



Music and Memories Matter



It has been proven that music can help alleviate depression, relieve stress and the “sundowning” and agitation of an individual with Alzheimer’s.

This in turn will help the caregiver cope with the everyday struggles of taking care of their loved ones with Alzheimer’s. Music provides relaxation and can also restore a sense of calm, thereby relieving stress for the caregiver.

Caregivers can give their loved ones with dementia the gift of music. COI’s Music and Memories Matter program is offering MP3’s and headphones so their loved ones can listen to their favorite play list.

These are offered through grants from the Chautauqua Region Community Foundation and Lake Shore Savings Bank.

For more information about the Music and Memories Matter program, please contact Nancy Dunbar, Alzheimer’s Support Specialist at (716) 366-3335 / (716) 661-9430 ext 1236.

