
*XYZ THROUGH MUSIC---XTEND YEARS OF ZEST TO YOUR LIFE
THOUGH USING MUSIC WITH SENIORS*

*Portland Regional Music Workshop February 25, 2017
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ONLINE RESOURCES:

- Eldersong Publications—dedicated to seniors and music, books, CD/DVD, sing-a-long, games
 - <http://www.eldersong.com/>
- Golden-Carers—ideas for pairing music with activities <https://www.goldencarers.com/music/>
- Melodic Memories Sing-a-Long DVDs (also has YouTube channel) <http://melodicmemories.com/>
- Sing Along with Susie Q (YouTube Channel) and website www.beemusicstudios.com
- Daily Caring-top songs from every generation
 - <http://dailycaring.com/music-seniors-love-top-songs-from-every-generation/>
- SoundScape Music Therapy—ideas from an MT-BC about session planning ideas
 - <https://soundscapemusictherapy.com/tag/session-planning/>
- Music Therapy and Parkinson's (Oliver Socks) <https://www.youtube.com/watch?v=-VSLsqe7B8U>
- The Music Instinct Music & the Brain Documentary <http://www.pbs.org/wnet/musicinstinct/>
- Music for Wellness—Intergenerational Groups <http://music4wellness.net/category/well-elderly/>
- Purchase Instruments: westmusic.com; wwbw.com; rhythmband.com
- Music Therapy with Alzheimer's Disease
http://www.musictherapy.org/assets/1/7/MT_Alzheimers_2006.pdf

LOCAL RESOURCES:

- Upbeat Music Therapy (Clark County/Vancouver) <http://upbeatmusictherapist.com/>
- Earthtones Music Therapy Services <http://www.earthtonesmusictherapy.com/>

How to find a music therapist: go to musictherapy.org and click on “find a therapist”

- Oregon Association of Music Therapy <http://www.oregonmusictherapy.net/>
- American Music Therapy Association <http://www.musictherapy.org/>

Schools offering Music Therapy Bachelor Degrees in NW area:

- Marylhurst University <http://www.marylhurst.edu/academics/schools-colleges-departments/art-music-creative-art-therapies/music-programs/bachelor-music-therapy/index.html>
- Pacific University <http://www.pacificu.edu/current-undergraduate/academics/majors-minors/music-therapy>
- Seattle Pacific University <http://spu.edu/academics/college-of-arts-sciences/music/undergraduate-majors/music-therapy>