MJHS Menorah Center
for Rehabilitation and Nursing Care

Creative Interventions: Rhythms of PCTI Music, Gardening and Art Programs

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HEALTH SYSTEM

Outline of the Program

- Program Intro
- Drumming Demo
- Art Demo
- Music & Movement Demo
- Brief Discussion on Gardening and Cooking
- Questions & Answer
- Closing





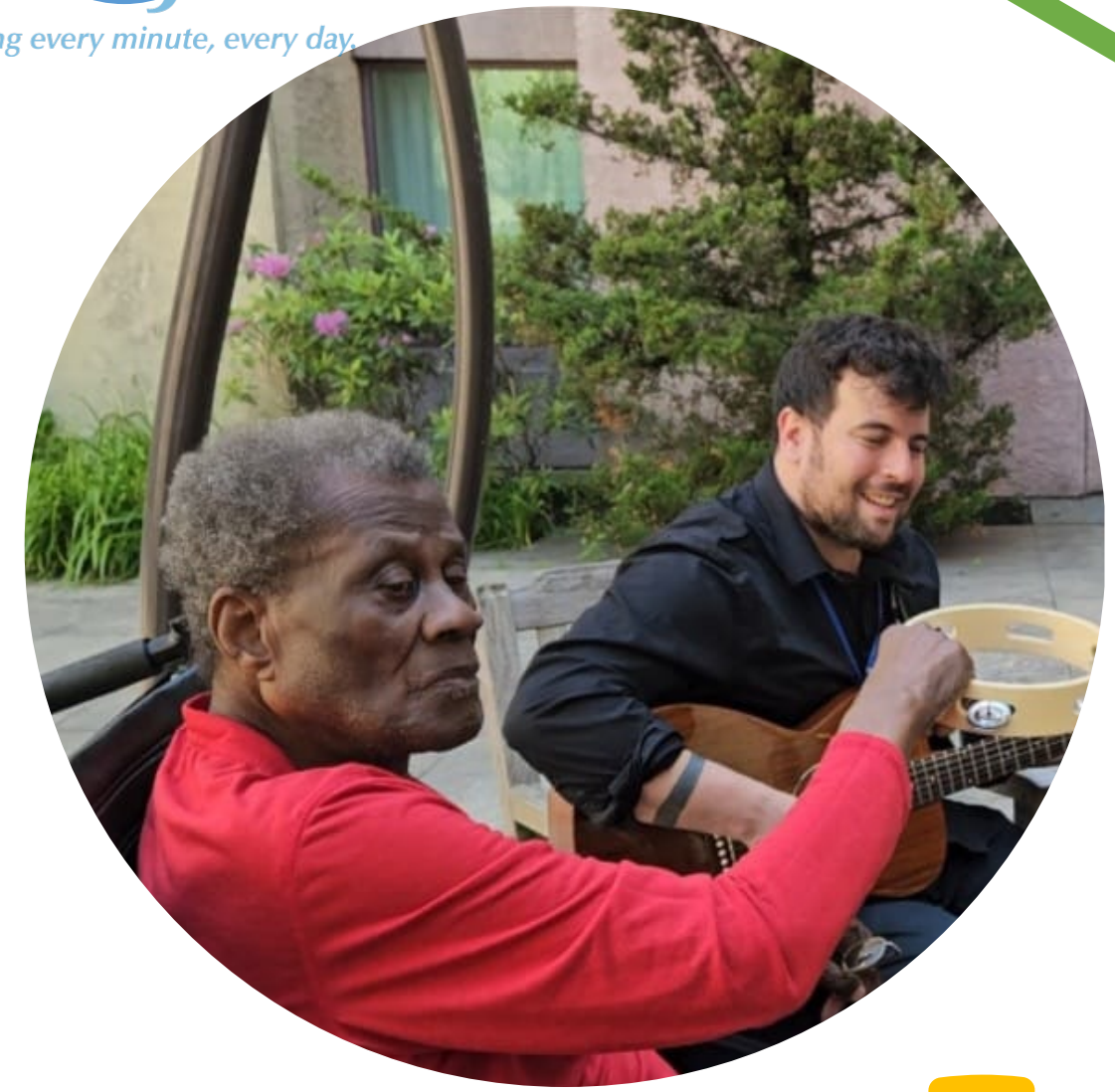
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MJHS Memory Care (Person-Centered, Trauma-Informed)

- Memory Care Residents
  - Holocaust Survivors
  - Older Adults Survived Trauma
- PCTI-Informed Creative Activities Offered Daily
  - Music, Art, Gardening, Virtual Reality and more!
  - Led by Qualified Team of Dementia Professionals

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Drumming Video

w. Ruber

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Drumming

- Simple, rhythmic exercise accessible to people with dementia
- Positive physiological benefits
  - Stimulates the motor system
  - Offers opportunities for non-verbal communication
  - May improve memory and range of motion



Drumming – PCTI Principles



Empowerment and Choice

Drumming emphasizes **Sense of Control**

- Provide **choices** when offering drums or rhythm instruments
- Improvisation allows individuals to choose how they engage



Building Trust

Community drumming establishes a **Safe and Supportive environment**

- Free expression of rhythm
- Free exploration of emotions

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Drumming Video

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Art Studio Video w. Olga

Art Studio



Space for nursing home residents and friends/family to create together



Non-verbal, expressive communication between people with dementia and their family members

Enhance socialization, well-being and quality of life

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Art Studio – PCTI Principle

- **Trustworthy & Transparency**
  - Art making requires **vulnerability** and openness
  - Final projects are shared at close of session
  - Trust that expressive outputs are received **without judgement**



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Art Studio Demo

Music & Movement



Words are lost as dementia progresses



Music serves as a bridge for communication



Music w. Movement allows for non-verbal communication

- Music as motivator
- Movement as expressive communication

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Music & Movement – PCTI Principles

- Collaboration & Mutuality
  - Music chosen based on mutual decision by group
  - **Collaboration is necessary** to keep activity going
  - All group members are **equal** – everyone's role is important



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Music w. Movement Video
&
Demo

w. Marina

Community Gardening

- Gardening Activities
  - Daily Individual, Bi-weekly Group
  - Plant Seeds, Maintain Plants, “Farmers Market”
- PCTI Peer Support
  - Older adults work together to grow new life
  - Social Gardening with friends, family & community



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Cooking

- Monthly w. friends, family & students
- Share recipes and memories

- PCTI Cooking addresses Cultural & Historical Issues
  - **Recognize cultural beliefs** and practices through culinary activities
  - **Reminisce** about holidays related to **foods** and traditions

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Cooking and Gardening Video

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Questions??

Raffle Time!



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