



Chesapeake Task Force on Aging

"Focusing on Quality of Life"

AUGUST 2016 MEETING MINUTES

The Chesapeake Task Force on Aging meeting was held on Friday, August 5, 2016 at Autumn Care of Chesapeake. We would like to thank Linda Bailey, Activities Director, and Linda Okusaga, Director of Social Services, for hosting our meeting and providing us a wonderful breakfast.

8:30 – 9:00 – Networking/Breakfast

9:00 – Introductions and Announcements by Chair, Tony Valencia – Tony asked that everyone share any resources they may have in regards to legislation to be used for upcoming meetings. They can be sent to Tony (tvalencia@eastwestadvocates.com).

Hosts: Linda Bailey, Activities Director, and Linda Okusaga, Director of Social Services welcomed us to Autumn Care of Virginia. They have been open since 2010, and are designed in a “greenhouse” model. They work with persons needing rehabilitation, subacute care, and long term care. They have 117 rooms, 43 of those are private, and there are 4 types of rooms (neighborhoods). They have multiple dining resources from fine dining to buffet style. Their goal with rehabilitation is to integrate the individual back into the community. They try to find all resources for the individual before sending them back out into the community. They also have occupational, physical, and speech therapists on staff.

Proposed Bylaws: The new bylaws were reviewed with the group and approved by all.

Guest Speaker: Tracy Bowdish, MM, NMT, Fellow, MT-BC, is a Music Therapist with Sentara. Tracy did some fun exercises to show how different music affects individuals uniquely. Their goal is to target neurological disorders using rhythm and melody to facilitate movement, improve memory, improve speech, modify moods, and facilitate other skills. They offer individual sessions or group sessions. For more information, see below flyer or you can reach out to (757) 388-6105.

Social Media:

- **Website (www.ctfoa.org)** – The member directory is open for registration. Paid members may go to the website and upload your information, company logo and website address. (<http://ctfoa.org/members-directory/>)

- **Facebook (www.facebook.com/CTFOA)** – The new Facebook page is now live. Use the link and “Like” the page to get the latest updates and events. Please send all announcements, upcoming events, and suggestions to our newly elected PR, Iris James (ijames@ssseva.org) and our Secretary, Mindy Hackler (mhackler@ecpi.edu), so they can make sure it is added to our Facebook page. This is open to the public, so feel free to share with others who would like to know more about CTFOA. There is a “Sign Up” button on the page that will take them directly to registration on the website, if they are interested in joining.

Treasurer report: As of 8/5/16 we have \$1,239 in our account. We received \$80.00 in dues. No additional spending during this time.

Upcoming Meetings:

September 2016: Friday, September 2, 2016 to be held at Parsons Residential, 1005 Deep Creek Blvd, Chesapeake, VA 23323.

Guest speaker: Kim Smith, RN, President VAHC (Virginia Association for Home Care)

Topic: Legislative Health Care Issues in the State of Virginia

Neurologic Music Therapy



Sentara Music and Medicine Center

What is Music Therapy?

Music Therapy is the use of music as a treatment modality by a board-certified Music Therapist to help patients reach nonmusical goals. In other words, music is the process, not the product in Music Therapy.

For more information call (757) 388-6105
To schedule a session, call 1 (877) 310-8713

About Neurologic Music Therapy

- Subspecialty of Music Therapy targeting neurological disorders.
- Requires additional and ongoing training for Music Therapists.
- Recognized by the World Federation for Neurorehabilitation.
- Utilizes evidence-based, standardized clinical interventions.
- Rhythm and melody facilitate movement, improve memory, improve speech, modify mood, and facilitate other skills.
- Music is the tool that drives the therapy.

Sentara Neurosciences Institute



sentara.com/SMMC

How Neurologic Music Therapy Works

- Rhythmic stimulation and synchronization: Rhythm creates movement, organizes attention, and drives speech production.
- Patterned information processing: Musical patterns facilitate and cue movement, enhance memory, optimize communication, and change mood.
- Differential, neurological processing: The brain processes music in a unique way, creating novel neuronal networks, rewiring the brain.
- Affective, aesthetic response: Music modulates mood and emotions, which, in turn, enhances memory recall and produces psychosocial improvement.

Quick Facts about Music Therapy

- Patients do not need a musical background to benefit from Music Therapy.
- Music Therapy is not music education or entertainment.
- Many patients have made significant gains when adding Music Therapy to existing therapies or even when receiving Music Therapy alone, long after termination of other therapy services.

Music Therapy Sessions

- Individual and group sessions are offered.
- The first Music Therapy Session for a patient consists of a comprehensive assessment. If the patient is found to be a good candidate for Music Therapy services, subsequent sessions will be scheduled.



Music Therapist Tracy J. Bowdish, MM, NMT Fellow, MT-BC

Sentara Music and
Medicine Center
Sentara Heart Hospital
6th Floor, Suite 8630
600 Gresham Drive
Norfolk, VA 23507

Rev. 4/2016

What is the Cost?

Currently, patient cost per session is \$40.00. This is equivalent to a standard copay for an office visit. For the time being, Sentara is incurring the remainder of the cost for services and the patient's insurance will not be billed.

Who Will Benefit From Music Therapy?

Patients may benefit from Music Therapy if they have:

- Impairment in large or small movements, coordination, endurance, and grip.
- Gait impairment that improves with rhythmic cuing (please note that unless Music and Physical Therapists are co-treating, patients receiving Music Therapy for gait difficulty must be able to walk independently with or without the use of assistive devices).
- Cognitive impairment in orientation, memory, attention, and executive functioning (decision making, organization, etc).
- Communicative impairment in language, speech production, speech intelligibility/articulation, inflection, word retrieval, and reciprocal communication.
- Respiration difficulties.
- Difficulties with mood, anxiety, coping/adjustment, etc.
- Difficulties with pain or stress that benefit from music-assisted relaxation.

Further Resources

- American Music Therapy Association
www.musictherapy.org
- Certification Board for Music Therapists
www.cbmt.org
- The Academy of Neurologic Music Therapy
www.nmtacademy.co/

Contact Information:

For more information call (757) 388-6105

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