

July 27, 2020

Music Can Be a Great Mood Booster

New report highlights link between music and mental well-being

by Sarah Elizabeth Adler, AARP, June 30, 2020

Your favorite album doesn't just sound good – it may also be good for your mental health.

That's according to a new report from the Global Council on Brain Health (GCBH), an AARP-founded working group of scientists, health care professionals and other experts. Their latest report, "Music on Our Minds," highlights research showing music's positive effect on emotional well-being, including improving mood, decreasing anxiety, and managing stress.

"There are so many mechanisms that explain the powerful impact that listening to a piece of music can have," says report contributor Suzanne Hanser, president of the International Association for Music & Medicine (IAMM) and a professor of music therapy at Berklee College of Music.

As the report details, that impact starts in the brain, where music activates many regions, including those associated with emotion and memory. "The music that was played at your wedding or in a religious service, or even at a concert you attended or a dance you were at – that music remains preserved for those neuropathways that connect that music with really positive feelings," Hanser says.

Research shows that music can have a beneficial effect on brain chemicals such as dopamine, which is linked to feelings of pleasure, and oxytocin, the so-called "love hormone." And there is moderate evidence that music can help lower levels of the stress hormone cortisol.

The report also includes findings from the 2020 AARP Music and Brain Health Survey, a nationally representative survey of 3,185 adults that found that listening to music – whether in the background, by focused listening to recordings or at musical performances – had a small positive impact on mental well-being, depression and anxiety.

"Especially now, in times when people are feeling sad, stressed and isolated because of the COVID-19 pandemic, people should definitely turn to music to better their mental well-being," says GCBH Executive Director Sarah Lenz Lock, AARP's senior vice president for policy.

To boost music's mental-health benefits in your life, Hanser says anyone can adapt some of the techniques used by trained music therapists. One of them is what she calls "deep" or active listening – instead of putting on music as background noise, set aside time to concentrate on what you hear, taking note of the feelings, memories, and bodily sensations (whether that's a slowing of your heart rate or the urge to get up and dance) that arise as you listen.

"We can do that even when we're feeling at our most isolated and sad," she says. "We can take control, we can be empowered by the music to feel differently."

Read the complete article at <https://www.aarp.org/health/brain-health/info-2020/music-mental-health.html?intcmp=AE-ENT-MUS-BB-LL3>

In this issue:

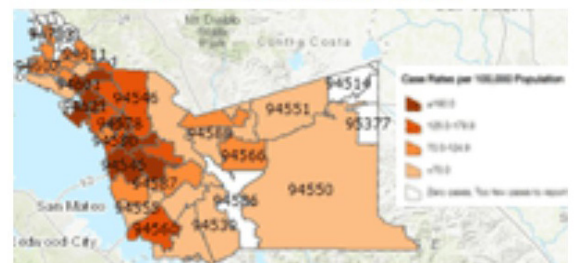
Helpful Information

Informative Articles

At Home... Activities, Crafts, Exercise and a few laughs!

