

# DADS honors the service of volunteers

## DADS Vision Awards

The Texas Department of Aging and Disability Services (DADS) appreciates the service of volunteers and honors them each year through the Vision Awards. Exemplary service is recognized on a state-level in three areas — wellness, dignity and choice. HOSA students volunteering with the MUSIC & MEMORY<sup>SM</sup> program can be nominated for recognition through the DADS Vision Awards.

## Music and Memory Essay Contest

From February to April of 2016, HOSA volunteers can enter our Music and Memory Essay Contest.

Put your HOSA club, your high school and the nursing home with which you volunteered on the map by sharing your achievements.

We want to know:

- About your organization's journey and how you got started.
- How volunteering with the Music and Memory program impacted the nursing home, residents and yourselves.

The winning essay will be brought to life through a video produced by DADS Media Services Division. This video will be a vehicle to inspire thousands of others nationwide to get involved.

More information will be available on the DADS website in January 2016.

## Resources

### MUSIC & MEMORY<sup>SM</sup>

- [www.MusicandMemory.org](http://www.MusicandMemory.org)  
Watch the "Story of Henry" on the home page.
- [www.aliveinside.us](http://www.aliveinside.us)

### Texas Department of Aging and Disability Services

- [www.DADS.state.tx.us](http://www.DADS.state.tx.us)  
Search for:
  - Quality Monitoring Program
  - Music and Memory (watch the "Story of Hope")
  - Culture Change Initiative
- [www.YouTube.com](http://www.YouTube.com)  
Search for "Texas DADS Presents Information on Music & Memory."



# One iPod at a time...

*Learn more about Alzheimer's and other forms of dementia*

### Alzheimer's Association

[www.alz.org](http://www.alz.org)

Click on "Life with ALZ," and select "Kids and Teens."

### Texas Department of Aging and Disability Services

[www.DADS.state.tx.us](http://www.DADS.state.tx.us)

Search for "Nurse Aide In-Service Education CBTs"

Contact: [TQM@dads.state.tx.us](mailto:TQM@dads.state.tx.us)

*You can radically transform a life through personalized music!*



## The Healing Power of Music...

*DADS recognizes the power youth has to positively impact the lives of older Texans. We want to encourage HOSA members to get involved with the MUSIC & MEMORY<sup>SM</sup> program and radically change lives!*

The MUSIC & MEMORY<sup>SM</sup> program is an innovative approach to dementia care that uses personalized music to help people reconnect with the world and improve their quality of life. The program gives participating nursing home residents an iPod, managed by staff, that contains their own personalized playlist.

Familiar music helps to:

- Revive memories in people with advanced dementia or Alzheimer's disease.
- Provide an enjoyable and fulfilling activity for people with restricted movement.
- Increase cooperation and attention, reducing resistance to care.
- Reduce the need for antipsychotic medications.

### The need

No one wants to end up alone and isolated in a nursing home. It's hard to lose someone you love to Alzheimer's or other forms of dementia, and it's scary to imagine that someday you could end up there yourself.

Unfortunately, as the population of the U.S. grows older, more and more people are affected by dementia and isolation.

**Register as a volunteer** at the Music and Memory website, [www.MusicandMemory.org](http://www.MusicandMemory.org)

You will receive a packet with all the information needed to participate in the Music and Memory program.

- Every 67 seconds, another person develops Alzheimer's.
- Alzheimer's disease is the 6th leading cause of death in the U.S. and the 5th leading cause of death for those over the age of 65.
- The U.S. has the highest usage of antipsychotic medications in people with Alzheimer's disease.

### Alone and isolated no more

Give someone the gift of music, and watch their eyes light up. The immediate difference that listening to familiar music can make is powerful. A favorite song can calm chaotic brain activity, enabling someone with dementia to focus on the present and connect with those around them.

With the help of people like you — who share a love of music and compassion for others — people with dementia can tap into parts of themselves long forgotten through personalized music.

### How to get involved

Bring the Music and Memory program to your community, and brighten someone's world.

- Recruit volunteers from your local HOSA chapter.
- Share clips from "Alive Inside" on social media to encourage your friends to get involved.
- Adopt a nursing home to help develop personalized playlists for residents and load music onto iPods.
- Raise community awareness to identify sponsors.

### "Alive Inside: A story of Music and Memory"

Founder Dan Cohen's remarkable journey in developing the Music and Memory program is captured in the compelling documentary, "Alive Inside," winner of the Audience Award at the 2014 Sundance Film Festival. Check out clips on YouTube, or watch the entire documentary on Netflix.

- Host a screening of "Alive Inside."
- Create an online fundraiser through a site such as GoFundMe.
- Coordinate a donation drive to collect gently used or new iPods, iTunes gift cards or headphones.
- Coordinate a benefit concert to raise funds and collect iPods.

Go to the Music and Memory website, and register as a volunteer.

