

The Need for Music Education and Support for Musicians:

Daniel Levitin on Music as Medicine: Live interview:

<https://www.youtube.com/watch?v=CO0eIntlCIA>

“I Heard There Was a Secret Chord; Music as Medicine” by Daniel J. Levitin, Norton.

“Music, he writes, promotes the mind’s default mode network of high neural connectivity and stimulates facets of brain function from motor control and memory to focus and emotional control. As a result, research suggests, music may diminish anxiety and depression, reduce blood pressure, improve walking and speech in Huntington’s disease patients, lessen Alzheimer’s symptoms, and even help to bridge seemingly uncrossable social divides.” Publisher’s Weekly:

<https://www.publishersweekly.com/9781324036180>

John Hopkins Medicine: 2023: Keep Your Brain Young with Music

<https://www.hopkinsmedicine.org/health/wellness-and-prevention/keep-your-brain-young-with-music#:~:text=If%20you%20want%20to%20keep,%2C%20mental%20alertness%2C%20and%20memory.>

American Scientist; The Argument for Music Education: 2023 Sigma Xi, The Scientific Research Honor Society Publication: <https://www.americanscientist.org/article/the-argument-for-music-education>

USC News: January 18, 2023, Research Finds Music Education Benefits Youth Wellbeing:

<https://news.usc.edu/204800/music-education-research/>

BBC Teach: 2023, Five reasons why everyone should have music in their lives:

<https://www.bbc.co.uk/teach/bring-the-noise/five-reasons-why-music-is-important/zv3krj6>

Psychology Today: The Benefit of Musical Training on the Aging Brain: August 22, 2021

<https://www.psychologytoday.com/us/blog/science-choice/202108/the-benefit-musical-training-the-aging-brain>

Musicians say they have had to reimagine their lives and their art. ABC NEWS: By Jon Haworth, February 14, 2021. <https://abcnews.go.com/Business/musicians-artists-covid-19-pandemic-turning-point/story?id=75686491>

Save The Music Foundation: November 3, 2021: How Does Music Affect Society?

<https://www.savethemusic.org/blog/how-does-music-affect-society/>

We The Parents: 2021: 17 Evidence-Based Benefits of Music Education

<https://wetheparents.org/music-education>

Graduate Programs for Educators: August 21, 2020: The Importance of Music Education in Schools
<https://www.graduateprogram.org/2020/08/the-importance-of-music-education-in-schools/>

Better Aging: August 28, 2021: The Benefits of Music On The Aging Brain
<https://www.betteraging.com/beauty-and-wellness/the-benefits-of-listening-to-music-as-we-age/>

Banner Health: May 25, 2021: The Benefits of Music on the Mind and Body of Older Adults
<https://www.bannerhealth.com/healthcareblog/teach-me/the-benefits-of-music-on-the-mind-and-body-of-older-adults>

Rolling Stone, March 17, 2020; Johnathon Bernstein: “How to Support Artists.”
<https://www.rollingstone.com/pro/features/how-to-support-artists-coronavirus-guide-968378/>

The Conversation, Support for Artists is Key to Returning to Vibrant Cultural Life, post Corona Virus., June 23, 2020. <https://theconversation.com/support-for-artists-is-key-to-returning-to-vibrant-cultural-life-post-coronavirus-138048>

Healthline: April 1, 2020: The Benefits of Listening to Music <https://www.healthline.com/health/benefits-of-music>

New England Board of Higher Education: June 19, 2018: Tuning In: Six Benefits of Music Education for Kids: <https://nebhe.org/journal/tuning-in-six-benefits-of-music-education-for-kids/>

Oxford Academic: October 9, 2018: Music and the Aging Brain <https://academic.oup.com/edited-volume/28334/chapter-abstract/215121460?redirectedFrom=fulltext>

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“How Playing and Instrument Benefits Your Brain.” 2014 by Anita Collins:
<https://www.youtube.com/watch?v=R0JKCYZ8hng&t=152s>

McGill University, “Playing Musical Instruments in the MRI – the brain on music.” Nov. 2014
<https://www.youtube.com/watch?v=DrIAYaJw8Qk> How does learning to play a musical instrument change the brain? Can music be instrumental (pun intended!) in helping people recovering from strokes? These are just two questions being answered by researchers at McGill university and the Montreal Neurological Institute. Neurologist Robert Zatorre and his PhD Student Melanie Segado worked with Prof. Marcelo Wanderley, an engineer in the Schulich School of Music, and his student Avrum Hollinger in creating a cello that could be played in an MRI scanner to see how the brain changes as a result of playing a musical instrument:

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