



Lakehead University student Sarah Izzo holds sheet music for Bethammi Nursing home resident Amadeo Scafeo during a sing-along.



Lakehead University music student Marika Bujaki sings along with Bethammi Nursing Home resident Marie Nummelin.



Lakehead University creative community engagement in music students sing Christmas carols with Bethammi Nursing Home residents.

# Music makes life better

## Students work with seniors

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Lakehead University music students are working to improve the quality of life for residents in Thunder Bay's long-term care homes.

The students — as well as two instructors — in Lakehead's creative community engagements in music course are organizing music-related activities for residents at Bethammi Nursing Home and Hogarth Riverview Manor.

"The residents of Bethammi Nursing Home really enjoy the music program with the Lakehead University music students," said Nadia Thatcher, director of the facility.

"It provides inter-generational opportunities and interaction with students. Our residents are thrilled with this program," said Thatcher.

In addition, research has shown that music improves the quality of life for residents of long-term care homes.

"We want to help long-term care homes create music resources that add to life enrichment for their residents," said dean Jobin Bevans, a professor in Lakehead's music department.

When the course ends in April, the music activities at the two Thun-



Elizabeth Arding and Harry Servais hold hands as they join their neighbours and university students in a round of Christmas carols.

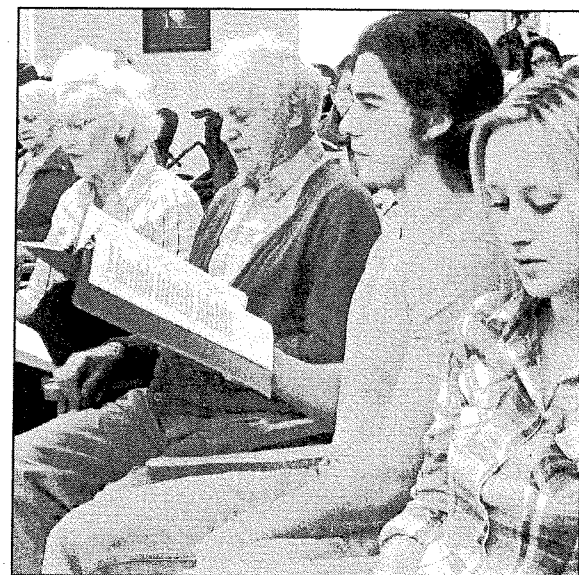
der Bay facilities will be evaluated.

Any lessons learned will be documented and included in a tool kit of music resources.

The tool kit will be shared nationally with other long-term care

homes, Lakehead said.

The project is part of a five-year research program led by Lakehead University's Centre for Education and Research on Aging and Health, which aims to improve quality of



PHOTOS BY THE CHRONICLE-JOURNAL/SANDI KRASOWSKI

Lakehead University students Taylor Stewart and Jazmin Nicholets sing along with Marion and Ted Gibbons.

life for long-term care residents and create palliative care programs in long-term care homes.