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Home Care Assistance Participates in Forum on Evidence-Based Music and Wellness Programs

The forum, hosted by Maple Knoll Village, covered the effectiveness of music-based therapy programs like Clavinova Connection and HealthRHYTHMS

(Cincinnati, OH–October 2, 2015) [Home Care Assistance of Cincinnati](#), the leading provider of in-home care for seniors in Cincinnati, participated in Maple Knoll Village’s educational forum on evidence-based music and wellness programs. Arlene De Silva, Founder of the Cincinnati Music & Wellness Coalition and thirty-year senior executive in long-term care, presented on the Clavinova Connection and HealthRHYTHMS programs as well as the benefits of music therapy to long-term health.

The Clavinova Connection is a program that introduces easy-to-grasp piano playing to novice musicians. Innovated by Barry Bittman, MD, Clavinova Connection has been shown to benefit overall health by improving the immune system, mood and socialization skills while reducing stress levels. The second program, HealthRHYTHMS, brings together the residents of Maple Knoll Village in organized drumming sessions. The group goes beyond simply creating music by incorporating themes of love, hope and wholeness so that residents may unite in struggles against loneliness or depression.

Liz Sudberry, Owner of Home Care Assistance Cincinnati, and Norrie Loomis, Director of Client Care, attended the forum to learn about the effectiveness of the music programs. The event also included discussions on the continuum of care and how music can positively improve quality of life for older adults. Liz and Norrie were especially interested in bringing Clavinova Connection and HealthRHYTHMS to older adults living at home.

“Arlene and her HealthRHYTHMS team facilitate small groups, allowing them to come together intuitively through music and rhythm. The experience was profound and uplifting,” said Liz Sudberry.

Barry Bittman highlighted the benefits of music through peer-reviewed published scientific research on both programs. Findings suggest that music therapy reduces depression, anger, anxiety and tension while improving self-esteem, attentiveness, communication and team-building skills. Event attendees included: Wendy Yip, First Lady of University of Cincinnati; John Tew, MD, Professor of Neurosurgery and Executive Director of Community Affairs of UC Health and UC College of

Medicine; Peter Landgren, Dean of College Conservatory of Music; Dr. Sian Cotton, Director of Integrative Medicine; and Cathy Crain, Community Partner at the UC Center for Integrative Health and Wellness.

To learn more about Home Care Assistance of Cincinnati please visit www.HomeCareAssistanceCincinnati.com, or call 513-891-2273. The office is located at 7712 Montgomery Rd. in Cincinnati, Ohio.

ABOUT HOME CARE ASSISTANCE

Home Care Assistance is the leading provider of home care for seniors across the United States, Canada and Australia. Our mission is to change the way the world ages. We provide older adults with quality care that enables them to live happier, healthier lives at home. Our services are distinguished by the caliber of our caregivers, the responsiveness of our staff and our expertise in Live-In care. We embrace a positive, balanced approach to aging centered on the evolving needs of older adults. A 2015 Inc. 5000 Company, Home Care Assistance has received numerous industry awards including *Entrepreneur's* Fastest-Growing Franchises and *Franchise Business Review's* Top 50. For more information about Home Care Assistance, our services and franchise opportunities, visit www.homecareassistance.com/.