



Symphony

MMTF Newsletter
Spring/Summer 2023
Volume 34

MAYA'S MUSIC THERAPY FUND *CHANGING LIVES, ONE SONG AT A TIME SINCE 1989*

As we move into our 35th year of service to the community of people with severe developmental disabilities, we are proud to say that we are a success. When Maya's first began services, we provided Music Therapy to a small number of children in an after-school program. We have thrived and expanded and developed to where we are today.

Since our last newsletter was published a year ago, Maya's Music Therapy Fund has a new member of the Board and we are thrilled that Carl Whitaker has joined us. Carl

comes with extensive experience of serving on not-for-profit Boards and has special skills in communications.

We recently held a strategic retreat with the assistance of Board Consultant JoAnn McNutt from Board First Consulting Group and have reaffirmed our mission and vision positions. Look at our website where we always keep you informed of any major changes to our organization.

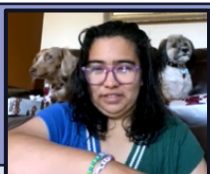
Joanna Smith has taken over as our Executive Director and we are excited that we are expanding our services thanks to a dedicated grant that we

received from the California Arts Council to provide Music Therapy to the After School Programs of the George Miller Center at both their Concord and Richmond locations.

With all that said, we are still highly dependent on our loyal and growing circle of support and are counting on you, our donors, to maintain and increase your generosity and contributions. You may use the enclosed envelope to mail a check, or donate online at mayasmusic.org.

Joanna A. Cooper, MD
Co-Founder and Chairperson

ROB'S INTERVIEW WITH JENNY



I recently interviewed one of Maya's Music Therapy Fund's newest clients, Jenny. She began individual TeleMusicTherapy sessions earlier this year during which we sing, listen to music, and talk about our favorite songs. Jenny just recently bought a clarinet so we have started playing clarinet duets virtually, too. Jenny has also been attending the weekly DPRC group with Titia over the last year. Without further ado, below is our conversation.

Hi Jen! When did you start going to DPRC and first attended music with Titia? I think it was last year (2022).

What do you enjoy most about music with DPRC? Everyone is nice and positive, and they are very funny. We've been friends now for like a year.

What does it mean to you to keep seeing your friends online and staying in touch through music? It's awesome because we've got this thing in common. Sharing music and being able to laugh about songs. It's nice to have time with friends.

What do you like most about sharing music? Everyone has different genres. It's good to hear new music 'cause there are some good singers I never knew existed.

What music do you play when you're feeling happy? A lot of country like Kane Brown. He's my favorite right now.

You sang a Kane Brown song for our Spring Music Festival this year! Do you have a favorite memory of singing for others? It was at Christmas one time. I sang a song in front of the whole church all by myself, and it was really awesome. It felt really nice.

Was it scary too? Yeah, I was a little nervous.

How did it feel to put yourself out there and succeed in front of everyone at church? It felt really nice, and then it was over. It was a big boost. Like a self-esteem boost.

What music do you play when you're in need of a pick-me-up? There's this singer Natalie Jane. She's awesome. And *I'm Her* is a little different. It's calming, I guess.

I hear and see so many animals in your home during our sessions. How many pets do you have and what are their names? 3 small dogs and a bird. So that's 4 pets. Stella is a terrier mix, and a bichon named Booboo, and the purebred dachshund is Bailey.

What's your favorite instrument? Clarinet, I first started playing it in my middle school band.

Do you have a favorite song to play on clarinet? Don't know yet, I haven't decided. I just got back into it.

How does it feel to be playing clarinet again? It's amazing actually. I really missed it.

Maya's Music Therapy Fund

P.O. Box 7110 • Berkeley • CA 94707 • info@mayasmusic.org • www.mayasmusic.org • Tax ID # 94-3232408



Maya's is thrilled to announce that we are recipients of California Arts Council's Creative Youth Development grant! This grant provides two years of fully funded weekly music therapy sessions to youth with developmental disabilities at the George Miller Center after-school programs at Richmond and Concord. Through music therapy sessions and performing at our Spring Music Festival, students will gain new musical, cognitive, and social skills. The California Arts Council is a state agency with a mission of

strengthening arts, culture, and creative expression as the tools to cultivate a better California for all — we are grateful for this funding and are excited to work with more youth!



MUSIC THERAPY IRL AGAIN!

Rob Cheifetz

Obviously the COVID-19 pandemic has presented many challenges in our field which we largely adapted to by doing TeleMusic Therapy online through Zoom and Doxy.com, as well as wearing masks and upping our sanitation game. And now, surprise! Returning to in-person sessions has proven to be another challenge that requires more than just tapping our heels and saying “There’s no place like 2019... there’s no place like 2019...”

