

MUSIC MENDS MINDS  
RESTORING THE RHYTHM OF LIFE  
PRESENTS



THE  
5<sup>TH</sup> DEMENTIA  
*and*  
MMM'S  
4<sup>TH</sup> BIRTHDAY CONCERT!

*Celebrating the power of music to create joy...*

Saturday September 15th, 2018 at 2:30pm  
Brentwood Presbyterian Church



### **MusicMendsMinds, Inc.**

is a nonprofit organization benefitting musically inclined patients with neurodegenerative diseases such as Parkinson's, Alzheimer's, dementia, traumatic brain injury, and stroke as well as Veterans with PTSD. Four years ago we launched our first band, "The 5th Dementia." Now, we have over twenty bands either active or in formation. We continue to lift the spirits of our members, their families, and caretakers, using the power of music as "medicine for the mind." We hope to share this magic with you today and trust that you will help us spread the word, touching many more lives in need of our special musical support groups.

### **A message from Gary LeMel, 5th Dementia Singer**

My name is Gary LeMel, and I am a member of the flagship "Music Mends Minds 5th Dementia" band.

My entire adult life has been spent in the world of music, as a Senior Executive of Columbia Pictures, then Warner Bros. Music Division, and also as a singer. Sadly, because of Parkinson's and dementia, my voice was almost shut down, a struggle I deal with each and every day. I thought my voice might never be heard again, until...I was introduced to Carol Rosenstein, the Founder and Godmother of "Music Mends Minds" (MMM).

This nonprofit is truly worthwhile, serving those who are afflicted with various brain disorders such as Parkinson's, dementia and Alzheimer's, traumatic brain injury, stroke and PTSD.

What Carol showed me were others just like me, who played and sang together. Musicians and singers who boldly and bravely stepped out of the shell they had wrapped themselves in and with a newfound power and a sparkle in their eyes, put their illnesses on hold and once again were able to feel the amazing joy that comes from creating the sound of music. I watched them and saw their amazing transformation and soon...

**I saw mine, too.**

I so look forward to our rehearsals every week and to planning new "MMM" concerts for families, caregivers and the community to enjoy. I really feel like I have a piece of my life back and today, I have no doubt that Music does indeed Mend Minds...& Hearts & Souls.

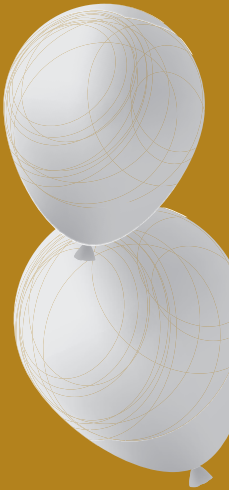
*Please...join us.*

# Welcome!

# Songs We Love!

## by 5th Dementia Band

1. I Get a Kick Out of You
2. Ain't Misbehavin'
3. Can't Help Falling in Love
4. Let It Be Me
5. Smoke Gets In Your Eyes
6. Satin Doll
7. I Got Rhythm
8. Begin the Beguine
9. My Romance
10. Moon River
11. Yesterday
12. Here, There and Everywhere
13. Unchained Melody
14. Summertime
15. I've Got You Under My Skin
16. Over The Rainbow





# The 5th Dementia

## Musicians

**Gene Sterling** (Drums & Band Leader) has a BFA in music from the California Institute of the Arts and a MFA in music from the College Conservatory of Music. He has traveled and studied in Brazil and Africa, as well as performing at the Newport, Monterey and Antibes Jazz Festivals. Gene successfully auditioned for the Louisville Orchestra and Jerusalem Symphony.

**Paul Fox** (Piano and Percussion) has produced many classic recordings with #1 singles to his name. He was a top session player on many records including the Pointer Sisters, Top Gun, and Motley Crue! Paul lives in Los Angeles with his wife Franne Gold and they have one child.

**Paul Livadary** (Piano) founded the Pasadena Waldorf School 37 years ago and practiced law for 45 years. He shares 6 children and 7 grandchildren with his wife, Marina.

**Peter Assing** (Saxophone) has played in over 100 bands and shared the stage with The Red Hot Chili Peppers, The Fat Boys, and members of War, Santana, Frank Zappa, Love, Jimi Hendrix, Della Reese and members of the LA Philharmonic.

**Irwin Rosenstein** (Keyboard) was a real estate attorney who helped develop low-income housing. He played music in high school and was in the marching band in college. He has 2 children and 2 grandchildren.

**Michael Hassett** (Trumpet) is Massachusetts born and raised, graduated from University of Notre Dame and Western New

England University Law School. He was instructed by, played professionally, and performed locally with Ronnie Drumm and his Youth Band.

