The theoretical foundation of the Java Music Club is rooted in the concept of personhood and fundamental human drive to help others. When inhibited, this drive is never lost and can be rekindled through various means. Riessman’s helper-therapy principle further highlights the importance of positive social interaction and emotional support, which are core components of the Java Music Club’s approach.

Objectives
- Develop mutual peer support.
- Reduce loneliness and depression.
- Increase social and emotional support.
- Improve quality of life.
- Prevent out of home placement.
- Reduce caregiver burden.

The Java Music Club project is a pilot, experimental design assessment of the participants’ experiences over 26 sessions. The following sections outline the methodology, results, and discussion of the program’s impact on the participants.

Research Question
The research question revolves around the effectiveness of the Java Music Club in reducing loneliness and depression among at-risk adults with cognitive impairment.

Methods
- Experimental 8 clients (N = 24).
- Pre and Post Test Measures.
- Mini Mental Status Exam (MMSE).
- Reality Completion Clock Test (RCT).
- Geriatric Depression Scale.
- Alzheimer’s Disease Related Quality of Life Scale (ADRQL).
- Staff Interview Schedule.
- Client Interview Schedule.

Preparation
- Group is divided by similar demographic characteristics.
- Leader facilitates group interaction.
- Recordings are made of each session.

Session Format
- Session begins with a song.
- Next, a quote is chosen and the group is invited to share a similar experience.
- A theme picture or music is presented that relates to the song and quote.
- Group members are encouraged to share their thoughts and feelings.

Results

<table>
<thead>
<tr>
<th>Age, years</th>
<th>Pre MMSE</th>
<th>Post MMSE</th>
<th>t-test</th>
</tr>
</thead>
<tbody>
<tr>
<td>71(11.8)</td>
<td>74(10.2)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>62</td>
<td>62</td>
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</tr>
</tbody>
</table>

- MMSE: Mini Mental Status Exam
- Pre: Before intervention
- Post: After intervention
- t-test: Statistical significance

Discussion & Conclusions
The results of the pilot study demonstrate the value of the Java Music Club in providing the participants with the opportunity to share their feelings and providing mutual support to one another, adding to their quality of life. The evidence was obtained primarily from the process and post measures from the participants and staff.

**Precautionary Measures**
- The pre and post testing measures resulted in limited or no significant difference being found between the participants and controls regarding MMSE scores. The participants showed less of a decline. The program was weekly and of short duration that limited the potential impact of the intervention.

Conclusivity: In providing the program and attendance were also factors. The 26 sessions were intended to be weekly, but there was a two week break in November and December due to staffing, with 17 sessions remaining. Because this was done in a day services program, all eight members of the group did not always attend. The results of the pilot program convinced the Center to add it to their regular programming and increase the number and frequency of sessions.

Future research will be conducted in two nursing homes where resident accessibility is more consistent, with a schedule of two to three weekly sessions over a longer time period.

References

Acknowledgments
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The pre and post test measures resulted in limited or only one significant difference being found between the participants and controls regarding MMSE scores. The participants showed less of a decline. The program was weekly and of short duration that limited the potential impact of the intervention.