



Watercrest Senior Living and Central Florida Community Arts now accepting members of the Musical Minds Alzheimer's & Dementia Choir of Central Florida

VERO BEACH, FL, August 12, 2015 – [Watercrest of Lake Nona](#) is proud to announce opening rehearsals of the Musical Minds Choir, a partnership with Central Florida Community Arts (CFCArts) in hosting the first Florida-based community-wide performance group designed for individuals experiencing early memory loss, dementia and Alzheimer's, and their care partners. Research shows that music is stored in a part of the brain last affected by Alzheimer's disease and the therapeutic experience of making music or simply listening to it can stimulate the brain and promote brain health.

“We believe the Musical Minds Choir has the potential to make a positive impact not only in Central Florida, but across the nation,” says Christopher Shepherd, Director of Creative Program Development for Watercrest Senior Living. “The excitement is building exponentially as we prepare for opening rehearsals and continue strengthening the partnerships we have built as part of our Watercrest common unity initiatives.”

Join CFCArts and Watercrest Senior Living on a musical journey through the decades! All individuals with early stage memory loss from Alzheimer's or dementia are invited to join in choir rehearsals with their significant other or caregiver, regardless of experience or skill level. Rehearsals begin Wednesday, August 26th from 10am to 11:30am at Central Florida Community Arts, located on the campus of Central Christian Church, 250 SW Ivanhoe Blvd., Orlando, 32804. A one-time membership fee of \$50 covers the choir member and their care partner; scholarships are also available. For more information, or to enroll, please contact Charlotte Stewart at 407.937.1800, or visit www.cfcarts.com/musical-minds-choir/.

Watercrest's Chris Shepherd was compelled to serve the local community by expanding the music therapy program to local individuals living with early stage Alzheimer's and dementia-related diseases. Shepherd approached Josh Vickery, Founder and Executive Director of Central Florida Community Arts (CFCArts), a non-profit musical arts organization with a mission to serve and enrich our community's quality of life through the arts. With a common vision to serve, Watercrest and CFCArts established the Musical Minds Choir in partnership with the Brain Fitness Club of Winter Park, the Alzheimer's and Dementia Resource Center, the Alzheimer's Association of Central and North Florida, and hospice care provider, Vitas.

As the developer and operator of assisted living and memory care communities, Watercrest Senior Living advocates the benefits of music on the brain through the implementation of the Music & Memory program in their communities, such as [Watercrest of Lake Nona](#). Watercrest also encourages a commitment to serving others and fulfilling needs in our hometowns through their Common Unity program, a company-wide initiative supporting associates and residents in community service and enrichment.

Focused on the growth of servant leaders, Watercrest Senior Living identifies people as the company's greatest asset. For more information, please visit www.watercrestseniorliving.com.

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