

**Preethi Burkholder**

Loveland, CO  
Ph: 970 663 4316  
e-mail: [2017excel@gmail.com](mailto:2017excel@gmail.com)  
[www.preethiburkholder.com](http://www.preethiburkholder.com)



## **45 Free and Low Cost Life Enrichment Programs**

### **How You Benefit from a Successful Life Enrichment Program**

Enhances Your Facility's Reputation

Creates a good buzz

Creates staff retention

Residents are less likely to leave

Cuts back costs on marketing

Residents are mentally, more alert and sound

Residents are happy, energized, and stimulated

### **Making it a Team Effort**

Volunteers

Senior Center, Community Center, Kiwanis Clubs, Lions Clubs, Rotary Clubs

High school students, college students

Librarians

In-house staff

Day care, elementary schools

Church



"Laughter is the best medicine. But your insurance covers only chuckles, giggles, and snickers."

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## Free and Low Cost Life Enrichment Programs for Seniors

Where to Get Items/Services for Free or Cheap	
Local thrift store	
Craft stores during seasonal clearance. Eg: Go in January to buy Xmas crafts for next to nothing	
Day cares when they are updating their items	
Senior Center, Community Center, Church	
Asking for price breaks from vendors	
Families of residents	
Yard sales, garage sales, spring cleaning time	Free music, free lunch
Craigslist, e bay, online sites for used items	Negotiating with music therapists

How to Cut Back Costs
Borrow rather than buy
Rotate items every few weeks; store things effectively
Ask around from other life enrichment coordinators
Borrow arts and crafts books from the library to learn new skills; visit <a href="http://www.youtube.com">www.youtube.com</a> to learn new tricks
Have a humming volunteer group
Make employee retention, a primary focus
Treat your vendors with dignity. That way, they want to serve you better and you need not look for new vendors



"The problem with today's generation is that they just can't stand on their own two feet."

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**Free and Low Cost Life Enrichment Programs for Seniors**

Physically Stimulating	Mentally Stimulating	Group Activities
1 Raising an outdoor garden	1 Memoir writing	1 Magic show
2 Wii Bowling	2 New computer skills, <a href="http://www.ancestry.com">www.ancestry.com</a>	2 Juggler acrobat
3 Kite making	3 Ancestry.com	3 Wine and cheese party
4 Kite flying	4 Studying	4 Costume party
5 Jack O Lantern carving	5 Long distance, online degrees	5 Rodeo party
6 Easter Egg dying	6 Board games	6 Special tribute parties
7 Blow bubbles	7 Memory box	7 Good old days parties
8 Bursting bubble wrap		8 Polynesian party
		9 Belly dancers
		10 Irish dancers
		11 Wild West cookout
		12 Grandparents Day
		13 Introducing new residents
		14 Colonial harvest picnic
		15 Talent show
		16 Free entertainment
		17 Pet therapy
		18 Catch a falling star
		19 Fruit celebration

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<b>Group Activities</b>	<b>Simple Acts</b>	<b>Community Involvement</b>
20 Campfire social	1 Listening	1 Bartender, cocktail waitress
21 Art therapy	2 Jokes	2 Beauty School
22 Hawaiian breakfast	3 Making conversation	3 Barber shop quartets
23 Sandbox	4 Walking with a resident	4 Church ministers
24 Music therapy		5 Memoir writing
		6 Antique doll collector

### **Music Therapy Awards, Grants, and Websites That Might Give You Funding For your Life Enrichment Programs**

The Irma Carey-Wilson Music Therapy Scholarship: available for college students. Amount \$275.  
[www.nfmc-music.org](http://www.nfmc-music.org)

The NFMC Dorothy Dann Bullock Music Therapy Scholarship. Offered to Music Therapy Majors. Award Amount \$1350. [www.nfmc-music.org](http://www.nfmc-music.org)

The NFMC Ruth B. Robertson Music Therapy Scholarship. College students can apply. Award amount \$300.  
[www.nfmc-music.org](http://www.nfmc-music.org)

The Mockingbird Foundation, awards grants to non profits and agencies that can get nonprofit affiliation. \$500-\$5,000. [www.mbird.org](http://www.mbird.org)

Helping from Heaven Foundation, gives grants for music therapy related equipment. They also have equipment such as wheelchairs that are donated. Click on Lexi's Closet. [www.helpingfromheaven.org](http://www.helpingfromheaven.org)

Bolton Music Therapy, [www.boltonmusictherapy.com](http://www.boltonmusictherapy.com), gives a listing of places giving grants and scholarships in music therapy, medical equipment such as wheelchairs, and more

Katesvoice, [www.katesvoice.org](http://www.katesvoice.org), offers grants for students who need music therapy

American Music Therapy Association, [www.americanmusictherapy.org](http://www.americanmusictherapy.org)

Music Therapy in Wisconsin, [www.musictherapywisconsin.org](http://www.musictherapywisconsin.org)



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## Free and Low Cost Life Enrichment Programs for Seniors

### Grants Sites You Must Visit, To Get Funding for Your Facility and Residents

Fundsnet Services [www.fundsnet.com](http://www.fundsnet.com) Excellent free resource that lists thousands of funders. Some places (not all) give grants for long term care facilities. Fundsnet services allows you to search for grants under various categories such as arts and culture, health an wellness, disability grants, and more.

Foundation Grants to Individuals Online <http://gtonline.foundationcenter.org/> There is a subscription fee on this, \$19.95 per month. Gives thousands of listings of grants for individuals.

