

## Music Promotes Socialization

Music has been shown to create a cohesive environment in which people can relate to one another.

Because humans are hard wired for music, natural rhythmic patterns are experienced by everyone and promote a type of nonverbal togetherness. This is an extremely important benefit for all of us as music helps us to forge social ties and a deeper understanding of one another. Studies show that as we age socialization becomes the most important aspect of maintaining sound emotional health.

**“Music is to the Mind as Exercise is to the Body”**

## Our Inspiration

Grandmother Thelma whose picture appears on our website inspired the birth of Prescription Music. Although she died recently, just shy of her 97th birthday, she gifted a legacy that guides our work today.

What better “medicine” than a “treatment” that has only positive side effects and “therapy” that is actually enjoyable. That is the “miracle of music” when applied with intention.

Over the past ten years as our work with seniors and those with dementia evolves, we are dedicated to educating Caregivers of all types and in all settings about the power of music.

[www.prescriptionmusic.com](http://www.prescriptionmusic.com)

919-913-7151

# Prescription *Music*

## Classes for Active Seniors

Anatomy of a Song

Singing for Health

The Band Played On

For Rates and Scheduling contact  
Steve Toll  
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## Anatomy of a Song

All musical compositions are comprised of three key elements; rhythm, melody and harmony. Melody and rhythmic accompaniment create a juxtaposition of musical lines.

The basic rhythm, which follows the pulse of the composition combined with harmonies, which compliment the melody, forms one line.

The melody and phrasing of lyrics create another line. These lines played together create a poly-rhythmic composition, which can evoke various emotional responses and imagery depending on the tempo of the music as well as its modality – major or minor. These differences have been shown to be directly related to physical responses in the human body.

This class will study some of the greatest songs from the 20<sup>th</sup> century to analyze what gives them the status of “Standard” and why they stick in our minds and hearts.

Fun and informative for everyone!

## Singing for Health

Singing is not only fun and a great way to socialize, but the therapeutic benefit of singing has been shown to promote health. This class will focus on breathing techniques and exercises which are designed to increase vocal range and control so that the singer has enough air to interpret the song and benefit from the good health affect of diaphragmatic breathing. The repertoire will include the great show tunes of the 20<sup>th</sup> century.

## The Band Played On

Bring your instrument or just keep rhythm on a hand drum. This class is designed to let everyone play. The repertoire will include simple arrangements of some of the most recognizable and fun songs of the 20<sup>th</sup> century.

## Your Teacher

**Steve Toll** is a classically trained musician, trainer and composer. He plays several instruments including violin, guitar, and keyboards and has a rich, soulful vocal style. Starting violin at the age of nine he studied with members of the Philadelphia Orchestra and attended the Curtis Institute of Music in Philadelphia in 1970. Steve is Director of his company Prescription Music which provides Therapeutic Music Performance and Professional and Family Caregiver Training.