

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-810
Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850
December 10, 2017

Agenda

3:00pm	Welcome back!
	Brief Introductions/Member Check-ins
3:20pm	The Art of Living with MS “...adults who participated in both Creating Art & Attending Art had higher levels of cognitive functioning and lower rates of limitations to daily physical functioning.” KB Rajan & RS Rajan in Staying engaged : health patterns of older Americans who participate in the arts, an analysis based on the Health and Retirement Study . Washington, DC : National Endowment for the Arts, 2017
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

The Benefits of Creating Artwork... It's More than Just a Pretty Picture! (January 18, 2017; MSAA.org)
<https://blog.mymsaa.org/tag/art-therapy/>

Art Therapy for MS (2017, newlifeoutlook.com)
<https://ms.newlifeoutlook.com/art-therapy-for-ms/>

Therapeutic use of the Arts for Patients with Multiple Sclerosis (by LM Gallagher F Bethoux; US Neurology, 2017;13(2):82–9)
http://www.touchneurology.com/system/files/private/articles/12142/pdf/US%20Neuro%2013.2_082-9_0.pdf

Benefits of Music Therapy for MS (by D Wilson; Multiple Sclerosis News Today, February 27, 2017)
<https://multiplesclerosisnewstoday.com/2017/02/27/the-benefits-of-music-therapy-for-ms/>

Music Therapy in Multiple Sclerosis (by J Asparro; US Veterans Administration)
https://www.va.gov/MS/Veterans/complementary_and_alternative_medicine/Music_Therapy_in_Multiple_Sclerosis.asp

Melody and the Mind: Music as Multiple Sclerosis Therapy (by SARA; JULY 8, 2012 online at *Diagnosis: Multiple Sclerosis*)
<https://www.diagnosisms.com/2012/07/08/music-as-multiple-sclerosis-therapy/>

More to explore (the science of music and the brain):

Sound Health: NIH, NEA, & Kennedy Center Partnership: <https://www.kennedy-center.org/festivals/soundhealth>
Music and the Brain (N Kraus Lab, Northwestern University)
<http://www.brainvolts.northwestern.edu/slideshows/music/index.php>

Biological Benefits of Making Music (Brain Facts.org, Society for Neurosciences)
<https://youtu.be/Pn0czAMyFps>

Neurologic Music Therapy Compilation – MedRhythms (MEDRhythms LLC, July 19, 2017)
<https://youtu.be/pzenDIwFlIw>

Next/Upcoming Meetings:

Jan 8th – Meeting – Happy New Year!
Feb 11th – Meeting