OUR MISSION
Influenced by Christ, Lyngblomsten provides a ministry of compassionate care and innovative services to older adults in order to preserve and enhance their quality of life.

1415 Almond Avenue  |  St. Paul, MN 55108

www.lyngblomsten.org

Lyngblomsten is a MUSIC & MEMORY℠ Certified Care Facility

www.lyngblomsten.org/MusicandMemory

The MUSIC & MEMORY℠ program at Lyngblomsten brings iPods loaded with personalized playlists to the older adults we serve, using the therapeutic benefits of music to help them feel connected to their memories, their lives, and each other.
WHAT IS MUSIC & MEMORY℠?
Lyngblomsten is one of a growing number of care centers helping to enhance the lives of older adults through MUSIC & MEMORY℠, a nonprofit founded in 2010. Grounded in research about how brains respond to music, the MUSIC & MEMORY℠ program puts the evocative power of music to therapeutic use by bringing iPods loaded with personalized music to older adults.

In care facilities where the program has been implemented, having older adults listen to their favorite music—in particular, songs associated with important personal events—has triggered memories of lyrics and of the events associated with the music. The reason why this connection exists is because the parts of the brain that respond to music are close to the parts of the brain concerned with memory, emotion, and mood.

WHAT ARE THE BENEFITS OF THE PROGRAM?
While the program may be simple, its benefits are powerful! In addition to being an enjoyable and fulfilling activity, listening to music has been shown to:

- Awaken memories from the past, leading to a more engaged life
- Reduce anxiety and agitation
- Lessen reliance on certain medications
- And enhance socialization

Originally designed for persons with Alzheimer’s disease and other forms of dementia, the program has also been successfully used with older adults suffering from chronic pain, depression, and anxiety.

HOW CAN YOU HELP?
There are 3 ways you can help bring the healing power of music to older adults through Lyngblomsten’s MUSIC & MEMORY℠ program:

1) Donate a gently used or new iPod.
2) Donate an iTunes gift card.
3) Designate a monetary gift to MUSIC & MEMORY℠/Artful Living at www.lyngblomsten.org/donate.

There are collection boxes on the Lyngblomsten campus to drop off in-kind and cash donations. Lyngblomsten is located at 1415 Almond Avenue, St. Paul, MN 55108.

With your help, the older adults Lyngblomsten serves can benefit from the powerful ability of music to enhance memories and improve quality of life.

Please note that we cannot accept headphones for hygienic reasons. We do appreciate getting iPod connector cords, however.

Visit www.lyngblomsten.org/MusicandMemory to learn more.

Questions? Contact a MUSIC & MEMORY℠ Co-Leader:
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