

## **The Power and Glory of Music**

### **What it's all about:**

- ◆ Music exerts a powerful influence on human beings. It can boost memory, build task endurance, lighten your mood, reduce anxiety and depression, stave off fatigue, improve your response to pain, and help you work out more effectively.
  - Promoting Powerful Healing
- ◆ Music connects us, especially through
  - Church & Faith – Giving Praise
  - Brings people together - Unity
- ◆ Evolutionary scientists say human beings developed a dependence on music as a communication tool from an early stage of life.
  - Instills beneficial growth for communication development
- ◆ Music can lead to better learning; it can often be the key that unlocks the door to learning for children who think outside of the box. Studies have found that individuals with diagnoses such as autism, and Williams syndrome to name a few frequently have preserved musical abilities despite challenges in non-music functioning.
  - Stimulates the Brain

### **How to connect:**

- ◆ Engage
  - listening to music
  - singing along to music
  - moving to the beat & rhythm of the music
  - meditation
  - playing or learning to play an instrument
- ◆ Support
  - Students & Schools
  - Special Needs - Healing & Therapy
  - Artists & Musicians
  - Adults & Seniors

As shown, music can promote positive outcomes by stimulating the brain to benefit all ages – infants, young children, adults, and seniors.

Music can help when children are learning to read. It can help children understand the sequence of language and the connection between the auditory sequence of the

notes and the sequence of language. Visual perception can also be strengthened when learning to read music notes and letters in words. Together, they reinforce one another.

Music can also benefit the older senior generation. It keeps the brain engaged during the aging process. Listening to or playing music is a great tool. It provides a total brain workout.

Research has shown that listening to music can reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory...all things that can challenge seniors during their later years of life.

Music can do so much to connect human beings and create a balance in their lives.

### **Our Challenge:**

This year's Grand President's Program challenges us to support an environment where music and the arts are available to everyone. The following areas can help to make this a reality.

#### Education

Determine how to best educate ourselves to understand the benefits of music.  
Identify an age group to focus on.

#### Community Awareness

Explore your community to see what programs are available for the public with a special emphasis on children and seniors.

#### Take Advantage of Opportunities

Identify opportunities to determine how they can be made available to children, adults, and/or seniors. Are scholarships available for instrument rentals and music lessons? Are funds available to purchase tickets for musical performances, plays, etc.?

#### Financial Assistance

Are fundraising events needed to provide financial assistance so that music and the arts are accessible to everyone?

### **Meeting The Challenge:**

Can we, in our Institutes, create opportunities to meet this challenge and increase the power and glory of music? Our Grand President's Program goal is to educate and encourage our members and community to embrace the power and glory of music for all.