



Joining together in
strengthening and supporting communities
through recreational music making

Presents

The Eleventh Annual Music & Medicine Conference

Mayerson Jewish Community Center
8487 Ridge Road, Cincinnati, OH 45236

September 8, 2023 | 8:00am - 3:30pm

Co-Keynote Speakers



Barry Bittman, MD

Neurologist, Pioneer in Mind-Body Medicine, CEO Yamaha Music & Wellness Institute, and lead author of several peer-reviewed scientific research studies focusing on stress reduction



Arlene de Silva

Founder and CEO of the Cincinnati Music & Wellness Coalition, former senior executive in home and community-based care with over 30 years in non-profit management, and national trainer for HealthRHYTHMS®

Conference Schedule

8:00 am Continental Breakfast/Registration

8:30 am Welcome

8:45 am Keynote:

Creative Musical Expression: past, present, and future impact on communities:

Barry Bittman, MD - Neurologist, and CEO, Yamaha Music & Wellness Institute

Arlene de Silva, CEO - Cincinnati Music & Wellness Coalition

9:45 am The Value of Data Collection and Evaluation

Melinda Butsch Kovacic, MPH, PhD -

Associate Director, Research University of Cincinnati Department of Allied Health Sciences

10:15 am Break

10:30 am HealthRHYTHMS® Improves Wellbeing Across Generations and Lifespan

Joe Collins, AD, QMCP - Alzheimer's & Dementia Services of Northern Indiana

Tina Pryor - Facilitator for Middletown, Ohio Schools

Laura Dailey, MSW - Lindner Center of Hope - Mental Health Facility, Mason, Ohio

11:00 am Clavinova Connection® Harmonizes Mind, Body & Spirit

Barry Bittman, MD and Jim Waddle

11:30 pm HealthRHYTHMS® Interactive Sessions

12:15 pm Lunch

1:15 pm An introduction to the University of Cincinnati Medical Symphony Orchestra

Abhishay Subramanian, Founder/UC Student

1:30 pm Music, Movement, & Memory Impairment – Understanding How Creative Connection Impacts Cognition

Kristin Cooley, MSW-Clinical Social Worker, NeuroPsych Center of Greater Cincinnati

2:30 pm Break

2:45 pm Bringing Culture into Wellness

Javoen Byrd, MA -

Executive Director - Hawk Foundation - Olympia, WA

3:45 pm Evaluations/CEU Sign Out



Conference Speakers & Presenters

Barry Bittman, MD - Keynote Presenter

Dr. Bittman is a neurologist, author, international speaker, researcher, and population health innovator who serves as the Chief Population Health and Quality Officer for the Inland Empire Foundation for Medical Care (IEFMC) in Riverside California. Dr. Bittman's 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.

Bittman also serves as Chairman and CEO of the Yamaha Music and Wellness Institute, a non-profit organization actively engaged in both education and research arenas. He 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 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's latest peer-reviewed research investigation entitled, Gospel Music: a catalyst for retention, engagement, and positive health outcomes for African Americans in a cardiovascular prevention and treatment program, has received national attention as an effective strategy for boosting people's engagement in the pursuit of health (2020). He has presented his work at leading conferences throughout the world.

Arlene de Silva - Keynote Presenter

Ms. de Silva is founder and CEO of Cincinnati Music & Wellness Coalition (CMWC), the nation's first community-wide recreational music making coalition. Established in 2009, CMWC includes over 130 members consisting of non-profits, senior care organizations, universities, schools, physicians and musicians. Arlene has over 30 years' experience in non-profit management and home and community-based care both nationally and internationally. She majored in accounting from Aquinas University in Sri Lanka and holds a Licentiate from the Royal Schools of Music, London, England. She received her Executive Education in Non-Profit Management from Harvard Business School. She's a Remo Inc., HealthRHYTHMS® national trainer. In 1991, she founded Maestoso Chorus, a community-wide choir with 12 members which grew to over 50 in five years which was the pre-cursor to CMWC. She's an advocate for refugee health.



Learning Objectives

Develop an improved understanding of the foundational value of creative musical expression from psychosocial, biological, and genomic perspectives.

Discuss relevant creative musical expression research in terms of outcomes, potential mechanisms and limitations.

Introduce future recreational music research opportunities at the community level.

Understand how the first community-wide recreational music making coalition in the U.S. brings together diverse people and organizations to actively engage in evidence-based recreational music making.

