

The Legacy Network

OF ROOM 217

Investing
in the power
of music



*Leaving a legacy is not what we leave behind;
it's what we leave ahead. What is done today
will continue to impact people in the future.*

— Jennifer Buchanan, Music Therapist
from Wellness Incorporated

 Room
217
Foundation

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WHAT IS ROOM 217's LEGACY NETWORK?

The Room 217 Foundation is a health arts organization, working with music care partners **AND** 50 Canadian families to improve health and well-being with music for aging Canadians.

The Legacy Network is designed to touch more lives by reaching:

- more lonely and isolated older adults
- more family and professional caregivers
- more long-term care facilities
- more hospices and palliative care units
- more people aging at home across Canada and the world

Join Us

The Room 217 Foundation is inviting 50 Canadian families to join us on a three-year learning journey.

We promise an inspiring and engaging experience, learning about:

Innovative
partnership

Power of
music in aging

Giving through
a family lens

As a participant of Room 217's Legacy Network, your family will have the opportunity to:

- Partner with like-minded families to make a real and lasting difference for older adults
- Dialogue with music care experts in Canada and around the world who develop music-based interventions for aging-related issues
- Leave a family legacy that will enable music care expansion

With the emphasis on person-centred and relational care, the search for non-pharmacological solutions is a priority in Canada. Caregivers are looking for ways to make meaningful change in addressing health and social challenges within our aging population.

The vision of the Legacy Network is that music is **that** solution. Room 217's Legacy Network is a group of families who are keen to work and learn together with a shared purpose to ensure that music will be a vital part of care for older adults and their caregivers for years to come.

The Legacy Network will establish a legacy fund for the Room 217 Foundation to grow and continue our work. Room 217's Legacy Network connects philanthropy to music and aging issues.

The Power of Music in Aging

We can all empathize with the terrible fear that comes with the sense you are losing yourself as memory fails or the family trying to break through the barrier of denial to comfort and to help a loved one make peace as they near the end-of-life. These are among life's most difficult and yet most precious moments for those professionals or relatives who are caring for family members and loved ones.

Music can be used by all caregivers to address complex medical and social care needs. Music has the capacity to reassure by anchoring a person to who they are. Music can help people find the words they need, or provide simple togetherness when words are not needed. Music helps people regain speech after suffering a stroke, improve gait in conditions like neuropathy and Parkinson's Disease, and support relationship completion at end-of-life.

Music has an undeniable power to bring healing into some of life's most challenging circumstances. As families navigate life caring for each other, music can accompany them on their caregiving journey.



Like many others, I have had the privilege of being there for the passing of a loved one and now find myself in the position of helping family members with dementia. All of us at 217 share this reality and that is why we work to promote the use of music in care not just for those who suffer but for those who care for them.



– Murray McLauchlan CM, FRCMT, LL.D.
Singer/Songwriter

The Importance of Family

Families may have biological bonds, they may also be blended. Structures may vary, but families share traditions and experiences. Some of us enjoy the love and company of workplace families, or close friend families. Regardless of the nature of your family, you enjoy and experience a genuine sense of care.

The Legacy Network is all kinds of families working together to care for other families. Family members ages 15+ are invited to participate in the learning journey.

Did you Know?

- Canadians aged 65+ will comprise **25%** of the Canadian population by 2036.
- More than **80%** of adults that live in long-term care have some form of dementia.
- Isolation and loneliness are recognized as **health risks** for older adults – Fifty per cent of people over 80 report feeling lonely.
- Seven of the top 10 causes of death in older adults in Canada are chronic conditions making the need for palliative care even more important.

Room 217 Foundation's UNIQUE ROLE

Established in 2009 through one family's end-of-life experience, the Room 217 Foundation is a health arts organization uniquely positioned to change the care culture with music. We provide an innovative approach to health and well-being called music care. Our goal is to integrate music into caring relationships, care tasks, personal care plans, and within organizations. Our emphasis is on improving the care experience with music.

