

A watercolor-style background featuring a yellow and orange wash with pink and green accents. A faint silhouette of a guitar is visible on the left side.

MUSIC THERAPY

IS AN EFFECTIVE AID FOR

- * Stress / Pain Management
- * Relaxation
- * Meditation / Imagery
- * Motor Coordination
- * Socialization
- * Reality Orientation
- * Treatment Tolerance
- * Expression of Emotion
- * Communication
- * Achievement of
OT & PT goals
- * Anxiety Reduction
- * Sensory/Cognitive Stimulation
- * Recreational Enjoyment
- * Improving Quality of Life
- * Patient/Client Satisfaction



**WE OFFER MUSIC LESSONS
AND MUSIC THERAPY FOR
POLICE OFFICERS WITH PTSD,
FIREFIGHTERS WITH PTSD AND
VETERANS WITH PTSD...**



MUSIC HEALS

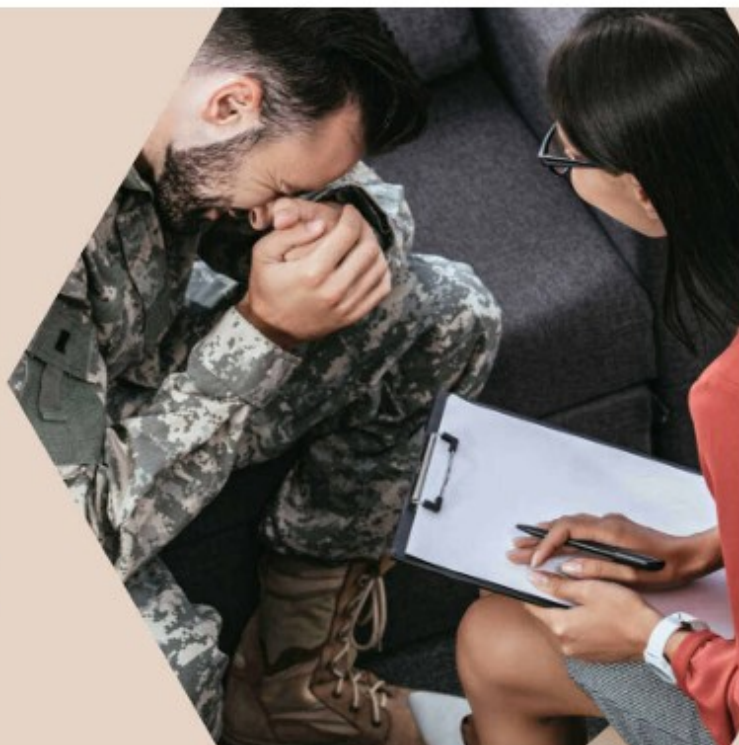
WE TEACH MUSIC LESSONS TO THE GENERAL PUBLIC, LOW INCOME FAMILIES AND THOSE WITH DISABILITIES, etc.

1. **Vision Impairment:** Includes conditions like blindness or low vision assessment.
2. **Movement Impairment:** Examples include spinal cord injuries, limb loss, or orthopedic impairments.
3. **Cognitive Disabilities:** These affect thinking, learning, and memory functions.
4. **Hearing Impairment:** Partial or total deafness.
5. **Psychological Disabilities:** Related to mental health conditions.
6. **Specific Learning Disabilities:** Difficulties in academic skills.
7. **Developmental Disabilities:** Conditions like autism



Veterans Struggling With PTSD

Find Support Here.....



PTSD statistics



71%

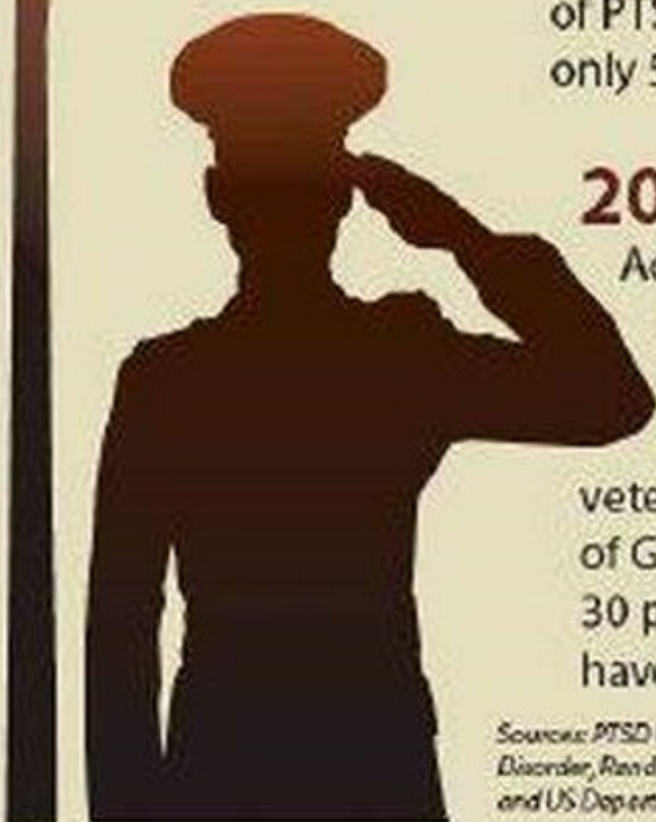
of female military personnel develop Post Traumatic Stress Disorder due to sexual assault.

