

The Medicinal Benefits of Music: A Triumph of Healing Power



Who are we without our memory? How do we step outside our isolation to experience our past, happiness, meaning and purpose? With the surge in memory care issues, these questions are now being addressed on a national level - and here, too, at McLean.

If you've not yet seen the documentary, ALIVE INSIDE, put it at the top of your list. The film chronicles the astonishing experiences of individuals around the country who have regained connection and life through the simple experience of listening to music. It captures the uniquely human connection we access through music and the triumph of its healing power.

In 2015, more than 100 requests were received and fulfilled for customized playlists at McLean. When properly tailored to a person's specific interests, music offers the opportunity to reacquire our identity, reawaken our souls and uncover the deepest parts of our humanity.

Research reveals that our musical taste develops in our mid-teens and informs the rest of our

lives. Last year, the musical playlist requests included Big Band music, Beethoven, classical, chamber, Dixieland and early jazz, Hank Williams Jr., Glenn Miller, gospel, Mahler, Mama Mia, Mozart, nature and relaxation, Phantom of the Opera, Rachmaninoff, Sound of Music, symphonies, Patsy Cline, Perry Como, Frank Sinatra, and Ukrainian songs.

Music can soothe the soul, lift the spirits, calm anxiety, induce sleep, decrease pain, increase appetite and rekindle fond memories. What would you choose? What would you choose for your loved ones? At McLean, technology and a dedicated staff blend together to support ongoing healing and quality of life through the medicine of music.

This program is made possible by the continued charitable support of the Sorenson Pearson Family Foundation and other generous grantors.

Alison Scherer – McLean Hospice Volunteer, Memory Care Volunteer and Reading Volunteer *Spontaneous Connections and Shared Smiles*

I love being with my partners – that's what I call my volunteer clients – because to me that's exactly what we are - partners together in quality of life. I love our spontaneous connections and shared smiles – with or without words. Sometimes it's as simple and immediate as the meeting of our eyes.

Recently I was doing a puzzle with a partner and the last piece got stuck in the box. And that's what interested her most; she was determined to get the piece out. Although it took a while, when we finally dislodged it and it dropped out, she was absolutely triumphant! Witnessing her focus and determination gave me new ideas on what she might enjoy doing together next visit.

I'm always learning new things about my partners and have come to expect the unexpected. While one could say the same about parenting two preteens, I find myself grounded and re-energized by my volunteer work at McLean. Like parenting, not every experience is triumphant. But it can, and is, always about building trust to further develop our quality of life together.

The Memory Care Volunteer program is made possible by the charitable support of the Hartford Foundation for Public Giving and a bequest from the estate of Al and Muriel Schuyler.



McLean is grateful to all volunteers – nearly 500 strong!

Volunteer leadership is recognized below:

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Last year the McLean Auxiliary provided \$16,000 in grants to the McLean Health Center. The grants enabled the Health Center to update and refresh the lobby. The grants provided for Patient's personal needs and music and recreation for all residents.



Gloria Knierim, Auxiliary Member, assisting at An Afternoon at the Casino for McLean Residents.



McLean Rehab staff with the new equipment holder granted by the McLean Auxiliary.

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2015 Golf Tournament

. McLean In September 2015, McLean celebrated its milestone 25th Anniversary Golf Tournament. With a dedicated cadre of Committee volunteers to lead the initiative, many of whom have served since its inception, nearly \$55,000 was netted to support McLean Home Care and Hospice. More than 40 sponsors and innumerable auction donors supported the McLean Golf Tournament.

The tournament began in 1980 and featured the McLean Auxiliary and a handful of Golf Volunteers including Bob Ellis, Bob Griffin, Ken Doyle and Ann Winters, then head of the McLean Volunteers. Bill Pierce, then CEO of ConnectiCare, also attended these early meetings, lending prestige, recognition and serving as the lead contributor. Bill remembers that the Committee was petrified that no one would come to that first tournament. But with the community behind them the first tournament, just like the 25th, was a rousing success!

Senator McLean Legacy Society



Senator McLean cared deeply about the health and vitality of our community for people and for the protection of wildlife. His was a grand and encompassing vision that continues to thrive thanks to McLean's donor community.