Conference Speakers & Presenters

Melinda Butsch Kovacic, MPH, PhD

Dr. Butsch Kovacic is Associate Director of Research at the University of Cincinnati Department of Allied Health Sciences; a professor with tenure at the University of Cincinnati, College of Allied Health Sciences; professor, research track at Cincinnati Children's Hospital Medical Center, Department of Pediatrics, and College of Medicine, University of Cincinnati.

Melinda holds a Bachelor of Science from the University of Cincinnati, Doctor of Philosophy from The Ohio State University, and her Master of Public Health at Harvard University of Public Health. Her numerous publications over the last 25 years have included topics like; Leveraging

Stories to Promote Health and Prevent Cancer, beginning a partnership with Photo Voice to explore environmental health and health inequities in minority communities and A randomized feasibility trial of the Midlife Black Women's Stress and Wellness Intervention.

She is the Vice Chair of the Citizen Science Association Board of Directors, member of the American Association for Cancer Research, and the American Society for Preventive Oncology. Melinda is committed to community service and leadership and is a long-time partner in community engagement with many agencies across the Cincinnati region.

Learning Objectives

Share how Cincinnati Music & Wellness Coalition (CMWC) is measuring our impact and why this benefits facilitators and program participants.

Explore varying reasons for offering our program and how our evaluation can be tailored to consistently assess our efforts.

Examine our dashboard and individual facilitators' reports and how these can be leveraged as evidence of our success to expand who we offer our program to.

Jim Waddle

Mr. Waddle is a long-time trained facilitator for HealthRHYTHMS® and Clavinova Connection®. He participated in the first HealthRHYTHMS® training in 2009 from Barry Bittman, MD and in 2010 took Clavinova Connection® training from Lori Frazer of Yamaha Music & Wellness Institute. He is experienced in HealthRHYTHMS® facilitation with institutionalized and independent older adults with particular skills working with memory care participants. He also has experience with elementary children and developmentally disabled adults. Jim is a leading facilitator for Clavinova Connection® having worked with both short and long-term programs in several labs throughout the region. He has facilitated independent and institutionalized older adults, developmentally disabled, hearing and sight impaired, and youth.

Learning Objectives

Learn the program's goals which are based upon conditioning a sense of nurturing, camaraderie, non-verbal expression and bonding in contrast to traditional mastery and performance outcomes

Experience the Clavinova a state-of-the-art digital piano that uses specially designed software to enable individuals without prior musical experience to express themselves in a delightful non-threatening manner

Conference Speakers & Presenters

Kristin Cooley, MSW

Ms. Cooley is a Clinical Social Worker for the NeuroPsych Center of Greater Cincinnati. Her area of specialty is grief work, caregivers, older adults, and those impacted by Alzheimer's or another form of dementia. She is also a Program Director for the Giving Voice Foundation. With both positions, Kristin partners with the Alois Alzheimer Foundation & the Giving Voice Foundation to offer a grant-supported program titled "Purposeful Planning Program". This program offers a hybrid of care planning assistance, disease education, and emotional support to local individuals caring for a loved one with dementia.

Kristin is a member of the Down Syndrome Association's Aging Advisory Board, Giving Voice Foundation and founder of the Giving Voice Collaborative. She has been awarded the 2021 Outstanding Project in the Field of Aging Award for Purposeful Planning Program by the Association of Professionals in Aging (APA). She has presented on dementia topics; The Unspoken Symptoms of Dementia: What They Are & How to Manage and A Time to Talk & A Time to Listen: Communication Strategies for Building Connectivity. She has a Master of Social Work from the University of Illinois and Bachelor of Arts from Indiana University.

Learning Objectives

Distinguish the difference between Alzheimer's disease, dementia, and "normal aging."

Discuss at least three communication approaches when interacting with an individual with dementia.

Identify the three planes of motion and how to utilize them to reduce risk of falls. Identify three ways to incorporate music to spark connection with an individual with a dementia diagnosis.

Javoen Byrd, MA

Mr. Byrd is the Executive Director of The Hawk Foundation for Research and Education in African Culture in Olympia, Washington. Here he has organized West African drum, song, and dance workshops, created curriculum on Yoruba drum and poetry for incarcerated young men, and facilitated research on Yoruba culture. Javoen is also the owner of Awodi Drumming and Educational Consulting where he provides multicultural education trainings for state agencies, developed African American studies curriculum for an incarceration center and a contractor for the Department of Children, Youth and Families (DCYF). His years of experience with research and teaching has led him to develop trainings and solutions to assist educators in implementing African American studies in school districts, youth camps, and communities. Mr. Byrd received his bachelor's degree in Ethnomusicology from The Evergreen State College and Masters of Ethnomusicology from the University of Washington.

