fully.

## Key Observations & Outcomes

- **Mood & Energy Levels Improve Post-Session** – Families and caregivers frequently note a **positive shift in residents' engagement and overall demeanor** after music therapy.
- **Participation Levels Fluctuate** – Health and weather conditions impact attendance, but even on lower participation days, **music consistently lifts residents' spirits**.
- **Upbeat Music Increases Engagement** – Residents respond most positively to **familiar, high-energy songs** that encourage movement and singing.
- **Social Interaction & Reminiscence** – Residents who struggle to engage in daily activities **actively participate in music therapy sessions**, recalling memories and interacting with others.

## Family & Staff Testimonials

- **Family Member of a Resident:** “Music therapy is the one activity my mother fully engages in. It brings her joy and gives her something to look forward to.”
- **Care Staff:** “Residents recall more memories during music therapy than in any other activity. The engagement and happiness we see are incredible.”
- **Resident Feedback:** “The music lifts my spirits, especially when we sing together. It reminds me of my younger years.”

## Expanding Impact: The Future of Care Center Music Therapy

While music therapy has been instrumental in improving well-being, **expanding services could further enhance its impact:**

- Increasing **individualized music therapy** to provide personalized interventions for residents with specific needs.
- Incorporating **more adaptive instruments and interactive elements** to engage residents with varying cognitive and motor abilities.
- Offering **specialized music therapy programs** for long-term rehabilitation and recovery support.

With additional donor support, we can continue to **enhance residents' quality of life, combat isolation, and create meaningful connections through music.**

## Care Center Drumming Group

### A Story of Engagement

For many residents, traditional communication can become challenging due to cognitive or physical decline. But in the drumming group, music provides a new way to connect. One resident, initially hesitant to participate, started by simply holding a drum. Over several sessions, she began tapping along, then fully engaging in call-and-response drumming patterns. By the holiday season, she was leading rhythms for others to follow. Staff noted a remarkable improvement in her confidence and engagement, emphasizing how the group helped her **reconnect with others in a way words no longer could.**

### 2024 Impact at a Glance

- 12-15 residents per session
- 2 Music Therapy Students actively participating
- **Increased participation during the holiday season**, reinforcing the group's value in fostering connection and celebration

### Program Goals & Objectives

The drumming group focuses on **rhythm as a tool for cognitive and motor engagement**, providing residents with:

- **Creative Expression** – Encouraging self-expression in a structured, supportive environment.
- **Cognitive Stimulation** – Strengthening memory, recall, and verbal communication through rhythmic exercises.
- **Motor Coordination & Group Cohesion** – Improving hand-eye coordination and fostering teamwork through drumming patterns.

- **Emotional & Social Well-Being** – Offering a positive group dynamic that reduces isolation and enhances social interaction.
- **Stress Reduction** – Incorporating deep breathing and progressive relaxation techniques into rhythmic activities.

## Key Observations & Outcomes

- **Steady Attendance & Holiday Surge** – Consistent participation throughout the year, with an increase in engagement during the holiday season.
- **Direct Interaction Boosts Engagement** – Residents respond **more positively to structured prompts and direct facilitator engagement** rather than open-ended activities.
- **Group Discussions Strengthen Participation** – Conversations surrounding the music and rhythms have led to **greater engagement and socialization**.
- **Staff Participation Enhances the Experience** – Care staff actively enjoy music therapy but would benefit from further **education on its clinical benefits** to better integrate music into daily care routines.

## Family & Staff Testimonials

- **Family Member of a Resident:** “Drumming has brought out a side of my father we haven’t seen in years. He’s engaged, expressive, and actively participates.”
- **Care Staff:** “The drumming sessions are a highlight for many residents. The group discussions create such a meaningful way to connect.”
- **Resident Feedback:** “I never thought I could play an instrument, but this makes me feel like I can.”

## Expanding the Drumming Group’s Impact

As participation continues to grow, **additional resources and education could take this program even further:**

- **More adaptive percussion instruments** to accommodate residents with mobility challenges.
- **Expanded training for staff** on how to use rhythm-based interventions in daily care.
- **Increased one-on-one drumming sessions** for residents who need **personalized cognitive and motor interventions**.

# Care Center Individuals

## A Story of Comfort and Connection

For many residents in long-term care, isolation can be an ongoing challenge. One resident, who rarely spoke and often refused group activities, was hesitant about music therapy at first. Over time, as the therapist incorporated her favorite songs into sessions, she began quietly singing along. By the end of a few months, she looked forward to visits, actively participating and engaging in conversations. **Music therapy provided a bridge back to communication, connection, and joy.**

This is the power of individualized and small-group music therapy. These sessions **bring moments of personal expression, ease loneliness, and create a sense of belonging**, whether through bedside visits or interactive group music-making.

