



Joining together in strengthening and supporting communities through recreational music making



2024

COMMUNITY IMPACT REPORT

musicandwellness.net



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CEO Message

Dear Music & Wellness Community,

There's much to be thankful about in 2024. Thanks to the amazing support of our funders, board members, staff, coalition members, and volunteers, we were able to assist 7,287 individuals. People of all ages and abilities in Ohio, Kentucky, and Indiana received tools to take an active and meaningful role in their health and well-being.



One of the highlights is the four-year contract awarded by Hamilton County Job & Family Services and the Board of County Commissioners. This contract enabled us to expand our weekly afterschool programs and actively engage nearly 500 children in the county in HealthRHYTHMS group empowerment drumming for prevention. This great opportunity resulted in us creating a new curriculum based on the Search Institute's Developmental Assets for Children. The new curriculum is intertwined with the evidence-based HealthRHYTHMS 10-step protocol. This curriculum focuses on, but is not limited to, commitment to learning, bonding to school, interpersonal competence, and peaceful conflict resolution. We continue to offer Clavinova Connection, HealthRHYTHMS, and Music & Art for Brain Health to various communities in Greater Cincinnati.

A personal highlight was the exciting opportunity to engage 30 Kroger Wellness Champions from across the US in HealthRHYTHMS. It was a rewarding experience to see this group come together for the first time, have fun drumming, build camaraderie, and form close friendships.

In keeping with our long-standing commitment of providing whole person wellness to refugees and asylees, we offered an array of services to 140 individuals from 15 nations.

Our coalition members were thrilled to be invited by Cincinnati Parks Foundation and the Osher Center for Integrative Health at the University of Cincinnati to join them at BLINK in October. Over 250 individuals from our great city and visitors enjoyed the drumming and jamming.

As our work continues in 2025, we value the new partnerships we're building which allow us to reach new populations. It also helps us stay true to our mission of promoting a culture of wellness in diverse populations through evidence-based recreational music making, education, and arts engagement. We hope you'll join us!

Best regards,

Arlene de Silva
Founder/CEO

About CMWC

CMWC is the first community-wide recreational music making coalition in the US. It was founded in 2009, by bringing together nonprofit organizations, senior living communities, universities, musicians, and physicians to work from a common goal of promoting a culture of wellness through evidence-based recreational music making wellness programs.

In the beginning, there were 30 members. Today the coalition has grown to over 150 members. CMWC is a 501(c)(3) non-profit organization governed by a board of directors. The day-to-day operations are managed by a CEO who works with a qualified and talented team consisting of staff, and independent contractors who serve as Clavinova Connection and HealthRHYTHMS facilitators. Clavinova Connection facilitators offer the program at our music & wellness center to diverse populations, and HealthRHYTHMS facilitators offer the program at senior living communities, nonprofits, faith-based communities, after school programs, and at the music & wellness center.

Another important and unique feature of CMWC is the nonprofit's relationship to its coalition members. Our members are diverse i.e., universities, hospitals, medical colleges, senior living communities, senior centers, community-based organizations, schools, healthcare professionals, musicians, medical students, faith-based organizations, and organizations serving ethnic communities.



Programs



Clavinova Connection

The Clavinova is a digital piano designed by Yamaha Corporation. Clavinova Connection is an innovative, enjoyable, recreational music making wellness program which harmonizes mind, body and spirit. The program is about exploring a non-traditional approach to learning music. It's not about mastering an instrument. There is no technical jargon and no complex musical notation. It offers stress-free group lessons and wellness exercises, explores creative musical potential, the enjoyment of playing beautiful music, and the possibility of pursuing music study at a higher level. The program is guided by a facilitator. The one-hour sessions have three key components: active music making, guided facilitation, and purposeful listening.



