

MEDIA ADVISORY

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FOR IMMEDIATE RELEASE
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MUSIC THERAPY PROVIDES MEANINGFUL OUTLET FOR CARY SENIORS WITH ALZHEIMER'S AND OTHER FORMS OF DEMENTIA

WHAT: Music has the ability to transcend time, space and even science to impact others. Its lyrics and melody bring purpose to people's lives and return them to a place of comfort, peace and joy. Those who have a family member living with Alzheimer's or other forms of dementia can feel very alone as they seek to provide their loved one with meaningful and engaging activities. This month is National Alzheimer's Awareness Month, and Waltonwood Cary Parkway is raising awareness by spotlighting its success with a unique program. **As a part of its Montessori-based memory care program, a music therapist with music academy Rock N Roll High School, based in Apex, visits twice a month to offer music therapy to residents with Alzheimer's and other forms of dementia.** This activity allows the residents to play instruments and sing along to their favorite songs from the 40s and 50s, as well as church hymns.

One resident, Verna Cook, played the piano at her church for decades, and while her dementia keeps her from playing now, she becomes more of the person she once was during music therapy. She expresses herself by singing along or playing small instruments. Her family values this opportunity for her to continue to enjoy something she has loved for so long. Though her memories may come and go, it is through music that she comes alive, and caregivers and staff at Waltonwood Cary Parkway are committed to providing all residents with that feeling of joy and renewed sense of self-confidence.

WHEN: **Music Therapy Session**
Wednesday, November 16
2:00 p.m.

WHERE: Waltonwood Cary Parkway
750 SE Cary Parkway
Cary, NC 27511

WHO: Members of the media are invited to attend the music therapy class and interview staff members and the music therapist of resident Verna Cook about the class. Come see how music is breaking through diseases like Alzheimer's and dementia to allow seniors to relive their favorite songs.

WHY: This close-up look will demonstrate how a Cary senior living community cares for seniors with memory impairment and how this program is giving families hope through music. The Waltonwood Cary Parkway team believes in helping to raise awareness inside and outside of the community. On an ongoing basis, the senior living community, which serves independent living, assisted living and memory care residents, participates in fundraising efforts for the Alzheimer's Association and has a team that walks in the local Walk to End Alzheimer's.

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ABOUT WALTONWOOD CARY PARKWAY

Waltonwood Cary Parkway offers seniors a dignified, individualized community where residents can thrive. The community offers independent living cottages, and independent, assisted living and memory care apartments in studio, one- and two-bedroom floor plans, creating a continuum of care where residents can enjoy an active lifestyle and receive care if they need it. The community offers many engaging amenities, including a walking path, therapy pool, putting green and private courtyards throughout its acreage. Residents receive the most up-to-date advances in senior living, including the specially designed Forever Fit program and a Montessori-based dementia care program. The community is located close to Highway 64, with new retail shopping, dining and entertainment close by, and just minutes from Raleigh. If you are interested in learning more about Waltonwood Cary Parkway, please visit www.waltonwood.com or call 919-275-0983.

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