## 2024 Impact at a Glance

- **10-15 residents per visit, with approximately 25 total residents seen per week**
- **16 residents actively participate; others passively engage and benefit from musical presence**
- **1 Music Therapy Student engaged in direct learning**
- **An additional hour approved for expansion, doubling the number of participants from 2023**

## Program Goals & Objectives

Both programs share the core goal of enhancing **quality of life through music therapy**, targeting:

- **Emotional Well-Being** – Reducing depression, anxiety, and feelings of isolation.
- **Cognitive Stimulation** – Strengthening memory recall and verbal expression through interactive musical experiences.
- **Physical Health** – Improving coordination, flexibility, and motor skills through movement-based activities.
- **Social Engagement** – Encouraging connection and conversation, particularly for residents prone to self-isolation.
- **Personalized Interventions** – Offering **one-on-one musical interactions** that address specific emotional and cognitive needs.

## Key Observations & Outcomes

- **Care Center Individual Sessions**

- Residents consistently **express gratitude**, describing the music as uplifting and comforting.
- **Music listening and singalongs** are among the most effective interventions for mood enhancement.
- The **expansion of services has significantly increased participation**, allowing more residents to experience the benefits of music therapy.
- Staff and family members have requested **more frequent room visits**, citing noticeable improvements in mood and social engagement.

## Family & Staff Testimonials

- **Family Member:** *“My mother is more engaged in conversations now, and I truly believe it’s because of music therapy.”*
- **Staff Member:** *“We can tell when it’s a music therapy day—residents’ moods are noticeably better.”*
- **Resident Feedback:** *“I didn’t know how much I missed singing until I started coming to these sessions.”*

## Expanding the Reach of Individual & Group Music Therapy

While these programs have been **highly successful**, there is room to **further enhance their impact**:

- **More individualized music therapy sessions** to meet unique emotional and cognitive needs.
- **Expanded mental wellness programming** to support residents facing stress, grief, or loneliness.
- **Additional resources, such as adaptive instruments and technology**, to make music more accessible for all residents.

## Independent Living Groups

### A Story of Connection and Belonging

For many residents, retirement can bring newfound freedom but also unexpected challenges—loneliness, a loss of routine, and a need for deeper social engagement. One resident, who had always enjoyed music but never participated in group activities, attended her first session with quiet curiosity. By the end of the month, she was leading song requests, sharing stories, and engaging in movement-based activities with newfound confidence. She later shared, **“This group makes me feel like I belong.”**

This is the heart of music therapy in independent living: **creating a sense of connection, enhancing well-being, and giving residents an outlet for self-expression.**

## 2024 Impact at a Glance

- **7-12 residents per session (average of 8 participants per session)**
- **1 Music Therapy Student actively involved in hands-on learning**
- **Mental wellness identified as a core need, leading to the approval of a new mental wellness music therapy group**
- **Despite an anticipated summer break, residents requested sessions continue year-round, demonstrating lasting impact**

## Program Goals & Objectives

The Independent Living Music Therapy program is designed to foster **community, cognitive engagement, and emotional well-being**, with a focus on:

- **Social Connection** – Strengthening relationships through shared music experiences and group discussions.
- **Mental Wellness** – Addressing stress, anxiety, and emotional health through structured music interventions.
- **Cognitive Stimulation** – Enhancing memory, focus, and verbal expression through song discussions and reminiscence-based activities.
- **Physical Wellness** – Improving coordination, mobility, and balance through movement-based music exercises.
- **Self-Expression** – Encouraging creative engagement through song selection, storytelling, and interactive music-making.

## Key Observations & Outcomes

- **Residents deeply value the sense of community and personalized attention** provided in each session.
- **Mental health support has emerged as a priority**, leading to the development of a **new music therapy mental wellness group** to further address stress reduction and emotional resilience.
- **Participation remains strong year-round**, with many residents advocating for continued sessions despite expected seasonal breaks.
- **Interactive activities, such as song trivia and guided music discussions**, consistently drive higher engagement and personal expression.

