

Working with MS Support Group

WorkingWithMS.DC.MD.VA@gmail.com (301) 337-810
Rockville Nursing Home, 303 Adclare Road, Rockville, MD 20850
September 09, 2018

Agenda

3:00pm	Welcome back!
	Brief Introductions/Member Check-ins
3:20pm	Get in Rhythm with MS “Music can often supply the timing that has been damaged, helping your body to work more smoothly.” Barbara Seebacher, PhD,
4:00pm	Member Sharings & Support
5:00pm	Adjourn

Handouts & “News You Can Use”:

Music Therapy for MS: How Rhythm Can Help With Movement and Memory (By David Spero, RN
Medically Reviewed by Samuel Mackenzie, MD, PhD, Last Updated:3/9/2018)

<https://www.everydayhealth.com/multiple-sclerosis/treatment/music-therapy-ms-how-rhythm-can-help-with-movement-memory/>

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

Music as Medicine for Multiple Sclerosis (author unknown)

<http://www.livinglikeyou.com/en/stories/detail/music-as-medicine-for-multiple-sclerosis>

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/>

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/>

Tune Into Music and Tune Out MS (By Cathy Rivera, MS, MM, MT-BC; Last reviewed 10/2009)

<https://msfocusmagazine.org/Magazine/Magazine-Items/Tune-Into-Music-and-Tune-Out-MS>

Music Therapy Can Help Ease MS Symptoms (Sara Lindberg, BS, M.Ed; July 6, 2018)

<https://www.healthline.com/health/multiple-sclerosis/music-therapy-for-MS#1>

Can Music Help Multiple Sclerosis Patients Feel Better? (Robin Westen; Aug. 14, 2017)

<https://health.usnews.com/health-care/patient-advice/articles/2017-08-14/can-music-help-multiple-sclerosis-patients-feel-better>

Ostermann T, Schmid W. Music therapy in the treatment of multiple sclerosis: a comprehensive literature review. *Expert Review of Neurotherapeutics* 2006; 6(4): 469-477. [PubMed]

<https://www.ncbi.nlm.nih.gov/books/NBK73273/>

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/pzenDIwFllw>

Next/Upcoming Meetings:

Oct 14th – Meeting

Nov 11th – Meeting