

# Music to Celebrate Life

Music is an important part of everyday life. It can be recreational, educational, social, emotional, therapeutic, and spiritual. It is now recognized that music, for many older adults, is vital in supporting a sense of well-being. Studies are continuing to show that music can decrease anxiety, depression and loneliness. It helps in coping with stress and stimulating the immune system. Music is an activity which challenges the mind and helps maintain dexterity.



Harp music enhances the benefits of music due to the unique acoustic characteristics which create a sound that is soothing, resonant, and unobtrusive. These special qualities make the harp very versatile and beneficial in Hospitals, Retirement and Assisted Living Communities, Memory Care and Nursing Facilities. Harp music adds a distinctive quality to the day.



As retirement approaches, the desire to be healthy and stay healthy is important. Involvement in music--whether listening or active participation--is a wonderful avenue to celebrate the retirement years and keep the mind active, alert and creative.

*The music of the harp has been documented since Biblical times to relieve stress and calm anxiety. It has long been associated with Heavenly sounds and angelic beings. Numerous anecdotal reports have been reported over the years of both the calming and intellectual benefits of music. Recent research studies have scientifically shown not only the emotional and physiological benefits of music, but harp music in particular has been demonstrated to improve immune system functioning, decrease blood pressure, anxiety and surgery recovery time (C. Magnessen, 2006; KMBC, 2010). Brain wave changes, heart rate and respiration rates are also positively influenced by the music of the harp. (C.Kennedy, 2010; University of Rochester, 2011) Alicia Felts Wedertz is a Master musician whose incredible music on the harp will calm, inspire, relax and heal as the listener is transported to a relaxing and inspirational state that will speak to the soul. I cannot recommend her talent and music highly enough. Personally, it has relieved my headaches, helped me relax and improved my sleep. Everyone will benefit from her music!*

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