Issue Areas:
Seniors

Music for Seniors

Music can bring cheer, evoke memories and feelings from long ago, and bring comfort. Studies show that music can also reduce stress, anxiety and pain. Many nursing homes and assisted living residences welcome young people to sing or play their instruments.

You can bring comfort to seniors and put a smile on their faces by sharing your musical talent!
Contact your local nursing home or assisted living facility and ask if they would welcome If they are not needed at this time, contact a local nursing home or assisted living center which may be able to use them.

What You Need

- Your musical talent, instrument (if needed) and enthusiasm!

How You Do It

1. **Find the name of a nursing home or assisted living facility** at which you would like to volunteer. You might find this by word of mouth or online.
2. **Get prepared to call the nursing home/assisted living facility.** Use a calendar so you know when you are free to volunteer, and have a pen and paper ready to write down any important information..
3. **Call the nursing home/assisted living facility.** When someone answers, tell them your name and that you would like to volunteer. Ask to speak to the person who manages the volunteers. They will either give you the name and number of the person or connect you immediately. Be sure to thank them!
4. After you have been connected or placed a new call to the person who manages volunteers, tell them your name and that you would like to volunteer to bring music to the residents at their facility.
5. They will be able to tell you if this type of volunteering is something they welcome and tell you what to do next.
6. Write down important information and **set a date to volunteer!**
7. When you are volunteering, **be on time, follow instructions, be caring and compassionate, be yourself and have fun!**

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Cole Layman
2010 Hasbro Community Action Hero

Cole Layman was named a Hasbro Community Action Hero at the age of 12. He founded the Paws for Peace Club at his school in Tampa, FL and led the club in over 20 service projects. Cole used his love for music to volunteer by composing songs to play at local nursing homes and hospitals.

Cole is now a musician attending Berklee College of Music in Boston, MA where he is studying Music Therapy. Cole's story is a great example of how young people can use their passion for good which may even lead to their life's work.

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