

# **GOLDEN HARVEST MUSIC SERIES**

## **James Miller**

### **Mission**

Use the restorative power of music to positively affect the lives of the senior community.

Golden Harvest Music produces entertainment programs for Seniors. These programs utilize cognitive intervention techniques that have been demonstrated to be beneficial to Seniors in terms of physical, neurological and cognitive health.

GHM produces live, professional music entertainment that focuses on music of the Hit Parade years of 1935 - 1965, performed at every kind of senior/retirement, managed care, assisted living community. At no cost to the community.

GHM provides unique and effective methods for related industries and businesses to outreach to residents and families of senior communities, and to develop working relationships with administrators and facilitators of senior communities.

### **Objective:**

Serve the Senior / Retirement Community by providing quality professional-level musical performances of "era-specific" programs to residents, relatives, and administrators of Senior Communities

Songs and material in programs originated from 1935-1959. Most popular "Hit Parade" repertoire

### **SAMPLE REPERTOIRE**

All Of Me Bye Bye Blues Tuxedo Junction It's Only A Paper Moon I'm Gonna Sit Right  
Down And Write Myself A Letter Green Eyes I'll Be With You In Apple Blossom Time  
A Foggy Day In The Mood As Time Goes By That Old Black Magic Rum And Coca-Cola  
Catch a Falling Star and Put it in Your Pocket Play a Simple Melody Swingin' on a Star

*PATRIOTIC SONGS*

## ABSTRACT

1. GHM provides a Cognitive Intervention experience with regards to brain wellness in the senior and retirement community from a clinical, therapeutic standpoint. Significant progress has been made towards understanding brain function, and the vital role music plays with regards to memory stimulation and cognitive facility.

*Recent breakthroughs in neuroscience research concerning neural plasticity in central nervous system functioning, neurochemistry and neural architecture have clearly demonstrated that positive behavior change can promote successful cognitive aging.<sup>1</sup>*

*-Hertzog, C.; Kramer, A.F.; Wilson, R.S.; Lindenberger U. "Enrichment Effects on Adult Cognitive Development: Can the Functional Capacity of Older Adults be Preserved and Enhanced?"*

*Psychological Science in the Public Interest. Volume 9-No 1, 2009.*

*Harnessing today's cascade of evidence-based research can provide leaders with compelling arguments for sustainable, cost-efficient behavioral changes that can result in comprehensive brain wellness benefits.*

*-Roger Anunsen MindRAMP & Associates, LLC  
Portland, OR, USA*

2. GHM uses empirical data - the census age of the community / audience for every specific presentation, and designs a custom program that:

Promotes tune recognizability by the listener  
Opens pathways to deepest memory clusters, with robust effects on brain functions  
Kindles and re-kindles emotional attachment to the material by the listener  
Cognitively stimulates the listener through strategic music selection.

3. GHM employs tools and techniques using dialogue with audiences, to further enhance memory stimulation, leading to positive effect in the listener's other systems.

*A lot of the systems that music engages also share a variety of other functions—verbal language, motor control, attention, memory, decision making, pattern perception. With specifically designed music exercises we can access the structure and function of these brain systems, and make changes that have measurable behavioral outcomes.*

*-Michael Taut*

*Scientific Director for the Center for Biomedical Research in Music  
Colorado State University*

4. Using music, reminiscence, recall, mental exercises and active participation, GHM is a cognitive intervention program designed to stimulate and keep senior brains robust and active.

Current discoveries in brain wellness research have shown that the elements of this program increase regional cerebral blood flow to the largest portions of the brain and stimulate the creation of neural pathways.

**"We all age, and it is only natural that our brains age too. The good news is that mental decline is not inevitable. We can keep our bodies younger and healthier through regular exercise. The same is true for the brain – if you exercise your brain, you can prevent your cerebral function from deteriorating."**

*- Dr. Ryuta Kawashima, professor of neuroscience, Tohoku University Japan*

## **Music, Memory & Socialization: A Prescription for a Healthier Brain?**

By Roger Anunsen, West Coast Principal, mindRAMP & Associates

Could music become a secret ingredient for healthy cognitive aging? It might already be here. We know that any sound that reaches the ears, our brain's microphones, can be translated into electrical signals that stimulate neurons in the brain. What might be surprising to some is that brain scientists have found that intentional listening to that same sound can intensify the brain's response stimulation leading to a variety of positive cascades of memories accompanied by a release of brain derived, brain healthy neurochemicals.

An overarching conclusion reached by neuroscientists is that the aging brain requires multiple neuroprotective strategies and two of the hottest areas of this research are the therapeutic benefits of targeted rhythms, including certain music and the benefits of socializing with others. The value of regular and meaningful social contact with others is being confirmed with important research including the Rush Aging Study where staying socially connected masked the symptoms of dementia. Two recent books, *Musicophilia* by Oliver Sacks and *This is Your Brain on Music* by Daniel Levitin, have captured the imagination of neuroscientists and gerontologists and ignited intense research into the brain health benefits of music. Combining the findings from these sub-fields of neuroscience is yielding new levels of excitement and potential brain health benefits.