Room 217 uses music to address issues of aging. Our music collections have accompanied thousands of families through an end of life journey and given them powerful moments of connection. Our Pathways singing program for memory care is used in long-term care homes and adult day programs. What we've seen is that suddenly, people talk to each other, smile, sing, clap and make music together. The 1,000+ caregivers we've trained are integrating music into their daily work making their care more relational, person-centred and pleasurable.

Our first 10 years have shown us what music does to improve quality of life and care within older adults and their caregivers. In our next 10 years, we want to ensure that music will be a part of older adult care no matter what setting they live in. We are working for music as a standard of care and developing music care products, programs and services to support this.

There's something special about the story of Room 217 threading from one family's experience to developing the Foundation with music care resource for several families, and being confident that expanding this work of care through music for more families is something that Room 217 is able to do.

– Sharon, donor and family caregiver

Partners in Music Care

Music health is an emerging sector that recognizes the therapeutic power of music as a non-pharmacological, cost effective holistic solution that can be applied to a variety of illnesses and conditions. Room 217 works collaboratively with partners in both health and social care for program delivery.







Room 217 Beginnings

Room 217 is a real place in a hospital northeast of Toronto where I experienced what music can do to comfort families losing a loved one. As my dad was dying, my mom, brothers and sisters, and I sang around his bedside. I witnessed how music nourished dad for his final journey and how it connected us as a family and helped us support him, each other, and communicate our sentiments in a powerful way. That experience compelled me to address needs of families like mine at end of life, and in other care situations.

– Bev Foster, Founder,
Room 217 Foundation

What is the Journey?

 <p>Dialogue With Experts On issues of aging, and music medicine, music wellness</p>	<p>Year 1</p> <p>Year 2</p> <p>Year 3</p>	<p>Music and Palliative Care</p> <p>Music and Dementia</p> <p>Music and Rehabilitation</p>
 <p>See First Hand Site visits to care communities in Canada</p>		
 <p>Learn, Travel And Connect Attend music and health conferences and music care training</p>		
 <p>Create with Master Musicians Experience music as a means of care and wellness</p>		

You can participate in events as much or as little as you choose! All travel costs are in addition to pledge.

Mark your calendar.

Music care conferences focus on themes and issues around the power of music in health and social care. The first global music care conference will focus on Innovations in Music Care and is co-hosted by Room 217 and the University of Nottingham.


MARCH 16-18, 2021



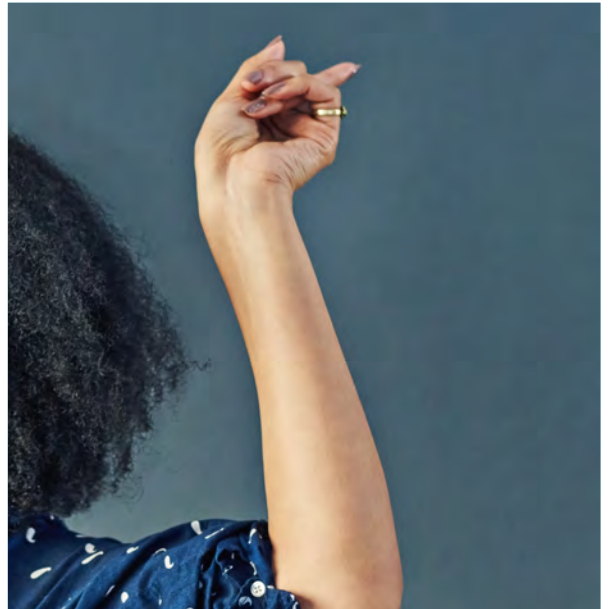
How does the money for Room 217's Legacy Network flow and where does it go?

ROOM 217 FOUNDATION
DONOR GIVES
\$100K (over 4 years)

LEGACY FUND
\$100K X 50 Canadian families = \$5M
Commit to music care for the longer term



INVEST IN QUALITY OF LIFE AND CARE Serve family members in care settings	REACH PERSONAL & PROFESSIONAL CAREGIVERS Reach families caring at home
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Room217.ca

Questions?

For more information and the
legacy fund's terms of reference,
contact:

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Charitable No. 85728 5092 RR0001