

# MAKING A DIFFERENCE

## Help Make A Difference!

To support Music & Memory of Fond du Lac County, we are collecting the following items:

- Used or New iPods
- CDs to expand our music library
- iTunes Gift Cards
- iPod compatible speakers
- Legos, puzzles and various crafts

### Where to Donate:

**Aging & Disability Resource  
Center of Fond du Lac County**

50 N. Portland St  
Fond du Lac, WI 54935  
920-929-3466

#### Hours:

Monday-Friday  
8:00am to 4:30pm



## Get Involved!

For more information or to get involved in the Music & Memory program, contact:



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**One iPod at a Time...**

**radically transform a life  
through personalized music!**



## What is Music & Memory?

Music & Memory is a free program of the Aging and Disability Resource Center (ADRC) of Fond du Lac County.

This program brings personalized music into the lives of the elderly or infirm through digital music technology, vastly improving quality of life.

Music & Memory has been shown to stimulate the mind, energize the body, nurture the spirit and reduce the stress and anxiety that is experienced by many dementia patients and their caregivers.



## See Results First Hand!

Meet Henry, one of seven patients profiled in the documentary “Alive Inside,” a heart-warming look at the power of music to help those in nursing homes.



To watch Henry’s story, visit [www.youtube.com](http://www.youtube.com) and search “Henry’s Story Music and Memory”.



## Participant Eligibility

To participate in Music & Memory of Fond du Lac County, participants must be a resident of Fond du Lac County and meet the following criteria:

- Participant cannot reside in an assisted living or other institutional setting.
- Participant must show signs of Dementia or Alzheimer’s
- Participant must have a family member willing to assist
- Participate in home and phone visits

To enroll in Music & Memory of Fond du Lac County, contact the Aging & Disability Resource Center of Fond du Lac County at 920-929-3466.