

## Our Programs

We offer a variety of programs to suit your needs:

- Nursing Home Community Room and Bedside Performances
- In person Singalongs with Large Print songbooks
- Intergenerational music classes with local babies, toddlers, and preschoolers
- Customized MP3 Players and Prescription Playlists
- Digital Concert Series featuring Catskill Mountain Musicians
- Digital Sing-a-Long/Tablet Engagement Videos , also available on DVD



Like us on Facebook!



## About Our Organization

The Community Music Network is a 501c3 non profit organization dedicated to bringing the power of music to those who need it most, but who are traditionally underserved due to geographic location, economic disadvantage, disability, or those living in isolation in nursing home and senior living center programs.

We believe that music makes all people of all ages better. We have served the Western Catskill Mountains since 2005. Since 2020, we have begun developing additional digital resources for those living in isolation.

We are a Music and Memory Certified Organization through the Institute for Music and Neurologic Function. For more information, visit [www.musicandmemory.org](http://www.musicandmemory.org).

## More information



[communitymusicnet@gmail.com](mailto:communitymusicnet@gmail.com)



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607-441-8448 VM  
607-287-0793 Call or Text



[www.communitymusicnetwork.org](http://www.communitymusicnetwork.org)



**THE COMMUNITY  
MUSIC NETWORK, INC.**

**MUSIC & MEMORY  
FOR WELL BEING**



***Bringing the Power of Music to  
those who need it most!***

### Contact Us

607-287-0793  
607-441-8448 VM

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# What We Do

## Community & Bedside Performances:

Our performers have decades of experience performing in Nursing Homes, Senior Living, Hospice, and Hospitals throughout the Northeast United States. Performances can be tailored to include bedside visits to clients who are bed bound or isolated.

## Prescription Playlists on MP3 Players:

With resources from [musicandmemory.org](http://musicandmemory.org), we can individually interview clients or loved ones and create a customized MP3 player with all of their favorite music!

## Music Medicine & Name That Tune!

Although live music is preferred, recorded music of yesteryear can both evoke and invoke important memories and emotions. We bring along our massive playlist, a speaker and a complement of rhythm instruments for a fun, interactive listening session.

## Intergenerational Family Music Class:

Families living in the Western Catskills have enjoyed music classes at local senior home facilities since 2011. Miss Pam's Jamboree is open to families with children ages 0-5 (fully inclusive) and any senior home residents who wish to participate in a human circle. This program is at no cost to the facility as long as tuition can be paid by the parents and caregivers of the children.



## Sing-a-Long Songs for Well Being

Singing for well being reduces blood pressure and anxiety, releases the body's natural pain killers, provides a sense of community, and enhances cognitive and neurological function.

### In Person:

This is a weekly or bi-monthly program in person for facilities based in the Catskill Mountains of New York.

### Digital Subscription or DVD Collection:

Since the pandemic, we have developed and tested numerous collections of genre-specific 30-32 songs catalogs, available in print, as a PDF online, and as animated text on an accompanying video for caregivers and activities directors who are not musical or who need a strong facilitator to follow.

Caregivers that use this program daily or weekly will discover it greatly improves quality of life, even for those who are no longer able to participate due to advanced dementia or other neurological or physical conditions. Temporary "awakenings" have been known to occur and although consistent musical interventions are not a cure, research has shown that music is the master key for unlocking the human mind and regrowing lost or damaged neurological connections in the brain.

For pricing or subscription information, or to make a donation, please visit our website at [www.communitymusicnetwork.org](http://www.communitymusicnetwork.org) or contact us at 607-441-8448 or [communitymusicnet@gmail.com](mailto:communitymusicnet@gmail.com).

# Our Dedication



## Senior Living Singalong



## Music Medicine & Name That Tune!



## Intergenerational Family Music Class