



## **Calgary Philharmonic Orchestra brings Sounds of music to Bethany Calgary**

Submitted by Diane Harvey – Bethany Care Society

On September 22, the musicians of the Calgary Philharmonic Orchestra (CPO) made a special visit to Bethany Calgary for an exclusive performance for residents, made possible through the auspices of Bethany Care Foundation. The afternoon concert was in support and recognition of Bethany Care Society's Music Therapy Program, which is designed to enhance the emotional and physical well-being of seniors and others who live in long term care.

The therapeutic use of music has been clinically proven to be beneficial for older adults and persons with disabilities resulting in improved memory recall, positive changes in mood and emotional states, reduced anxiety and stress.

"Music has such universal healing qualities and the CPO is honoured to help bring attention to this important Music Therapy Program," said Ann Lewis-Luppino, President & CEO, CPO.

CPO Resident Conductor Melanie Leonard led the concert in the atrium of Bethany Calgary. Over 200 residents, friends, families, volunteers, staff, and supporters of Bethany Calgary attended.

The audience was treated to a delightful afternoon of classical pieces by Mozart, Beethoven, Mendelssohn, Rachmaninoff, Strauss, Gershwin, Stravinsky, Dvorak and the theme music from Pirates of the Caribbean. Beautiful music flowed throughout the atrium, the halls and open windows of Bethany Calgary.

The collaboration between the CPO and Bethany Care Foundation began in 2008 and the Foundation hopes to continue this annual event.