HOW MANY MEMORIES DOES AN iPOD HOLD?

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.

Compassionate, Certified Music & Memory Volunteers are Available Now!

Contact Alle Salazar at Jewish Family Service — 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
WHAT CAN PERSONALIZED MUSIC DO?

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

A pleasurable activity for any elder anytime!

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 Alzheimer’s 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.

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

A pleasurable activity for any elder anytime!

To learn more, visit: www.MusicandMemory.org

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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