

# FREE|NOTES

HARMONY PARK™

A PLAYCORE Company



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## Harmony in Care: Outdoor Music for Senior Well-Being



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## A Song We Share

Imagine a sunny courtyard where a grandmother and her granddaughter stand side by side, laughing as they create a melody together. Nearby, a group of residents taps out rhythms on colorful drums, smiling at each other between beats. There is no pressure to “play it right,” only the joy of making something beautiful together.

This is what Freenotes Harmony Park instruments make possible. They create spaces where music connects generations, invites participation from all abilities, and turns ordinary moments into shared memories.

## Freenotes Harmony Park for Senior Living

Freenotes instruments are designed to spark creativity the moment it's touched. Tuned to a harmonious pentatonic scale, these instruments invite exploration, with every note blending perfectly and intentionally.

Made from weather-resistant materials, these instruments are perfect for outdoor settings and welcome everyone into the music-making experience. Residents, families, staff, and visitors can all participate, building connection, encouraging movement, and inspiring joy.

## Bridging Generations Through Music

The true power of Freenotes lies in their ability to foster intergenerational engagement. They create a shared space where seniors and their families can connect in a fun and meaningful way.



### Playful Connection

As playfulness expert Dr. Josefa Lieberman explains, observable joy is an enduring component across all ages. Playing music together creates opportunities for laughter, shared experiences, and connection, helping to reduce feelings of loneliness and build strong family bonds.



### Grandparents & Grandchildren

Freenotes instruments offer a perfect activity for grandparents and grandchildren to enjoy together. The instruments' intuitive design allows everyone to participate equally, creating treasured memories and a positive, shared sense of achievement.

## The Science of Music and Aging

A growing body of research highlights music's profound benefits for an aging brain and body. Freenotes instruments provide a direct and engaging way to access these benefits.

- **Brain Stimulation:** Music actively stimulates the brain's auditory cortex, a region that often declines with age. This engagement helps sharpen concentration and memory, and a Stanford University study found music programs are linked to improvements in cognitive functions.<sup>1</sup>
- **Stress Relief & Well-being:** Playing music can reverse the effects of stress at the molecular level and promote the release of feel-good endorphins. In one study, participants in a weekly music therapy group showed significantly reduced anxiety and higher self-esteem.<sup>2</sup>
- **Physical & Motor Skills:** Rhythmic musical engagement can improve coordination, regulate vital signs, and enhance motor skills. Colorado State University's Center for Biomedical Research in Music found that olorado State University's Center for Biomedical Research in Music found that rhythmic cues helped Parkinson's patients improve their mobility and balance.<sup>3</sup>

## A Versatile Tool for Senior Care

Senior Care	Benefits with Freenotes Instruments
<b>Alzheimer's &amp; Dementia</b>	The ability to connect with rhythm and melody often remains even in late stages of dementia. Outdoor music-making can soothe agitation, spark interaction, and provide comfort.
<b>Stroke Recovery</b>	Music-based interventions can match or exceed the benefits of conventional rehabilitation for upper limb function, mobility, and cognition. Freenotes instruments offer a gentle, enjoyable way to support motor skill recovery.
<b>Outdoor Play &amp; Wellness</b>	Outdoor musical play encourages gentle exercise and a connection with nature, which a review from the University of London found can lead to long-term emotional stability and senior well-being.

<sup>1</sup> This finding is based on research conducted at Stanford University School of Medicine, which shows that music engages brain areas involved with attention and memory, and that music programs are linked to improvements in markers of the body's immune system.

<sup>2</sup> This claim about music reducing stress is supported by studies from Loma Linda University School of Medicine, which found that playing a musical instrument can reverse the hormonal stress response. The benefits for anxiety and self-esteem were reported in a study of seniors conducted at Stanford University.

<sup>3</sup> This data is from research by Michael Thaurt, director of Colorado State University's Center for Biomedical Research in Music, who found that rhythmic cues can help retrain the brain after neurological impairments like Parkinson's disease and stroke.



## Harmony in Motion



**Chattanooga, TN:** Morning Pointe of Chattanooga enhances quality of life with Freenotes Harmony Park instruments for residents to enjoy.

### **Morning Pointe Senior Living - Chattanooga, TN**

Freenotes instruments have become a transformative addition to senior living communities and public spaces alike. “Morning Pointe Senior Living collaborated with Freenotes Harmony Park to establish an outdoor musical instrument park... This area provides a safe, accessible, and enriching environment that promotes joy, social interaction, and community spirit among residents.”

— Franklin Farrow, CEO & Co-Founder.

## Conclusion: Toward a Vibrant Senior Life

Freenotes Harmony Park instruments redefine senior engagement by creating joyful, inclusive, and therapeutic spaces. By offering an accessible outlet for creative expression and intergenerational connection, these instruments help to improve emotional well-being, physical health, and community bonds for seniors and those who love them.

### **Join the movement to bring music outdoors.**

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