



## Alive Inside: Music & Memory

BMNTC is proud to offer the Music and Memory music program that brings personalized music to our patients with Alzheimer's disease and dementia. Grounded in research about how our brains respond to music, Music & Memory is intended to retain memories and enrich the lives of our patients.

### How It Works

Emotions are strongly linked to our musical memories, which are stored deep in the brain. While Alzheimer's disease damages the ability to recall facts and details, it does not destroy these lasting connections between a favorite song and memory of an important life event.

When patients suffering from Alzheimer's disease or dementia hear a song connected with a meaningful memory, they can "re-awaken." People who have not spoken in years find words and sing lyrics. They often regain the ability to connect with those around them. The key is a personalized playlist, individually shaped for each patient.

With a proven track record of transforming the quality of life for individuals with a variety of cognitive impairments, the transformations from this program fall nothing short of miraculous. To learn more about this program, visit [musicandmemory.org](http://musicandmemory.org) or contact one of our certified Music & Memory professionals