



Joining together in  
strengthening and supporting communities  
through recreational music making

# The Ninth Annual Music & Medicine Conference

Virtual Attendance - Free Registration Required

**October 15, 2020 - 7:00p**

Music Research Pearls: Insights For Success

**October 20, 2020 - 7:00p**

Recreational music making is feasible and enjoyable by  
older adults

**October 22, 2020 - 7:00p**

Medicine and the Arts at the Ohio State University College of  
Medicine: Reflections on the First Decade and Innovations  
for the Future

**October 27, 2020 - 7:00p**

The Healing Power of Rhythm and Lyrics in Addiction  
Recovery

**October 29, 2020 - 7:00p**

Music Builds Self-Esteem in Youth

**FREE TO ATTEND - ONLINE REGISTRATION REQUIRED**

5029 South Ridge Drive Cincinnati OH 45224  
[www.musicandwellness.net](http://www.musicandwellness.net) 513-315-7393

# Dear Music & Wellness Community

Welcome to our Ninth Annual Music & Medicine Conference. Due to these unprecedented times, we are offering the conference virtually in five 1-hour sessions. We have a great line up of experts from medicine and music joining us this year.

The goal of our lecture series is for healthcare professionals, musicians, non-profit administrators, the corporate sector, human service leaders, and the general public, to learn about how music influences are lives, has the power to heal, and change our daily lives. Music is a gamechanger. And, in these challenging times as we learn to deal with COVID-19, we have a tool in Music that can help transform lives.

This conference is presented by the Cincinnati Music & Wellness Coalition (CMWC), which includes 116 members consisting of non-profits, musicians, physicians, human service organizations, universities, and hospitals. CMWC was founded in 2009 and is the first community-wide recreational music making wellness coalition in the US. Our members come from multiple cities across the US, Switzerland and Sri Lanka. Members share a common mission of promoting a culture of wellness through two evidence-based music -making. We assist individuals of all ages take an active and meaningful role in their health and well-being.

*We invite you to join us as we work together to face the global crisis of COVID-19.*

Thank you,  
The 2020 conference planning committee

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# CMWC's Purpose is Threefold

1

Assist individuals of any age actively engage in group-based evidence-based music making

2

Educate the public about the well-documented power of music as a wellness tool

3

Work with organizations to build individual music & wellness programs by providing the appropriate training and tools for implementation

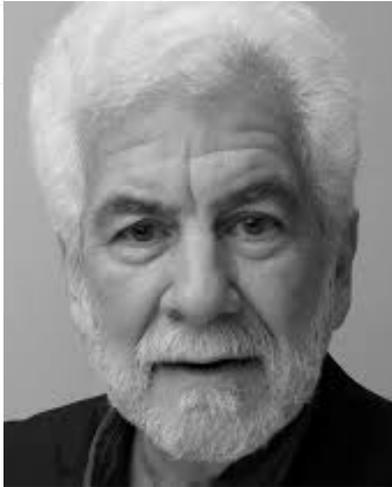
**Physicians, psychologists, nurses, music therapists, counselors, OT/PT**

**FACULTY DISCLOSURE DECLARATION**

According to the disclosure policy of the University of Cincinnati College of Medicine, all faculty, planning committee members, and other individuals who are in a position to control content are required to disclose any relevant relationships with any commercial interest related to this activity. The existence of these interests or relationships is not viewed as implying bias or decreasing the value of the presentation. All educational materials are reviewed for fair balance, scientific objectivity and levels of evidence. Disclosure will be made at the time of activity.

# Presenters & Learning Objectives

Thursday October 15, 2020



## **Music Research Pearls: Insights for Success**

**Barry Bittman, MD, CEO Yamaha Music and Wellness Institute**

**DATE:** Oct. 15, 2020 **TIME:** 7:00p

Music has certainly survived the test of time. Yet despite its longevity, high level music research demonstrating bio-psycho-social benefits remains surprisingly sparse.

Join Dr. Bittman for a practical overview of research pearls garnered through more than three decades of experience and numerous scientific investigations. Travel the journey from idea to publication and discover the often- unforeseen roadblocks that tend to impede the way.