**Kelly Hodel** (Harmonica & Ukulele) was born and raised in L.A. and joined the Navy at 17 as a Medical Corpsman. After his discharge, he was a Free Clinic organizer and opened over 60 clinics throughout CA. Later he was the Health & Safety Mgr. for many companies, such as Universal, J.W. Marriot. Currently his band "The Oldies But Goodies" plays music for the vets at the West L.A. V.A

**Michael Meyers** (Violin) earned a B.A., M.A. and Ph.D in history at UCLA and later taught at CSUN for 40 years. He has played the violin continuously since age five.

**Krissy Cooper** (Violin) has a Bachelors of Violin Performance from the Chicago College of Performing Arts and now a music teaching degree through the Longy School of Music. She has been an instrument loan recipient from Rachel Barton Pine's Foundation."

### Guest Musician

**Bob Crosby** is active within the local show, concert, and recording industries. At the age of ten, he was doing recordings and television with the Dixieland Small Fry. As an adult, Bob played with the Stan Kenton Orchestra, Seals and Croft, and many Broadway show tours.

### Windward School Student

**Jared Bishop** – Violin



# The 5th Dementia

## Singers

**Angel Amulis-Hodel** (Vet Volunteer) was born and raised in LA. She completed three years of Art School, then changed career paths to become a registered nurse. She specialized in mental health & retired from the West LA VA after 23 years. She joins her husband volunteering at the VA.

**Bill Young** grew up in Scotland and dreamed of becoming a professional soccer player or famous singer. As an electrical contractor, he never gave up singing and composing songs. Billy and wife Noemia have been married for 54 years and have three grandchildren.

**Bob Levin** is an oral surgeon who has been singing all of his life. Having recently found Music Mends Minds, his heart is bursting with joy.

**Carol Hicks** is a wife, mom, and early childhood educator. She's also a bird-watcher, artist, calligrapher, singer, and craftsperson- who loves life!

**Carolyn Hamilton** was a teacher in LA, and then changed careers to become a librarian. She and her husband have travelled the world and lived all across the United States. She also sings with a church group at the men's jail in downtown LA.

**Diana Davidow** is a speech therapist, counselor, philanthropist, and painter. She treats youth in LA at the Youth Mentoring Connection.

**Don Maltzman** built and ran an automotive company for 30 years. He has been married to Joni for 55 years with three sons and five grandchildren. Don's hobbies include golf, tennis, and singing.

**Ed Fox** has been a pharmacist for 63 years. He has played the sax, clarinet and oboe and now specializes in vocals. Ed has been married to Lorraine for 63 years and they have two children.

**Gail Buckley** travels the world with her family, friends, or on her own. Besides a love of singing, she is working to master drawing and watercolor.

**Gary LeMel** was President of Warner Bros. Music Division for many years, made hit film soundtracks, and was a professional jazz and pop singer. He has 3 children, one grandchild and an honorary doctorate in music from the University of Arizona.

**Josephine La Rosa** is a Santa Monica resident that has sung in several choirs, including Della Reese's. She is a fine artist that sculpts in stone and clay, paints, does photography, and has been published 3 times for her prose poetry.

**Katheryne Levin** (Music Director) is the Director of Music and Arts at the Brentwood Presbyterian Church, where she leads the choir and all musical showcases.

**Len Doerfler** (Conductor) worked in the Montebello Schools where he served as a teacher, counselor, Vice Principal, and a district administrator. He is a lifelong music lover with a wonderful zest for life.

**Leola Davis** is a second generation Angeleno, whose introduction to music came through playing piano for her family's Church. She went on to serve as a teacher, reading resource specialist, and school administrator for 38 years with LAUSD.

**Mary Trivioli** is a Los Angeles native, born in Echo Park, who has worked in the entertainment industry most of her life doing various jobs. Mary sung in 2 choirs in Della Reese's Church and St. Agatha's Church.

**Pat Young** is an artist, stone sculptor, entrepreneur, avid exerciser, line dancer, and is currently writing her memoir. She is a wife, mother, graduate of UCLA at age 73, with a B.A. in Art History.

**Sam Keeney** has lived and worked in Los Angeles his entire life as a real estate administrator and is now retired, living with this wife, Gilda. He enjoys singing and says the 5th Dementia Band and socialization has renewed their lives.

