

# JAVA MUSIC CLUB PRESENTATION

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# What is the burden of Alzheimer's disease in the United States and Alaska?

- ▶ One of the top 10 leading causes of death in the United States.
- ▶ The 6<sup>TH</sup> leading cause of death among US adults.
- ▶ The 5<sup>TH</sup> leading cause of death among adults aged 65–85 years.
- ▶ **The 9<sup>th</sup> leading cause of death in Alaska**



# U.S. and Alaska Alzheimer's Statistics

- ▶ Over 5 million Americans are living with Alzheimer's and as many as 16 million will have the disease in 2050.
- ▶ The cost of care is estimated to total \$214 billion in 2014, increasing to \$1.2 trillion by mid century.
- ▶ Nearly one in every three seniors who dies each year has Alzheimer's or another dementia.
- ▶ Number of people aged 65 and older with Alzheimer's by age in Alaska

Year	65-74	75-84	85+	TOTAL
2014	1,100	2,000	2,200	6,100
2020	1,600	3,000	3,000	8,500
2025	1,900	5,000	4,000	11,000

- ▶ 2014 Alzheimer's Association Disease Facts and Figures Report ([alz.org/facts](http://alz.org/facts))

# What is the Java Music Club?

- ▶ The Java Music Club is the first standardized mutual support program addressing the critical rates of depression and loneliness across the senior living spectrum. It is a research-based wellness program for long-term care homes (including memory care), assisted living and retirement homes, adult day centers and community support centers.
- ▶ Developed by Kristine Theurer, MA (gerontology) MTA (music therapy), over a six year period and implemented in 2010, in three nursing homes in British Columbia, Canada.
- ▶ Ms. Theurer drew from her 20 years of experience as an accredited music therapist facilitating therapeutic groups.

# Why is it Unique

- ▶ 1. Peers helping peers.
- ▶ 2. Creates meaning and purpose.
- ▶ 3. The aboriginal talking stick gives courage.
- ▶ 4. Something for everyone.
- ▶ 5. Promotes emotional engagement.
- ▶ 6. A safe place to share.

# The Components

The Java Music Club incorporates a mix of easy to use tools to make facilitating mutual support groups work well for staff, volunteers and even residents. No musical abilities are required. The following items are included with the care home license:

Standard facilitators guide	Quotes and poetry
52 discussion themes	52 large format photographs
142 custom recorded songs	Traditional “talking stick”
Implementation training DVD	Evaluation guide and forms

# Pilot Project: Java Music Club: Mutual Support for Cognitively Impaired at Risk Adults

- ▶ Research question: Will participation in this program result in mutual support among the participants, and increase their quality of life?
- ▶ Hypothesis 1. Participation in the Java Music Club over a year period will result in higher quality of life than those of the control group.
- ▶ Hypothesis 2. Participation in the Java Music Club over a year period will result in less reduction in their post test MMSE scores than those of the control group.
- ▶ Hypothesis 3. Participation in the Java Music Club over a year period will result in less loneliness scores than those of the control group.

# Pre and Post Testing

- ▶ Mini-Mental Status Examination (MMSE)
- ▶ Clock Drawing Test (CDT)
- ▶ UCLA Loneliness Scale
- ▶ Sense of Belonging Instrument
- ▶ Alzheimer's Disease-Related Quality of Life Scale (ADRQL).
- ▶ Measurement of each session will include the use the use Greater Cincinnati Chapter Well-Being Observation Tool and an Observation Checklist.
- ▶ Following the completion of the Program the following measurements will be obtained: Client Interview Schedule, a Staff Interview Schedule, and directed focus groups.



