

# Looking After Those Who Looked After Us

USA

## \*Music Mends Minds

NEW

Music as Alternative Therapy

Meeting **Carol Rosenstein** is a joyful experience. Her welcoming embrace, colorful scarves and passion for her newfound work are magnetic.

She and her beloved **Irwin**, a lawyer, met after Carol placed an ad in a Los Angeles newspaper seeking a new mate. Several years ago, Irwin developed Parkinson's disease and then dementia, and the course of their lives together took an unexpected turn. When Carol noticed Irwin's spirits and energy rising as he played familiar tunes on his piano, she knew she was on to something significant. In her own words, "music mends minds."

So together, Carol and Irwin began MMM to promote music as an alternative therapy for neurodegenerative diseases. In addition to LA's original intergenerational Fifth Dementia Band, new groups are forming across the country and overseas. The beautiful music and camaraderie engendered amongst all involved forestalls the progression of Parkinson's, Alzheimer's and related dementias, inspiring the daughter of one participant to share that the "music gave my mum hope, laughter, and joy when nothing else could."

**GPF Impact:** Our funds are used to underwrite the organization's minimal administrative expenses.



## Carol Rosenstein: Music is the spring that keeps us all flowering

### Who do you look to for inspiration?

I have the Dalai Lama's picture beside my bed. He reminds me to be happy. Life is about equanimity and impermanence. That means remembering to feel happiness in the face of suffering and finding peace in moments of chaos.

### Is there a famous quote that fuels your passions?

"You can cut all the flowers, but you cannot keep spring from coming," from Pablo Neruda. I believe that music is the spring that keeps us all flowering, including seniors suffering from diseases.

### What is one of your favorite books?

It would be *The Prophet* by Kahlil Gibran. I love the philosophical message about the story of life, especially about the children.

"Your children are not your children. They are the sons and daughters of Life's longing for itself. They come through you but not from you. And though they are with you yet they belong not to you."

### What advice do you have for others who want to change our world?

We are all seeking happiness along life's way. This is accomplished when one's heart is open. People in need are also looking for happiness, in spite of their lot in life. It is a blessing to be able to share happiness on some level with them. Today, music is my gift to the world as it is the magic healer, providing elixirs and potions to convert suffering into pure joy.