

REDUCES ANGER
ANXIETY & DEPRESSION

TEAM BUILDING

PERSONAL
EMPOWERMENT

REDUCES STRESS

**INCREASES
SELF-ESTEEM**

IMPROVES COMMUNICATION

**BUILDS
CAMARADERIE**

2019 IMPACT COMMUNITY REPORT



Joining together in
strengthening and supporting communities
through recreational music making

MUSIC & WELLNESS

COMMUNITY MEMBERS SUPPORTERS
PARTNERS & COLLABORATORS



We are happy to share with you our impact in 2019. **Our heartfelt thanks go to the 117 members of Cincinnati Music & Wellness Coalition (CMWC)**, which constitutes 64 organizations, 23 individuals, and 30 supporters (not including funders). They are: non-profits, senior care facilities, hospitals, universities, physicians, musicians, researchers, and community leaders.

For more than 10 years, these dedicated individuals have helped to promote a culture of wellness through two evidence-based recreational music making wellness programs.

In fact, **during 2019 we assisted 13,355 individuals** in the Greater Cincinnati region including older adults, developmentally disabled, at-risk youth, those cognitively impaired and behaviorally challenged, refugees, immigrants, college/high school students, children, and employee wellness groups through our two programs: *Clavinova Connection* and *HealthRHYTHMS*.

Both programs are well-established evidence-based creative music expression protocols innovated by Barry Bittman, MD, neurologist, researcher and pioneer in mind-body wellness, and are supported by several peer-reviewed scientific publications focusing on both biological and psychosocial outcomes in a host of subjects.

**BOTH PROGRAMS HAVE DEMONSTRATED REDUCTION
IN STRESS, ANGER, ANXIETY AND TENSION.**

HealthRHYTHMS is a group empowerment-drumming program and Clavinova Connection uses a Yamaha digital piano known as a Clavinova. The programs do not require prior musical experience.

We could not have accomplished so much during 2019 without our board, Barry Bittman, MD-advisor to CMWC, trained facilitators, staff, volunteers and funders. Their deep commitment has helped our mission become a reality of actively engaging individuals of all ages and backgrounds in wellness through music.

Due to COVID-19 we now live in unprecedented times. We believe that CMWC will be increasingly instrumental in bringing comfort, support, and healing to all through Clavinova Connection and HealthRHYTHMS. We invite you to please join us.

Arlene de Silva
Founder/CEO – Cincinnati Music & Wellness Coalition

HISTORY

CMWC was founded in 2009 by bringing together 30 members consisting of non-profits, hospitals, universities, physicians, musicians, and senior care organizations

MISSION

To promote a culture of wellness through evidence-based recreational music making wellness programs, visual art, and cultural dance

BENEFITS PEER-REVIEWED SCIENTIFICALLY PROVEN OF BOTH MUSIC & WELLNESS PROGRAMS

CLAVINOVA CONNECTION

Cost Effective

Health benefits and reduction in burnout suggest increased workforce stability, lower employee turnover cost, and significant return on investment.

Build Camaraderie

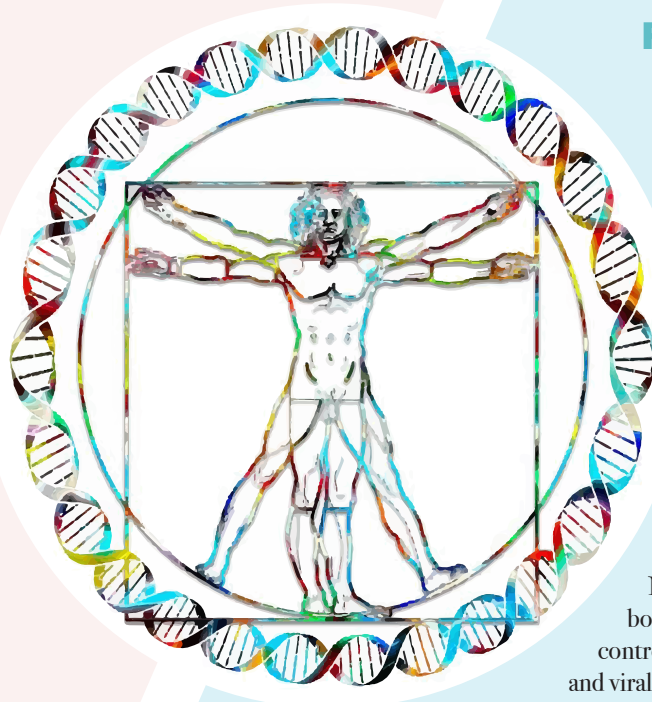
Just one session of recreational music making promoted identifiable and meaningful connections.

