

IMPACT OF *Your* PHILANTHROPY



MUSIC IS THE BEST MEDICINE

Thank you for giving Joan a few moments of peace

Joan's grimace changes to a smile as soon as Elizabeth Proett begins playing the harp.

"It brightens my heart," she tells Elizabeth.

Getting Joan to rest and relax is a challenge.

Hour after hour, Joan shuffles with her walker around the residential corridor. She goes through the memory care lounge and around again.

The urge to walk is how Joan's body responds to anxiety, agitation and memory loss.

Physical exhaustion and chronic pain are a direct result of the constant motion.

Thanks to you, therapeutic music gives Joan moments of rest and lucidity.

Initially, Joan would continue walking when Elizabeth approached her.

One day, Elizabeth knocked on the door and asked Joan if she could play for her.

"She was thrilled and sat down on the bed. She listened, smiled, and made eye contact. I played to her for 15 to 20 minutes," remembers Elizabeth.

No one knows what was different about that day.

"You can't discount the power of beauty. Just that something beautiful was brought in can make a difference," ponders Elizabeth.



Joan listens to music played by Therapeutic Musician Elizabeth Proett. Joan is a resident of Eskaton Village Roseville memory care.

On a recent visit, Elizabeth conducted a sing-along with residents in the memory care lounge.

As Elizabeth sang "Somewhere Over the Rainbow," Joan continued her trek around the memory care unit.

Walking, but listening to the music, Joan commented, "That's very nice."

"You can't discount the power of beauty. Just that something beautiful was brought in can make a difference."

– Elizabeth, Therapeutic Musician.

Your support is bringing therapeutic musicians to six memory care programs in the Sacramento region.

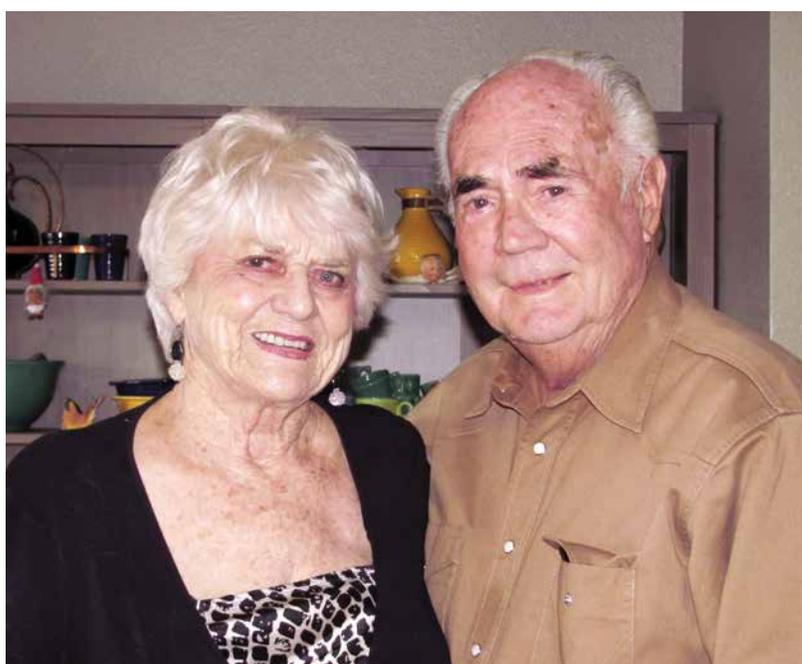
LETTER FROM THE PRESIDENT TO BE LONELY IS HEARTBREAKING

Your Support Brings Chaplains to the Rescue

The need is greater during the holidays for Eskaton Foundation's Chaplaincy Assistance Program. Whether your family is across the country and unable to visit, or you live alone and feel a bit lonely, having someone to talk to can mean the world to a senior.



*Kim Rhinehelder
President
Eskaton Foundation*



Charlie and Gerry McAvoy, residents living at Eskaton Village Carmichael. The Chaplaincy Assistance Program is their brainchild.

Creating a robust chaplaincy program was the brainstorm of Charlie and Gerry McAvoy, residents living at Eskaton Village Carmichael.

"To be alone is one thing, but to be lonely is heartbreaking," said Charlie McAvoy who has first-hand knowledge of the significance that a visit from a chaplain provides.

Since the program's inception, our eight Chaplains have brought the gift of peace to hundreds of seniors. Thank you to the McAvoy's and to all of you who continue to make the Chaplaincy Program thrive.

We Want to Hear from You: WHAT'S YOUR SONG?

Songs from your early adulthood, between ages 18 and 25, are often the best choices for therapeutic music. These are the songs that bring back good memories. We want to hear from you! What song would you use for therapeutic music?

Send us the title of your favorite "Music Therapy" song by February 29! Call Lorraine Leung at (916) 334-0810 or send an email to lorraine.leung@eskaton.org. You can also send it in the enclosed envelope.

We will post the results in the next donor newsletter!

BRINGING BACK THE BOOGIE

Music brings back memories for Larry, a resident of Eskaton Care Center Greenhaven

Larry, a retired Air Force veteran, has not talked very much since he had a stroke. "Larry's face brightened up when he put on the headphones and began listening to some of his favorite tunes," said Nicole Johnson, activity director at Eskaton Care Center Greenhaven. "He gave me a thumbs up to Beer Bottle Boogie by Koko Taylor."

Thank you for bringing back the boogie to seniors living with dementia!

With your help, earphones, iPods and recorded music are available at all Eskaton memory care programs.



Larry, a resident of Eskaton Care Center Greenhaven listens to a favorite song during Therapeutic Music time.

DID YOU KNOW?

Music therapy helps older adults with problems like memory loss and stress. When the brain responds to music, the areas affected are the same areas that spark memory, speech, and motor skills. The key to therapeutic music is finding music your loved one enjoys.

"Larry's face brightened up when he put on the headphones and began listening to some of his favorite tunes."

– Nicole, activity director at Eskaton Care Center Greenhaven.

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You can also give online:
eskatonfoundation.org

YES, I WANT TO HELP SENIORS IN NEED!

Enclosed is a check for my contribution of: \$250 \$100 \$25 \$500 \$1,000
 Surprise! My donation is for: \$ _____

Name: _____

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City: _____ State: _____ Zip: _____

Email: _____ Home Phone: _____

My donation is for: Therapeutic Music Program
 Where the need is greatest

Chaplaincy Assistance Program
 Other: _____