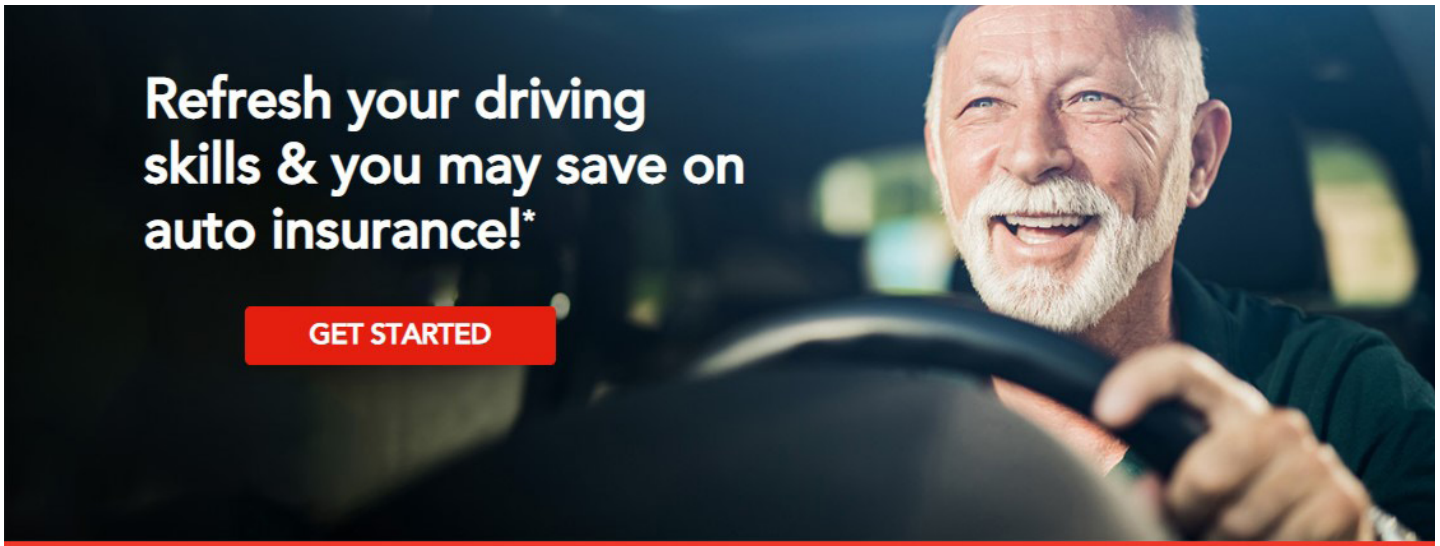


Alameda County COVID-19 Case Dashboards



To view the current Covid-19 statistics in your area visit www.acphd.org or <https://ac-hcsa.maps.arcgis.com/apps/opsdashboard/index.html#/1e0ac4385cbe4cc1bffe2cf7f8e7f0d9>

Do you need to take the AARP 4hr (renewal only) or 8hr Smart Driver Safety Course? Sign-up to take the course online at: <https://www.aarp.org/auto/driver-safety/>



Sign up for the AARP Smart Driver course and you may earn a multiyear discount on your auto insurance after completing the course.



**9 OUT OF 10
DRIVERS IMPROVED**

9 out of 10 participants changed at least one driving behavior due to what they learned in the course.



**POTENTIAL DISCOUNT
ON AUTO INSURANCE**

You could earn a discount on your auto insurance premium after completing the course.



**92% OF PARTICIPANTS
SATISFIED**

92% of course participants say they'd recommend the AARP Smart Driver course to a friend.

FEELING GOOD & STAYING CONNECTED
AN ACTIVITY GUIDE

We know things may feel unsettling and even scary right now. Just because we're practicing physical distancing doesn't mean you can't stay healthy and connect with others.

View your free copy of the California Department of Aging Activity Guide at engAGE@aging.ca.gov.

This activity guide offers tips on finding peace in the little moments.

WHAT'S INSIDE?

- Some tips, tricks, and tools to help you:
- ... take part in special experiences and learning
- ... maintain your physical vibrancy
- ... connect meaningfully with family and friends
- ... discover ways to feel calm, alive and positive

