

# The charms of music can have a therapeutic effect

One of the joys of new therapies for those Arthur Harvey calls "aging folk" is that they often benefit everybody. Nowhere is this more true than in the growing body of knowledge called music therapy.

"People today know music can offer many benefits that are inexpensive and can work on many people simultaneously," says Harvey, a maestro whose range extends from what Dad called "bar-room piano" to conducting sacred music.

Director of worship and music at Calvary-By-The-Sea Lutheran Church, he teaches two courses at the University of Hawaii, conducts weekly music therapy for about 50 patients at Leahi Hospital, and produces a stream of essays and articles.

"Music can change emotional states,



JAN FERRIS

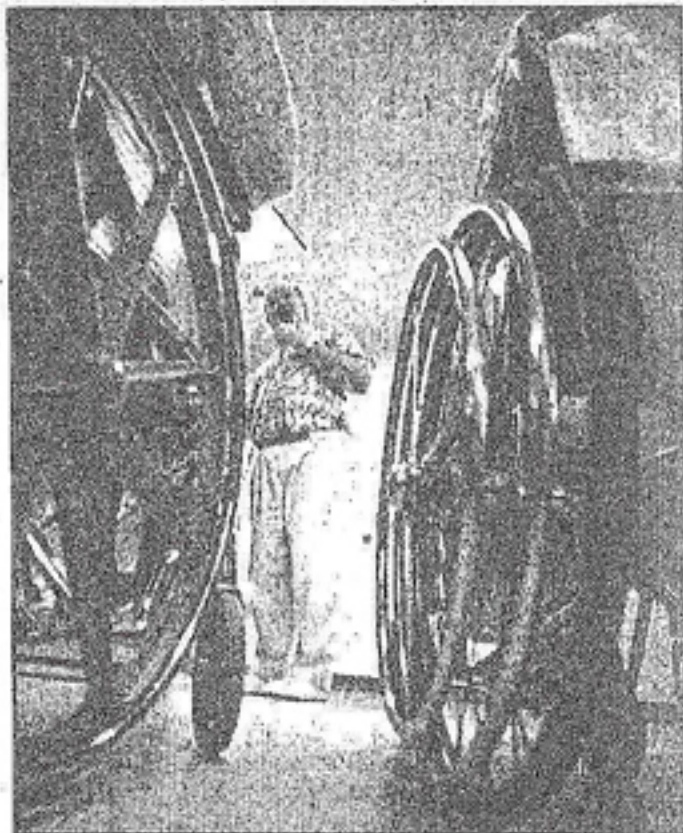
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keep the brain stimulated, and also is reality orientation for people who are disoriented, particularly when it brings back youth and childhood," said Harvey, who began working in gerontology "30-something" years ago. Professor of music at a Kentucky university

for 18 years, he has developed training programs for nurses, occupational and recreational therapists, and medical students.

One of his favorite projects here was the Singing Seniors program at Wai'alea Baptist Church, where he served as a minister of music from 1991 to '94. The group, 25 senior musicians, has given several concerts and performed in nursing homes, the Very Special Arts

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Arthur Harvey sings, accompanied by taped music, with residents at Leahi Hospital in the Recreational Therapy Department. "I see music as a minister," says Harvey, who sings the praises of music therapy.

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