



For the past four weeks, we have been placed at the McGregor Home. Aliyah and I were selected to launch a Music and Memory program. Music and Memory is an example of the type of innovative, person-centered care that Ohio and McGregor Home are embracing across all care settings. This personalized music system has helped thousands. You might be wondering, "How will music help?"

"Well, music is embedded in the neuro-network system of the brain, which means it is never forgotten. While various diseases damage one's ability to recall facts and details, the lasting connection between a favorite song and memory remains. When talking to a resident with Alzheimer's Disease, who was born in the 1920s, he couldn't remember any of his favorite gospel artists. But when I thought about my grandmother, who was also born in the 1920s, I remembered that Mahalia Jackson was of that time. I then asked him did he enjoy Mahalia Jackson and he named over twelve songs of the top of his head. He could only smile after he noticed his ability to recall those songs, which made us both happy."

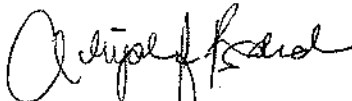
-Jordan Banks


"Jordan and I have conducted interviews with residents from the Alzheimer's and Dementia Unit. We took the residents to a drawing room, and while Jordan played four diverse songs on a piano, I recorded the residents' reaction and emotions. The residents' preferences in songs ranged from classical music to modern R&B music. It was very neat being able to watch their response to the music. One resident was not efficient in communicating how they felt. As a result, I told the resident to squeeze my hand if they enjoyed the music. With the squeeze of their hand, the resident also gave a big grin and laugh about how she liked the music. Another resident was in a deep sleep. However, once Jordan began playing music, she was very happy and enjoyed the rest of her interview with us."

- Aliyah Bachelor

Our time at McGregor has been nothing but a fun, learning experience. We have seen a strong impact music has on the brain. Our involvement in the Alzheimer's and Dementia Unit has enabled us to create bonds with each and every resident. We were able to hear stories about their families and childhood, learn about the types of music they find most enjoyable, present our progress to the McGregor Staff, and put a smile on their faces. Coming to McGregor, we knew nothing about the Music and Memory program. We can now see how much the program enriches lives.

In the future, we hope to return to McGregor Home to continue conducting the Music and Memory Program with the residents from the Alzheimer's and Dementia Unit."


Aliyah Bachelor


Jordan R. Banks