Lights, Camera, Action! Word Search

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CAMERA
CINEMATOGRAPHY
CLASSIC
CLOSEUP
COLOR
COMEDY
COSTUME

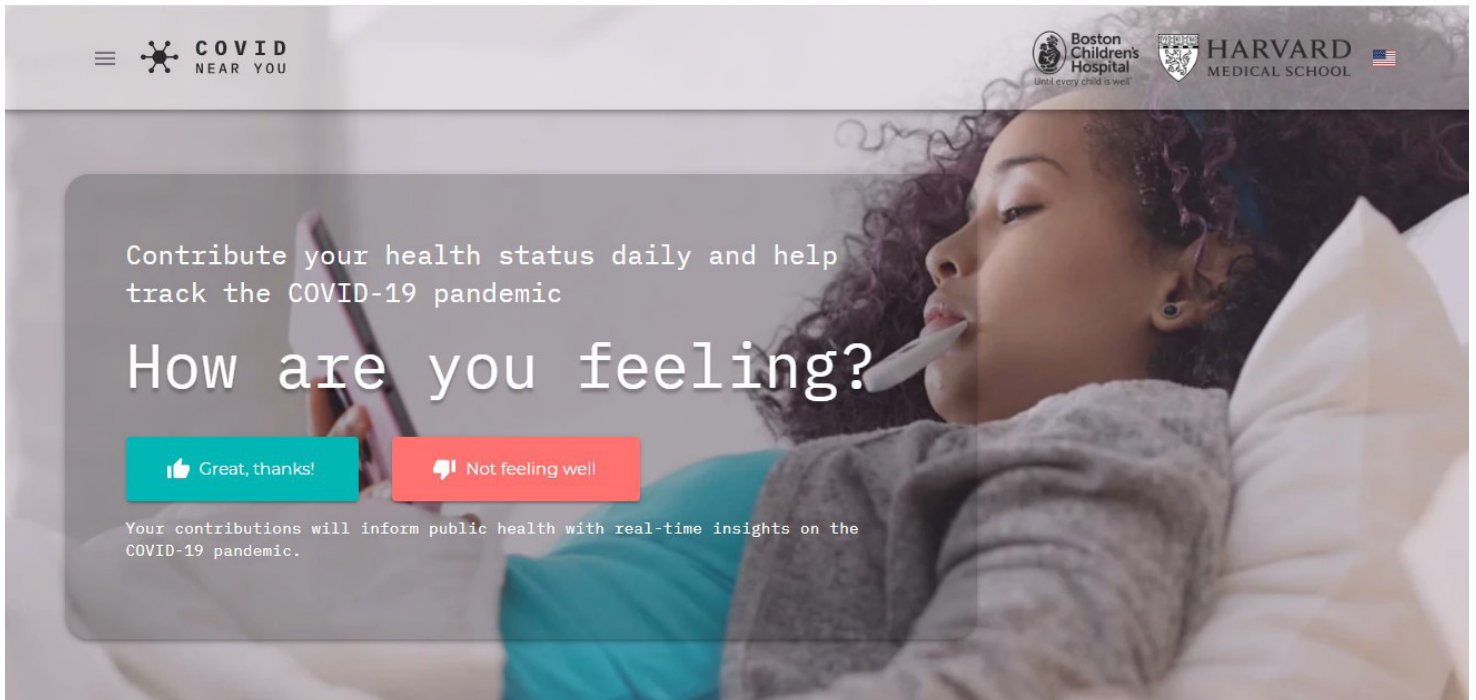
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ROMANCE
SCENERY
SCIENCE FICTION
SCREEN
SEQUEL
SILENT

SOUNDTRACK
SPECIAL EFFECTS
STAR
STILL
STORYLINE
STUDIO
SUPPORTING ACTRESS
SUSPENSE
THEME
THRILLER
TWIST

Covid Near You

Contribute your health status daily and help track the COVID-19 pandemic



Created by epidemiologists and software developers at Harvard, Boston Children's Hospital and a group of volunteers from across the technology industry. Covid Near You uses crowdsourced data to visualize maps to help citizens and public health agencies identify current and potential hotspots for the recent pandemic coronavirus, COVID-19. The website is a sister tool of Flu Near You, created by Ending Pandemics and Boston Children's Hospital in 2012 and maintained by the Boston Children's Hospital team.

Covid Near You relies on voluntary participation from the general public, asking you to take a few seconds to report if you or your family members have been healthy or sick.

We analyze thousands of reports and map them to generate local and national views of covid-like-illness, providing public health officials and researchers with real-time, anonymous information that could help end the COVID-19 pandemic, and prevent the next one from happening.

With your help, we can all see what's happening and better still - you have the knowledge to protect yourself and your family against disease.

