

Soundtracks

With the Copper Street Brass

Soundtracks is Copper Street Brass' Creative Aging music program designed specifically for older adults living with dementia, their caregivers, and families.

Soundtracks is a person-centered creative aging program designed to enrich the lives of older adults living with dementia. The program explores how music runs through our entire lives - like the soundtrack in a movie. Each activity features interactive live music performances brought directly to residents (eliminating the need to bus residents to an arts event). The program's goal is to provide services that are rooted in high-quality musical performances, are socially engaging and draw upon the rich life experiences of participants, and enrich quality of life using the power of music to spark joy.

The program was developed in collaboration between Copper Street Brass (CSB) and The Waters of Plymouth in 2017. We expanded the program to several new communities in the Twin Cities metro in our 17-18 season and will bring the program to communities in rural Minnesota beginning in the Spring of 2019. Soundtracks is supported by the Minnesota State Arts Board, funds contributed by the residential facilities we serve, and financial support from CSB's individual donors.

All CSB musicians have completed CARES Dementia Basics training. Project leaders are Alzheimer's Association essentialALZ certified and have completed the National Center for Creative Aging's Online Artist Training Course.

The program has two types of activities

Most Soundtracks programs are built using a combination of the following types of services to best serve resident needs. Programs may have one or multiple services of each type in a given time frame.

Concert: This one-hour concert features the CSB's unique blend of music from Classical to Folk to Popular music with lively audience interaction and music designed to spark memories for all residents. Bringing the concert hall experience to the spaces where older adults live eliminates the need for bussing and gives all residents and staff the opportunity to experience a fun, professional arts event in a comfortable, familiar setting. Soundtracks Concerts require all five CSB brass musicians and need to be held in a large community space. Concert themes vary based on the season, total number of program visits planned, and preferences shared by each residential facility.

Small Group Session: Small Group Sessions are small-group creative music activities designed specifically for smaller groups of residents facing dementia. These sessions feature a small group of CSB musicians (2-3 depending on the size of the group) and may occur in any community space within any residential facility - a large space is not essential. Each Small Group Session explores a common Movie Theme through music, such as "Love Stories", paired with a Music Theme such as "Melody". During each session, residents will have the opportunity to sing and move along with familiar music that relates to each Movie Theme, explore and learn about the Music Theme alongside professional musicians, and exercise their creativity by helping to choose a melody, move their body, play a rhythm, or share a story.

Small Group Sessions are non-sequential, meaning a resident may attend any or all of the sessions and does not need to carry learning from a previous session to the next. Sessions are designed with flexibility to accommodate residents at various stages of cognitive and physical ability so everyone can experience enjoyment and success in the way that feels comfortable for them.

Research Supports Our Soundtracks Project

The benefits of arts participation for older adults is well documented. A few examples from recent studies show adults who engage with the arts:

- Have better overall physical health, fewer doctor visits, take less medication and fall less (Cohen et. all, 2006)
- Show improved cognitive function and psychological wellbeing (Noice, Noice and Staines, 2004)
- Nursing home residents with dementia show a measured increase in quality of life as measured using the Quality of Life in Dementia scale that lasted up to six weeks following a live musical performance (Gizzi with Dallow, "Music and Quality of Life Among Nursing Home Residents with Dementia")

According to a 2014 study looking at the importance of music for people with dementia, researchers concluded:

The effects of music go beyond the reduction of behavioral and psychological symptoms. Individual preference of music is preserved throughout the process of dementia. ***Sustaining musical and interpersonal connectedness would help value who the person is and maintain the quality of their life.***

- McDermot, Orell and Ridder, Aging and Mental Health Aug 2014

About Copper Street Brass

Copper Street Brass is the premier brass chamber ensemble in Minnesota and one of only a handful of self-sustaining brass groups in the country. We were founded in 2008 as a professionally trained classical chamber music ensemble (which means we perform without a conductor) with two trumpets, horn, trombone and tuba. We present exclusively our own music, which is an original blend of musical styles from Mozart to Madonna, in over 35 concerts and 100 outreach services each season.

In the past 10 seasons our work has taken us to every corner of Minnesota and across the country from Montana to Massachusetts. We have appeared on live TV and radio, and our recordings are frequently heard on MPR. Our commitment to excellence and innovation in music education led to invitations to present at music educators conventions in Minnesota, Montana and North Dakota as well as recent educational partnerships with The Schubert Club, Minnesota Public Radio, Minnesota Orchestra, and COMPAS.

Visit our website at www.copperstreetbrass.org for recordings, videos, and much more about CSB.

For more information about Soundtracks or our other concert and outreach offerings, contact Copper Street Brass Executive Program Director Allison Hall:

Allison Hall | allison@copperstreetbrass.org | (612) 722-3667 (office)