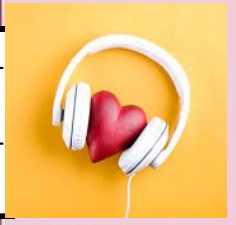




TO YOUR HEALTH



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Virtual Music Visits By Marcia Feldman, Palliative Care Coordinator

With many musicians out of work and unable to perform because of the pandemic, there are virtual music programs popping up at hospitals around the country. These programs match professional musicians with Covid patients who are hospitalized to offer them virtual music concerts. This has been especially helpful when patients have been unable to have visits from family and friends. The music can benefit both patients and the medical staff caring for them, as well as being a way for musicians to use their skills to make a meaningful contribution.

One such program is the *Virtual Bedside Concerts* program at Massachusetts General Hospital organized by Enchi Chang, a graduating medical student at Harvard Medical School. Her program is modelled after a New York non-profit entitled "*Project: Music Heals Us.*"



Ms. Chang's program brings musicians from the Boston Symphony Orchestra, Boston Pops, New England Conservatory of Music and others into the rooms of patients on the Covid and Respiratory units at MGH using donated tablets. "*We currently have about 120 musicians from Harvard, the National Youth Orchestra at Carnegie Hall, Juilliard, and NEC.*" said Ms. Chang. "*This program is now also active at the Holyoke Soldiers' Home in Brockton and at Columbia New York Presbyterian Hospital in NY. We're actively expanding to other institutions around the U.S. and figuring out the logistics for making Virtual Bedside Concerts happen there.*"

Family members from around the country can also watch remotely so the experience of music is shared virtually. The concerts bring a much needed respite from the monotony and boredom of hospital life, and can uplift the staff as well.

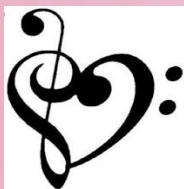
"There are very few things in this world [that can] transcend time and place, and [...] music is one of those things. It adds a level of humanity to a situation that I think this virus has taken away."

- Dr. Rachel Easterwood
(The New York Times)

In January we were able to bring an intern to Carleton Willard virtually to do her practicum in a *Music for Healing and Transition (MHTP)* program which was hosted by Longy School of Music of Bard College.

The virtual music visits wrapped up in the health center in February. We connected to our intern, Alethea Khoo, through Zoom meetings and she offered over 60 music visits of about 20 minutes in length to several Residents in the Nursing Center. This was helpful for Residents to break up the long days without visits from family or friends, and the staff also benefitted from hearing the music wafting over the virtual concerts.

It was a win-win situation; our Residents enjoyed the "live" music which was tailor-made for them and our intern learned more about the nuances of playing for people in long term care. "*It has been a rewarding and gratifying experience working with Marcia, the staff and the Residents at Carleton-Willard Village.*" said Ms. Khoo, "*I have learned to be attuned to each resident's current state and have been challenged to expand my repertoire and style of playing in order to provide a healing environment. I am grateful for this opportunity to use my music to serve others and to bring some joy to this community!*" In these times when so many of our normal activities have been suspended, these music sessions have uplifted spirits.



“Scientific evidence shows that music can have a profound effect on individuals - from helping improve the recovery of motor and cognitive function in stroke patients, reducing symptoms of depression in patients suffering from dementia, even helping patients undergoing surgery to experience less pain and heal faster,” according to Dr. Shilagh Mirgain, from the University of Wisconsin Health Hospitals’ - Health and Wellness.

“Across the history of time, music has been used in all cultures for healing and medicine,” explains Dr. Mirgain. “Every culture has found the importance of creating and listening to music. Even Hippocrates believed music was deeply intertwined with the medical arts.”

With all the scientific research uncovering the healing effects of music, there are still mysteries about why and how it impacts us. Until we know more, we can simply enjoy it.

Here are some virtual concerts that can be accessed via computer:

Classical—Boston Symphony Orchestra, Boston Pops and Tanglewood programs:
www.bso.org

Jazz at Lincoln Center
<https://jazzatlincolncenter.squarespace.com/>

Folk Music
<https://folkmusicnotebook.com/>

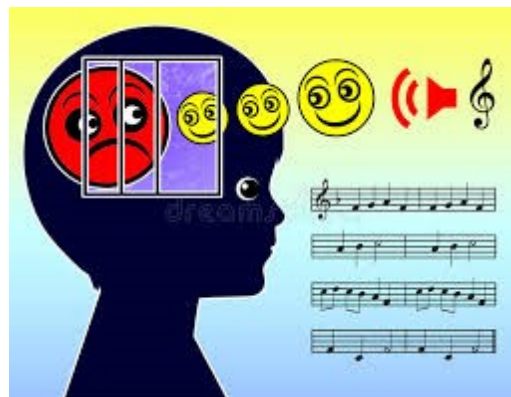


All Styles
Kennedy Center
<https://www.kennedy-center.org/digitalstage>

Carnegie Hall
Carnegiehall.org/calendar

“Music speaks what cannot be expressed soothes the mind and gives it rest heals the heart and makes it whole flows from heaven to the soul.”

~K.C. Lynn



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To Your Health
and
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in the Clinic.