Dr. Bittman's presentation covers a wide range of opportunities and challenges that most researchers never consider. If you're committed to performing a scientific investigation in this field, or simply wish to better understand the overall process, this presentation is certain to resonate on many levels.

Dr Bittman is a neurologist, author, international speaker, researcher and population health innovator who presently serves as a national healthcare consultant. Dr. Bittman serves as Chairman and CEO of the Yamaha Music and Wellness Institute, a non-profit organization actively engaged in both education and research.

### **LEARNING OBJECTIVES**

Upon completion of this course the participant should be able to:

[Discuss the foundational constructs of the scientific method.](#)

[Explain the planning stage of a research study, and how potential for success is often determined before the study actually begins.](#)

[Evaluate human subjects research design, and how to avoid unforeseen pitfalls.](#)

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# Presenters & Learning Objectives

Tuesday October 20, 2020



## Recreational music making is feasible and enjoyable by older adults

Ahmed Obeidat, MD, Judy Singleton, PhD and Mamta Bajgain

DATE: Oct. 20, 2020 TIME: 7:00p

**Ahmed Obeidat, MD**, is a neurologist with Froedtert and the Medical College of Wisconsin. He works with adults in diagnosing, treating and managing Multiple Sclerosis and Immune Disorders of the Central Nervous System. He received his medical degree with honors from the Jordan University of Science and Technology in 2008. He then joined the graduate program in neuroscience and physiology at Wright State University (WSU) in Dayton, Ohio where he received a PhD in Neuroscience and Physiology in 2013. He completed his neurology residency at the University of Cincinnati in 2017 as well as fellowship training in Demyelinating Diseases and Neuroimmunology, also from the University of Cincinnati, in 2018.

Dr. Obeidat is an advocate for medical humanities and believes in the power of patient stories in shaping a successful, and a long-lasting patient-doctor relationship. In his free time, he enjoys reading and writing personal reflections and narrative medicine in its various forms. He's a strong believer in integrating art and music into the healing process of MS patients. He was a member of the research team for the healthy aging study; a partnership between the Cincinnati Music & Wellness Coalition, five retirement communities, and the University of Cincinnati.

**Judy Singleton, PhD** is a full-time social work professor at the University of Cincinnati Blue Ash Campus, and the program assistant for the pre-social work major. She teaches social work classes,

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talks to potential students who have questions about the program and the social work field, and prepares the assessment report for the pre-social work program each spring. Dr. Singleton works with various community agencies and associations that serve older adults, a population of which she is passionate about helping. Through different board positions she helps find funding and writes grant proposals for these groups to serve older adults with various music, art, and wellness programs.

Dr. Singleton was the principal investigator of the older Bhutanese refugee study which was approved by the University of Cincinnati Internal Review Board (IRB) and received funding from the Center for Clinical & Transitional Science & Training, a collaboration between the University of Cincinnati and Cincinnati Children's Hospital Medical Center.

Dr. Singleton loves gardening and the solitude it provides. She loves playing in the dirt and has never outgrown it! And she loves seeing the results. One year, her flowers were photographed for a calendar.

**Mamta Bajgain** is a student at Miami University in Oxford, Ohio. Mamta is an advocate for women empowerment. She worked as an outreach coordinator for Project HOPE (Helping Our People through Empowerment), a program of the Asian Community Alliance, a non-profit organization in Mason Ohio. She serves as an interpreter for the Cincinnati Music & Wellness Coalition's refugee program. Ms. Bajgain choreographed a dance depicting the lives of individuals from Bhutan and their lives living in refugee camps and transition to a new home in the United States. The dance was part of the annual Wellness through Art Forms event showcased at the Cincinnati Art Museum.

Mamta also focuses on youth empowerment and tutors Bhutanese youth. She plans to pursue a master's degree in social work in 2021 at Miami University. She is a trained HealthRHYTHMS facilitator and facilitated sessions for the older Bhutanese refugee health study in 2019.