HealthRHYTHMS

Research has proven that HealthRHYTHMS group empowerment drumming significantly increases the disease fighting activity of circulating white blood cells. The program is all about learning, discovering, enjoying, and sharing musical insights that can help everyone improve quality of life. HealthRHYTHMS includes a 10-step protocol. Guided by a trained facilitator, participants progress through warmup, bonding exercises, to a variety of cooperative drumming activities. This one-hour program is an opportunity to have fun and receive health benefits in a non-threatening environment. It's a great way to have fun with friends and make new friends.

No Experience Needed

The programs we offer are not about musicality or achieving musical outcomes. Rather they are about achieving health outcomes.

Clinical research conducted on these programs has shown that people benefit both physically and emotionally after just six weekly sessions by:

- Reducing stress
- Lowering blood pressure
- Improving communication
- Increasing self-esteem
- Practicing collaboration
- Improving concentration
- Laughing and having fun

CMWC Spotlight

Dr. Barry Bittman

Barry Bittman, MD is a neurologist, author, international speaker, researcher, and population health innovator. Dr. Bittman serves as advisor to Cincinnati Music and Wellness Coalition (CMWC). He has served as Principal Investigator for several published scientific investigations including two molecular research studies focusing on stress reduction on the genomic level utilizing novel creative music expression strategies.



Music & Wellness Center

The Music & Wellness Center opened to the public for programming in 2024. An array of programs was offered to older adults, caregivers, employees, special needs populations, and children. We offered HealthRHYTHMS on Sundays for all ages. Participants ranged from 6 year old's to 90 year old's.

PROJECTS	DETAILS	OUTCOME
The Kroger Company	Kroger employees enjoyed several weeks of Clavinova Connection	<ul style="list-style-type: none"> Stress reduction Interest in next levels
Alois Alzheimer Center	Engaged in Clavinova Connection	<ul style="list-style-type: none"> Stress reduction Team building
Jewish Family Service of the Cincinnati Area Adult Day Center	Enjoyed five weeks of Clavinova Connection and extended their time to engage in a photography project as well.	<ul style="list-style-type: none"> Camaraderie Creativity
Franciscan Sisters of the Poor	Hosted an evening of Clavinova Connection and HealthRHYTHMS for the associates.	<ul style="list-style-type: none"> Resulted in Monthly HealthRHYTHMS sessions for the sisters
Catholic Charities Southwestern Ohio	Engaged in 6-weeks of HealthRHYTHMS	<ul style="list-style-type: none"> Caregivers to the participants were able to receive training and tools to care for loved ones
Meals on Wheels of Southwest OH & Northern KY	Cincinnati Ballet's "CB Moves for Seniors"	<ul style="list-style-type: none"> "CB Moves for Seniors" was offered to older adults allowing them to explore core ballet elements in their community



Music & Medicine Conference

The purpose of the annual music & medicine conference is to bring healthcare professionals, senior care administrators, non-profit leaders, corporate executives, and the public to learn about the power of music as a wellness tool. Our speakers include national, regional, and local experts in the fields of medicine, music, and research.

In 2024, we were pleased to hold the conference at our office in Centennial Barn at 110 Compton Road, Cincinnati, OH 45215. This was the first year we also livestreamed the conference.

Conference topics included music therapy, suicide prevention, evidence-based recreational music making, and hands-on opportunities to experience the programs. This conference as in past years was approved for continuing education units for physicians, nurses, social workers, music educators, music therapists, activity professionals, recreation therapists, and chaplains.



SAVE THE DATE **SEPTEMBER 26, 2025**

Thirteenth Annual Music & Medicine Conference [All Are Welcome!]

Events - Highlights

Wellness & Culture through Music

We decided to take the arts to the schools. It was the first time for some of the students to experience exotic musical instruments such as the tabla, sitar, Indian fusion music, and the Guzheng (Chinese zither). The children were also introduced to Appalachian music, history, and stories by Southwestern Ohio musicians Russ and Barb Childers.

