



Johnson Adult Day Program is excited to tell you about our new music service! We have contracted with a local company called ElderTurtle that provides personalized music for seniors with cognitive issues. Now six of our seniors have a music player that provides them with access to a personal playlist, reminding them of earlier happy times and bringing an enlivening connection or a calming state, as they need it. In addition, we have a seventh player that has a more general playlist for use by any client.

Personalized music helps elders with the challenges of aging, in particular some of the difficulties those with memory loss experience with agitation, sundowning and exit seeking. It can be both stimulating and calming and has been shown to increase engagement with the world and lessen resistance to help.

Our clients that have the personalized music players are experiencing a high degree of pleasure and comfort.

You can access the ElderTurtle website for more information on the benefits of music for our elders at [elderturtle.com](http://elderturtle.com).