

MUSIC THERAPY for DEMENTIA/ALZHEIMER'S Workshop with Cheryl Hodge



Cheryl Hodge, a brilliant jazz musician from Bellingham, Washington, is offering a program to persons experiencing dementia or Alzheimer's and their caregivers. Cheryl's breakthrough method using music and song has an undeniably swift effect on improving the health of most patients afflicted with a dementia-related disease. Whether the patient can sing well or not is a moot point. When any musical memory comes up, new neural pathways are created

in the brain. Music plays a special role in connecting them to pleasant memories, feelings of happiness and humanity, while reducing symptoms of depression, anxiety and agitation. Though not a "fix" for these diseases, it can create new, quality time for the patient and her/his loved ones and caregivers. Her book *Alzheimer's, Dementia & the Healing Power of Music* (available on amazon.com) is a wealth of information for caregivers themselves. Cheryl can be reached at hodgecheryl@hotmail.com.

SATURDAY, August 19, 2017
10:30 AM to 12:00 Noon, in the Sanctuary
Suggested Donation of \$10 per Person

For More Information, Please Contact:
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530-221-4849 or visit www.cslredding.org