

# THE SONG OF MY LIFE

*Creativity applied to anxiety (Activity 1/12)*

## DESCRIPTION

Music may be beneficial to people suffering from memory loss. Familiar music influences the mind in ways that go beyond ordinary communication. The right song can improve the mood, reduce stress, boost cognitive performance, and foster positive social connections. Music requires less cognitive processing, especially when it comes to familiar tunes. When our seniors were young in Romania in the 1960s and 1970s, there were only a few international pop music festivals, which were both long awaited. Artists like Josephine Baker, Dalida, Diana Ross, Julio Iglesias, Rita Pavone, Bobby Solo, Tom Jones, Kenny Rogers, etc. contributed live performances to the entertainment industry during these festivals. The music our seniors identified with is an extension of their individuality, and it fostered strong relationships with other people and, in most cases, an emotional connection.

## OBJECTIVES

1. Improves memory and focus.
2. Reduce anxiety.
3. Connect the past to the present.

## RESOURCES AND MATERIALS

1. Laptop/computer.
2. Song selection.
3. Cards with pictures of the singers.
4. Video projector and screen.
5. Audio speakers.



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## IMPLEMENTATION - INSTRUCTION

1. Download a playlist of a top ten music list from young adulthood (concentrate on 1960's & 70's).
2. Prepare cards with pictures of the singers.
3. Ask the senior guests to recognize the songs based on their memory.
4. Match the singers to the songs.
5. It is repeated with all playlists.
6. The participant who guesses the most singers is declared the winner and receives a prize (e.g., a cookie or something sweet to share with the other seniors).

## SUPPLEMENTARY IDEA

7. After identifying a singer, the one who guessed can challenge another senior to hum that song.
8. Together with the coordinator, the seniors will try to remember as many songs performed by this singer as possible.

## POSSIBLE MODIFICATIONS

1. The exercise can be themed, adapted to different other festivals including a different kind of music.
2. At the beginning of the activity, a chosen theme can be discussed for a few minutes, and the songs selected according to this theme.
3. A dance floor can be organized for the active seniors who want to dance to the rhythms of the chosen songs.

## EXPECTED RESULTS

The seniors will discover a pleasant way to pass the time, to go back in time and relive memories from their youth. By remembering the beautiful moments of their youth, seniors will have extra energy, a high level of optimism and recharge their batteries.



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