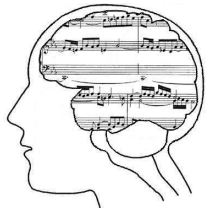




## The Music Moves Mountains Foundation

In America, there is a lot of support in the Northeast and on the West coast for Music Therapy. There is a vast gap in services and programs everywhere in between. Oklahoma and Texas in particular do not recognize Music Therapy as a medical practice for state board certification which is needed in order to regulate the practice and for local insurance companies to cover it. Funding for Arts programs and special services in schools are the first to get cut, while healthcare costs continue to go up. Opportunities for music therapy and education are becoming more out of reach. We want to fill that gap by making music and music therapy more accessible for those in need.



### Why Music?

Music is hands-down one of the greatest natural resources in life. It is an Art and a Science. Physiologically, music has a natural powerful effect. Its energy instantly changes the bio-rhythm of neurons in the mind and body, organizing neurological impulses. Music has been scientifically proven to increase endorphins and serotonin levels as well as decrease cortisol levels. It stabilizes brain waves, equilibrium, heart rate, and blood pressure. It can elevate mood and control temperament. It enhances learning ability, memory, immune systems, endurance, coping, motivation, and productivity. Music has been used as a healing tool worldwide since the beginning of time- mentally, physically and spiritually. And best of all, it brings us all joy. Join us in making sure that our communities have access to all of music's benefits!

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Julie Frost, Founder & Director

MMMF is a 501 (c) 3 non-profit organization



**The power of music can change lives. Let's use it to help those in need by giving hope, health, and happiness through the healing art of music.**



# Music Moves Mountains Foundation

## Our Mission & Goal

The Music Moves Mountains Foundation is a perpetual series of projects, programs, and services utilizing the scientifically-proven powers of music to change and improve the quality of lives. The Foundation is established as a 501 (c) (3) non-profit organization that uses tax-deductible donations to facilitate these efforts. Our goal is to offer free or affordable services to those in need of music therapy, education, and community outreach.

## Whom It Will Serve

Children, adults, and seniors suffering mental, emotional, or physical illnesses, developmental disabilities or disorders, depression or loss, trauma or stress, as well as the underserved and at-risk communities and schools. It will also provide the community a resource to educate, empower, and support its citizens in need while employing local artists, teachers, counselors, and therapists.

## Services

- Music therapy for an individual, hospital ward, or group by a Board-Certified MT
- A performance or music access at a nursing home, V.A. center, or hospice center
- Musical mentors and workshops for at-risk or recovering individuals
- Musical outreach and education in public schools and community

## Programs

**“All Abilities Rock”** - Community music workshops, musical mentorship, and sensory-friendly concerts for children and adults with disabilities or special needs

**“Play It Forward”** - A cooperative effort using donated musical instruments and lessons to low-income or at-risk individuals who commit, in return, to donate their time and talent to the next candidate

**“Song Power”** - Songwriting workshops or mentorships for at-risk youth, war veterans, victims of violence, depression, addiction, disaster, and support groups of life-altering diseases

**“Feeding The Soul”** - A series of musical performances at hospitals, nursing homes, VA Centers, rehabilitative centers, and hospice care

## Results Include

- Recovery and development of speech, memory, and motor coordination for stroke, brain injuries, amnesia, Tourette’s, Alzheimer’s and Parkinson’s disease
- Relief and healing progression for Cancer and life altering disease or injury
- Improved communication, regulation, motor and behavioral skills for Autism/Asperger’s Syndrome/ADD/ADHD/Sensory Processing Disorder /Down’s Syndrome/Developmental Challenges/Cerebral Palsy
- Restored purpose, hope, strength, connection, and discipline to those fighting physical or substance abuse, depression, trauma, stress, grief, anxiety, or low self-esteem
- Repaired speech, attention, sensory, and equilibrium impairments, rhythmic balance for seizures, tremors, stutters or ticks