1 in 5

servicemen returning from the Middle East reported symptoms of PTSD or major depression, but only 53 percent sought treatment.

20% / 10% / 30%

According to the VA, an estimated 20 percent of Operation Enduring Freedom and Operation Iraqi Freedom veterans, up to 10 percent of Gulf War veterans and up to 30 percent of Vietnam veterans have experienced PTSD.



Sources: PTSD United, National Center for Post Traumatic Stress Disorder, RAND Center for Military Health Policy Research and US Department of Defense.

MUSIC HEALS

Melodic Medicine: Music Therapy's Impact on Mental Health | FHE Health



WE TEACH MUSIC LESSONS TO VETERANS WITH PTSD



MUSIC THERAPY

MUSIC HEALS

[Music for Alzheimer's: Benefits, Risks, and Techniques \(healthline.com\)](https://www.healthline.com/health/music-for-alzheimers)



**WE TEACH
MUSIC
LESSONS TO
CANCER
PATIENTS**

**WE TEACH
MUSIC
LESSONS
TO SENIOR
CITIZENS**



**WE TEACH
MUSIC
LESSONS
TO PEOPLE WITH
DISABILITIES**



Does playing piano lower dementia risk?

Playing the piano can help lower the risk of dementia by actively engaging and strengthening various parts of the brain involved in memory, motor skills, and emotional processing. Learning and regularly practicing piano stimulates complex brain functions that contribute to building cognitive reserve, which is the brain's ability to cope with damage and delay symptoms of dementia.

When you play the piano, your brain is doing many things at once: reading music, coordinating hand movements, listening to the sounds you produce, and often expressing emotions. This multi-sensory and multi-tasking activity activates different brain regions simultaneously, including those responsible for memory, motor control, auditory processing, and emotional regulation. This widespread brain engagement helps maintain and even improve neural connections, which can protect against the cognitive decline seen in dementia.

One key benefit is related to memory. Playing piano involves both procedural memory (knowing how to play) and working memory (reading and interpreting music in real time). Interestingly, musical memories tend to be more resilient than other types of memories in people with dementia. Even when other memories fade, many individuals can still recall how to play an instrument or recognize familiar songs. This is because the brain areas involved in musical memory are often less affected by the cell loss that occurs in dementia, making music a powerful tool for memory preservation.

Beyond memory, piano playing improves motor skills by linking auditory input with precise hand movements. This connection between the auditory cortex and motor cortex helps maintain coordination and fine motor control, which often decline with age and neurological diseases. For people with movement disorders like Parkinson's, playing an instrument can reduce symptoms such as tremors and improve gait and speech.

Playing piano also positively influences mood and emotional health. It increases dopamine, a neurotransmitter associated with pleasure and reward, which can help reduce depression and anxiety—common issues in older adults and those at risk for dementia. When playing with others, the brain releases oxytocin, a hormone that fosters social bonding and trust, further supporting mental well-being.

Moreover, learning and practicing piano challenges the brain's learning centers, enhancing cognitive functions such as spatial reasoning, attention, and problem-solving. These mental exercises contribute to cognitive reserve, which helps the brain resist the effects of aging and neu-

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MUSIC CAN HELP YOUR HEARING!

For people who have hearing loss, the phrase “music to my ears” may have a completely new meaning.

Researchers at the University of Helsinki and the University College London assessed the effects of musical activities on hearing loss in children and the outcome of the study highlighted the impact and benefit obtained by exposing people to music.

Evaluating Speech-In-Noise Performance

Speech-in-noise performance was the key measure researchers observed, enrolling 43 young children in a clinical study for 14 to 17 months. Of those enrolled, 21 children had cochlear implants, while the remaining 22 had normal hearing ability. The researchers recognized that children with implants had a hard time understanding speech so they introduced control and test sets which delegated participants to singing and non-singing groups.

The results showed a significant improvement in awareness and speech-in-noise performance for youngsters in the singing group compared to their counterparts in the non-singing group.

Music Trains The Ear

There is a great deal of research showing the benefits to cognitive ability and speech processing provided by musical training and this research is just one of them. A study from the Montréal Neurological Institute corroborated these results and suggested that musical training can enhance speech perception in noisy environments.

Identifying speech syllables through a number of background noises was the objective of this study which used 15 musicians and 15 non-musicians.

The ages of the participants in the research by Drs. Yi and Roberts, in contrast to the Helsinki/London study, averaged 22 years old. These participants had normal hearing but there was a significant difference in results between the non-musicians and musicians.