BLINK

Cincinnati Music & Wellness Coalition (CMWC) was invited by Cincinnati Parks Foundation and Osher Center for Integrative Health at the University of Cincinnati to join them at Wellness without Walls as a part of BLINK Cincinnati. Over 200 attendees – young and old had fun jamming! We even had some show us their dance moves!



Wellness & Culture Through Art & Food

While we took wellness & culture through arts to the schools, we also held an event in the fall at our office in partnership with Meals on Wheels Southwest OH & Northern KY. The event held close to the Thanksgiving holiday included food from several local restaurants which were happy for attendees to experience an international cuisine. Music with an international flavor was provided to accompany the delicious meal. Everyone commented that it was a wonderful cultural experience.

One Day Events

- Jewish Leadership Nonprofit Institute
- Cincinnati Museum Center- Table
- Sharonville United Methodist Church
- CRC-Lincoln Center
- 2 Healthy Shopping Workshops
- AHEPA Milford Senior Living
- UC Cancer Center
- Down Syndrome Assoc. Greater Cincinnati
- Underground Railroad Freedom Center
- CBI Middletown Summer Program
- Christ Hospital Health Network Fair
- The Kroger Company
- West Chester Christian
- St Leo Church
- Seven Hills School
- UC Cancer Center Spring Conference
- Music & Art for Brain Health
- Franciscan Sisters of the Poor Associates
- Christ Hospital Heart Failure Symposium
- Eldercare Symposium
- US Aging/ACL/Texas A&M Panel
- Jewish Family Service Adult Day
- Otterbein Health & Wellness Fair
- UC COMM/PR Career Fair
- CB Ballet/MOW Partnership
- BLINK
- Midwest Dementia Summit
- Alois Alzheimer Center
- Wellness & Culture through Art Forms
- CMWC Member Appreciation Holiday Celebration
- Kiwanis/Shared Harvest - Hamilton OH
- Catholic Charities Refugee Program

1742
Individuals Served

33
1 Day
Events

Services to Refugees & Asylum Seekers

For 12 years our commitment to serve refugee families has been strong. We continued to serve individuals from Bhutan, Burundi, Democratic Republic of Congo, Nepal, and Rwanda. In 2024, we were pleased to expand our reach to serve asylum seekers from Senegal, Mali, and Nigeria as well as Guatemala, Venezuela, Honduras, Puerto Rico, France, Somalia, and Burkina Faso.

Through a new partnership with Catholic Charities of Southwestern Ohio Refugee Resettlement Office, we actively engaged newly arrived refugees in HealthRHYTHMS for stress management. Individuals from 15 countries participated.

Our goal is to assist these vulnerable individuals assimilate to their new home, navigate complex social service systems, and provide services to improve their wellbeing. Our services include but are not limited to citizenship preparation, English and civics classes, health education, assistance with medical waivers, library services, wellness programs, arts & crafts, and assistance with applying for social security benefits.



CMWC Assisted 140 Refugees & Asylum-Seekers in 2024

Our heartfelt thanks to Christ Church Cathedral for the continued support in helping us improve the wellbeing of marginalized communities.

When asked
what she liked most about the program,
a newly arrived refugee replied...

