



Dear Friends,

We have been busily getting ready for our Christmas celebrations. Fairy dolls made from beads, a fairy garden made from a plate, and a swan to go into the "pond" are just a couple of the projects we are working on. I have just finished a jean jacket for the oldest granddaughter. Bob is working on a leather strap with a Celtic twist for the oldest son's strum stick. I am continuing to volunteer taking residents into the pool for exercise, and am hoping to get a good bit done on the Autistic Language Program this winter.

We have seen the deer at the pond out back a couple of times, but not nearly as much as in years past.

Please make note of the news and events section if you live near Kean University, NJ. Much is being learned and done in the area of music therapy for all kinds of brain disorders. Dr. Dori has written books on this topic which are fascinating and worth the reading, especially if you have one of God's special students.

THE WINNER of the drawing for a free set of Applied Grammar is Lora Meadows. Congratulations, Lora. We will get this out to you asap. If there are items that you already have and you do not wish to have second

In This Issue

[News & Events](#)

[Featured Article](#)

News & Events

Hear ye, Hear ye!

EXCITING NEW course

Introduction to Music Therapy

(Take 2 CDs and Call Me In The Morning)
*Dr. Dorita S. Berger**

Kean University Music Conservatory, Union, NJ

Spring 2013 - MUS
2950 Wednesdays,
4:30pm - 7:15pm

We all listen to music!
But did you know that music

rhythm regulates your heartbeat and pulse?

That **music and language share the same brain**

pathways? Lots to learn; lots to see; lots to experience. Learn about the development of music therapy as a clinical treatment and how it's used to treat all kinds of diagnoses and

copies, let us know.

Bob and Gail

You can find past copies of the newsletter [here](#).

We also have a [page](#) with links to articles that we find interesting.

ages. **See and hear music-based clinicians at work.**

Experience **types of interventions used for treating Autism, Alzheimers, Psychological Ills, and more.**

OPEN TO ALL STUDENTS & PROFESSIONALS in the University and the Community at large NO PRE-REQUISITES OR MUSIC TRAINING REQUIRED!

Featured Article

What to do about Short Term Memory Issues



Since the short term memory is taken care of by the frontal lobe and is responsible for making associations and storing new material in the long term memory, it is important to know how to "get" something into the short term memory. Repetition helps, but if it becomes too tedious, the child will "turn off" and "tune out." That is why it is important that the repetition is engaging enough to help keep the child's attention. Also the frontal lobe is the part of the brain that shuts down during periods of stress, so before you can even begin teaching a child with short term memory issues you **MUST** make sure that the child's emotions are as relaxed as possible.

Children who have difficulty with short term memory also often have short attention spans, so they can hardly ever get something repeated enough times to remember it before their attention has been exhausted. Repetition which uses physical activity such as singing the information (to an already known tune), bouncing a ball, or playing a game will help them keep their attention. If the repetition can be done within an area of interest to them, that will also help. An example of this is teaching measurement in the context of actually making something useful such as a bird house- or a cake. That is why emphasis is placed on "real-world" experiences within educational spheres. "Real-world" experiences help to hold a child's attention, while also providing associations for memory storage and retrieval.

Those of you who home school your children have the perfect opportunity to do many of these "real-world" activities if you can stay away from doing the easiest thing just to get through your day. Experiential activities always take more time, effort, planning, and energy, so it is a good idea to plan one or two per week, and not try to do one every day of every week. Also, it is good to have a unit "project" that encompasses a number of the new concepts being worked on.

*Dr. Dorita Berger, PhD, is a Board Certified Music Therapist, Licensed Creative Arts Therapist, with several published books, journal articles, and years of music-based clinical experience and University teaching. We welcome Dr. Berger as a new Adjunct Faculty member of the Music Conservatory, Kean University, Union, NJ.