



THE **Matty Fund**[®]
Epilepsy Resource Center
For children and families
www.MattyFund.org



September 2012

Kids are back in school, there's a nip in the evening air and the colors of autumn are beginning to emerge through tired leaves...The Matty Fund celebrates fall with its annual Pumpkin Festival! Offered in two locations this year, this free activity welcomes children and families affected by epilepsy for a day of pumpkin fun, food and activities! It's a chance for everyone-- old friends and new acquaintances to share stories and create memories. The festivals take place at The Farmer's Daughter in South Kingstown, October 20 and at Adam's Farm in Cumberland, October 27 from 11-2. Hope to see you there!! **Kathy Anzeveno, Executive Director**

Music and Healing

A Sampling from Chapter 7 of: *The Challenge of Epilepsy - by Sally Fletcher*

"Countless research studies have been done on the healing benefits of music for all types of medical issues. In fact, there are over 900,000 references on music and healing. We now know that music affects the EEG in the entire cortex, and not, as once thought, in just a part of the brain.

We also know that music can promote healing - but what kind of music is best? There is research to prove that listening to Mozart's compositions raised IQs and improved attention and behavior in children. But clearly, not everyone responds to music in the same way. What ultimately works in choosing music for healing is to select what pleases you and also achieves the mood or balance that you want. Mozart, baroque, or any evenly paced classical music can help to steady your conscious awareness and increase your mental organization. For loosening up, listen to romantic, jazz, or classical music from the Romantic period. To relax or slow down your (or your child's) pace, start with music at a moderate or faster tempo to match your metabolism, and then gradually switch to slower and slower music. When you want to wake up or have more energy, start with slow, quiet music and then gradually switch over to louder pieces with a faster tempo.

Music played at a moderate or moderately fast tempo, without too many abrupt changes in dynamics (loud and soft) helps to normalize the EEG. In Concertos, Sonatas and Symphonies, look for tempo markings or sections titled "Andante, Allegretto, or Allegro."

For best results, do not listen to music for more than three hours at one time. If you find that you've had music playing for more than three hours, turn it off and take a break. The brain responds to variety and too much of any one stimulus produces a kind of fatigue and even irritation. Everyone is unique. Experiment with different types of music, and be aware of the effects each style of music has upon your (your child's) mental, emotional and physical well-being.

**Want to learn a little something about music therapy? Would you like to have your child experience it? Then we have GREAT NEWS...The Matty Fund has invited Nicole O'Malley from Hands in Harmony to join us to give a brief overview about the benefits of music therapy at our Workshop on September 20th. Hands in Harmony will also be attending a select number of Discovering My Epilepsy Family Support Group meetings this year...*

**See the side panel of this newsletter for more information —>*

More upcoming events and programs:

THE **MATTY FUND**[®]
 Family Workshop

Educational Workshop for Matty Fund Families

Learn about IEP's, and 504 plans and the BEST ways to advocate on behalf of your child

At The Matty Fund's Resource Center
 Thursday, 9/20
 6-8:30 p.m. FREE
 Call 401-789-7330 to register



Discovering My Epilepsy® Family Support Group

Upcoming meetings:
 Tues. 9/18 & 10/16 in Warwick

Wed. 10/3* in Wakefield
 *Music Therapy

The Matty Fund Epilepsy Resource Center for Children and Families

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