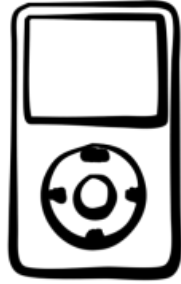


Wanted: Used IPODs and iPhones for Seniors



Mount Cartier Court Extended Care Facility (The Cottages) is now implementing a personalized music program for our residents.

What It Is:

Residents are given personalized playlists that reflect their personal taste in music. Particularly we are attempting to find music that ties to the memories of youth.

Why It Works:

- the brain ties music to memory
- personalized therapeutic music enables the listener to reconnect, regain social skills and live more fully.

Therapeutic Benefits of Personalized Music:

Residents and clients feel happier, more social, less anxious—just more able to enjoy life—and staff regain valuable time for person-centered care. There is a large body of Neuroscience Research supporting the benefits of personalized music. More information on this program can be obtained at www.musicandmemory.org

***If you are able to donate a used device, please drop it off at the front desk of Queen Victoria Hospital. This program is already working wonders and we just need some more devices to really make it fly!**

For additional information please contact Anne Keller at Anne.Keller@interiorhealth.ca