

Conference Schedule

- 8:00 am **Registration/Breakfast**
- 8:30 am **Welcome**
- 8:40 am **Experiencing the Music - on the DNA level**
Barry Bittman, MD & Drew Tretick - Yamaha Artist
- 10:30 am **Break**
- 10:45 am **Cincinnati Music & Wellness Coalition - Panel**
Elaine Brown, RN, Sheila Nared, Jalyann Simmons, and Rebecca Woods
- 11:15 am **Interactive Sessions - HealthRHYTHMS & Clavinova Connection**
Breakout Sessions:
1. Aging/Disability/Refugees
2. At-risk youth
3. Mental Health/Substance Abuse
- 12:00 pm **Lunch**
- 12:45 pm **Six Creative Values for a Visual Age**
Bruce Petrie, Esq
- 1:45 pm **Building Community through Intercultural Music**
Dr Kanniks Kannikeswaran - Founder/Director of the American School of Indian Art
- 2:45 pm **Break**
- 3:00 pm **How to optimize your resources and reduce costs through collaborations between your local professional orchestra players, staff fitness or yoga instructors and music therapists**
Penny Brill (Violist - Pittsburgh Symphony Orchestra)
- 4:00 pm **Evaluations/CEU Sign Out**

Registration Information

Registration Fee: \$100 per person

Online

www.musicandwellness.net
Pay through Paypal (Mastercard, Visa, Discover, American Express Accepted)

Early Bird Registration:

September 25, 2018

Registration Deadline:

October 16, 2018

Mail

1246 Herschel Ave, Cincinnati, OH 45208
(make check payable to Global Music & Wellness)

Fax: 513-871-4242

Phone: 513-315-7393

CEUs Pending Approval

Continuing Education approval pending for Physicians, Nurses, Social Workers, Counselors, Music Therapists-Board Certified, Recreation Therapists, Massage Therapists, Music Educators, Licensed Nursing Home Administrators, Activity Professionals, and Chaplains

Art by Nadia Al Khun

Nadia Al-Khun was born and raised in the Kingdom of Jordan. She moved to the United States along with her Husband in 2009. Nadia's passion for art started as a child. She is a self-taught contemporary impressionist artist who adores the freedom of imagination and the linkage of art to the state of self. Her most recent artwork reflects her own feelings about the mysteries of the human mind in health and disease. A sample of this work will be displayed during the 2018 Music & Medicine conference along with creative writings by her husband Ahmed Obeidat, a neurologist. Nadia and Ahmed have published their work in several medical journals including the Permanente Journal, Auscult and Neurology (the official journal of the American Academy of Neurology). Nadia's Art was featured on the cover of Neurology in February 2018.



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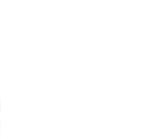
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PRESENTS

The Seventh Annual Music & Medicine Conference

October 26, 2018 | 8:00am - 4:00pm

Mayerson Jewish Community Center

8487 Ridge Road, Cincinnati, OH 45236

Keynote Speakers



Drew Tretick, MM, MBA

A Graduate of Julliard School of Music holds a Master in Music and Master of Business Administration (MBA). Recorded with the London Symphony Orchestra and Slovak National Symphony. Performed with Andrea Bocelli by invitation.



Barry Bittman, MD

Neurologist, Population Health Innovator, CEO Yamaha Music & Wellness Institute, and lead author of several peer-reviewed scientific research studies focusing on stress reduction

Conference Speakers & Presenters

Barry Bittman, MD & Drew Tretick, MM, MBA

Barry Bittman, MD is a neurologist, author, international speaker, researcher and population health innovator who presently serves as a national healthcare consultant. His healthcare initiatives include the development of community care networks and accountable care organizations, as well as the optimization of medical practice workflows and continuous care protocols for physicians, hospitals and health systems throughout the nation. As former Chief Innovations Officer for Meadville Medical Center and Chief Population Health Officer and Senior Vice President for Highmark Blue Cross Blue Shield's Allegheny Health Network, Bittman designed and introduced numerous evidence-based continuous care models for improving patient outcomes and care experiences, while reducing potentially preventable costs. With the goal of extending outreach to the community, Dr. Bittman developed the first of its kind, interdisciplinary community Health Coach curriculum. Presented by a faculty that includes key members of the medical staff, counselors, nutritionists, an ethicist and an attorney, this unprecedented credit-based program prepares pre-med students for internships in which they serve as Health Coaches in the Community Care Network. This unique program has been extended to multiple hospitals working with colleges and universities in 11 states across the U.S., and now includes nursing, pharmacology and medical students in addition to community volunteers. Dr. Bittman serves as a Senior Fellow in the Estes Park Institute, a leading healthcare think tank,

