



# VIEWING GUIDE

## Senior Wellness Video Collection

### Overview

MIM's Senior Wellness video collection combines music therapy with the Musical Instrument Museum's collection of world music and instruments for an immersive, healthful experience. Through diverse and fun music therapy interventions, this collection works to promote the cognitive, physical, and psychosocial well-being of older adults. Each video includes a stop in one of MIM's Geographic Galleries as well as interactive music and movement prompts that can be adapted for individual and group needs.

*Developed in collaboration with*

**School of Music, Dance and Theatre**

**ASU** Herberger Institute for  
**Design and the Arts**  
Arizona State University

### SUGGESTED MATERIALS

**Two bottles or rhythm sticks**

#### Shaker

1 small container and lightweight material such as uncooked rice, dry beans, paper clips, etc.  
*Put rice, beans, paper clips, or any small items inside the container and secure the lid.*

#### Drum

Flat surface, container with a lid, or binder

**We would love to hear from you!**

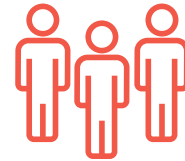
Please share your feedback with us at [education@MIM.org](mailto:education@MIM.org).



Attention and Memory



Movement in Sequence



Self-Expression and Social Connection

## GALLERY AND MUSIC THERAPY FOCUS

Gallery	Music and Movement	Music Therapy Focus
<b>Middle East:</b> Egypt, Turkey, and Israel	“Eich Efshar” (Jane Bordeaux)	Maintain memory recall (cognitive), self-expression through movement (psychosocial)
<b>Asia:</b> Taiwan and China	“Little Umbrella” and “Penghu Bay”	Maintain memory recall (cognitive), self-expression through movement (psychosocial)
<b>Latin America:</b> Caribbean	Puerto Rican <i>bomba</i> and “Three Little Birds” (Bob Marley and the Wailers)	Promote quality of life through learning new musical styles (psychosocial), promote divided attention through movement and singing (cognitive)
<b>USA/Canada:</b> Los Angeles	“My Wild Love” (The Doors) and “Superstition” (Stevie Wonder)	Foster retrieval of newly learned information (cognitive), foster and maintain gross motor skills (physical)
<b>Europe:</b> Ukraine	“Shchedryk” (“The Little Swallow”) and “Yihav Kozak za Dunaj” (“The Cossack Rode Beyond the Danube”)	Promote gross motor movement for upper and lower extremities (physical), promote self-expression through instrument playing and movement (psychosocial)

## LEARN MORE

Music listening and music making are effective and proven tools to promote healthful aging. Research shows that music therapy can lower stress and improve quality of life. You can learn more in the Global Council on Brain Health’s white paper [“Music on Our Minds: The Rich Potential of Music to Promote Brain Health and Mental Well-Being.”](#)