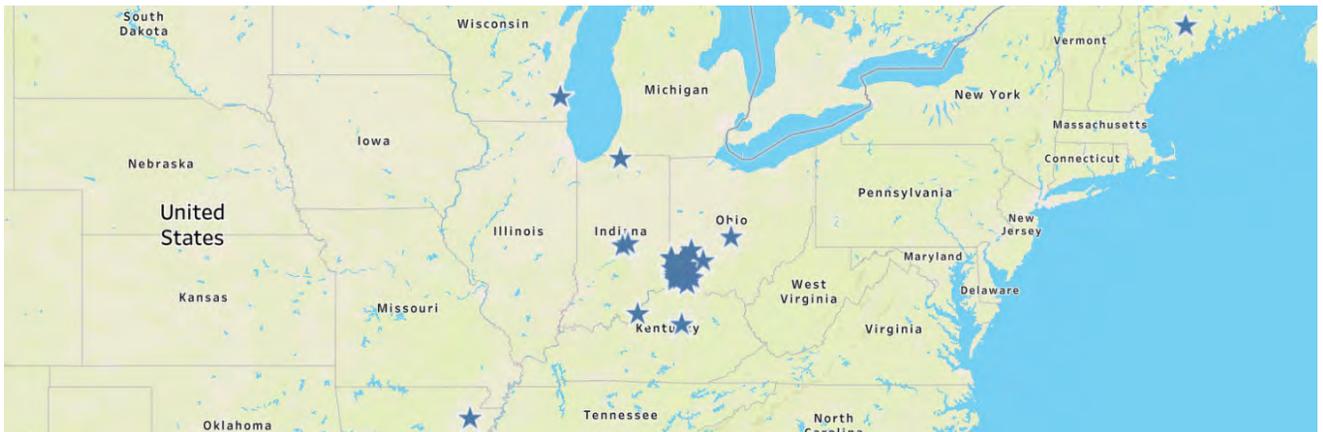
"this program helps me relax and forget my troubles even for a short time, it gives me peace."



Community Impact



Where Do We Work?



As our organization grows, so does our reach into the local community as well as nationally.

438
HealthRHYTHMS
Sessions

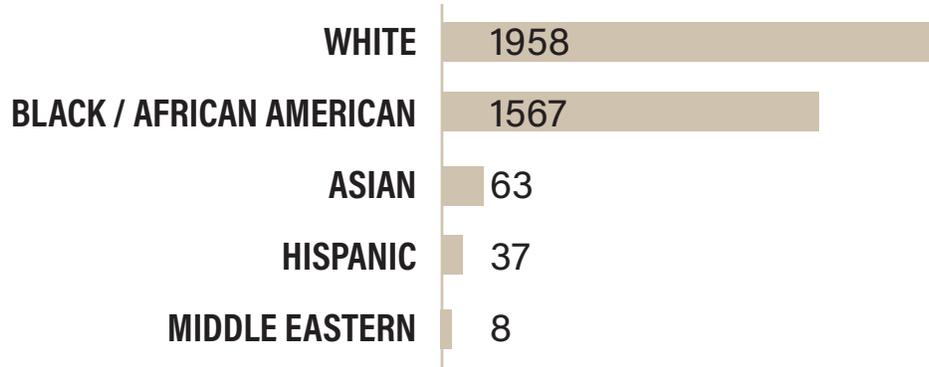
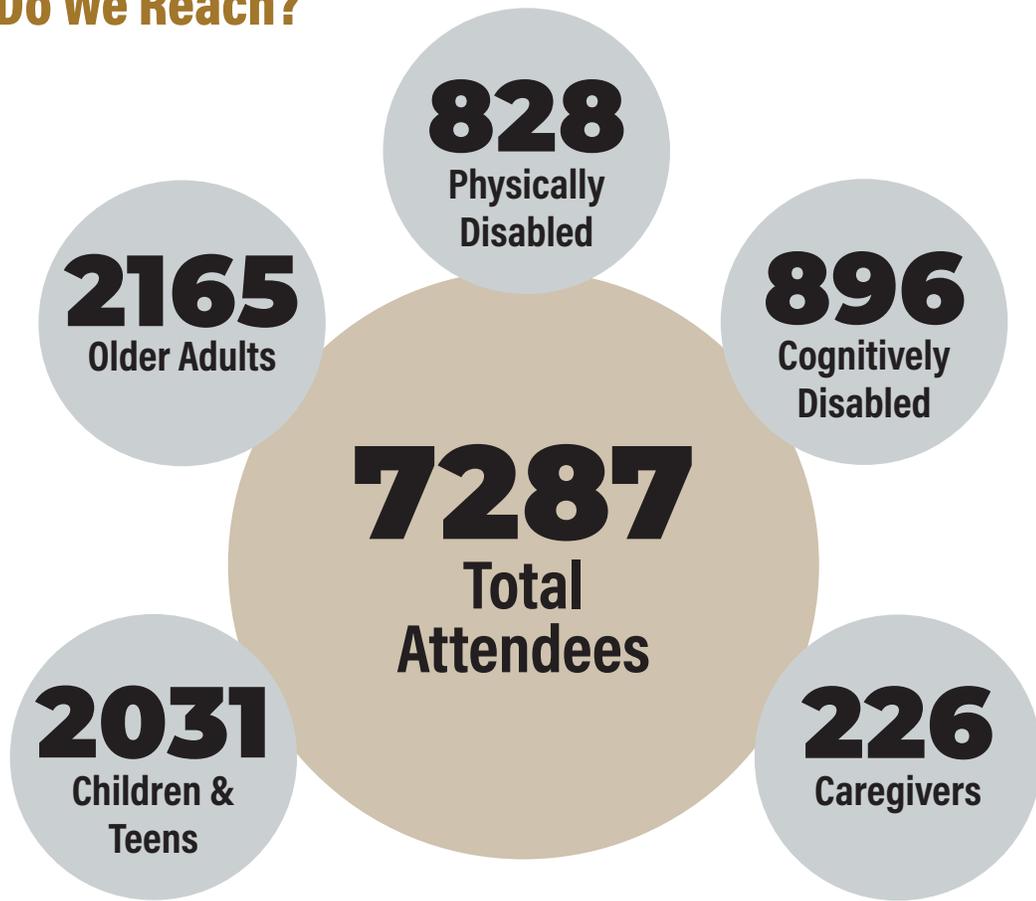
6
States

