

# HOW MANY MEMORIES DOES AN IPOD HOLD?



Jewish Family Service  
*presents*



**Reconnecting  
through  
music**



Jewish Family  
Service

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

**Compassionate, Certified  
Music & Memory Volunteers  
are Available Now!**

**Contact Alle Salazar at  
Jewish Family Service  
— [alle@jfsutah.org](mailto:alle@jfsutah.org) or  
801.746.4334 — to inquire  
how a friend, loved one or  
their caregiver can  
benefit from this program.**

*“When you are listening to music you  
forget about problems, you forget about  
loneliness, you forget about depression,  
things like that.”*

*—Alex Morales, Music & Memory  
beneficiary, Lemon Grove, California*



**Music & Memory**  
is an innovative and  
effective program  
that uses iPod-based  
personalized playlists  
to reconnect elders  
with dementia or  
other chronic illness  
to the world around  
them through their  
favorite music.

Jewish Family Service is excited to be the first certified provider in Utah of **Music & Memory** — an innovative and effective program providing high-quality, person-centered care through digital music technology.

Through music, this program reaches out to those suffering from Alzheimers and other forms of dementia, as well as individuals struggling with profound depression and loneliness.

For those effected by dementia, music restores, temporarily but repeatedly, the sense of self often lost when memory fails. Personalized music is no cure, but it may well be one of the best therapies available for loved ones and their caregivers.

It can relieve boredom, empower choice, enable memory, and provide avenues for genuine communication with loved ones and caregivers.

JFS's Music & Memory Program is one of a handful of instances in the country where this therapeutic approach is being utilized in clients' homes rather than in a nursing facility, in furtherance of our mission of aiding independent, healthy and safe aging in place.



*A pleasurable activity for **any** elder **anytime!***

## WHAT CAN PERSONALIZED MUSIC DO?

- ✓ Reduce or eliminate agitation
- ✓ Help restore identity
- ✓ Stimulate recognition
- ✓ Increase socialization
- ✓ Improve mood and behavior

As featured on



To learn more, visit:

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

**Want to help?** Your contribution can vastly improve the quality of life of a person suffering from dementia.

JFS needs donations of:

- ◇ new and used iPods (any working Apple music player is accepted!)
- ◇ iTunes gift cards
- ◇ your time as a volunteer



Jewish Family Service

*Strengthening Individuals,  
Families and Communities  
Through Counseling, Care  
Management and Education*

### What else does JFS do? A lot!

In addition to our Music & Memory program, Jewish Family Service provides a breadth of other services to people of all denominations including care management for seniors, counseling on a sliding fee scale, emergency assistance for those facing financial hardships, and community education. JFS's programs serve a diverse population, including seniors, couples, refugees, students and families. Please call our office or see our website for further details or to make a donation to support our programs.

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