## LEARNING OBJECTIVES

Upon completion of this course the participant should be able to:

[Discuss the implementation and adherence to recreational music making protocol.](#)

[Relate on participant experience in the pilot program.](#)

[Discuss future directions for recreational music making research.](#)

[Compare benefits for older adults of participating in recreational music making activities versus non-musical recreational activities.](#)

[Review strategies on how to incorporate undergraduate students in research studies.](#)

[Explain how HealthRHYTHMS provides and supports non-verbal communication as demonstrated through rhythm making with refugee populations.](#)

# Presenters & Learning Objectives

Thursday October 22, 2020



## **Medicine and the Arts at The Ohio State University College of Medicine: Reflections on the First Decade and Innovations for the Future**

Linda Stone, MD, Founder, Medicine and the Arts Program,  
The Ohio State University

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**DATE:** Oct. 22, 2020 **TIME:** 7:00p

Dr. Stone is a wife, mother, grandmother, retired family physician, medical educator and retired Associate Dean for Student Affairs at The Ohio State University College of Medicine. She currently serves as Special Assistant to the Dean for Humanism and Professionalism.

As a family physician, Dr. Stone served patients in Columbus, Ohio for over 25 years. She is past president of the Ohio Academy of Family Physicians (OAFP) and past chair of the OAFP Foundation. She has also served on the board for the American Academy of Family Physicians Foundation (AAFP-F) and as Chair of the AAFP Chapter Affairs Committee.

Dr. Stone founded the Ohio State College of Medicine Humanism in Medicine (HiM) program in 2009 that includes the Medicine and the Arts Performing Arts Series; Humanism in Medicine Student Section (that includes the Professional School Orchestra, Ultrasound Choir, the HiM Writer's Group, Photography Group, Visual Arts group, Theatre/Film Arts and Dance in Medicine); the Courage to Teach faculty recognition program; the Humanism in Medicine Research Team; the OSU Collaborations in the Medical Humanities; and the HiM Philanthropic Board. In 2019, the dean of The Ohio State University College of Medicine, K. Craig Kent, MD, named the HiM program the Linda C. Stone, MD, Program for Humanism and the Arts in Medicine.

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Thursday October 22, 2020

(Continued)

**LEARNING OBJECTIVES**

Upon completion of this course the participant should be able to:

Define the programing roots of Medicine and the Arts at the Ohio State University College of Medicine.

Evaluate the evolution of a program designed to create a more humanistic medical environment through the presence of the arts.

Evaluate the future role of the arts in medicine through a collaborative model, locally, state-wide and nationally that is based in the Cincinnati Music and Wellness Coalition and the Voices in Humanism Program at the OSU College of Medicine.

# Presenters & Learning Objectives

Tuesday October 27, 2020



## The Healing Power of Rhythm and Lyrics in Addiction Recovery

Don Gauck, MS, LICDC-CS

**DATE:** Oct. 27, 2020 **TIME:** 7:00p

Don Gauck has thirty years experience providing counseling services to individuals, families and groups in rehabilitation settings. Don has assessment diagnostic and treatment skills and experience with clients having age, gender, race, religious socioeconomic, and cultural diversity. He has provided counseling for substance abuse including: aftercare, personality

disorders, mood and anxiety disorders, grief/loss adjustment, post-traumatic stress, multicultural, spiritual and health-care issues.

Don has experience and skill with education, oral and written communication, holistic counseling including crisis intervention, multi-axial diagnosis, treatment planning, consultation, referral, community resources, screening intake, report writing, case management and discharge planning.

He works part-time for CCAT (Center For Addiction Treatment) in MAT (Medical Assistant Treatment) with clients who are taking Suboxone for opiate addiction. He also currently fills in as primary counselor at TriHealth Alcohol and Drug Treatment Program. He spent 21 years at Bethesda Hospital Alcohol/Drug Treatment Program in Cincinnati, OH case managing in a residential program. He possesses expertise in assessment diagnostic and treatment skills with adults with substance abuse problems and other Axis I and Axis II diagnosis. He also serves as a Relapse Prevention Specialist.

