

News Release

FOR IMMEDIATE 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 *Music to Remember on July 11th 2023, a weekly online cognitive intervention recital; helping people with Dementia, Alzheimer's, other neurological conditions and Traumatic Brain Injury reconnect with themselves and their loved ones through music.*

Music To Remember employs scientifically proven methods to help restore the body, soul and mind through music. The program consists of weekly online recitals with Nandani “Nani” Sinha and other artists certified by The Trauma Research Institute and trained by NCCDP (National Council of Certified Dementia Practitioners). These recitals stimulate remembrance and gently invite reflection through familiar and beloved songs. Throughout the sessions, Music Heals Minds “MHM”) encourages joyful interactions including movement, trivia, song requests and sing-alongs. All songs lyrics are provided in the chat and in the weekly welcome email.

Things to know:

- MHM Recitals are 45 minutes in duration, free of charge, and by invitation only.
- Participants can join via computer or telephone.
- Each session is monitored by MHM staff to ensure safety and security.

To request a Zoom invitation, register through MHM’s [Music To Remember- Eventbrite](#) or email info@mhmla.org, or call (626)-470-7397. Individuals and groups are welcome.

Find the full schedule and reserve your spot below:

MHM’s [Music To Remember- Eventbrite](#)

**** MHM’s Music to Remember receives funding from generous private grants and donors. ****

Music Heals Minds (“*MHM*”) is a Southern California-based 501(c)(3) nonprofit organization whose mission is to provide musical interventions to people with Alzheimer’s, Dementia, and other traumatic brain injuries and help them connect with themselves and their loved ones through music. Opera singer Nandani Sinha founded *MHM* to help those impacted by dementia, Alzheimer’s and brain injuries. Ms. Sinha’s father suffered from Vascular Dementia, a disease that robbed him of almost 20 years of cognitive function. Sinha discovered that music helped her father reconnect with his family. His eyes would light up as soon as music was performed and he would sing along and move with his daughter.

Founded in 2019, *MHM* uses the art and science mediums to stimulate connections with people experiencing memory loss and disorientation. Its programs are much more comprehensive than a typical song-along, employing multiple interactive components and facilitated by certified and trained professionals. *MHM*’s staff music therapist trains the program’s musicians on eye contact and initiating physical contact through holding hands, clapping together and dancing.

During the past year, *Music Heals Minds* has served seven senior living facilities in person, and over 1,500 people and their caregivers on Zoom. The communities served have been offering *MHM*’s programming to their residents and Memory Care Units regularly.

Testimonials:

“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, Los Angeles to the Metropolitan Opera Company, New York, to Covent Garden, London, 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.

MHM 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](#).