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For Immediate Release
January 29, 2018
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Music Mends Minds Comes to Beverly Hills

People with Cognitive Decline Issues and Others are Invited to Participate in Weekly Music Group

Beverly Hills, Calif. – We know that music has a profound effect on humans. Studies now show that it may actually be therapeutic for those with neurodegenerative diseases like dementia, Alzheimer’s, Parkinson’s, traumatic brain injury, stroke and PTSD.

Such findings have inspired Music Mends Minds, a program that brings people together to enjoy music and socialize. Founders Carol and Irwin Rosenstein started the program to bring hope and life into their home when Irwin was diagnosed with Parkinson’s disease, but the program has quickly captured the attention of medical researchers and communities throughout the country. “We want to bring together not only those who are challenged with cognitive issues, but also others who want to enrich their lives with music and just have fun,” said Myra Lurie, President of the Rotary Club of Beverly Hills, which is co-sponsoring the new local band.

The collaboration between the City of Beverly Hills, the Rotary Club of Beverly Hills and Music Mends Minds makes it possible to bring this program to Roxbury Park Community Center every Tuesday, from 1 p.m. to 2:30 p.m., beginning February 13. Volunteers from the Rotary Club will assist and Rotarian and musician Steven Weinglass will serve as bandleader. “We’re very excited about the Beverly Hills band’s opportunity to bring people together with a joyful, meaningful and therapeutic afternoon of music every Tuesday afternoon.”

Everyone is invited to participate, regardless of their age or musical ability, though those who have instruments are asked to bring them to play. “We hope this drop-in program becomes very popular because there is nothing like bringing people together through music,” said Patty Acuna, City of Beverly Hills Senior Recreation Supervisor.

To join, simply drop-in any Tuesday, February 13 or after at 1 p.m. at Roxbury Park Community Center; no registration is required, though caregivers should attend with those who require them, and youth under 18 years of age must be accompanied by an adult.

For further information, contact Roxbury Park Community Center at 310-285-6840 or Myra Lurie at Myra.Lurie@bhrotary.org.

Music Mends Minds has bands in West LA, Studio City, Pasadena, Redondo Beach, Santa Barbara and more.

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