

DIMENSIONS IN SOUND and THE STUDIO ORCHESTRA (DISSO)



WHO WE ARE –

Dimensions In Sound and The Studio Orchestra, Inc. (DISSO) is a 501(c)(3) nonprofit organization based in Madison, Wisconsin. We are 2 groups: **Dimensions In Sound**, a 17-piece big band, and **The Studio Orchestra**, a 35-piece full orchestra. Our musicians are amateurs who volunteer their time for the sheer enjoyment of playing their instruments and providing quality entertainment for our audiences.

WHAT WE DO –

We perform regularly for people in senior living communities, assisted living facilities, special events, and other organizations. Our live musical performances span a wide range of musical genres, including jazz, swing, classical, musical and film favorites, and popular hits from different eras. We plan and rehearse each performance to ensure the highest quality and an enjoyable experience for our audiences. Through music, we aim to uplift spirits, spark nostalgia, and foster a sense of community.

WHY WE DO WHAT WE DO –

We believe music can transcend time and connect people on a deep emotional level. We recognize the importance of social interaction, mental stimulation, and emotional well-being for seniors, and we are passionate about making a positive impact on their lives through our music. Research studies[*] have shown the following benefits of live music performances, particularly for seniors and individuals who may have memory issues:

- **Memory and cognition:** Music can stimulate regions of the brain associated with memory, leading to improved recall and cognitive function in individuals with memory loss.
- **Emotional well-being:** Live music performances evoke strong emotional responses and can reduce stress, anxiety, and depression among seniors.
- **Social interaction and engagement:** Attending live performances fosters connection and community – essential for well-being for people at any age – and lessens isolation and loneliness.
- **Reminiscence and autobiographical memory:** Live performances facilitates reminiscence and the recall of autobiographical memories, enabling seniors to value personal history and experiences.

Simply put, live music performances have a positive impact including enhanced well-being.

SAMPLE VIDEOS OF OUR RECENT PERFORMANCES –

Dimensions In Sound: “Witchcraft” at UW Memorial Union Great Hall - annual Hoofers Commodores’ Ball, July 22, 2022:

<https://youtu.be/VzNOY9w84ZA>



The Studio Orchestra: “Themes from Eroica” (Beethoven) at the Performing Arts Center at Stoughton High School, May 19, 2023:

https://youtu.be/rOWxF_NzEko



“BOOK US!” – BRING ONE OF OUR GROUPS TO YOUR FACILITY/ORGANIZATION –



We are booking performances for 2023-2024. Please contact Mike Honeck, Board President, to discuss details including which group might meet your needs, scheduling, facility logistics, and pricing. We can arrange for smaller ensembles (3 to 8 musicians) if more appropriate for your facility. Use our web site contact form at: <https://www.disso.org/booking>

[*] REFERENCES CITED:

1. Memory and cognition:

Study: Jacobsen, J.-H., Stelzer, J., Fritz, T.H., Chételat, G., La Joie, R., Turner, R. (2015). 'Why musical memory can be preserved in advanced Alzheimer's disease.' *Brain*, 138:8, pp. 2438–2450, <https://doi.org/10.1093/brain/awv135>

Summary: This study examined why musical memory is surprisingly well-preserved in many patients with Alzheimer's disease.

2. Emotional well-being:

Study: Lee, C.-H., Lee, C.-Y., Hsu, M.-Y., et al. (2017). 'Effects of music intervention on state anxiety and physiological indices in patients undergoing mechanical ventilation in the intensive care unit: A randomized controlled trial.' *Biological Research For Nursing*. 19:2. pp. 137-144. doi:10.1177/1099800416669601

Summary: This study discussed the effects on ICU patients of listening to music for 30 minutes, which included reduced stress and anxiety.

3. Social interaction and engagement:

Study: Dadswell, A., Wilson, C., Bungay, H. and Munn-Giddings, C. (2017), 'The role of participatory arts in addressing the loneliness and social isolation of older people: A conceptual review of the literature', *Journal of Arts & Communities*, 9:2, pp. 109–28, doi: 10.1386/jaac.9.2.109_1

Summary: This conceptual literature review discussed loneliness and social isolation as issues for seniors, and explored the impacts of participatory arts (including music performances), which may include increased interaction, social satisfaction, and community belonging.

4. Reminiscence and autobiographical memory:

Study: El Haj, M., Antoine, P., Nandrino, J.L., Kapogiannis, D. (2015). 'Autobiographical memory decline in Alzheimer's disease, a theoretical and clinical overview.' *Ageing Research Reviews*. 23:B. pp. 183-192

Summary: This review article critically examines the literature on autobiographical memory in Alzheimer's disease. It discusses the potential of music to stimulate autobiographical memory recall and evoke memories from the past.