TLC FOR THE CAREGIVERS
SONGS OF THE SEASON
with Guest Speaker: Charles Windon, M.D., UCSF
Land Acknowledgement

We acknowledge that we stand on lands of the Ramaytush Ohlone Nation

www.native-land.ca
https://native-land.ca/maps/territories/ramaytush/
Housekeeping

- Appreciate your patience and flexibility as BACHAC navigates the virtual world
- BACHAC’s steps to protect privacy
- Everyone is on mute
- Write questions in the Chat
Meeting Agreements

- Be engaged
- Be curious and open
- Challenge ideas, not the person
- Seek to understand & stretch yourself
- Speak your truth, respect others’ truths
Music and the Brain: Why Music May Be Key

Charles Windon
Assistant Professor
Department of Neurology
Do you know the Tune?

The Very Thought of You – Nat King Cole
Hit the Road Jack – Ray Charles
I Put a Spell on You – Nina Simone
Papa’s Got a Brand New Bag – James Brown
Respect – Aretha Franklin
I’d Rather Go Blind – Etta James
What’s Going On – Marvin Gaye
Billie Jean – Michael Jackson
Love Never Felt so Good – Johnny Mathis
How Did You Feel When Listening to the Songs?
The Different Parts of the Brain

- The brain is structured into different “lobes” that do different things.
- Underneath the “lobes” are the “deep structures” of the brain.
- At the base of the ”lobes” and “deep structures” is a balance center and a structure important for...
The Brain and Music

Motor Cortex
Involved in music-related movements including dancing and playing music

Sensory Cortex
Processes tactile feedback when dancing or playing instruments

Auditory Cortex
Analyzes sounds and tone

Visual Cortex
Stimulated when reading and watching music videos or others dancing

Prefrontal Cortex
Music influences our cognitive processes

Amygdala
Enhances our memories of emotional experiences

Corpus Callosum
Connects the two hemispheres and is larger in musicians

Hippocampus
Involved in music memories, experiences and context

Cerebellum
Helps process and regulate rhythm and timing

Credit: JB Music Therapy
What About Music in Alzheimer’s?
Music and the Brain in Alzheimer’s

- Music \textit{STILL} has the power to activate different parts of the brain in Alzheimer’s.
- Music can impact different “networks” in the brain. Networks link brain regions together.
- Music-associated memories may be preserved the longest in Alzheimer’s.

Credit: King et al. 2018
Using Music as a Tool

- Play music from your loved one’s teenage years or early 20s. Let them choose the music if possible
- Avoid music interrupted by commercials and advertisements (can create confusion)
- Observe your loved one’s response (verbal and nonverbal) and respond accordingly
- Use music to soothe. Create an environment for listening. Use as needed
- Encourage safe movement (dancing, clapping) with the music
- Avoid too many sources of noise at the same time (TV, outside street, music)
- Consider creating music together if it is not too overwhelming
- Consider working with a music therapist
Healthy Brain Aging & Unhealthy Brain Aging

- **Age-related cognitive decline**: 30's
- **Asymptomatic disease**: 60's
- **Mild cognitive impairment**: 70's
- **Dementia**: 80's
What is Alzheimer’s Disease?

Alzheimer’s Disease ➔ Dementia

- Dementia is a general term for a disease that changes memory and/or thinking skills severely enough to impair a person’s daily functioning. It is not part of normal healthy aging and is not the same as Alzheimer’s Disease.

- Alzheimer’s Disease is one cause of dementia due to buildup of the amyloid and tau proteins in the brain. We do not know why some people develop Alzheimer’s Disease and others do not. There are many other causes of dementia.
How are Diseases, like Alzheimer’s, That Cause Dementia Diagnosed?

- Neurological Exam
- Neuropsychological Testing
- Brain Imaging & Blood Tests
- Special Tests
Importance of EARLY Diagnosis

If You or Someone You Know is Concerned, Get Evaluated
Questions?

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Songs of the Season
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https://www.smchealth.org/covid-19-testing
https://covid19.ca.gov
https://www.bachac.org/covid19-resources
What’s Coming?

November 19
• Community Gathering/ Vax Clinic
• $25 Gift Card and Turkey Giveaway

December 1st- 31st
• Year End Donation Campaign
• Special Gifts for giving tiers $50 and up

Through December 31st
• African American Community Assessment Project
• $25 Gift Card for taking the survey

February 2023-TBD
• Wellness Where You Are:
• Off To A Good Start
• Drawing for $50 Gift Card
Drawing for $50 gift card

Drop your answer in the Chat.
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Please Complete Your Survey and have your name put in for a $50 gift Card.
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