7
Local Counties

9
Universities

Community Impact Continued

Who Do We Reach?



Demographic data was not collected on all participants or sessions



Partnerships

Down Syndrome Association of Greater Cincinnati

Our HealthRHYTHMS facilitator Jim Waddle actively engaged over 35 individuals with down syndrome.

National Underground Railroad Freedom Center

We were invited to bring HealthRHYTHMS to the Freedom Center during Fifth Third Community Days.

CBI Middletown

We were able to engage nearly 100 students in HealthRHYTHMS and Music Appreciation at elementary schools in Middletown, OH, through after-school and summer programs.

What They're Saying

“ Their approach to whole-person wellness truly resonated with the kids, who thoroughly enjoyed the sessions. The combination of interactive music making, wellness exercises, and social engagement created a positive and enriching experience. We are grateful to have had the opportunity to have worked with CMWC and appreciate the impact their programs had on our students.” -CBI Middletown Staff



Lindner Center of Hope

Dr. Elisha Eveleigh, a psychologist from Lindner Center of Hope continues to provide guidance to our HealthRHYTHMS facilitators related to the importance of making connections with children and teaching them how to have fun and the importance of life skills

Dayton Parkinson's Support Group

We offered HealthRHYTHMS to people with Parkinson's in Dayton, OH through a generous grant from Parkinson Support & Wellness.

University of Cincinnati College of Allied Health Sciences

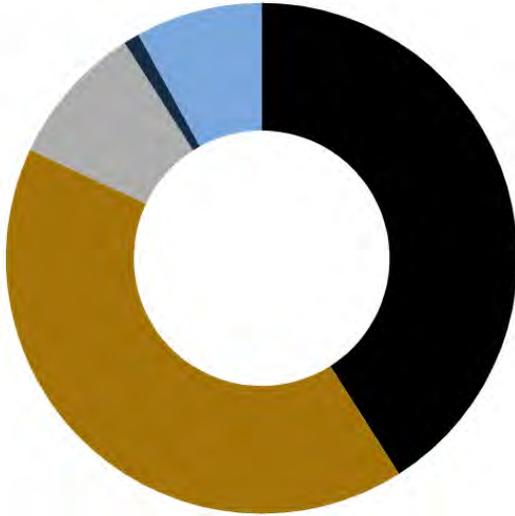
Melinda Butsch Kovacic, PhD, continues to provide expertise to enhance our data collection projects.