Drew Tretick, MM, MBA is a favorite with audiences for his expressive performances and warm stage presence. A graduate of the Juilliard School in New York City, he has recorded with the London Symphony Orchestra, the Slovak National Symphony, and has appeared as soloist with others. By invitation of Andrea Bocelli, they performed together for a prominent charity. From Tretick's appearances in Las Vegas, a survey recognized him as a favorite entertainer at The Venetian. He has recorded on soundtracks for major motion pictures and appeared on television and radio for PBS, NPR, ABC, NBC, and ESPN. He has also recorded and performed on stage with Tony Bennett, Ivan Gancedo, Stevie Wonder, Chris Isaak, Glenn Campbell, Sandy Patti, Doc Severinsen, Mike Garson (legendary pianist for David

where he focuses on population health management, risk-based contracting, care coordination across the continuum, optimizing the patient experience and enabling physicians to serve as executive healthcare leaders. Dr. Bittman has received several patents for his work in human physiology and disease exacerbation predictive models. Bittman serves as Chairman and CEO of the Yamaha Music and Wellness Institute, a non-profit organization actively engaged in both education and research arenas. Presently he is serving as the Principal Investigator for a program entitled, Medical and Gospel Music Therapeutic Cardiovascular Disease Prevention and Treatment Program: a community-based research trial. This novel program focuses on utilizing creative musical expression in African American seniors for the purpose of improving adherence to medical treatment — thus reducing heart disease risk factors and hypertension. Dr. Bittman is widely published — having served as the Principal Investigator for several peer-reviewed scientific publications including two molecular research studies focusing on stress reduction on the genomic level utilizing novel creative music expression strategies. His latest research entitled, Recreational music-making alters gene expression pathways in patients with coronary heart disease, was performed with researchers from Walter Reed National Military Medical Center. Dr. Bittman has also received several patents for his work in human physiology and disease exacerbation predictive models.

Bowie) and the late John Denver. Olympic gold pair skaters have performed to his music in competition as well as for the Olympic Champions On Ice tour. Karen Chen, a current U.S. Figure Skating champion, took home gold setting the highest competition score ever skating to Tretick's spirited version of The Godfather, which he recorded with the London Symphony Orchestra. Drew began violin at age five and was performing professionally by his early teens. As a high school senior at the North Carolina School of the Arts, he was nominated by the Commission on Presidential Scholars to compete at Princeton University. From that winning performance and through several written essays, he was recognized as a Presidential Scholar in the Arts, as appointed by the President of the United States. He was

then accepted to the prestigious Juilliard School in New York City. From his high academic standing, he was awarded the Lincoln Center Scholarship and completed both his Bachelor and Master of Music degrees in only four years. His Juilliard master recital was the first ever in the school's history to include a synthesizer electronic violin, and this innovative performance was broadcast over National Public Radio. He also studied and performed two summer seasons at the Aspen Colorado Music Festival. Upon graduating

Bruce Petrie, Esq

Bruce has a versatile legal practice which includes: health and elder care; education; labor and employment; constitutional and art law. As an advocate, he has argued cases before courts at every level of Ohio's judicial system, a wide variety of state and federal administrative agencies, and federal district and appellate courts. As a lead negotiator and spokesperson, he has successfully negotiated many collective bargaining agreements for schools, hospitals, elder care organizations and businesses. As outside general counsel, he works with leadership teams and boards of trustees on day-to-day problem solving, legal advice, policy development, risk management, personnel problems and high-stakes strategic and legal decisions. He has extensive experience in arbitration, mediation and dispute resolution. In health care, he advises physicians, dentists and other health care professionals on practice transition, employment agreements, compensation and non-competes. In education, he represents public and private schools, colleges and universities, parents, students, and others in the full range of education law issues. He is

Learning Objectives

- To understand that the connection between music and medicine connects with a primary and founding purpose of America: to promote the progress of arts and science

- To show that the Arts and Science Clause of our Constitution sees our progress as a country linked with our arts and science progress

