

Hello CI Music Hour!

Recap: 12/2/21

Last week we learned from opera singer and neuroscientist, Dr. Indre Viskontas. Dr. Viskontas is currently working at the San Francisco Conservatory of Music and the University of San Francisco where she pursues her passion for researching, learning, and teaching about the intersections between music and the brain. She introduced our group to her research and views on how music is "something that the brain creates." In other words, we understand music by assigning meaning to something abstract. She argues that musicians are able to trigger audiences' emotions through the use of specific musical techniques such as repetition and suspense-building.

Dr. Viskontas also provided us with an overview of various research studies in which music has been used as a form of healing and rehabilitation. For example, she shared with us some video clips of how music and rhythm may be used to help individuals with Parkinson's Disease move with more ease. She also described how music may be used to stimulate memory and language for those with dementia.

There are a variety of resources below for those who are interested in learning more about the work that Dr. Viskontas shared with us:

1. [Dr. Indre Viskontas' website](#)
2. [Sound Health Network Newsletter: Music and Dementia](#)
3. [Institute for Therapy Through the Arts](#)
4. [Music for Every Child](#)

Tomorrow's Music Hour: 12/9/21

Tomorrow our very own Robert Zurawin and Sandy Blake will be leading a holiday concert and sing along for our group! Lyrics will be provided on screen for everyone to sing along to. Feel free to wear your festive holiday sweaters, bring along a warm and cozy drink of your choice, and get your singing voices ready!

Julianne & Chrysa