



In This Issue

[Soundtrack for the Day](#)

[Bingo!](#)

[Why the Newsletter?](#)

"Consider the use of music to motivate, to stimulate, to de-escalate..."

- Pam Morrison



[BND Blog](#)



[BND Photos](#)



[BND Video](#)

[Take the BND Survey](#)

[Email Us](#)

Forwarding this newsletter to others? You can sign them up here instead.

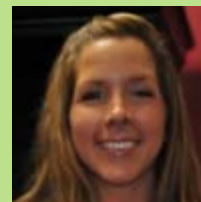
[Add to mailing list](#)

ADEC Adult Habilitation Services
19670 State Road 120
P.O. Box 398
Bristol, IN 46507

→ Soundtrack for the Day

Imagine walking through your favorite department store. Picture yourself dining with your family at your favorite restaurant. Consider your drive to and from work. During each of these experiences, and probably during many throughout your average day, one element is constant, -music.

Music is always present whether it is at the forefront or in the background. Music is an invariable part of our daily lives, regardless of whether we are paying attention.



Music is used in many ways to alter the mood and behaviors of those listening. Upbeat music with a quick tempo is often used as a motivational tool. Consider Olympic swimmer Michael Phelps, who listened to rap music to pump him up before a swim. On the other extreme, slow and melodic music can assist in relaxation, such as the sounds of a lullaby playing as we rock a child to sleep. We use music to begin and end our days. I'm sure we can all think of moments in our lives when the music we were listening to was used to validate our emotions or even to help change them.

For the people we serve through ADEC, the purpose and the use of music is just as important. While we may have heard "You Are My Sunshine" or "Take Me Out to the Ballgame" 90 times too many, those songs and many others can serve as the highlight of a person's day. Tena Bowser, staff member at ADEC's Middlebury Day Program, is very aware that music is important to the people we serve.

"A perfect example would be a client refusing to do anything," says Bowser. "She'll get up and dance if you put the 'Chicken Dance' on, and she has forgotten her vow to 'do nothing'."

While the use of music is important to structure our sing-a-longs, drumming, and other activities, we do not always realize its importance as a part of our daily environment. Each day, we have the opportunity to choose how we will begin our day, how we will get through our day, and how we will end our day. However, the people we assist do not always get to choose what will be happening in the backgrounds of their lives. Using music throughout our days can be a positive way to impact us all!

"We use music here at the Shoots as background music," said Toni Richards, staff member at Goshen's Day Program. "There are times when people are focused on tasks, and a little music lifts the mood. I think that things change, in a positive way, when we have music on. The music relaxes everyone and definitely sets a mood."

Consider the use of music to motivate, to stimulate, to de-escalate, and to relax the people who may (or may not!) be listening. When choosing background music, consider your baseline first. Are your

PH: 574.848.7451

Contacts

Don Wierenga, Prog. Director
Steve Germani, Marketing &
Dev. Manager

clients (and staff!) lethargic due to a cold and dreary Monday? Are you trying to inspire those around you to clean up a mess following lunch or a craft activity? Appropriately choosing background music can assist you in changing your environment.

When using music as a background stimulus, be sure to consider the people who will be listening. Think about their current mood, consider their age, and consider their personal preferences. Do not assume that one type of music will work for everyone every time. Change your music often. Rotate time periods, genres, and tempos until you find something that works for you and your environment.

"Music can change a day for us all. I feel it makes a huge difference...on our folks and on our staff." -says Brenda Sciba, day program staff member in Bristol.

**A special THANK YOU to Brenda Sciba, Tena Bowser, and Toni Richards for assisting with this article! Also, THANK YOU to the DSPs who are already using background music as a tool for the people we serve...keep up the great work!

Pam Morrison, MM, MT-BC
ADEC Music Therapist
MorrisonP@adecinc.com

Bingo!

A few months ago one of our DSPs came up with the idea of using an online bingo caller on the big screen TV connected to the Internet. The website displays the bingo call and keeps track of what has been called. It might seem small to utilize this but these are the things that enhance our programs and services. It helps the hearing impaired, simplifies a process for DSPs and helps consumers become more acquainted with technology. It's something consumers can operate. [Here](#) is the website we use.

Why the Newsletter?

We are strong believers that day programs can dramatically change the lives of those we serve. What people do during the day defines who they are and should provide a sense of purpose and self-worth.

We have seen the remarkable results that come with productivity and want to share our challenges, successes and innovations. We also want to hear about your challenges and success. The more we help each other succeed the better off we all are.

When we demonstrate that investment in our programs yield significant results, support increases. The more successful we are as a whole the more we can justify increased funding statewide.

Let's give those we serve a purpose in life and give others a reason to invest in what we do. We ask that you join us in making Indiana a leader in day services for people with disabilities.

[Forward email](#)





This email was sent to germanis@adecinc.com by wierengad@adecinc.com | [Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

ADEC, Inc. | 19670 State Road 120 | Bristol | IN | 46507