

Recreational Music Making

Area(s) Served:

Nationwide

Phone: (513) 347-5440

Phone Extension: N/A

Contracted Provider: Not Applicable

Description:

The connection between music-making and wellness goes back to ancient times. In 2004 a group of scientists led by neurologist Dr. Barry Bittman, set out to determine whether recreational music-making activities could lower stress levels and stress-induced conditions such as heart disease and cancer. The research team discovered that participating in such activities not only lowered participants' stress levels and helped them relax, they also built confidence and self-esteem. Recreational music making programs have been particularly effective among older adults in settings such as nursing homes, adult day centers and senior centers.

Clavinova Connection is local example of a recreational music making program that are seniors may choose to get involved in.

Clavinova Connection

If you've always wanted to play piano, but don't have any musical experience, Clavinova Connection maybe for you! Clavinova Connection is a nationally-recognized program that uses digital pianos and a special curriculum to help help people with no prior experience successfully play their favorite musical selections, while at the same time reducing loneliness and stress, and boosting creativity. Participants do not need to have any musical experience or knowledge to participate. Clavinova Connection is the first recreational music-making program offered to seniors in Ohio, as well as the first nationally to be used by a Council on Aging.

Clavinova Connection is currently available at the following locations:

- Bailey Place and Eldermount Adult Day Program -- Contact Kathy Baker at (513) 347-5440
- Colerain Township Senior and Community Center -- Contact Kandi Marshall at (513) 741-8802

Learn more about Clavinova Connection:

- [The Healing Power of Music: Clavinova Connection](#)
- [Yamaha: Clavinova Connection](#)
- [Yamaha: Playing a Musical Instrument Reverses Stress on The Genomic Level](#)

[Learn more about area Recreational Music Making Programs](#)