



THANKSGIVING IN JANUARY 2024

Thank you for your financial support this past year to expand the impact of music care programs. Here is how your giving dollars are making a difference in the care experience of Canadians.



Alzheimer Society Peel is the first MUSIC CARE Certified organization in Canada



In August, Alzheimer Society Peel, the largest Alzheimer Society chapter in the country, celebrated becoming **MUSIC CARE Certified Gold** under the leadership of Ruth Watkiss. They developed 4 sound goals to enhance engagement of clients. They showed the measurable impacts of changing the sound environment. Their results are making a difference to quality of life each and every day for their clients:

- Increased client engagement in activities by 75%
- Decreased client wandering throughout the day by 40%
- Decreased staff stress level by 50%



CERTIFY FOR SCHOOLS pilot has begun in Ontario



In September, we began our CERTIFY pilot in 4 elementary schools and 1 high school in Simcoe District Public & Catholic School Districts in Ontario. Using a similar footprint as our organization certification, we are supporting teachers with music wellness tools, strategies and operational processes. This quality improvement program will:

- Strengthen a team approach to learning
- Improve delivery of lessons
- Expand integrated services
- Improve healthy and competent workforce (staff wellness)
- Improve tangible student-centred learning



Congratulations to 5 more individuals who have completed individual certification.



Jeanne Lambert (nurse), Eileen Vogn (musician), Dilip Ghosh (Activation Coordinator), Deb Shelley (Hospice Volunteer Coordinator), Dawn Bishop (Reiki Practitioner)

MUSIC CARE CERTIFY™ is the first achievement program in Canada to raise the standard of music care delivery. It provides structured quality frameworks to integrate music into care settings, individual care practices and schools.



More courses added to VIRTUAL LEARNING STUDIO

We have added 2 new courses to our online classroom: The Teenage Brain on Music and Songwriting for Care. This program, available online 24/7 removes barriers for learning due to timing and geography.

MUSIC CARE SKILLS DAYS



The fun of SKILLS DAYS is that the learning is hands on. We were able to work with several groups this year to equip them for music care integration in daily practice, including: North York General Hospital, Mohawk College, and the New Brunswick Youth Orchestra.

We're Out and About

Our stakeholder groups are back to in-person conferences. So we are out and about. This year we were able to meet with:

- BC Care Providers
- Hospice Palliative Care Ontario Association
- American League of Symphonies
- World Congress of Music Therapy
- Canadian Hospice Palliative Care Association
- Schlegel Innovation Summit
- Ontario Association of Older Adults
- Ontario Long-Term Care Association
- Pax Christi Chorale
- Ontario Music Educators Association
- BC Hospice Palliative Care Providers
- Canadian Caregiver Summit
- Behaviour Supports Ontario



MCC Ottawa 2023

Our MUSIC CARE CONFERENCE took place in Ottawa at the Carleton Dominion Chalmers Centre on October 27. With a variety of workshops, presentations and performances from music care experts from Canada and the US, participants grew in their awareness and understanding of the power of music for health, wellbeing and care. Jully Black was our keynote performer.

"I love the diversity of experiences presented."
- Conference attendee

Here are some of the participant takeaways:

- The information about Parkinson's and music and dancing was very informative and I didn't know that connection before. I work with people with Parkinson's very week. We do incorporate dancing and music daily, but now I will focus more effort on it.
- Great intro for me into different areas of music in care. I loved the balance of science with lived experience in the plenaries
- I have so much to learn about small details that will help me share the power of music to a higher degree



Voices that Care Benefit Concert

Many of you joined us in May for Voices that Care, an evening to benefit the Room 217 Foundation. We enjoyed talented Canadian performers and honoured exceptional caregivers from across the country who use music extensively in their day-to-day practice.

McMaster Research Practicum

The focus of our research this year has been on music wellness. Chelsea and her research team at McMaster completed a Delphi study with 20 experts from around the world who have collectively defined music wellness. We had 2 new publications this year in peer-reviewed journals.

Music wellness is interacting with music in a way that contributes to holistic health and flourishing

We've Been Restructuring



We're excited to announce that Dawn Ellis-Mobbs has become our Director of Program and Community Partnerships and Tanya Albis our Manager of Business and Support.



We welcome Wilf Dinnick as our Marcom Lead and Gillian Wortley as our CERTIFY Lead.

3 New Sets of CONVERSATION CARDS



These attractive and practical tools help to start conversations and deepen relationships around music-based topics. They are supporting our Care for the Caregivers and SCHOOL certification.