Administration for Community Living / US Aging / Texas A&M

We continued year 2 of the national research study national leaders in aging, and Texas A & M college of public health measuring social isolation and loneliness of older adults.

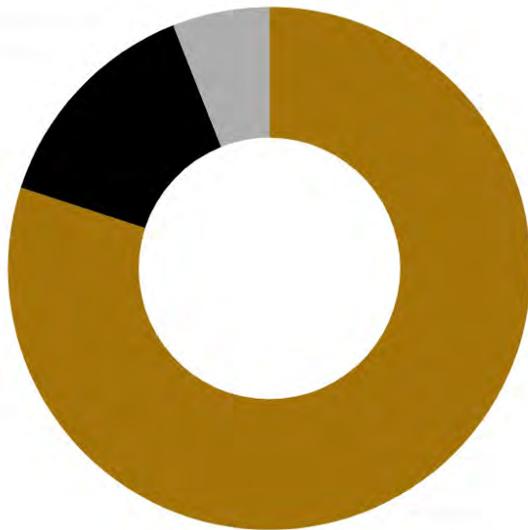
Financial Overview

Income



Grants	41%
Contracts	41%
Program Fees	9%
Donations	1%
Music & Medicine Conference	8%

Expenses



Programs	80%
Administration	14%
Training / Coaching	6%



Acknowledgements

Funders



We are grateful for the support of our funders and supporters. Their generous grants, contracts and donations helped us impact more communities and improve quality of life for thousands of individuals.

Supporters

- Arnold Printing
- Remo, Inc.
- Cincinnati Art Museum
 - MTNA
- Franciscan Sisters of the Poor
- Miami University
- Xavier University
- Meals on Wheels Southwest OH & Northern KY
- University of Cincinnati
- Yamaha Music & Wellness Institute

Our thanks also to the many dedicated volunteers who give of their time every year.

Active Coalition Members - Individuals

Abhishay Subramanian

Ahmed Obeidat MD

Alex Wang

Amy Dennison

Arjun Majithia

Arlene de Silva

Aurelia Franklin Burkett

Barry Bittman MD

Brad Martin

Brandon Rediger

Brenda Morand, ret PharmD

Calvin Williams

Carolyn Karageorges, CPA

Cathy Shanahan MD

Christi Graeter

Cindy Loon

Connie Kingsbury

Cora Wray

Dave Wallace

Debbi Silverman MD

Debbie Kokoruda

Doreen Stanley

Dot Christenson

Duff Arnold

Ethan Stanley

Greg Pierson

Hao Cong

Jada Teregeyo

Jeanne Speier

Jim Formal

Jim Waddle

John Albert, Esq



John Burgess

Kajri Sheth, DO

Laura Dailey

Lauri Aultman

Marcellus Harris

Markus Leser, PhD

Mary Wolff

Matt Frankland

Melinda Butsch Kovacic PhD

Nadia Alkhun

Nancy Bick Clark

Nancy Tanner

Neveah Johnson

Patricia Colvin

Peggy Grant

Pete Carels

Rhonna Shatz, MD

Rich Batterberry ret CPA

Roberta Schultz

Ronald Miller

Sarah Sears

Stephanie Lee DO

Surbhi Singh

Thelma Clabbers

Tiffany Brown

Tina Pryor

Todd Seyferth

Trina Carter

Trinity Le

Wendy Grab

Yousef Shamma



Active Coalition Members - Organizations

Alois Alzheimer Center
Alzheimer's Association of Greater Cincinnati
Alzheimer's/Dementia Services of N Indiana
Barrington of Oakley - Senior Lifestyle
Bluegrass Area Agency on Aging - Lexington KY
Bridgeway Pointe
Burundian Community-Millvale
Catholic Charities Southwestern Ohio
CBI Middletown
Children's Home of N KY
Cincinnati Art Museum (CAC)
Cincinnati Recreation Commission (CRC)
Cincinnati-Hamilton County Public Library
Colerain Senior Center

