



Help Us Keep the Music Playing

Music Therapy has been shown to regulate mood and reduce stress. For residents in Long Term Care music can help alleviate symptoms of anxiety and depression by promoting relaxation through the exploitation of emotions.

The Crossway Music Therapy Program is one of the most well attended offerings in the Golden Eagle View Long Term Care unit at Canmore General Hospital. The expertise of the music therapists and high quality of the programming is enjoyed by and enriches the lives of residents, their families, and the staff.

Canmore Hospital Foundation is proud to work along side the community and Crossway Community Thrift to support this essential program.

"Residents who are cognitively declined seem to unlock some of themselves through music therapy and those who are struggling with language are able to find words more easily. Overall, the quality of life seems improved during and after music therapy. Staff Member, Golden Eagle View



**CANMORE
HOSPITAL
FOUNDATION**
Healthy together.

Encouraging joy and play through support

Music Therapy sessions focus on individual music preference and needs based on feedback from the residents, family, admission assessments, and observation of resident response to genres of music during activities.

Group music therapy sessions include sing-alongs and the use of musical instruments such as shakers, drums, etc. where residents can participate in making music. Groups are formed based on common music preferences and interests and/or commonality in emotional states and challenges.

One on one sessions are offered for residents that are unable to participate as part of a group.

Annual costs to deliver the Crossway Music Therapy Program is **\$10,000.00** which includes:

- Artist/therapist fees
- Purchase of instruments and equipment
- Support of holiday themed music and piano concerts

Program Goals:

1. To provide meaningful engagement for residents and their families.
2. To provide cognitive stimulation, improve memory recall and language function.
3. To improve social connection, inclusion, emotional regulation, joy and elevate mood.
4. To reduce loneliness and boredom.
5. To provide cues for acknowledgement of special occasions.
6. To reintroduce songs from the past.



Thank you for your Consideration

A donation to the Canmore Hospital Foundation **makes a significant difference to health and wellness** by ensuring that our hospital patients and long term care residents have both their physical and emotional needs met.

We look forward to discussing the opportunity to continue our partnership.

By continuing to invest in the Crossway Music Therapy Program you help lessen the emotional distress and social isolation (experienced by some patients in long-term and acute care) through participating in music.

Canmore Hospital Foundation

The Canmore Hospital Foundation is a registered charity, separate from the Canmore General Hospital.

Funds raised by the Foundation through the generosity of our donors does not replace base funding through Alberta Health Services, but enhance the patient care provided by the hospital through equipment purchases, programs, staff education and improvement of facilities.

We have been a staple of the health community in the Bow Valley area for more than 20 years and through the generosity of our community we have raised over \$8 million dollars.



Contact Canmore Hospital Foundation

Kristen Pauch-Nolin,
Executive Director
403-678-4358

ed@canmorehealthcarefoundation.com

<https://canmorehealthfoundation.com/donate>



**CANMORE
HOSPITAL
FOUNDATION**
Healthy together.