Improve Mood States

Participants reported that the program produced far more favorable effects, when compared with antidepressants, or mood-stabilizing drugs.

Reduce Stress

Recreational Music Making (RMM) reverses the biological responses at the DNA level that can lead to the development of a host of common diseases. Research showed 19 of 45 genes reversed when individuals engaged in Clavinova Connection in contrast to 6 of 45 genes reversed when individuals relaxed and read newspapers and /or magazines.



HealthRHYTHMS

Reduce Employee Turnover

Mood improvements experienced by study participants resulted in a projected 18.3% reduction.

Reduce Stress

Recreational Music Making (RMM) reverses the biological responses at the DNA level that can lead to the development of a host of common diseases.

Strengthen Immune System

Natural Killer (NK) cell activity was significantly boosted in subjects who drummed compared to controls. Natural killer cells seek out and destroy cancer and virally infected cells in the body.

Reduce Burnout

Total Mood Disturbance in employees who drummed was improved 46%, and 62% 6 weeks after the intervention, suggesting that the benefits continue long afterward.

Save Money

The study of HealthRHYTHMS conducted at a long term care facility resulted in projected cost savings averaging \$89,100 per year at a typical 100-bed long term care facility.

FOSTER CREATIVITY, REDUCE DEPRESSION, ANXIETY & LONELINESS

HealthRHYTHMS
86

117 MEMBERS

CINCINNATI MUSIC & WELLNESS COALITION

64
ORGANIZATIONS

23
INDIVIDUALS

30
SUPPORTERS

**TRAINED
FACILITATORS**

28
**CLAVINOVA
CONNECTION**

**13,355
CLIENTS SERVED**

OLDER ADULTS 7,450 • ADULTS 4,730 • YOUTH 1,175

ABOUT THE PROGRAMS

CLAVINOVA CONNECTION

Includes a unique series of music/wellness exercises that were created to harmonize mind, body, and spirit. The program is an evidence-based, innovative, enjoyable, recreational music-making wellness program, combining wellness benefits with the benefits of both group and individual instruction. The Clavinova is a digital piano.

HealthRHYTHMS

Is an enlivening group empowerment drumming program, which research has proven 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.



“What Others Are Saying”

“Strangers relaxed around each other, experienced bridge building & had fun.”

Public Library Staff Member
Northern Kentucky

“I could see the excitement in his eyes while he was playing as well as a bit of a grin. It switched a light on in him! He loved it! :)”

Daughter of a dementia patient - Anderson Township

“Making and playing my own rhythms was fun!”

A teenager in Mason Ohio



ANNUAL EVENTS

MUSIC & MEDICINE CONFERENCE

Educate healthcare professionals, music educators and the public about the power of music as a wellness modality.

Average Attendance: 200
Eight Conferences Held: 2012-2019

In partnership with: **cincinnati art museum**
WELLNESS THROUGH ART FORMS

Individuals experience different cultures through art, dance, music and poetry and build respect and understanding.

Average Attendance: 100
Events Held Since 2015

GET INVOLVED AND MAKE A DIFFERENCE

VOLUNTEER - SUPPORT - DONATE

CINCINNATI MUSIC & WELLNESS COALITION

5029 South Ridge Drive
Cincinnati OH 45224

(513) 315-7393

musicandwellness.net

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MICHELMAN



mapleknoll
COMMUNITIES



**Christ Church
Cathedral**
The Diocese of Southern Ohio



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Cincinnati Music & Wellness Coalition is a 501 (c) (3) non-profit organization