

## Make a Musical Connection

*Music has the power to evoke memories and create new ones. Share music with the older adults in your life to spark connection and appreciation for melodies, new and old.*

---

We know music can boost our mood, stir our emotions and bring people together, but did you know it can strengthen our brains too? [John Hopkins researchers](#) found listening to familiar music can bring back memories, while listening to new music has been shown to promote creativity. To make a musical connection with an older adult or others, here are a few things to try:

- If they have an instrument around, have them play for you! And if you play an instrument, play with them or play for them.
- Ask them how they listened to music 'back in the day.' Was it on a radio? A record player? If they have the device at home, listen to music with them in their favorite way.
- Find a modern radio station that plays their favorite music.
- Share a conversation to learn about their favorite radio broadcaster or musician.
- Share how you listen to music, for example through your phone or internet, and see if you can help them listen to a song they haven't heard for a while.
- Looking for memory friendly activity? Play music from the time period they were a young adult or adult – the music we knew and loved at these ages stick with us the longest.