

growing

a caring community



Music & Memory Therapy Program

A Most Beautiful Dream . . .



Father Albert Lacombe was a missionary and pioneer of the Northwest. For 67 years he laboured for God, for fellow men and for his country. But it was his last mission – the creation of the Lacombe Home – to which he gave his heart, calling it “the most beautiful dream of my life”.

The Sisters of Providence have provided over a century of compassionate care – first in the original home built in 1910, then at Father Lacombe Care Centre since 1965. The Sisters, dedicated staff and countless volunteers work tirelessly with families to assure care, respect and dignity for all residents.

The Sisters of Providence have revisited Father Lacombe’s dream with the addition of Providence Care Centre. This new Centre will provide an additional 160 people with the same personalized and compassionate care for which the Father Lacombe Care Centre is renowned.



Yes, I would like to help!

Please accept my charitable gift of \$1,000 \$250 \$100 \$45 Other _____

Please direct my donation to: Music & Memory Therapy Program Other _____

Payment Method: Cheque (Payable to Father Lacombe Care Centre Foundation)  

Name on Card: _____ Signature: _____ Expiry date: _____

Card #: _____

Name on Receipt: _____

Mailing Address: _____ Postal Code: _____ E-mail: _____

Town/City: _____

Please mail this form to 270 Providence BV SE Calgary, AB T2X 0V6 Phone (403) 254-6280 Email: foundation@flh.net

Charitable Registration #85529 7867 RR0001 02/15



The Key is a Personalized Playlist

With the growing number of seniors requiring continuing care and the increasing rate of dementia, it has become imperative that a way is found to better engage our residents.

When addressing how to improve quality of life, music is the first thing that comes to mind. Music is a popular recreational activity in continuing care centres but does not always reach those who need it the most—those who struggle with a wide range of physical and cognitive impairments.

Research has shown that the power of music has the ability to open minds, memories, and awaken the being, especially impacting those with dementia and complex behaviours. Musical memory is profoundly linked to emotions. These memories are stored deep in the brain. While Alzheimer's damages the ability to recall facts and details, it does not destroy these lasting connections between a favourite song and memory of an important life event, no matter how long ago.

The key is a personalized music playlist, delivered by using I-pods or related digital audio devices.



What will creating a personalized playlist do:

- Enables the resident to focus on their interests, events that have impacted their life, invoke memories and bring pleasure.
- Brings about a change in posture; brightens their expressions; and promotes smiles as they reminisce.
- Improves body range of motion through tapping feet, swinging and clapping hands, tilting head and neck and for some dancing!
- Improves communication – although conversation may be difficult, the words to a favourite song are remembered and they are often able to sing along. This will result in an increase in visitors as they can join in and not struggle to make conversation.
- The playlist can be available 24 hours a day.

How can you help?

The Music & Memory Therapy Program will be implemented at both the Father Lacombe Care Centre and Providence Care Centre.

With your gift you will be providing:

- access for residents to use personalized equipment such as I-Pods and headsets.
- the ability to customize the music for each individual resident.
- access and availability to train the trainer – allows for in-house training.
- the means required to monitor and record the results and impact of the program -- ensuring best practise, quality control and improvements to quality of life and personal wellness.



All donations will receive an official tax receipt.

It is said that music calms the soul – research has proven that it can also reawaken the mind!