

News Release

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Music Heals Minds

254 North Lake Avenue #234

Pasadena, CA 91101

626-470-7397

info@mhmla.org

www.mhmla.org

Pasadena, California - Music Heals Minds officially launches, helping people with Dementia, Alzheimers and Traumatic Brain Injury reconnect with themselves and their loved ones through music.

Opera singer Nandani Sinha founded Music Heals Minds to help seniors in Los Angeles. During *the* pandemic it became very clear how important music was for senior communities, especially those living with cognitive function impairment. Ms. Sinha's father suffered from Vascular Dementia, a disease that robbed her father of 15-20 years of cognitive function. Sinha, an opera singer, found that music helped her father to reconnect with her family. His eyes would light up as soon as music was performed and he would sing along and move with his daughter.

Started in Pasadena in 2019, Music Heals Minds is designed to make connections with people experiencing memory loss and disorientation. The programs are more than a typical sing-along and include movement, trivia, requests, conversations, stories, and other cognitive function modalities.

The nonprofit has a staff music therapist who trains the program's musicians on the importance of making eye contact and initiating physical contact through holding hands, clapping together and dancing. Dementia, Alzheimers, and Traumatic Brain Injury profoundly impact brain function. Impacted individuals lose connection to time, space and the people around them. Music serves as a therapeutic modality to reconnect people to their surroundings and loved ones.

During the past year, Music Heals Minds has served 7 senior living facilities in person and over 1500 people and their caregivers on Zoom. The communities served have been offering Music Heals Minds to their residents and Memory Care Units regularly.

“This program really engages all our residents. It wakes them up and gets them interacting with staff, each other and the musicians. The reactions carry over into the rest of the day and the residents continue to interact and discuss the event. They are happy and laughing. It is really nice to see.” – Lluvia Rodriguez Evergreen Retirement Home

"As a trained vocalist, Nani is amazing...her voice is enchanting and inspiring! I could listen to her for hours. But her real talent is her ability to make someone feel empowered, seen, and significant when she is working with our patients on a 1:1 basis. Nani is an important member of the Rancho family and we are grateful for her continued commitment to using music as a way to experience emotional and physical healing." – Deborah Arroyo, Executive Director, Rancho Los Amigos Foundation

Music Heals Minds provides 45 - minute music sessions. Artists are internationally-recognized performers and educators. From Walt Disney Hall to the Metropolitan Opera, to Covent Garden, they have shared their artistry world-wide while maintaining a deep commitment to their communities.

Music Heals Minds curates a broad range of music and movement-based content, encompassing all styles and genres, while addressing the physical, emotional, and spiritual needs of patients and their families.

The nonprofit's team is dedicated to the science and research of understanding the complexity of brain disease and trauma. In addition to performance programs, *Music Heals Minds* actively partners with researchers, academic institutions, clinicians, healthcare providers, and the public sector to further develop regenerative medicine, ensure equitable access to high-quality memory care, and *create* a brighter future for the aging.

More [information about Music Heals Minds](#) is available online. Families that would like to see Music Heals Minds in action can contact [Nani](#).