



PRESS CONTACT:
Rebecca Reap, Public Relations
214-891-5074
rebecca_reap@richards.com

BRINGING GENERATIONS TOGETHER THROUGH MUSIC
*Capital Senior Living now offering Music Together Generations Classes
to residents and families*

DALLAS – March 20, 2018 – According to research, music and intergenerational interaction¹ can enhance cognitive abilities and quality of life in children², parents, and seniors³. As part of its commitment to creating an environment where seniors can thrive, Capital Senior Living (NYSE:CSU) is collaborating with Music Together Worldwide to bring the joy and benefits of music and multigenerational interactions to its residents and families with young children.

“A critical aspect of our senior residential communities is to offer enriching, quality experiences that encourage older adults to stay active and stay involved,” said Lawrence Cohen, CEO of Capital Senior Living. “We’re thrilled to team up with Music Together to use music to create opportunities for interaction, learning and fun, all of which are an essential part of life at every age.”

Throughout the year, Music Together will bring Generations, one of its popular music classes for young children to Capital Senior Living communities around the country. Children, newborn to age 5, their caregivers, and participating community residents will take part in music-making experiences designed to build relationships across generations and enhance quality of life for all ages.

“Research tells us that music, at any age, provides unique emotional, physical and cognitive benefits,” said Susan Darrow, CEO of Music Together. “Beyond that, our participants enjoy the songs and spending time with one another. When children and seniors make music together in our Generations classes, magic happens.”

Studies show that seniors who regularly interact with children experience fewer falls and perform better on memory tests than their peers¹. Additionally, social interaction can lead to a decreased risk of isolation and depression among older adults and an overall higher quality of life.

“I saw parents today dancing with their babies like I did mine...” said a senior resident who participated in the class last fall at a The Wellington at North Richland Hills, a Capital Senior Living community near Fort Worth, Texas. “I wish that more people would be introduced to the class. I think we need it for our soul to interact more because it just lifts us up and brightens our day.”

Seniors aren’t the only ones who have something to gain from intergenerational music classes. Musical interaction between younger generations and older generations can provide additional support in early music learning. Additionally, the weekly Generations class experience helps children in developing lasting positive attitudes toward aging.

“It has been wonderful to see my son’s growth as well as getting to know the grandfriends and seeing them remember the songs we are singing and participate more,” said a parent who attends Generations classes with her toddler. “As we’ve gone through, my son has gotten much more comfortable with the grandfriends and wanting to interact with them more. It has been really nice. I’ve always had a soft spot in my heart for working with older people and I wanted my son to have that as well.”

To enroll in a Music Together Generations class at a Capital Senior Living community, please visit <http://www.MusicTogether.com/> and search for a location near you.

About Capital Senior Living

Capital Senior Living Corporation is one of the nation’s largest operators of residential communities for senior adults. The Company’s operating strategy is to provide value to residents by providing quality senior housing services at reasonable prices. The Company’s communities emphasize a continuum of care, which integrates independent living, assisted living, and memory care services, to provide residents the opportunity to age in place. The Company operates 129 senior housing communities in geographically concentrated regions with an aggregate capacity of approximately 16,500 residents. For more information, visit <http://www.capitalsenior.com/>.

About Music Together

Music Together is an internationally recognized early childhood music program for babies, toddlers, preschoolers, kindergartners and the adults who love them. First offered to the public in 1987, it pioneered the concept of a research-based, developmentally appropriate early childhood music curriculum that strongly emphasizes and facilitates adult involvement. Music Together classes are based on the recognition that all children are musical. All children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided that their early environment supports such learning. For more information, visit www.MusicTogether.com.

¹Fried, L.P. et. al. (March 2004). A Social Model for Health Promotion for an Aging Population: Initial Evidence on the Experience Corps Model, *Journal of Urban Health*, Vol. 81, No.1, p. 64-78.

²Brown, Laura Lewis. (May 2012). The Benefits of Music Education, *PBS*, Public Broadcasting Service, www.pbs.org/parents/education/music-arts/the-benefits-of-music-education/

³Lehmsberg, Lisa J. et al. (2010). Benefits of Music Participation for Senior Citizens: A Review of the Literature, *Music Education Research International*, Vol. 4, p. 19-30

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Contact Rebecca Reap, Public Relations, at rebecca_reap@richards.com for more information.