Corryville Recreation Center
Creative Aging
Eastern Arkansas AAA
Eastside Recreation Center
Episcopal Retirement Services
Evergreen Retirement Community
Franciscan Sisters of the Poor
Giving Voice Foundation
Holly Hill Family Solutions
Indy Music and Wellness
Jewish Family Service of Cincinnati Area
Lincoln Heights Outreach, Inc.
Lindner Center of HOPE
Maple Knoll Communities



Active Coalition Members - Organizations



- Mayerson Jewish Community Center
- Meals on Wheels Southwest OH and Northern KY
- Millvale Burundian Group
- Millvale Recreation Center
- N KY Area Agency on Aging
- Nepali Language & Arts Center
- Otterbein Senior Lifestyle Choices
- Pavilion of Kenton
- Seasons Retirement
- Seven Hills Neighborhood Houses
- Sisters of Notre Dame
- The Kenwood
- The Knolls of Oxford
- Wellspring
- Westwood Town Hall Recreation Center
- Winton Hills Recreation Center

Universities and Schools

- Colby College Maine
- Miami University
- Ohio University
- The OSU College of Medicine
- UC Cancer Center
- UC College of Medicine
- UC College-Conservatory of Music
- University of Louisville Trager Institute
- Xavier University Dept of Social Work
- Lincoln Heights Elementary School



Looking to the Future - Making Strides In...

Prevention

In 2024, we received a four-year contract from Hamilton County Job & Family Services and the Board of County Commissioners to expand HealthRHYTHMS to six underserved neighborhoods, growing our after-school program and serving nearly 500 students. We plan to continue utilizing a modified adolescent curriculum using the 40 Developmental Assets.

A contract for community care prevention received from Talbert House has allowed us to provide Clavinova Connection and HealthRHYTHMS to individuals served by an additional 17 community-based organizations. Hamilton County residents of all ages are welcome to participate in these sessions.

Expansion

A new partnership with the Alzheimer's Association of Greater Cincinnati is enabling us to offer both evidence-based recreational music making wellness programs to Alzheimer's/dementia patients and their caregivers. We are thrilled to engage these vulnerable individuals from Cincinnati, Lebanon, Mason, and Middletown, in Ohio, and Florence in Northern KY.

Research

Another exciting project starting in March is a research study in partnership with Miami University Scripps Gerontology Center. The outcomes of the study will measure stress and burnout of caregivers. We will be using HealthRHYTHMS for the intervention group and puzzle activities for the control group. We are partnering with four coalition member organizations.

Our participation in the national study with the Administration for Community Living, US Aging, and Texas A&M continued.



Join Us!

Coalition members share a common vision, share ideas, work on music projects and help individuals build healthy lifestyles. Our non-profit assists member organizations in the following areas:

- **Building Clavinova Connection Programs** by offering coaching and guidance in the planning and implementation phase, ensuring proper training is provided, and ongoing technical support
- **Building HealthRHYTHMS Programs** by offering the 2-day facilitator training and continued coaching and mentoring
- Offering webinars on various topics related to health, wellness, and data collection
- Presenting the Annual Music & Medicine Conference to learn about the power of music as a wellness modality
- Offering opportunities to be part of data collection projects



Learn more about Cincinnati Music & Wellness Coalition
To become a member or volunteer, please contact us at support@musicandwellness.net

Donations are always appreciated

No amount is too small to help provide quality services and programs that improve the well-being of our community.

To donate, visit us at musicandwellness.net/donate



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through recreational music making

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110 Compton Road
Cincinnati, Ohio 45215

513-315-7393
musicandwellness.net

