

Music to Our Ears

Music therapy has been shown to lead to improvements in everything from depression rates to memory recall in older adults. From group and one-on-one music therapy sessions to musical performances and dementia interventions that harness the power of music, **read on to see how donors like you are supporting a number of vital projects** across Vancouver Island and the Gulf Islands.

Music makes a difference

Music therapy engages multiple parts of the brain – supporting memory and language, improving motor skills, and enhancing emotional well-being. “Music is familiar,” Leslie Pite explains. “It brings a sense of safety to people.”

Leslie is a certified music therapist, and leads one-on-one and group sessions at Glengarry Long-Term Care Home – **a role made possible in part through the generosity of Eldercare donors.**



Leslie and her trusty guitar join Glengarry residents and music therapy participants Philomena (102) and Joan (92). The music therapy program at Glengarry and other sites is assisted by Eldercare’s generous donors.

“Music has always been there to support me throughout my life,” she says. “To have a profession where I can use music to improve someone’s quality of life and bring joy and comfort is incredibly rewarding.”

Leslie recalls a recent moment at Glengarry where music really saved the day. A resident who is non-verbal was having her teeth cleaned by a mobile hygienist, and was clearly struggling.

“I knew she loved the song *You Are My Sunshine*,” Leslie explains. “So, I turned toward her and started playing it on my guitar. As soon as she heard the music, we made eye contact, and she just started smiling.” As Leslie continued playing, the resident relaxed. The hygienist was able to work quickly and the visit was much more comfortable for the resident.

For Leslie, music therapy is more than a job, it’s a purposeful life path. **“Thank you to the donors who make this meaningful program possible,”** she says.

When touch becomes music: creating connection at life's most tender moments

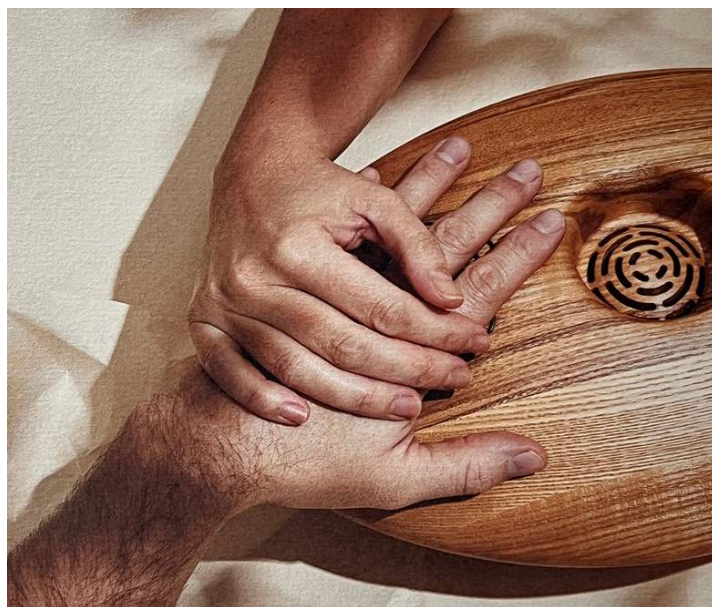
Eldercare continues to be on the forefront of funding innovative therapeutic technology for older adults. One of the more recent technologies we've funded is the CRDL, a beautifully designed therapeutic instrument that transforms human touch into sound. The instrument responds to handholding, gentle strokes, taps, or playful tickles by sensing the natural electrical currents that flow through our bodies.

Thanks to your donations, Eldercare has purchased six CRDLs that have been delivered to The Summit, Aberdeen, The Priory, Glengarry, Gorge and Eagle Ridge Manor long-term care residences.

Naomi Sikora works at The Summit, one of the first locations to receive a CRDL, and we asked her about her experiences so far. Naomi shared that during a visit with a family whose loved one was receiving end-of-life



Amie Aniban, Rehab Assistant at Aberdeen Long-Term Care, demonstrates the power and beauty of the CRDL for Eldercare Foundation members.



care, conversation turned to cherished memories and the central role music had played throughout their lives. "I realized that this was such a perfect moment to introduce the CRDL," says Naomi.

Eight family members gathered and after a brief explanation, the CRDL was gently placed on the resident's lap. **When the family member reached out to touch the resident's face, the CRDL responded, filling the room with the most beautiful, peaceful music. The family formed a circle, holding hands, surrounded by sound and shared emotion.** There were tears, smiles, and a profound sense of togetherness.

"We all felt the connection and the power of this tool," Naomi shared. **"This experience will remain a cherished memory for the family for a long time."**

Did you know? Dementia interventions as powerful as CRDL are highly technical, and carry a heavy price tag. We have added CRDL units to six locations, but we are looking to buy one more. **If 50 Cornerstone readers donate \$200 each,** we'll be able to purchase another unit to share this joy with even more long-term care residents on Vancouver Island. **See the back page for donation options,** and thank you for supporting this cutting-edge technology.



Your generosity makes this (and more) possible



At Saanich Commonwealth Place, the **Older Adult Neurodiversity Social and Movement** group does just what the name implies - mixes gentle exercise with socializing and memory games to provide a steady presence in the lives of participants, while giving much needed respite to caregivers. Eldercare is proud to help fund this vital adult day program in the Saanich community.

Garden Club at Gorge Road Health Centre treats long-term care residents to an opportunity to smell the roses, get their hands dirty and plant seeds they can watch grow throughout the warmer months. With thoughtful leadership from rehab assistant Marleen, this program is beloved by residents, and supported by donations to Eldercare Foundation.



At the **Adult Day Program at the Summit**, participants were treated to music, dancing, and socializing as well as tea, finger sandwiches and petit fours to celebrate Mother's Day. The well-deserved treats and this special programming are a way to bring participants together, give respite to caregivers and aid in quality of life. Thanks to our donors for supporting this initiative.

Every Gift Makes a Difference

I would like to make a single gift to Eldercare

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Starting on date: _____

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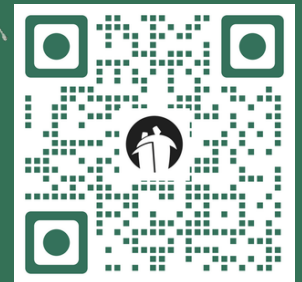
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If music be the food of love, play on

Research shows that music is powerful for older adults - it can help with evoking memories, aid in building connections in the present, and bring people together.

Your donation to music-based supports like entertainment at Adult Day Programs, music therapy in long-term care, CRDLs and more builds quality of life for seniors across Vancouver Island and the Gulf Islands.



scan to donate online! 

Paying Tribute to Someone Special

The individuals listed below have been remembered by friends and loved ones with a donation to Eldercare Foundation, made in memory or in honour, between March 17 and May 26, 2026. Eldercare is grateful to receive such meaningful gifts that, in paying tribute to someone special, help enhance care and quality of life for seniors in need.

In Memory: Vera Beischer, Monty Holding, Gail M. MacDonald

In Honour: Linda Jones



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