We are thankful for our clients who have joined us on this wild ride onto the internet, the donors who have unwaveringly believed in our vision, and everyone on the other side of the screens helping to make TeleMusic Therapy happen. And now we ask for your patience again as we navigate our way back to the face-to-face “IRL” (in real life) music therapy sessions of our post-pandemic world. There is no

substitute for the therapeutic value of music-making in person, however there are new limitations and adaptations we’ll need to consider to ensure the safety of both clients and therapists going forward.

One of the primary challenges to returning to in-person sessions is the need to wear masks to protect our under-prepared immune systems from even the common cold. Singing is a vital part of what we do, and it has been shown to have numerous physical and emotional benefits. Singing can also be a high-risk activity in terms of spreading COVID-19 or any respiratory illness. When singing, people produce more respiratory droplets and aerosols than talking, which can increase the risk of transmission.

Another challenge is the need to sanitize instruments and equipment between sessions. We often use shared instruments, such as drums or

Our 2023 Zoom Festival was generously sponsored by
Sutter East Bay Medical Group
David & Betty Pollack

If you are interested in sponsoring our 2024 Festival, or providing an ongoing sponsorship for a deserving client, please contact us!



We are sad to announce the passing of our Executive Director, Charlie Pollack, on February 5, 2023, due to complications after open heart surgery. Charlie had been our Executive Director for the

past 10 years and was the husband of Maya’s co-founder and chairperson, Joanna Cooper. He came to know Maya in 1986 and saw how music therapy improved her life until her death in 1988. He became a member of our board in 2006 and, prior to becoming Executive Director, served as Treasurer.

Charlie was an extremely generous person, not only to his family but towards his community and causes which were important to him, including local and national political issues. His generosity was a part of his personality, readily providing his time, advice, and guidance to those who came to him.

We send our deepest sympathies to Charlie’s family, friends, and community.

boomwhackers, which can increase the risk of transmission if not properly sanitized. To address this challenge, we plan to be diligently cleaning and disinfecting instruments between sessions.

Despite these challenges, there are many benefits to returning to in-person sessions. For many clients, music therapy provides a sense of connection and community that is difficult to replicate virtually. In-person sessions also allow us therapists to better observe and respond to nonverbal cues and to tailor interventions to the specific needs of each client. Music therapy is an inherently interactive and dynamic process, and in-person sessions allow for a more organic therapeutic experience.

With creativity, careful planning, and your help, we are excited to be transitioning many of our group music therapy sessions back to in-person this Spring.

Symphony, Volume 34, 2023

MANY THANKS TO OUR 2022 – 2023 DONORS

Lisa Adelman
Sadashiv and Rekha Adiga
Ken and Misako Akimoto
R. Michael Alvarez, DDS, Inc.
Gladys Anderson & Deshaun Lee
Herb Anderson & Dianne Millner
Robert Anderson
Kim Andrews
Anonymous
Marilla and Ivan Argüelles
Sharolyn Babb
Judy Bain
Diane and Edwin Bernbaum
Minal Bhanushali
Sally Blaker
Debra Blanchard
Jeannine and Terry Blumenfeld
Sandra and John Boesch
Erin Borth
Ursula Boynton, M.D.
Harold Brandel
Arthur and Sheila Braufman
Carol L. Brosgart, M.D. &
Joseph A. Gross
Jeffrey Burack, M.D. &
Shelly D. Ball
Lynda Burrell
Mary Jo Callahan
Brian Candell, M.D.
John and Catherine Case
Michael Cassidy, M.D. &
Andrea Cassidy
VJ Chanco & Katrina-Mari Mayol
Carolyn and Gregory Cheifetz
Ryszard and Robin Chetkowski
Stephen and Loretta Chin
Joanna Cooper, M.D.
Michael Cooper, M.D. &
Theresa Cooper
Diane and Ric Cote
Cheryl Czyz
Jennifer and Andrew Dardis
Robert Dolgoff, M.D. &
Margarita Nicol
Stacey and Miguel Dominguez
Thomas Donovan
Darya Druch & Opher Peled
Cassandra Duggan
Ann Duveneck & Thomas Panas
Peter Dybwad
Michael Ehrenberg & Stephen Pollack
Zoi Dorit Eliou & Randy Katz
Selena W. Ellis, M.D.
Robert Fox, M.D. & Jeffrey Fox, M.D.
Marilyn Fye
Erik Gaensler, M.D.
Martin Garcia
Michael Geifman
Bonnie George
Howard and Teri Gerber
Stephen Ginsky

