

CELEBRATING WITH THE GIFT OF MUSIC

“This music performance was among the best I have ever seen—and I have seen many...!”

Not quite a backstage pass, U.S. Marine and music educator Betty Printz Sims (Printzy) proudly poses with the Louis Prima, Jr. Band, an event supported by the *Gia Maione Prima Foundation*. The musical performance delighted residents with lively Jazz, attended by residents of the Knollwood Military Retirement Community, which is operated by the Army Distaff Foundation, a 501c3 charity established in Washington, D.C. in 1959 to support military families. The musical performance treated more than 80 residents, including many living in assisted living and the memory care, to a one hour performance.

Music is well-regarded as therapeutic, emotional, and spiritual. It unites people, brings joy, stimulates memory, and promotes general well-being. Some studies show it is even more effective than medication for certain conditions.



Therefore, because music is an essential component of a balanced, effective whole-person wellness program, we wish to thank the *Gia Maione Prima Foundation* for their tremendous generosity in helping to establish the Gift of Music program at the Army Distaff Foundation.

In 2018, the *Gia Maione Prima Foundation* helped to provide more than 330 hours of musical programming benefitting more than 300 residents supported by the Army Distaff Foundation.

Their work and mission is to serve those who served our nation. A special portion of the residents living at Knollwood require financial assistance funding which is made possible by charitable support, ensuring every resident receives quality housing, access to innovative technologies and wellness programming like music and companionship.

The *Gia Maione Prima Foundation*'s generosity ensures we have a varied and vibrant music performances that offer our residents the wide-ranging benefits of music programming, from stress reduction to memory stimulation to sheer pleasure.



The Gia Maione Prima Foundation: Bringing healing and joy through music to veterans and their family members living under the care of the Army Distaff Foundation

The Gia Maione Prima Foundation plays an important role as a foundation partner by supporting the Army Distaff Foundation's mission and work expressed in our music programming.

The impact of your donation in 2018 is tremendous.

It is well documented that music stimulates a sense of well-being by evoking good memories and emotions. Older adults find meaning in songs that bring back memories, and experts note that music can improve life quality of a person living with dementia.



Moreover, the benefits of music include reduction of pain and discomfort without the use of medicines, better memory and recall of recent events, improved emotional state and improved sense of self-sufficiency.

Music and Exercise

Music plays an important role in encouraging older adults to be more physically active, which helps maintain independence. Music can also help regain lost mobility due to injuries or illnesses.



All ages and fitness levels benefit from activity and movement, which helps improve muscle strength, flexibility, heart health, bone density and balance.

Music and Memory

Music can increase brain chemicals that arouse positive feelings in people diagnosed with dementia.

Decreasing Isolation

A variety of health problems can make communication more difficult for people as they age. The resulting isolation can increase health risks — and shorten life spans. Research has demonstrated that listening to music on a regular basis can enhance communication for people by improving cognition and language abilities.

Music-related activities including dancing, singing, playing musical instruments, listening to music and watching musical performances can spark discussions that improve connections with friends and family members. **The Gia Maione Prima Foundation is helping us achieve all this and more.** 3

FOUNDATION



The Louis Prima Jr. Band Performs for Veterans and Family Members



September 26, 2018 – Washington, D.C.

The Louis Prima Jr. Band delighted more than 80 older adults in support of the Gia Maione Prima Foundation’s commitment to bring the gift of music to American heroes and their family members.

The audience, mostly retired military officers – including veterans of previous conflicts – were delighted to hear the sound

of big band and swing tunes made first popular. And the room was a-buzz with good spirits and joy to the passion and power of the Louis Prima Jr. Band’s live performance.

“Music is a vital component to our programming. Music helps support the residents in many ways, and we are excited to have developed this partnership with the Gia Maione Prima Foundation,” said President and CEO, Major General Timothy P. McHale, pictured at right with Louis Prima, Jr.



About The Army Distaff Foundation (ADF):



The Army Distaff Foundation is a 501c3 charitable organization which operates the Knollwood Military Retirement Community, a Life Plan Community for 300 retired officers and veterans of the Uniformed Services and their families.

Based in Washington, D.C., the Army Distaff Foundation identifies and applies innovative solutions to help achieve excellence in health and wellness programming to meet the needs of an aging nation, including veterans from World War II, Korea,

and the Vietnam War, such as Major Don Kaufmann pictured with the band at left.

2019 marks 60 years of serving Americans with a lifetime of service to their nation. Knollwood continues to be a home providing quality care and companionship to those who served the nation.



ARMY DISTAFF
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