## Family & Resident Testimonials

- **Resident Feedback:** *“These sessions are my favorite part of the week. They lift my mood and keep my mind sharp.”*
- **Family Member:** *“I can tell my spouse is happier and more socially engaged since joining music therapy.”*

- **Staff Observation:** *“Music therapy is a unique and powerful way to bring residents together in a meaningful, structured way.”*

## Expanding the Impact of Music Therapy in Independent Living

As this program continues to thrive, **new opportunities for growth and deeper impact** have emerged:

- Expanding the **mental wellness music therapy group** to provide **focused emotional support** for residents facing stress, grief, or loneliness.
- Introducing **additional interactive elements** to further engage participants, including technology-assisted music creation.
- Increasing **individualized music therapy sessions** for residents who may benefit from **one-on-one musical interventions**.

## Arden Courts | Off-Site Memory Care Facility

### A Story Beyond Bentley Village

For residents in memory care, moments of clarity and connection can be fleeting—but music has the power to bring them back. During one session, a resident who rarely spoke and often seemed disconnected from those around her suddenly began singing along to a familiar song. Staff watched in amazement as she made eye contact, smiled, and engaged in the moment. It was a **breakthrough—a glimpse of the person she once was, brought to life through music**.

This is the essence of music therapy in memory care: **awakening memories, fostering emotional connection, and creating meaningful moments of engagement that transcend cognitive decline**.

### 2024 Impact at a Glance

- **16 residents per session**
- **0 Music Therapy Students**
- **Strong resident engagement, particularly in instrument play and group singing**

### Program Goals & Objectives

- **Enhance Cognitive Function** – Stimulating memory recall, verbal expression, and attention through familiar songs and interactive music experiences.

- **Support Emotional Regulation** – Reducing agitation and fostering a sense of calm through structured, therapeutic music interventions.
- **Encourage Social Interaction** – Strengthening peer connections through shared music-making and reminiscence-based discussions.
- **Improve Attention and Eye Contact** – Helping residents engage with their environment in meaningful, observable ways.
- **Provide Comfort and Joy** – Creating positive emotional experiences that ease distress and bring moments of happiness.

## Key Observations & Outcomes

- **Music therapy significantly improves mood, attention, and engagement.**
- **Residents exhibit strong participation in therapeutic instrument play and group singing.**
- **Staff consistently note increased eye contact, verbalization, and positive social interactions during sessions.**
- **Many participants request additional music therapy sessions, expressing gratitude and enthusiasm.**

## Family & Staff Testimonials

- **Arden Courts Staff:** *“The amount of singing and engagement we see during music therapy is overwhelming—in the best way possible.”*
- **Family Member:** *“Seeing my father light up when the music starts is something I never thought I’d see again. It’s priceless.”*
- **Resident Feedback:** *“Please come back—I love this.”*

## Expanding Music Therapy at Arden Courts

As participation remains strong, **opportunities for growth and deeper impact have emerged:**

- Increasing **one-on-one music therapy** for residents who may benefit from personalized interventions.
- Expanding **therapeutic instrument offerings** to further enhance engagement.
- Incorporating **customized playlists and sensory-based music activities** to deepen cognitive stimulation.

# Approved Additional Services

## 1 Additional Hour for Care Center Individuals

- **Impact & Update:** We have been able to double the number of mini sessions and provide more substantial visits as the visits are not as rushed.

## 1 Additional Independent Living Group - Mental Wellness Update

- **Plan for Implementation:**
    1. Connect with appropriate board members to identify participants.
    2. Coordinate with Independent Living activity coordinator to determine time and location.
    3. Organize a "meet and greet" with interested residents to distribute assessment information and collect contact details.
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## Overall Observations

- Music therapy continues to be a highly valued service across all care settings, contributing significantly to emotional, cognitive, and social well-being.
- Family members consistently express appreciation for the engagement and joy that music therapy brings to their loved ones, often observing improvements in mood, communication, and social interaction.
- Staff feedback highlights the effectiveness of structured interventions in maintaining and improving residents' cognitive function, mobility, and emotional regulation.
- Intergenerational collaborations and varied musical experiences have demonstrated strong positive impacts, fostering connections among residents, students, and staff members.
- Participation levels vary across different groups, but consistent engagement is observed when sessions incorporate familiar music, interactive elements, and personalized interventions.
- The introduction of mixed media elements (e.g., videos, interactive trivia, movement-based activities) has been particularly well-received, enhancing focus and participation.
- Movement-based interventions, including seated dance routines and rhythm-based activities, have been particularly effective in addressing motor coordination and cognitive sequencing goals.
- Increasing awareness of music therapy's benefits among residents and staff remains a priority, with efforts such as staff training, resident education, and regular updates in the daily bulletin recommended to improve attendance and overall program effectiveness.

- The expansion of individual music therapy sessions is encouraged to provide more tailored interventions for residents with specific emotional, motor, and cognitive needs, as evidenced by observed improvements in one-on-one settings.