

## **Marwood's *Mobile Music Program***

### **The power of 21<sup>st</sup> century technology in the hands of Marwood residents**

It's well known that music can influence quality of life. At Marwood, we believe in the power that music holds. Some people use music to energize in the morning or to relax at night, while others may reminisce by connecting a song to a special memory. Music can also decrease boredom and loneliness, improve mood and focus, or reduce stress and anxiety. However it is used, music can be powerful and beneficial to people of all ages.

In conjunction with the music therapy services at Marwood, this new program will offer additional opportunities for residents to reap the benefits that music has to offer. The *Mobile Music Program* will allow Holly Semrow, Marwood's board-certified music therapist, to reach more residents by providing them with their own iPod or Mp3 player. Residents, along with Holly, will carefully select a personalized playlist specific to their music interests. Once complete, residents will have access to music any time of day.

### **How can you help?**

To get the program started, Marwood needs 10 to 15 new or gently used iPods or Mp3 players, head phones and/or ear buds and iTunes gift cards. Cash donations are also accepted. Donations can be dropped off at Marwood or mailed to:

Holly Semrow, Music Therapist  
c/o Marwood Nursing & Rehab  
1300 Beard Street  
Port Huron, MI 48060

For questions about the program, please call Holly at (810) 966-5388 or email her at [hsemrow@marwoodmanor.org](mailto:hsemrow@marwoodmanor.org).