There are so many ways to enhance life with a legacy gift to McLean. Tell us what really matters to you and we will work together to create your lasting legacy. Every gift is significant because even a modest bequest will grow substantially over time.

To begin a conversation today, call **Deene Morris or Vickie Dirienzo at** the McLean Development Office 860.658.3702

Endowed Funds and Trusts

Jean Berg Fund for Reminiscing Raymond & Eleanor Bradley Fund for Outdoor Enhancement Faith Collins Trust Helen Cichon Trust Maureen M. Ellis Scholarship Fund for Nursing Education Ostrom and Alice T. Enders Home Care Fund Charles R. & Margaret H. Lindberg Fund Sorenson Media Center Fund David Thornton Fund for Home Care

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We gratefully acknowledge the generosity and compassionate foresight of our Legacy Members:

Members

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The McLean Game Refuge Planning for the Seven Generations Ahead

The science of forest management takes into consideration not only the characteristics of individual tree species and the land upon which they grow, but also a host of other factors including outbreaks of insects, disease, fire and natural disasters. It has always been the goal of the McLean Game Refuge to maintain a healthy, diverse forest environment for the benefit of all the animal species that rely on it for food, shelter and nesting habitat.

McLean, as stewards of the Game Refuge, will soon begin compiling a comprehensive tree species inventory of the 4,400 acre forest. The completion of this two-year task will identify under represented and possibly absent forest types within the Game Refuge.

The McLean Game Refuge is supported by individual and organizational charitable contributions.



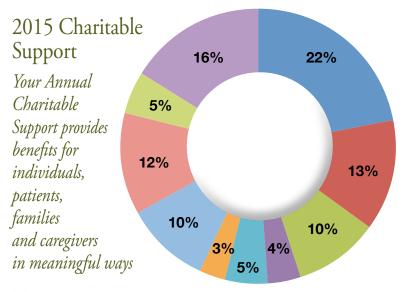
Thirty Years and Counting Conversations with Judy Fitzgerald

For the past 30 years, Judy Fitzgerald has worn multiple hats at McLean –

first as an employee and now as a volunteer and member of the Auxiliary Board and Development Committee. In her early years, she led a daily Good Afternoon McLean discussion group. Over time it has evolved and now, decades later, she still facilitates a weekly discussion on current and past events.

Recent discussions are, of course, all things presidential — from President names to the names of their children and grandchildren, to Roosevelt's summer home (Campobello), to Jackie Kennedy's redecorated yacht (the Honey Fitz), to the naming of Camp David (Eisenhower's father and grandson). Judy notes that the conversations are always stimulating. She comes to every conversation prepared with research and notes. Yet what she loves most is when residents catch her, despite her best efforts — in a mistake. "Some people might not want to be corrected," reflects Judy, "but I like it because it keeps it lively and full of laughs for all of us."

Reminiscing and stimulating conversations are supported by devoted volunteers like Judy and the Jean Berg Fund for Reminiscing.



- Areas of Greatest Need 22%
- Home Health and Hospice Care 13%
- McLean Game Refuge 10%
 - Skilled Nursing and Resident Life 4%
- Endowment Income 5%
- Meals on Wheels 3%
- Technology and Media Services for Resident Life 10%
- Memory Care, Memory Care Volunteer Program and Adult Day Services 12%
- Post-Acute and Out-Patient Rehab and Recovery 5%
- Outdoor Enhancement & Independent Living 16%

McLean Meals on Wheels

Sophia Thorson is McLean's Meals on Wheels coordinator - Farmington Valley's only Meals on Wheels. In 2015, McLean delivered more than 16,000 meals to sustain independence and a healthy quality of life. Sophia shares: "Almost every day I get a call from a client thanking us: *You people* is what I hear all the time. *You people* are incredible...the food is delicious...I count on you...the volunteer drivers truly care about my safety and well-being...your service is incredible!" Sophia knows the food is delicious because it's made from scratch every week day in the McLean kitchen. But she reflects it's much more than the delicious food: "It's the dedicated volunteer drivers and the community outreach. Keeping people safe and providing regular contact. It's an incredible feeling to know that together we make an enormous difference in people's lives."

Even with a sliding scale meal charge, McLean's Meals on Wheels is primarily supported by charitable contributions and subsidized by McLean at more than 50% of the cost. Local towns, organizations, grantors and individuals also provide ongoing support.

