

MEDIA RELEASE

For immediate release

From: Catherine Butterfield, Media and Communications Consultant, Mercy Health

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Therapy is music to residents' ears

The magic of music is proving an important therapy for residents living with dementia at Mercy Place Westcourt, thanks to members of The Lioness Club of Cairns.

The all-female group has this month donated more than \$1500 worth of musical books, CDs and resources to the not-for-profit home's Music Therapy Programme, which will see residents' families involved in making a playlist of their loved ones' favourite music, which can then be accessed by seniors at any time to aid their relaxation and facilitate happy memories.

Mercy Place Westcourt Service Manager, Angela Cox said the therapeutic effect of music for seniors, particularly those living with dementia and other related conditions, couldn't be overstated.

"Generally speaking, music is an incredible trigger for emotions and memories from our past to emerge," she said.

"We're delighted to have the support of The Lioness Club of Cairns to support us in offering an uplifting and positive experience for our residents, through providing such great music resources.

"It's lovely to see residents who are usually very quiet and sometimes confused express their joy and sing along to the music they love from many decades ago; this initiative has had an extremely positive influence on our residents and the feedback from everyone has been very positive."

Mercy Health is a Catholic community not for profit provider of care, founded by the Sisters of Mercy and grounded in a 2000 year history of caring for those in need. The organisation is a national service provider of health and aged care throughout Victoria, Southern New South Wales, Western Australia, Queensland and the Australian Capital Territory.

In Queensland, the organisation cares for 160 people at two residential homes, while managing an additional 139 independent living units and apartments.

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For interviews and photo opportunities, please contact:

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