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May 2017

**For immediate release**

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## **Applegate Elder Law signs on as sponsor of Songbook Foundation's 'Perfect Harmony'**

**CARMEL, IN** – Applegate Elder Law and the Great American Songbook Foundation at the Center for the Performing Arts have announced a sponsorship agreement for Perfect Harmony, a music therapy program for people with Alzheimer's, dementia and other neurodegenerative diseases.

The initiative, which is free and open to the public, conducts regularly scheduled group programs for early-stage Alzheimer's individuals and their caregivers at the Center for the Performing Arts, One Center Green, Carmel. Each group visit consists of an overview of Songbook-themed gallery exhibits, sing-alongs with accompanist, discussion of familiar songs from the Great American Songbook, rhythm and movement activities, special song requests, and more.

"The positive power of music cannot be denied," said Chris Lewis, Executive Director of the Songbook Foundation. "Research now proves what many of us intuitively knew: that music provides cognitive, emotional and social benefits. It can enliven the brain and bring joy to people of all abilities, including those with memory challenges. It is amazing to see how songs can spark very specific memories and stories from our Perfect Harmony participants. To sing together, and to share those moments with our guests, is a very special experience for everyone involved."

"Involvement with the Perfect Harmony program is indeed a perfect complement to what we do at Applegate Elder Law," said Carol Applegate, BSN, MEd, MSN, JD, founder of the Carmel-based firm. "We strive to assist our clients, their families and their caregivers – people who deal daily with myriad aging issues – in any number of ways. Helping to present this fantastic and important music program associated with the Great American Songbook simply is one more facet we can offer."

Applegate noted that music always has played an important role in her life. "I grew up in a family environment in which music was thoroughly and frequently enjoyed," she said. "My mom played piano and organ, and even now, at age 85, music continues to be a lifeline for her. She'll visit my home and head directly to the piano, where she entertains us with so many of the old, familiar and beloved songs. The music provides a link from what was, to what is."

Applegate Elder Law, recognized as The Voice of Aging throughout Indiana, is located at 140 North Rangeline Road in Carmel. Additional information about the firm is available at [applegate-elderlaw.com](http://applegate-elderlaw.com), or at 317.522.1325.

For more information about Perfect Harmony or to schedule a visit, contact the Great American Songbook Foundation office at 317.844.2251.