



National Institute of Environmental Health Sciences
Your Environment. Your Health.



Music and Your Health

An Afternoon of Performances and Presentations

Earth Day Event
Sunday, April 22, 2018
Noon – 6:00 p.m.
Durham Convention Center

National Institutes of Health
U.S. Department of Health and Human Services

Music and Your Health

11:30 a.m. – Noon **Doors Open**

Noon – 12:20 p.m. **Lumbee Singing Society
Tribal Drumming Performance**

12:20 – 12:30 p.m. **Opening Remarks**

Nigel Walker, Ph.D.
Master of Ceremonies

Linda Birnbaum, Ph.D., Director
National Institute of
Environmental Health Sciences

12:35 – 1:20 p.m. **Music in Adult Health**
Facilitator — Linda Birnbaum, Ph.D.

Cognitive Neuroscience of Music

Kevin LaBar, Ph.D.
Duke University

Music and Dementia

Cassandra Germain, Ph.D.
UNC Greensboro

Post-Operative Personalized Music

Neema Sharda, M.D.
Duke University

Panel Discussion

Speakers and Kaya Littleturtle,
Lumbee Singing Society

1:25 – 1:45 p.m. **Croasdaile Chorale Performance**

1:45 – 2:00 p.m. Break

2:00 – 2:20 p.m. Kidznotes Performance

2:25 – 3:40 p.m. Music in Children’s Health

Facilitator — Ericka Reid, Ph.D.

Language, Music, and Social Connection

Yasmine White, MTBC, Voices Together

The Arts and Human Development

Kathryn Wyatt, El Sistema USA

Push Play Sing! Demonstration

Max Puhala, Push Play Sing!

Panel Discussion

Speakers and Nnenna Freelon

3:40 – 3:55 p.m. Break

**3:55 – 4:25 p.m. Durham Medical Orchestra
Performance**

4:25 – 4:40 p.m. Break

4:40 – 5:40 p.m. Nnenna Freelon Performance

5:40 – 5:45 p.m. Closing Remarks

Brandy Beverly, Ph.D.

Laura Thomas, Ph.D.

John Schelp, MPA

Event Organizers

National Institute of

Environmental Health Sciences

Music and Your Health: An Afternoon of Performances and Presentations

About the Speakers

Kevin LaBar, Ph.D.

Duke University

Dr. LaBar is a professor in the Department of Psychology and Neuroscience, with expertise in cognitive neuroscience. He studies emotion and memory processing in the human brain, and uses music as a way to induce different emotions in research participants while he records their brain activity.

Cassandra Germain, Ph.D.

UNC Greensboro

Dr. Germain is a faculty member in the School of Nursing and a former caregiver of nine years. Her primary research focuses on preserving function independence and well-being in older adults with and without dementia.

Neema Sharda, M.D.

Duke University

Dr. Sharda is a geriatric physician at the Center for the Study of Aging and Human Development, and is passionate about improving the hospital experience of older adults undergoing elective surgery. Using personalized music, she works to reduce post-operative pain and anxiety for older adults.

Yasmine White, MTBC

CEO and Founder, Voices Together

Ms. White is a board-certified music therapist, as well as CEO and founder of Voices Together, a nonprofit organization whose unique music therapy model helps children, teens, and adults with developmental disabilities communicate, become engaged, and develop social skills. Ms. White has appeared on radio programs, been profiled in newspapers, contributed to academic articles, and presented at professional regional, national, and international conferences.

Kathryn Wyatt

Executive Director, El Sistema USA

Ms. Wyatt is an accomplished executive, violist, and innovator in social change. In July 2016, she became the first Executive Director for El Sistema USA, the national network supporting the U.S. movement of El Sistema based on the international phenomenon of music for social change that began in Venezuela in the 1970s. Ms. Wyatt established a headquarters for El Sistema USA at Duke University, where she enjoys teaching Social Entrepreneurship and the Arts as adjunct faculty.

Max Puhala

Director, Push Play Sing!

Mr. Puhala and Berk Ozturk are the directors for Push Play Sing!, an organization that seeks to empower people of all ages with disabilities through musical enrichment, engagement, and expression. Hosting both public workshops and private one-on-one sessions, Push Play Sing! facilitates music making through use of their own developed adaptive music technology, meeting all participants where they are, regardless of skill, background, and perceived ability. Since founding in 2014, Push Play Sing! has hosted over 500 workshops and served nearly 1,000 people in the Triangle area with disabilities.

About the Performers

Lumbee Singing Society

The Lumbee Singing Society, led by Kaya Littleturtle, is a multigenerational group of Lumbee Tribe of North Carolina members who revitalize traditional ways of singing and playing music. They write their own music, as well as play traditional pieces. The Lumbee Singing Society is focused on community wellness, whether it be physical, spiritual, or emotional.



Kidznotes

The All-Star Trio is Kidznotes' flagship chamber ensemble. Jessie Marin on violin, Kiarra Truitt-Martin on viola, and Marcus Gee on cello make up this ensemble and are musicians at Kidznotes. The All-Star Trio is sought after throughout the Triangle area, as ambassadors of music and the Kidznotes mission of leading social change through orchestral training.



Croasdaile Chorale

The Croasdaile Chorale is made up of residents of the Croasdaile Retirement Village in Durham who have a love of singing and enjoy making music with others in their community. The Chorale rehearses weekly, with a focus on physical and vocal exercises, care and development of the senior voice, and learning a wide variety of music. They perform regularly at various community functions, and are directed by Scott Hill, who taught public school music for over 30 years and was the founder of the Durham Children's Choir from 2004 to 2014.



Durham Medical Orchestra



The Durham Medical Orchestra, through its affiliation with the vice provost for the arts at Duke University, connects volunteer musicians from the health professions and the community, to promote wellness, provide cultural enrichment, and deliver the benefits of music to all through engaging performances and collaborative partnerships. Dr. Verena Mosenbichler-Bryant serves as artistic director and conductor of the orchestra.

Nnenna Freelon

Six-time Grammy nominee and award-winning singer, producer, arranger, and playwright, Nnenna Freelon has been one of the most inventive voices and artists in jazz, and one of the most profound educators who has touched the lives of countless children in her activism and educational activities.

From the Grammy Awards stage to the White House, Nnenna is an original — unique, sensational, and, as Aretha Franklin said, "If you're looking for great entertainment, look to Nnenna Freelon."





We are excited to bring you a unique National Institute of Environmental Health Sciences (NIEHS) community forum focusing on music in the environment and how music can influence health and well-being.

Music is something we are all exposed to and have some experience with, through either listening or playing an instrument. In the last few years, there has been an increased interest in exploring how music can affect our physical and mental health.

We hope you are inspired by this program, and look forward to more science and music events in the future.

I would like to take this opportunity to thank our many community partners who helped plan and make this event a success!

Linda S. Birnbaum, Ph.D.
Director, NIEHS

The mission of NIEHS is to discover how the environment affects people in order to promote healthier lives.

www.niehs.nih.gov
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