



A PLEASURABLE  
ACTIVITY FOR  
ANY ELDER  
ANYTIME

### **How can an iPod change a life?**

Re-connecting elders with the world through music-triggered memories can vastly improve quality of life regardless of their cognitive or physical status. It is especially powerful for those with Alzheimer's disease where it can restore, temporarily but repeatedly, the sense of self often lost when memory fails. Personalized music is no cure, but it may well be the best therapy currently available to millions suffering from dementia, depression, loneliness. It can relieve boredom, empower choice, enable memory, and provide avenues for genuine communication with loved ones and caregivers.

### **Here's how to Participate:**

1. Pickup and return a Playlist Questionnaire at library's Reference Desk. Or print it from [sachemlibrary.org](http://sachemlibrary.org)
2. We'll call when your iPod is ready
3. Check your personalized iPod out with your library card. You'll get a flexible loan period, free of fees or fines. Keep it as long as you choose

We can add and subtract songs periodically, according to the iPod user's preferences.

For more information about Music and Memory at the library, call us at 631 588-5024 . To Learn more about Music and Memory, the non -profit organization created by Dan Cohen, MSW, go to [www.musicandmemory.org](http://www.musicandmemory.org).



## Playlist Questionnaire

iPod User's Name \_\_\_\_\_ Age: \_\_\_\_\_

Sachem Library Card Number: \_\_\_\_\_

Do you have a favorite type of music? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What music did you listen to when you were young? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Who were your favorite musicians? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What songs did you dance to at your wedding or high school prom? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

What were your favorite TV shows or movies? \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

Caregiver's Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Caregiver's Email Address or Phone Number: \_\_\_\_\_

*Music & Memory Service is for Sachem Library cardholders only*