Lori Gitter
Howard and Jeremy Gordon
Mark Greenside
Doug and Maura Griffith
Deborah and Mani Guerami
Regina Guggenheim
Nicola Hanchock, M.D. & James Moore
Joshua Hattersley & Cameron Reed
Ching-Yee Anliza Ho
Scott and Marilyn Honegger, M.D.
Amy Hosa
Andrew Hudnut
Nancy Hughes
Eric Hunt & Margaret Eylar
Lenny Husen, M.D. &
Physician Wellness
Adam & Rebecca Janik
Lynn Jehle
Alison Jordan
Paul Kahn & Janet Adler Kahn
Helena Katz, M.D.
Judith Kellman
Victoria Kelman & Rabbi Stuart Kelman
Jeanne King
Robert Knight & Donatella Scabini
Chester and Brenda Krokoski
Gena Kurzfeld
Annie Lai & Wilfred Tang
Linda Lambie
Petra Landman, M.D. & Gary Landman
Kent and Ann Larson
Kenneth Laxer, M.D.
Audra Lehman, M.D.
Julia Lipton
Anne Long
James Warren Lovekin
Andrew Luchansky & Elisabeth Reed
Patrick and Sandra Lynch
Samantha Malm
David Marinoff
Sandra and Ryan Martin-Dent
Angela Mason
David and Diane Matsumoto
John McHugh & Laura Miller
Steven Miller & Lizette Larson-Miller
Kyle Milligan & Susan Casentini
Hilary Modell, N.P.
Laura and Scott Murdock
Edith and Walter Nagel
Gail Nanao
Denise Navellier, R.N. &
Scott McCormick
Jay Nitschke
Christopher and Victoria Nolan
Frank L. Oaks & Marianne Hane
Rickey Ono
David and Sandra Padilla
Deanna Pankow
Marcy and Matthew Pearce
Theresa Pedemonte Ellis
David and Betty Pollack
Naomi Pollack
Stephen Pollack & Michael Ehrenberg
Norman Powell
Lois Price
Miriam Rabinovitz
Charles D. Rauch
The Redfern-Kunraraghai Family
Barbara Ridley & Judy Kerr
Ailene Romero
Heather Rosnow
Richard Rudd, M.D.
Dakim Saadiq

Sam and June Santoro
John Schafer, M.D.
Dana J. Schwartz
Margaret & Leon Sharyon
James and Marjorie Shultz
Jeffrey Silvers, M.D.
Ross A. Simkover
Tom Sinclair & Kathleen Fisher
Birindar Singh
Gary and Susanne Sjöberg
Mary Smith
James E. Starr, M.D.
Jennifer Steneberg & Daniel Shaffer
Neil Stollman
Joan Sullivan, M.D.
Donna D. Tigno, M.D. &
Francois J. Habchi
Elsa and Revan Tranter
Marsha Treadwell
Renee & David Van Hoy
Kristen van Kranenburgh
Phyllis van Kranenburgh
Laura Vincent
Carmen Violich-Goodin
Michael and Maureen Vogel
Paul Vojta
Louisa Waldner & Stephen Finley
Gretchen Wallacker
Laura Wedderburn
Joanna Weinberg
Juliet Welch
Nancy Welt
Natalie West & Robert Sellin
Carl and Ellen Whitaker
Stephen Whitgob, M.D. &
Barbara Whitgob
Christian L. Williams
Naomi Wolman
Edward and Sandra Zaritt
Autodesk Foundation Employee
Engagement Fund
Bridge Association of Realtors
Community Foundation
Frank A. Campini Foundation
CAP-Hilltop & Aimee Vitug-Hom
DPRC & Sharolyn Babb
East Bay Innovations & Tom Heinz
Ehrenberg Family Trust
Etude Club of Berkeley
Friends of Disabled Children
Frontstream
Google
Inclusive Community Resources, LLC &
Shana Thrasher
Network for Good Facebook
PayPal Giving Fund
Pledgeling Foundation
Salesforce
Carol Hazenfield ~
In honor of Titia Martin-Nagel
Anne Kane ~
In memory of Derek Jackson
Lynn Lu Lau ~
In memory of Lauren Lau
Valerie M. Lawson ~
In honor of Amber
Joel Piser, M.D. & Jing W. Hsieh ~
In honor of Joanna Cooper, MD
Joy E. Reed ~
In memory of Derek Jackson

Racquel Robinson & BuILD House ~
From Isobel, Louis, and Lucas
Caren Shapiro ~
In honor of Heather Rosnow
Wendy Simon ~
In appreciation of Joanna Smith
Gayle Wong ~
In honor of David Matsumoto
James & Grace Yamakawa ~
In honor of David Matsumoto