**Thank you to the Brentwood Presbyterian Church for providing a home for our flagship 5th Dementia Band.**



## Music Mends Minds – Theme Song

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We are still here  
And we still need to be heard  
Though we've changed in many ways  
We are singing  
We are playing  
Hear our voices as they soar

Music mends minds  
Music brings hope  
Music joins souls  
And shows our love  
The path may be hard  
But we will be strong  
When we join the world with the power of song  
When we join the world with the power of song

Add your voices  
Sing out loud and clear  
Help us spread the love we feel  
We can join hands  
All across the world  
playing and singing all as one

Music mends minds  
Music brings hope  
Music joins souls  
And shows our love  
The path may be hard  
But we will be strong  
When we join the world with the power of song  
When we join the world with the power of song

## USC Student Ensemble

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### Spencer Lemann

From writing the lyrics, composing the music, and playing the instruments and producing, Spencer is the sole creator of the Music Mends Minds Theme Song.

He is a graduate of Windward School and currently a sophomore at USC. At Colburn, he performed and composed jazz; was a 2016 Spotlight semi-finalist; was a member of the CBDA high school All-State Jazz Band (Strymon scholarship winner) and received an outstanding soloist award at the 2016 Fullerton Jazz Festival.

He is a member of the 2015 and 2018 LA Phil Associate Composer Program, the 2016 Young Musician Foundation Composers Workshop, attended the Brubeck Jazz Colony and Berklee's scholarship-only Global Jazz Institute in Newport.

Our theme song will be performed by Spencer, along with a USC student ensemble.

## Featured Singers

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Benjamin Lindenberg

Lila Forde

### PLEASE DONATE

**\$150 Birthday Donation**  
Receives a Free T-Shirt or Tote!

**\$250 & Above  
Birthday Donation**  
Receives Both



## Music Mends Minds and Rotary International Clubs

Music Mends Minds is partnering with Rotary International Clubs to form musical support group bands as part of their club's Community Outreach Program. Music Mends Minds is also partnering with the International Fellowship of Rotarian Musicians (IFRM) and the Alzheimer's and Dementia Rotarian Action Group (ADRAG) to expand our reach globally to over 40 countries, bringing music to seniors in need, everywhere.



### Our Media and Partners



### EVERY DONATION COUNTS

**Donate online at [www.musicmendsminds.org](http://www.musicmendsminds.org)**

Please send checks to: Music Mends Minds,  
2355 Westwood Blvd. #514, Los Angeles, CA 90064  
All proceeds raised benefit MusicMendsMinds, Inc.  
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***We honor the loving dedication of our loyal caregivers and the devoted support of our extended Music Mends Minds families.***

## Music ... It really works!

**Neuroplasticity: The ability of the brain to change, repair, and reorganize itself.**

Although Parkinson's disease cannot be diagnosed until ~95% of the dopamine-producing cells have been destroyed, music can utilize the remaining 5% of cells to produce more dopamine (**Menon et al., 2005**).

Patients with Alzheimer's diseases may forget certain melodic content of songs, but their ability to play their musical instrument seems to be unforgettable (**Baird et al., 2009**).

Through involvement in music rehearsals, people with dementia display improvements during the rehearsals and after rehearsals in terms of quality of life, social support, communication, and self-esteem (**Mittelman et al., 2018**).

Musical training largely influences neuroplasticity, and the skills acquired from learning a musical instrument carry over into various other realms such as speech, language, attention, vocal emotion, and memory (**Krauss et al., 2010**).

### TESTIMONIALS

*"I have been thrilled to hear through many of my caregiver support group members how inspiring and effectively therapeutic the Music Mends Minds program and performances continue to be. Congratulations, Carol and Irwin. **Your gifts to the Alzheimer's community are immeasurable.**"*

**Gayla Scoll, MA, MFT**  
Marriage and Family Counselor

*"Gary is truly loving the rehearsal experience biweekly. **It gives him a chance to light the fire of creativity again and have the warmth and approval of his band mates and audiences once again.** I see a wonderful lift in him each time he comes home from rehearsal. It's been an exciting journey to see Gary being transformed again by music. The same light shines brightly in the other band members"*

**Maddy LeMel**  
Participant Wife and Board Member

*"For the years mum Daphne Delongre was able to attend and sing, the 5th Dementia Band brought her so much enjoyment and happiness. It was truly the one thing she looked forward to each week and would remember each week! I know much of this was due to the warm, non-confrontational way this program is run. It made her feel as though she was part of a family, where she was not judged, but accepted at her level of cognition with no concerns about failure or shame.*

***Music gave my mum hope, laughter, and joy when nothing else could."***

**Sara Williams Frost, MD**  
Participant Daughter

# *A Very Special Thanks To...*

## **Contributors, Friends, and Partners**

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Katheryne Levin

*In loving memory of Daphne Delongre*

**August 4, 1938 – July 4, 2018**