

REACHING YOUNGER PEOPLE WITH ALZHEIMER'S THROUGH MUSIC

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As an Activities Director, I always dreaded walking down the hall and seeing residents who would never be interested in coming to any of the planned activities. I remember Kim, age 23, who had MS. I remember Vivian, 53, with dementia. I remember Ray, 78. (The only activity he liked was to smoke outside.) It is always difficult to meet the recreational needs of younger residents, but as long term care professionals, it is our job to do the best we can to bring positive moments that improve the quality of their daily lives.

Over the next year, the Alzheimer's Association would like to give you the tools to address the recreational needs of special populations, especially those who have early-onset Alzheimer's disease. Alzheimer's disease is considered early in its onset or starting point if an individual is age 65 or younger when symptoms first appear. The Alzheimer's Association would like to begin a dialogue with Activity Professionals and family caregivers from across the country to discover what works and what doesn't.

Music seems to be a universal tool that works almost every time. However, the music that appeals to an 85-year-old person (i.e., *You Are My Sunshine*) is not the same music that will appeal to someone in his 50's. So, what music will revive good memories for younger people? Here are some suggestions:

■ Favorite Music for Ages 50 - 54

- Bob Dylan
- Jefferson Airplane
- The Beatles
- Barbra Streisand
- Henry Mancini *The Days of Wine and Roses*
- Jerry Herman *Hello, Dolly!*
- Stan Getz and Astrud Gilberto *The Girl from Ipanema*
- Herb Alpert and the Tijuana Brass *A Taste of Honey*
- Frank Sinatra *September of My Years & Strangers in the Night*
- Love theme from *The Sandpiper - The Shadow of Your Smile*
- The Beatles *Sergeant Pepper's Lonely Hearts Club Band*
- John Lennon and Paul McCartney *Michelle*
- 5th Dimension *Up, Up and Away*
- Soundtracks of *The Sound of Music* and *My Fair Lady*

■ Favorite Music for Ages 55 - 59

- Frank Sinatra *Come Dance with Me*
- Domenico Modugno *Nel Blu Dipinto di Blu*
- Henry Mancini *The Music from Peter Gunn*
- John Coltrance - Jazz New Wave Movement
- Bobby Darin *Mack the Knife*
- Jimmy Driftwood *The Battle of New Orleans*
- Patsy Cline *I Fall to Pieces* and *Crazy*
- Henry Mancini *Moon River*
- Judy Garland - *Judy at Carnegie Hall*
- Tony Bennett *I Left My Heart in San Francisco* and *What Kind of Fool Am I?*
- Soundtrack of *West Side Story*

■ Favorite Music for Ages 60 - 65

- Pierre Boulez *Le Marteau Sans Maitre (The Hammer without a Master)*
- Elvis Presley *Heartbreak Hotel* and *Love Me Tender*
- Woody Guthrie *This Land Is Your Land*
- Ricky Nelson *Poor Little Fool*

▣ **Favorite Music for Ages 66 - 70**

- Songs - *Some Enchanted Evening, Ghost Riders in the Sky, Rudolph the Red-nosed Reindeer, and Diamonds Are a Girl's Best Friend*
- Vaughn Monroe *Vaughn Monroe Sings*
- Samuel Barber - Piano Sonata
- Ernest Block *Scherzo Fantasque*
- Soundtracks of *Kiss Me Kate, Guys and Dolls, The King and I, and Singin' in the Rain*

I hope this is a good starting point to help you reach younger people with Alzheimer's disease. I'd like to hear from you and learn from your experiences. Contact Leanne Voyles at leanne.voyles@alz.org or (918) 481-7893. CF