For more information visit:
<https://covidnearyou.org/us/en-US/>



Exercise



SEATED STRETCHES FOR SENIORS

<https://www.youtube.com/watch?v=YGRje8p5gbc&t=7s>

BALANCE EXERCISES FOR SENIORS

<https://www.youtube.com/watch?v=z-tUHUNPStw>



Social Distancing Tips

What is social distancing?



Social distancing involves taking steps to **limit the number of people you come into close contact with.**

This is not the same as social isolation. You do not need to remain indoors, but you do need to avoid being in close contact with people.



STAY HOME

Go out for groceries, medical trips and other essential needs only. Stay home as much as possible.



2 METRES APART

Try to maintain a distance of at least 2 metres (6 feet) between yourself and other people.



GO OUTDOORS

Going for a walk in your neighborhood or park is encouraged as long you maintain distance from others.

Elevator etiquette



AVOID OVERCROWDING

Take the stairs or wait for the next elevator.



2-3 PEOPLE

Limit the number of people in an elevator car to 2-3 people.



WASH YOUR HANDS

Wash with soap or sanitize your hands after. Don't touch your face.

Grocery Shopping



ORDER ONLINE AND DELIVER IF YOU CAN



AVOID CROWDS

Try to shop at times when there are fewer shoppers (first thing in the morning or late at night).



SANITIZE

Wipe down handle of grocery carts and baskets. Wash or sanitize hands before entering and after leaving the store.



SELF-CHECK OUT

Use self-check out if available.



Small social gatherings



POSTPONE IF POSSIBLE

Family visits, house parties- postpone if possible or hold virtually.



CANCEL IF HIGH RISK

Cancel if household members are senior citizens or have high-risk medical conditions.



STAY HOME IF SICK

Do not go to any gathering if you have a fever or a cough, even if symptoms appear to be mild or resembling a mild cold.

If necessary to gather:



HAND SANITIZER

Have hand sanitizer for guests to use when they come over.



WIPE SURFACES

Wipe frequently touched areas with Lysol or disinfectant wipes pre- and post-gathering (doorknobs, light switches, bathroom taps).



USE DISPOSABLES

Consider using disposable dishes and utensils.



Restaurants /cafes/coffee shops/food courts and pubs

AVOID GATHERING IN PUBLIC PLACES

Consider using take-out, drive through or delivery services for food.

If necessary to gather:



HAND SANITIZER

Use hand sanitizer pre- and post-drinks, snacks and meals.



USE UTENSILS

Do not eat finger food, sandwiches, etc. with hands.



MAINTAIN DISTANCE

Maintain a 2 m distance between other patrons.



USE NAPKIN

Use napkin for pump dispenser condiments (ketchup, salt, pepper etc.).



NO OPEN DISHES

Do not eat from the open dishes (e.g., peanuts, candy).



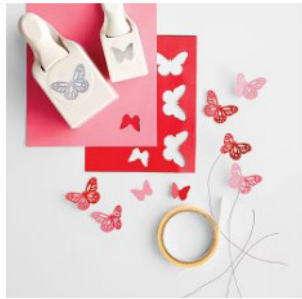
NO SHARING

Do not share dishes and drinks.

18 of Our Favorite Paper Crafts

by Nashia Baker

Whether they're cut, folded, pasted, or printed, paper crafts are easy to make. Here are some ideas guaranteed to inspire including flowers, gift boxes, and decorations.



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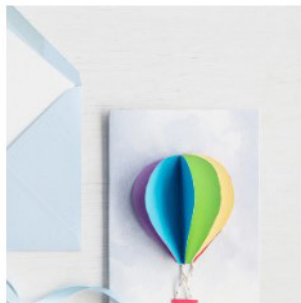
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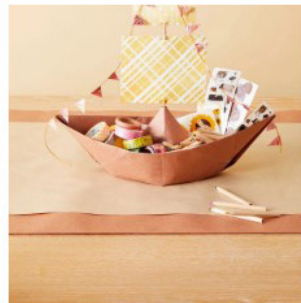
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Send photos of your projects to
senior.center@newark.org

To view the full article visit
<https://www.marthastewart.com/275000/paper-crafts?>