Kanniks Kannikeswaran

Dr. Kanniks Kannikeswaran is an award-winning visionary composer, music educator, scholar and thought-leader whose pioneering work in the area of Indian American choral music uses the transformative power of music to build diverse communities and has led to the founding of Indian diaspora choirs in over 15 cities in North America and Europe. All of his creations are consistent with his vision of building community through the celebration of threads

from Juilliard, he was appointed Associate Professor and one of the youngest faculty members ever at Berklee College of Music in Boston. He has toured extensively around the world to Asia, Europe, Canada and throughout the United States. Mr. Tretick also holds a Master of Business (MBA) degree. All members of his family are professional musicians and members of major symphonies, and his mother and father have had distinguished performing and teaching careers.

the Chair of the Graydon Education Group. He has been selected for Best Lawyers in America and has the highest AV Preeminent Rating from Martindale-Hubbell. He is the author of three legal books: Constitutional Conversation: A New Lens on America's Best Masterpiece ; Healthcare Labor and Employment Practice Guide; and Innovations in Ohio Workplace Law. He teaches Constitutional Law as an adjunct professor at Miami University and University of Cincinnati. His background in constitutional history includes study at Brown and Northwestern. Bruce is an oil painter and illustrator (see www.brucepetrie.com), a medalist member of Oil Painters of America, a founding member of Greenacres Artists Guild and a Member of the Board of the Cincinnati Art Museum. He is the author of a book on oil painting: Trail of the Brush: A Painter's Guide. He serves the visual arts community with advice related to art and museums. He has been president and/or in executive leadership of a number of civic and community boards.

- To understand that when we enrich and promote American lives, young and old, through music; when we live happier and healthier lives in art; when we see music and medicine as having similar goals, we are helping to create the more perfect union the Constitution promises

for large mixed choruses of more than one hundred singers, western chamber orchestra and an Indian instrumental ensemble recently completed its 12th anniversary and has enabled diverse coalitions between academic institutions, Indian communities, mainstream American and European choruses and professional symphony orchestras. Shanti was performed in the Bay Area to help support Academic Programs in Hindu Studies at the Graduate Theological Union. His work in the Netherlands enabled the founding of a Surinamese Indian choir and a collaboration with Dutch choirs. His recent work 'The Rising Sun' featured at General Electric Corporation's APAF Convention presented a unified vision of Asia in a composite score that integrated elements of Indian, Chinese, Indonesian, Persian and Turkish music. Kanniks has collaborated with the Cincinnati Chamber Orchestra, the Cincinnati Pops, the Martin Luther King Chorale, the Dario Fo choir, the Residentie Orkest (Netherlands), the National University of Singapore Symphony orchestra, artists such as Lakshmi Shankar, Mallika Sarabhai, the Gundecha brothers and others. Kanniks was interviewed on NPR in 2014 and was

Learning Objectives

- Participants will discover the possibility of building diverse communities through musical collaboration

- Participants will discover the potential of ancient chants in fostering a message of peace and universal connectedness

- Participants will learn to connect hidden dots and discover elements of commonality between seemingly diverse traditions

- Participants will learn of the potential of using technology

Penny Brill

Penny Brill, a member of the Pittsburgh Symphony Orchestra's viola section since 1980, is perhaps best known for her innovative work with the use of music in health care. She is a graduate of Smith College and the Juilliard School. She taught at the Oberlin Conservatory for two years, played viola for one season with the Buffalo Philharmonic, and subsequently joined the PSO.

In addition to helping to implement and support the PSO Music and Wellness program, she advises and provides resources for orchestras and orchestral musicians throughout the country wishing to play in medical settings or work with seniors, special needs children, veterans or refugees. She has given many workshop presentations at national conferences on how to design and implement programs in cities with extremely varied demographics, needs and

featured on Ohio Think TV in 2013 and 2017 and in TedX in 2015. Kanniks has been teaching Indian Music at the College Conservatory of Music, University of Cincinnati as an Adjunct Faculty since 1994. He is the recipient of several awards such as the McKnight Fellowship, the Ohio Heritage Fellowship, the Just Community Award and more, the Humanities from the Hindu American Foundation. He has received support from the Ohio Arts Council for his teaching of the traditional arts and for his productions. His award winning research and his recording of Indo colonial music of the 1800s is beginning to have an impact on Indian musical pedagogy. Kanniks has been described as a renaissance personality who effortlessly traverses diverse disciplines such as music, spirituality, and management. Kanniks is a powerful speaker and has lectured extensively on Indian culture and music all over the United States and in many other parts of the world. He is the founder of the American School of Indian Art, an institution committed to bringing the best of the East and the West to the Indian-American diaspora and beyond.

to connect participants and communities around the world through remote collaboration.

