

# The Music Reminiscing Program

FROM MD SENIOR LIVING

**Music brings happiness to millions of people across the world every day.**

Many of us grew up listening to specific genres or artists whose music became commonplace in our daily lives.



There's a significant amount of research that points to the benefits of music. It has the ability to improve our mental outlook, reduce anxiety, and improve our quality of life.

In the past, our specific choice of music was only available on the records, cassette tapes, or CDs in our possession. But with the power of today's streaming technology, we can create playlists that include any artist or song based on our favorites from the past.

At MD Senior Living, our residents are each provided an Amazon Echo Show device and a subscription to Amazon Music. Our staff spends the time with each resident to explore their favorite artists and songs from the past.

**That's when the magic happens.**

The caregivers set the music in motion whenever our residents want to reminisce and listen to their favorites from the past. Favorite playlists lead to stories from childhood and special memories. The end result is often a new sense of connection between residents as they share their favorite music with one another.

*The amazing benefits of music are alive  
and well at MD Senior Living.*



**MD SENIOR LIVING**  
PHYSICIANS WITH A VISION FOR BETTER CARE

**CONTACT US TODAY**

at **480.267.9200** to learn more.

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