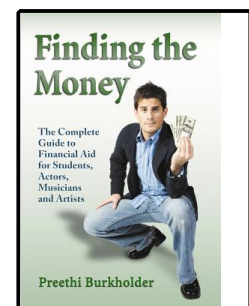
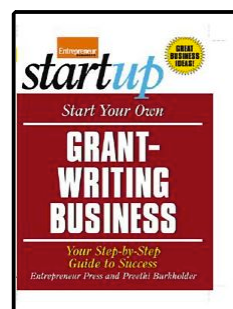
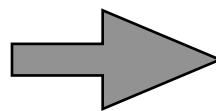
The Grantsmanship Center, [www.tgci.com](http://www.tgci.com) Gives extensive listings of funders. Click on the map for Wisconsin, or the state that you live in to look at funders in your area. They have three categories of funders for every state: Top Grantmaking Foundations in Wisconsin (or the state that you live in), Community Foundations, Corporate Giving Programs

The Foundation Center [www.foundationcenter.org](http://www.foundationcenter.org) Extensive website that gives listings of places giving money to private institutions, nonprofits, individuals and more. Fees for subscription apply.

Women Arts [www.womenarts.org](http://www.womenarts.org) Gives listing of emergency grants for men and women in various arts disciplines. Also gives places giving emergency grants for individuals in the long term care industry. For example, if you are a life enrichment coordinator and seeking \$1,000 to cover an unexpected medical bill, this site gives some funders that awards one time emergency grants to individuals.

Change Inc, Offers emergency grants to individuals in any walk of life. Eg: If you are a caregiver or a life enrichment coordinator and need assistance in paying your medical bill or facing eviction, you can apply for a grant. Grants are given for a variety of emergency situations. Ask for an application explaining your need, to Change Inc, P.O. Box 1818 Sanibel, FL, 33957: Ph: 212 473 3742

To learn more about grant writing, applying for financial aid, and how to craft persuasive grant proposals, consult Preethi Burkholder's books, on grant seeking. They are titled "Finding the Money," and "Start Your own Grant Writing Business." These books also give listings of places that give grants.



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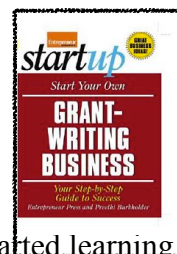
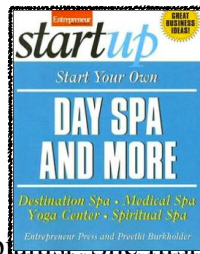
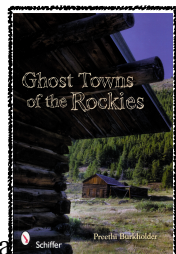
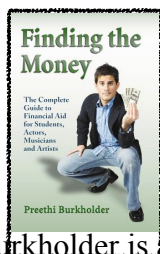
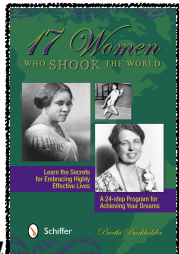
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## Getting to Know the Presenter, Preethi Burkholder

**Mezzo Muzique:** Preethi Burkholder is the founder of Mezzo Muzique, a provider of therapeutic services for Seniors. Preethi offers music therapy at long term care facilities.

**Author:** Preethi Burkholder is the author of five books. They are:

- 17 Women Who Shook the World (Schiffer Publishing, Pennsylvania, 2013)
- Ghost Towns of the Rockies (Schiffer Publishing, Pennsylvania, 2011)
- Start Your own Grant Writing Business (Entrepreneur Press, California, 2009)
- Finding the Money (McFarland Publishers, North Carolina, 2008)
- Start Your Own Day Spa (Entrepreneur Press, California, 2007)



**Pia** Burkholder is a classically trained pianist who started learning piano at age five, in her homeland of Sri Lanka (formerly Ceylon). She has a Bachelor's Degree in Piano Performance from Clark University, Massachusetts, and a Master's in Ethnomusicology from Tufts University, Massachusetts. Preethi Burkholder has participated as a pianist in the *Tibor Varga Music Festival* in Sion, Switzerland, *The Lancaster Music Festival* in Columbus, Ohio, and the *Aspen Music Festival*, in Aspen, Colorado. Preethi plays popular sing alongs by ear, hymns, marches, waltzes, and Americana.

**Speaker:** Preethi speaks at health care conferences, historical societies, universities, and womens conferences.

### Contact:

To Schedule Preethi Burkholder for a Speaking Event:

Call 970 663 4316 (Colorado, MST)

e-mail: [2017excel@gmail.com](mailto:2017excel@gmail.com)

Website: [www.preethiburkholder.com](http://www.preethiburkholder.com)



"I would like to thank the Ohio Health Care Association and beautiful Columbus for inviting me to speak. It has been a pleasure getting to know the audience at this conference. I wish you all, great journeys ahead" Preethi Burkholder

### Credentials of Preethi Burkholder

- Author of five books
- Provides music as healing for Seniors
- Speaks at conferences
- Media spokesperson
- Nominated for 2013 AAUW Eleanor Roosevelt Award for her Humanitarian Work
- Preethi Burkholder's Book "17 Women Who Shook the world" was a Finalist in the 2013 Delta Kappa Gamma International Educator Award
- Master's Degree, Tufts University, Massachusetts
- AAUW (American Association of University Women) International Fellow, D.C