# Music Therapy Literature Review

- ▶ **Mutual support<sup>1</sup>**
  - ▶ Promotes engagement and participation<sup>1</sup>
- ▶ **Music Therapy<sup>2-9</sup>**
  - ▶ Increases engagement
  - ▶ Reduces symptoms
  - ▶ Activates brain directly
- ▶ **Person-centered care<sup>6-7, 9, 10</sup>**
  - ▶ Improves the quality of life
  - ▶ Increases the quality of care



# 5 Reasons Why Music Boosts Brain Activity



1. Music evokes emotions that bring memories
2. Musical aptitude and appreciation are two of the last remaining abilities in dementia patients.
3. Music can bring emotional and physical closeness.
4. Singing is engaging.
5. Music can shift mood, manage stress and stimulate positive interactions.



# The Epidemic of Loneliness & Depression



## *Depression - University of Waterloo (2014)*

- ▶ Examined the prevalence of depressive symptoms of newly admitted residents into long-term care
- ▶ 54.3 cases per 100 residents at assessment—60.8 at 3 month follow-up<sup>1</sup>

## *Loneliness in Residential Care*

- ▶ over half of residents experience loneliness<sup>2</sup>
- ▶ those with dementia experience a profound sense of loneliness

# Inappropriate Prescribing of Antipsychotic Medications

- ▶ Residents in long-term care are now older, and have more complex needs and dependency
- ▶ Those with dementia express their unmet needs through repetitive verbalizations, responsive behaviors and pacing<sup>5</sup>
- ▶ Research indicates that the most common responses are antipsychotic medications  
(or ignoring the behavior)<sup>5</sup>



# Mutual/Peer Support

“We recognize peer support  
as an integral component  
of a mental health program  
for older adults”

*US Institute of Medicine (2012)*



INSTITUTE OF MEDICINE  
OF THE NATIONAL ACADEMIES



# The Purpose of Java Memory Care

1. To cultivate meaningful emotional engagement
2. To enhance resident to resident interactions
3. To reduce loneliness and depression



# Why Groups Matter



- ▶ Create a 'group' setting whenever possible
- ▶ Groups strengthen social identity and sense of belonging<sup>8-10</sup>
- ▶ Groups are more effective in alleviating social isolation and loneliness than one-to-one interventions<sup>11</sup>



# The Step by Step Guide



# Step 1 - Facilitator Reads

1. “My name is \_\_\_\_ and I thank you for the privilege of being present here with you.”

2. Invites members to take on a role

“\_\_\_\_\_, would you consider being our group leader/song leader/quotes reader/wind chime player?”

## Step 2 - Opening Welcome

*Read by the 'Group Leader'*

Welcome everyone to the  
Java Music Club.

We get together to support  
each other and to have fun.

We have one guiding principle  
and that is—loving kindness.

Please join me in our opening song.



# Step 3 - Opening Song: The Java Memory Care Song

A little music keeps me feeling good

A little coffee, like I knew I could

A great big hug and I'm okay

I can make it through this day.

A little singing would be right on time

A little loving and I'm feeling fine

Sunshine through my window pane

And I can make it through this day.

Here's the kind of people I like

Ones that are kind and treat me right

And that's why I think I love

Our little Java Music Club, oh yeah

Our little Java Music Club.

## Step 4 - Passing a Handshake



## Step 5 - Getting Centered





# Finding Comfort



# Step 6 - Choosing a Theme and Song

## Finding Comfort

### Songs

- Peace in the Valley  
(#129 / CD4 - S20)
- Let a Smile Be Your Umbrella  
(#94 / CD3 - S19)
- Brahms Lullaby  
(#23 / CD1 - S18)
- What a wonderful world  
(#189 / CD6 - S13)
- Let It Be  
(#96 / CD3 - S20)

### Discussion Suggestions

- Sometimes it is hard to find comfort, especially when there is chaos around us. There can be many things to feel anxious about. One of the things that brings me comfort is \_\_\_\_\_.
- Do you feel anxious sometimes? What is that like for you?
- I've noticed that you seem to find comfort when \_\_\_\_\_. Is that true?
- *Ending:* One of the gifts that you bring to us here is: \_\_\_\_\_. Thank you, thank you, thank you.  
*For those able to answer:* What is something you are grateful for?