### LEARNING OBJECTIVES

Upon completion of this course the participant should be able to:

[Explain the benefits of music as a recovery tool.](#)

[Discuss how HealthRHYTHMS an evidence-based music making intervention helps in addiction recovery.](#)

[Evaluate the long-term benefits of recreational music making.](#)

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# Presenters & Learning Objectives

Thursday October 29, 2020



## Music Builds Self-Esteem in Youth

Vy Higginsen, Founder/Executive Director of the Mama Foundation for the Arts

**DATE:** Oct. 29, 2020 **TIME:** 7:00p

Vy Higginsen is a noted author, playwright, radio and TV personality, and has garnered an excellent reputation and won many awards for providing high quality products and services to African-American audiences. After a decade of being behind the microphone and on major New York stations (WBLS-FM, WWRL-AM, WRKS-FM), Vy published and edited Unique NY, a lifestyles magazine designed for African-Americans and tourists.

In 1983, Vy co-wrote, produced and directed the classic black Gospel musical Mama I Want To Sing!, which ran for eight years and 2,200 performances at the Off-Broadway Heckscher Theater in East Harlem. In March 1986, Mama began a national tour of the USA, playing two consecutive years throughout major cities such as Atlanta, Chicago, Houston, Los Angeles/San Francisco, Philadelphia and Washington. International tours include Austria, Japan, Germany, Greece, Italy, Switzerland, and Yugoslavia. Mama also played for six months on the West End of London. In March 1988, Vy co-produced Joe Turner's Come and Gone by August Wilson on Broadway. In 2002, Vy was ordained as an Interfaith Minister. Led by her passion for the sounds and music she grew up hearing, Vy conceived and created Alive! which documents the sounds, music, and stories of our black American musical landscape.

Vy continues to write and produce original work as the Executive Director of the Emmy Award-winning Mama Foundation for the Arts in Harlem, New York.

## LEARNING OBJECTIVES

Upon completion of this course the participant should be able to:

[Explain the importance of gospel music as an art form.](#)

[Describe the award-winning Gospel for Teens program as a source of education and self-development for youth.](#)

[Discuss about a new program on career information and opportunities for youth in art and music.](#)

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# Registration Details

## **COST:**

No charge to attend (Virtually)

FREE Online Registration Required at [musicandwellness.net](https://musicandwellness.net)

## **Registration Deadline:**

October 8, 2020

## **Have Questions?**

Call (513) 315-7393

Or email [arlene@musicandwellness.net](mailto:arlene@musicandwellness.net)

# Accreditation



## Accreditation

This activity has been planned and implemented in accordance with the accreditation requirements and policies of the Accreditation Council for Continuing Medical Education (ACCME) through the joint providership of the University of Cincinnati and Cincinnati Music & Wellness Coalition.

The University of Cincinnati is accredited by the ACCME to provide continuing medical education for physicians.

*The University of Cincinnati designates this live activity for a maximum of 6.25 AMA PRA Category 1 Credits™. Physicians should claim only the credits commensurate with the extent of their participation in the activity.*

CME approved for physicians, nurse practitioners, and registered nurses.

## LEARNER ASSURANCE STATEMENT

The University of Cincinnati is committed to resolving all conflicts of interest issues that could arise as a result of prospective faculty members' significant relationships with drug or device manufacturer(s). The University of Cincinnati is committed to retaining only those speakers with financial interests that can be reconciled with the goals and educational integrity of the CME activity.

## OFF-LABEL DISCLOSURE STATEMENT

Faculty members are required to inform the audience when they are discussing off-label, unapproved uses of devices and drugs. Physicians should consult full prescribing information before using any product mentioned during this educational activity.

## 6.0 CE Approved for Activity Professionals



Approved CE Educator

## 6.0 CEU approved for Music Educators

Attendance at this year's Music & Medicine Conference counts as 1 Point under Standard V; Category B for MTNA Certification renewal.

## 6.0 CEU approved for Recreation Therapists and Massage Therapists

## CEUs Pending Approval

Continuing Education approval pending for Social Workers, Counselors, Licensed Nursing Home Administrators, and Chaplains

# Thank You to Our Sponsors

## GOLD

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