Learning Objectives

Introduce the type of drumming modalities used in my work to improve the lives of those that I have worked with.

Understand the benefits of West African drumming for healing in incarcerated African American Males and other populations.

Familiarize the audience of the evaluation conducted by the Dept of Children, Youth & Family Services of

Washington State on psychosocial development of children.

Understand advocacy efforts to increase funding at federal and state levels for the arts and introduce the changes that the Washington State legislature has made to support efforts to implement a culturally diverse modality for mental wellness and explain the process of advocacy work.



Cincinnati Music & Wellness Coalition - Expert Panel

Joe Collins

Joe Collins is Program Manager for the Alzheimer's and Dementia Services of Northern Indiana. As a HealthRHYTHMS® trained facilitator, Joe has been able to incorporate the program specifically for individuals living with early-stage dementia, and for caregivers and older adults through the Council on Aging and community centers. He has also presented HealthRHYTHMS® at a statewide conference in Indiana. Mr. Collins has a Bachelor of Arts from The University of Tampa and is currently studying in a Music Therapy Equivalency Distance Program at Saint Mary's of the Woods in Terre Haute, Indiana. Joe is a Marshall County Council on Aging Board Member and volunteers in two jazz bands.

Laura Dailey, MSW

Laura Dailey currently serves in spiritual care at the Lindner Center of HOPE in Mason, Ohio, and teaches piano to young children through Pianimals Kids Club™. Her over twenty-five-year career includes positions in clinical social work, ministry, and school program facilitation, including a holistic treatment program for children with learning and developmental issues. Laura is a HealthRHYTHMS® trained facilitator, a Healing Touch Level 1 Practitioner, and a licensed REFIT™ fitness instructor. She holds a Master of Social Work from the University of Cincinnati and a BA from Purdue University.

Tina Pryor

Tina Pryor is an advocate for older adults. She helped improve the quality of life of older adults in Middletown, Ohio, prior to her current role of actively engaging children and youth in HealthRHYTHMS®. Previously, she worked in Human Resources and Marketing at Middletown Area Senior Center and facilitated HealthRHYTHMS® at several senior living facilities. She has been involved in community activities, such as a volunteer for Light Up Middletown! American Cancer Society, Toys for Tots, The Chamber of Commerce serving Middletown, Monroe, Trenton and many more communities.

Learning Objectives

Understand the benefits of evidence based recreational music making for individuals recovering from mental illness.

Learn about the opportunities for social emotional learning for children and youth.

Understand how evidence based recreational music making helps reduce social isolation and loneliness in older adults and caregivers.

Experience evidence based recreational music making which can be used in practice with individuals recovering from mental illness, for social emotional learning for children and youth, or to reduce social isolation and loneliness in older adults and caregivers.

Practice facilitating recreational music making for future use with clients.

Continuing Education Approvals

The following have been approved:

Social Workers and Nurses - 4.75 CEUs

Xavier University Department of Social Work

Provider Number RSX090602

The University of Cincinnati designates this live activity for a maximum of 5.5 AMA PRA Category 1 Credits™

Physicians should claim only the credits commensurate with the extent of their participation in the activity.

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.

5 CE Activity Professionals

National Certification Council for Activity Professionals

Provider number NCCAP5028809-24

5 CEUs Recreation Therapists

Will receive continuing education Certificate of Attendance

5 CEUs Music Educators

Will receive continuing education Certificate of Attendance

Music Educators

MTNA certification renewal: 1 Point under Standard V; Category 4 for music educators

4 CEUs Licensed Nursing Home Administrators

BELTSS Approved

5 CEUs for Counselors and Marriage & Family Therapists

Ohio Counselor, Social Worker, and Marriage and Family Therapist (CSWMFT)

Course Approval #: MCT09232250

Registration Information

Registration Deadline: September 1, 2023

Registration Fee: \$125 per person

Early Bird Discount: \$100 per person -
for registrations by Aug. 4, 2023

Student Registration: 50% off

Call and request details

Phone: (513) 315-7393

Online

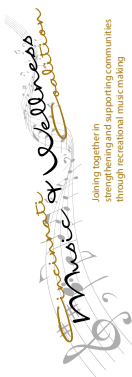
www.musicandwellness.net

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