- Participants will learn of challenges involved in balancing diverse levels of talents in an artistic project in a community setting.

music preferences. These design ideas and resources are all available on her website, MUSACOR (Musicians as a Community Resource.) www.musacor.com She was part of the AW Mellon Orchestra Forum as well as the Mellon Task Force, which were looking at the future direction of orchestras. She is the former Treasurer of the International Conference of Symphony and Opera Musicians (ICSOM) and is one of only three women to have chaired the Pittsburgh Symphony Orchestra Committee. She was a founding member of Blues on First, a jazz string group. She is currently on the Board of UN-affiliated Music as a Global Resource, as well as the International Association of Music and Medicine (IAMM).

Her work with Music and Wellness received a great deal of local and national media attention. In addition to

numerous articles in local publications, she appeared in Health magazine, BBC Music magazine, the British Medical Association Newsletter, Symphony Magazine, The Strad (online), Harmony Magazine, Making Music Magazine and The International Musician, among others. Her recent article, "Addressing Community Concerns Through Music," was published in the IAMM journal Music and Medicine in the July 2016 issue. In 1985 she won the Pittsburgh YWCA Tribute to Women Award in part for her work on redesigning the hiring process at the PSO. In May of 2002 she won the PSO's Vince Calloway Customer Service Excellence Award for her work

Learning Objectives

- Participants will identify ways music therapists, activities coordinators and orchestra musicians can build relationships, understanding how this will benefit the community

- Participants will identify possible entry points to implementing music and wellness programs in their community

with Music and Wellness. In 2003 she won the National American Music Therapy Association (AMTA) Advocacy Award. In 2006 She won Adagio Health's Tempo Award in recognition of "generous and significant contributions to improve the health and wellbeing of women and families in western Pennsylvania." In 2010 she won the AMTA Mid-Atlantic Region's Advocacy Award. In 2013 she won the Paul J Ross Award for excellence in education and community engagement. In 2016 she won the LOA (League of American Orchestra)'s inaugural Ford Musician Award for Excellence in Community Service.

- Participants will identify the questions which need to be asked/answered so partners fully understand their respective roles

- Participants will acquire a range of tools and experientials to implement, dependent on population and setting, choices to be overseen and guided by the music therapist.

Cincinnati Music & Wellness Coalition, Panel

Jalynn Simmons

Jalynn Simmons is the founder and CEO of Indy Music and Wellness, Inc., located in Indianapolis, Indiana. She received her B.S in Psychology from Central State University. Jalynn has 21 years of professional drumming experience, she is a trained Remo HealthRHYTHMS Facilitator, and has recently been chosen to study in Columbia University's first initial Teaching Artist Certified Program in New York City.

Rebecca Woods

Rebecca Woods, M.Div., is the Spiritual Care Coordinator at the Lindner Center of HOPE in Mason, Ohio. Prior to joining the Lindner Center, she was a retirement community chaplain and was introduced to HealthRHYTHMS through the Association of Chaplains Serving Elders. She now facilitates HealthRHYTHMS groups with adults and adolescents who are struggling with mental illness and addiction.

Sheila Nared

Sheila holds a BA in social work from Mount Saint Joseph University and has a passion for trauma victims and the homeless. She is the director of the Trauma Reciver Center at Seven Hills Neighborhood Houses and offers drumming to the homeless at the city gospel mission. She is supporting a research study to measure changes in stress, health and community engagement.

Elaine Brown, RN

Elaine graduated from the University of Cincinnati and began working for the Mercy Health Care System. She has worked at Clermont Seniors Services for 21 years, first as an RN Case Manager and for the last 7 years as the Director of the Adult Day Services. The Clavinova and Music Therapy were first introduced at the Adult Day Center in 2014. We currently have 3 Clavinovas and use them in a variety of ways in the daily activities.

Learning Objectives:

- To explore the foundations of epigenetic changes
- To discuss 2 peer-reviewed published studies on gene expression and active music participation

- To more fully understand the potential for creative musical expression to impact stress pathways