Jim Miller of Portland, Oregon is the creator of the groundbreaking Golden Harvest Music Series. An established session musician and composer, he has developed a truly "mindful" method of delivering beneficial brain stimulation to older adults in the form of carefully crafted live musical selections. His carefully selected "brain healthy playlists" will certainly become the subject of future clinical trials. While music has long been considered basic retirement entertainment, neuroscience research has led to what a recent Wall Street Journal article noted was "growing evidence that listening to music, especially personally selected types of music can also stimulate lost memories and even help restore some cognitive function." *"What I believe is happening"* said one music researcher *"is that by engaging very basic mechanisms of emotions and listening, music is stimulating dormant areas of the brain that haven't been accessible due to degenerative disease,"*

In our published clinical trials conducted in assisted living communities in Oregon, we observed positive therapeutic effects of certain music during our group-setting EarAerobics sessions. Through a paced, guided process, we conducted group sessions that focused, really focused on the sounds, tones, rhythms and musical notes from some of the most popular music of earlier eras, especially instrumentals such as big band classics. When the older listener's brain was engaged in this socially rich delivery method we observed a triggering of an irresistible search for stored memories surrounding that musical remembrance. Each brain had the potential to locate their personal time capsule, ignited with that first chord, that "just right" beat, or that romantic musical memory. Where our research was limited to recorded music, Jim Miller's method is lifting EarAerobics to a new, richer territory. After observing the effects of Golden Harvest Music's cutting-edge music therapy up close, I have no hesitation in summing up this new cognitive intervention method in a word: **"UNFORGETTABLE."**

## BENEFITS A WIN WIN SITUATION

Community has turn key entertainment program provided at no cost.

Community needs to expend little or no effort to expedite program, leaving Activities Coordinator, Marketing/Events Director with more time to devote to other activities and duties.

Community can use budget previously allotted to musical entertainment for other activities.

Community will see improved demeanors, less assistance calls, and higher functioning residents, contributing to cost effectiveness of client/patient care.

Residents receive a quality presentation for their enjoyment, thereby enhancing their living experience within the community. Residents can look forward to enjoying a lively addition to their weekday, have something they can invite their relatives to, and participate in. Without necessarily being aware of it, residents are engaged in a cognitive intervention therapy, with positive and robust effects on their personal health and wellness.

Golden Harvest currently produces sponsored programs in the following Communities:

Rose Villa Senior Living  
Avamere Rehab  
Laurelhurst Village  
Courtyard at Mt Tabor Senior Living  
Avamere of Hillsboro Assisted Living  
Northwest Place Senior Living Community  
Assumption Village Retirement  
Hearthstone of Beaverton Assisted Living Community  
Edgewood Downs Independent Retirement Living  
Miramont Pointe Senior Community  
TownCenter Village Senior Community  
Royalton Place Senior Independent Living

Powell Vista Manor Senior Housing  
Station Place Senior Housing  
Grace Peck Terrace Senior Housing  
Gresham Station Senior Housing  
Weidler Commons Senior Housing

Firstenberg Community Center  
Hollywood Senior Center  
Milwaukie Center  
McMinnville Senior Center  
Wilsonville Senior Center  
Luepke Senior Center  
Bob Chisholm Senior Center  
Tigard Senior Center

James Miller has presented the Golden Harvest technique to the Audiology department of Oregon Health Sciences University, the National Center for Rehabilitative Auditory Research  
Stephen Fausti PhD, Director

James Miller has presented the Golden Harvest technique at the symposium  
“Jump-Starting Aging Brains: Re-imagining the Mature Mind”  
Smithsonian Institute, Washington DC

## **JAMES MILLER**

### **ACHIEVEMENTS AND NOTES OF INTEREST**

**STAGE PRODUCER OF THE WATERFRONT BLUES FESTIVAL.** Awarded best “Blues festival in America (2000)”, the WBF is the major fundraiser for Oregon Food Bank. A five-day annual event revolving around July 4<sup>th</sup>, it attracts the best Blues and R&B acts in the world, draws hundreds of thousands of enthusiastic attendees, and raises over \$400,000 every year. 1999 to Present

**CO-FOUNDER AND CREATOR OF THE BITE - A TASTE OF PORTLAND.** The Bite is a major Portland event, celebrating the city's restaurant community and music community. It is produced as a fund raiser for Oregon Special Olympics. The Bite attracts a quarter-million people in three days. 1984 to 2004

**EXECUTIVE PRODUCER AND STEERING COMMITTEE CHAIRMAN -  
THE MAYOR'S BALL**

The Mayor's Ball showcased over eighty of Portland's best musical acts on eight stages in one day at Memorial Coliseum. The event received national recognition and raised over two hundred thousand dollars for local charities in the past ten years. 1985, 1986

**AMERICAN RED CROSS VOLUNTEER OF THE YEAR** Recipient of the highest honor awarded to volunteers of the Red Cross. Award was given for bringing greater sustained visibility the Red Cross, and for increasing the revenues of the Special Events committee by over 500 percent. 1988

**PRESIDENT, Portland Music Association** 1985, 1986

**COMMITTEE CHAIRMAN, Special Events Committee, Red Cross**

**COMMITTEE CO-CHAIRMAN, Marketing and Public Relations, Jesuit High School**

**COMMITTEE MEMBER, Marketing and Communications Board, Red Cross**

**COMMITTEE MEMBER, Financial Development, Red Cross**

**VOLUNTEER BOARD MEMBER, American Red Cross**

**MEMBER, PUBLIC SPEAKERS BUREAU, Committee to support passage of the  
Convention Center Bond Issue**

James Miller has personally produced and performed music in all fifty states, Canada, Mexico, Bermuda, Saudi Arabia, Kuwait, Qatar, Bahrain, Diego Garcia/Indian Ocean (6/68 to 9/71, 5/75 to 1/80, 1/93 to present)

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