In Memory of Dr. Charles Pollack ~

Matthew Arnold
Catherine Baker
Marguarite Barron
Adina Ben-Zeev
Erica Bender
Ragna Boynton, M.D.
Alice Cannan
Devra Edelman
Dena Elfert
Margery Eriksson
Michael and Lori Ferguson
Arlene Finn
John Ford
John Glynn
Sara Hartley, M.D.
Richard Head
Maria Hernandez
Robert Higginbotham
Rebecca Hummel-Moore, N.P.
Shirley Issel
Katie Johnson
Mitul and Niti Kadakia
Amy Kahan
Brian Kaye, M.D. &
Fran Tannenbaum Kaye
Evelyn Lee
Richard Litwin
Lisa Polston
Denise Prescott & Eugene Paletta
Karen Sibony & Jason Pollack
Lisa Sibony
Sharon Singer
Julie and Michael Steinbaugh
Uma Suryadevara
Sutter East Bay Medical Group
Sutter Neuroscience Steering Committee
Andrea Thach
Alice Thompson &
William Thompson Jr.
Jennifer Veale & Michael Meads

Looking for other ways to donate? Donor-Advised Funds and Planned Giving are two examples of how you can take advantage of tax saving while donating to your favorite charitable organization, Maya's Music Therapy Fund! Donor-Advised Funds are administered by a third party and created for the purpose of managing charitable donations over time while providing immediate tax advantages. Planned Giving uses estate and tax planning to provide for charity and heirs in ways that maximize gifts and/or minimize impact on the donor's estate. Talk to your financial planner.

Maya's Music Therapy Fund

P.O. Box 7110 • Berkeley • CA 94707 • info@mayasmusic.org • www.mayasmusic.org • Tax ID # 94-3232408

SOME COMMENTS FROM OUR CLIENTS AND COMMUNITY

MMTF has been a godsend for our family. The staff are so caring and encouraging. They make our daughter feel special and cherished. This has greatly enhanced her self-confidence and improved her quality of life. 🎵

I have seen improved fine motor skills (by playing a variety of instruments); increased listening skills (knowing when to join in on a song by singing or playing an instrument);

increased social/participation skills (taking turns and participating appropriately with others in a group); improved attention span (listening to a song completely) and improved communication skills (by choosing which song or instrument to play). 🎵

It helped me communicate with other people in the other groups who use music to communicate. 🎵

It has been a life saver for us, helping us to develop an emotional and loving connection with our son. We will

forever be grateful for our experience with Maya's Music Therapy Fund. 🎵

As a care giver, I have witnessed that the music class has brought so much joy to my client's life. 🎵

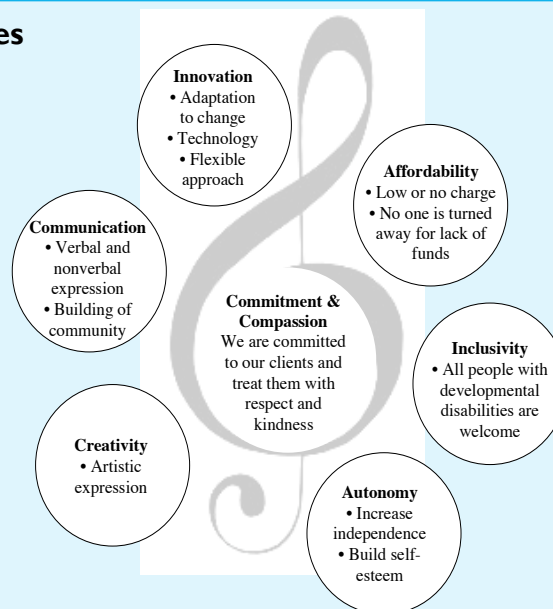
My son is non-verbal. The sessions allow him to express himself and release any pent-up emotion(s) in a way that he is unable to do verbally. 🎵

Maya's meets her where she is; not looking down, or so far up she can't reach. This helps her relax and interact.

Mission — Vision — Values

Our **mission** is that Maya's Music Therapy Fund unlocks the potential and enriches the lives of people with developmental disabilities through music therapy.

Our **vision** is to empower people with developmental disabilities to increase autonomy, build community and expand artistic expression, while improving physical, social, and cognitive skills.



Board of Directors

Joanna Cooper, MD,
Chairperson
Joanna Smith
Executive Director
Phyllis van Kranenburgh
Sandra Martin-Dent
Opher Peled
Stephen Pollack
Heather Rosnow
Carl Whitaker

Music Therapists

Rob Cheifetz, MA, MT-BC
Titia Martin-Nagel, MT-BC

Maya's Music Therapy Fund

P.O. Box 7110
Berkeley, CA 94707-0110