### Sensory Suggestions

- Show the theme photograph and create a story together. Ask the group members if they would like to hear the Serenity Prayer. If so, light the electric candle and read it slowly twice:  
God, grant me the serenity to accept the things I cannot change, courage to change the things I can, and the wisdom to know the difference.





# Choosing a Song



# Getting the Most Out of a Song

1. Talk about the lyrics or melody

Listening to that song, I feel \_\_\_\_, because \_\_\_\_.

Listening to that song reminds me to \_\_\_\_, because \_\_\_\_.

2. Use touch and movement

a. Holding their hand, linking your arm with theirs

b. Holding their hand and swaying gently

c. Dancing

3. Play a rhythmic instrument with them

4. Slow it down – waaaay down (reduces agitation)

5. Use a song basket

## Step 7 – Show Photographs—Create a Story



***Encouragement***

## Step 8 - Add Movement ...

- ▶ Choose an upbeat song
  - ▶ Add some form of movement
  - ▶ Can be as a group, or one at a time
- 
- ▶ Swinging arms (gently)
  - ▶ Clapping together
  - ▶ Dancing together
  - ▶ Marching (on the spot)
  - ▶ Hitting a tambourine together





# 'Quotes Reader' Chooses a Quote

- Invite the 'Quotes Reader' to choose
- Repeat and examine it

Every day may not be good,  
but there's something good  
in every day.

*Author Unknown*

# Closing Affirmation

## Java Memory Care



*Group Leader reads (wind chimes before and after)*

- ▶ I bring love and  
I am loved
- ▶ I bring peace and  
I am at peace

## Closing Song: I'll be there for you

May you have time to rest,  
And may your fortune be the best  
Meet some kindness on your way  
and have sunshine most everyday.

May you always do your part  
And have a song in your heart  
And may every day be blessed  
For I wish you all the best.

Enjoy every day don't forget  
Like it's the last one you'll get  
And remember this in all you do  
I'll be there for you.

When you're lonely or your blue  
Know that I will have time for you  
Through the cloudy days and rain  
Our friendship stays the same.

And enjoy every day don't forget  
Like it's the last one you'll get  
And remember this in all you do  
I'll be there for you,  
I'll be there for you.

# Passing a Hug and Serving Coffee/Treats





# Future Plans for Dissemination of Program

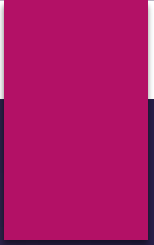


<b>Fiscal Year:</b>	<b>2016</b>
<b>Amount:</b>	<b>\$27,400.00</b>
<b>Grantee:</b>	<b>Alzheimer's Resource of Alaska</b>
<b>Project Title:</b>	<b>Java Music Club Pilot: Mutual support for cognitively impaired adults</b>  Kristine Theurer, Founder of Java Music Club to visit Anchorage for three days and host workshops for providers interested in the Program.  Implementation of Java Music Club in the other 5 Pioneer Homes Licenses and material will be provided to each home. Five day training and outcome measures created. Ongoing consultation provided by Kristine Theurer and Patrick Cunningham



## New Grant Opportunity

- ▶ **Identifying Outcome/Evidence-Based Isolation Interventions.**
- ▶ **To reduce negative health outcomes highly correlated or associated with social isolation in low-income or vulnerable individuals 50 and older.**
- ▶ **Submitted a letter of inquiry on behalf of Alzheimer's Resource of Alaska.**
- ▶ **Proposed to implement Java Music Club in their Anchorage, Fairbanks, Palmer, and Juneau offices.**
- ▶ **Population served will be those with mild cognitive impairment and also offer it to caregiver support groups.**



We wish to thank the UAA Center for  
Community Engagement and Learning for  
providing the mini-grant that supported the  
establishment of the Java Music Club at  
the Anchorage Pioneer Home.

THE END  
QUESTIONS AND COMMENTS FROM THE  
AUDIENCE

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