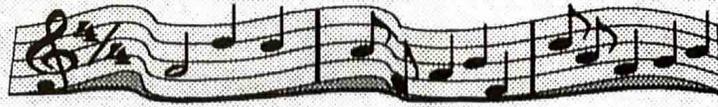


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Royal Page

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PLAY MUSIC & FEEL GOOD

SCIENTIFIC FINDINGS SHOW A 92% INCREASE IN HUMAN GROWTH HORMONE FOLLOWING KEYBOARD LESSONS

Study of Active Older Americans Has Far-Reaching Implications for the Aging Process

East Lansing, MI – Michigan State University announced today the results of a breakthrough study demonstrating that group keyboard lessons given to older Americans had a dramatic effect – a 92% increase – on levels of human growth hormone (hGH). Human growth hormone is implicated in such aging phenomena as osteoporosis, energy levels, wrinkling, sexual function, muscle mass, and aches and pains. This announcement follows the release of findings last month from the same study that showed significant decreases in anxiety, depression and loneliness – three factors that are critical in coping with stress, stimulating the immune system, and improving health.

Frederick Tims, Ph.D., MT-BC, Chair of Music Therapy at Michigan State University, who was also principal investigator for a University of Miami Alzheimer's project on music therapy, led a highly respected team of researchers to conduct the study. Joining in the project were specialists from the Aging Institute at the University of South Florida; the Department of Psychiatry and Behavioral Sciences at the University of Miami School of Medicine; Karolinska Medical Institute, Stockholm,

Sweden; Appalachian State University; The University of Kansas; and Western Michigan University. Speaking for the research team, Dr. Tims said, "We feel very strongly that the work we are doing here suggests that abundant health benefits can be achieved by older people learning to play music in a supportive, socially enjoyable setting."

Called the Music Making and Wellness project, the study was conducted in cooperation with the American Music Therapy Association and Fletcher Music Centers. The study followed various health measures in 130 people during 1998. The experimental group consisted of 61 retirees taking group keyboard lessons in Florida over a period of two 10-week semesters. The health measures were administered before the lessons and after each semester.

The control group included 69 retirees in Michigan not receiving group keyboard lessons, with the health measures administered at the same times as the experimental group in Florida.

(continued on page 3)

The Royal Dish ... or, they said a moatful

Really enjoyed Bobby Steele. Hope his disk will make sound better. Ha Ha !

Jean R. – Lakewood, NJ

Thanks for helping me with the D7 chord. Now I sound great.

A Level 1 Student

Now here we are in the south. Now don't get me wrong we like it down here but... the instrument prices are higher here than they are in New Jersey. All of you are fortunate you have Royal Music to deal with. Royal is keeping abreast with what is happening in the music industry. I wish we had a Royal Music down here; it would demolish the local competition. But as I said above, we like it down here.

Bob T. – Knoxville, TN

I love my organ and my lessons and my troubadour.

Marie J – Toms River, NJ



"I can't talk right now, Alice.
I'm having my organ removed."

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(continued from page 1)

The Michigan control group was a good comparison group for the Florida group, since both were equivalent with respect to age, gender, and ethnicity. Forty-five men and 85 women participated in the study. Slightly more than one-half of the participants in each group were married.

Human growth hormone (hGH) is synthesized in the pituitary gland. It's level decreases with aging, for example, a 60-year-old secretes only 25% of the hGH secreted by a 20-year-old. It is thought that if levels of hGH could be increased, it is possible that the biological clock could be turned back 20 years. Sometimes injections of hGH are given by physicians to alleviate the problems of aging. In this study hGH levels increased dramatically in older students who were taking group music lessons. "These findings, linked with those released last month, present a very compelling argument for further study," says Dr. Tims.

The first round of results indicated important quality of life measures showing a significant change from pre to post-test in the experimental group (keyboard group), with no change occurring in the control group. On the Mental Health Inventory (MHI) Anxiety scores, anxiety decreased in the keyboard group but not in the control group. This decrease in anxiety was evident early on and appeared after only 10 weeks of lessons, remaining after 20 weeks of lessons. Decreased anxiety is related to improvement in cognitive performance, as well as enhancing learning, decision-making, and feelings of well-being.

On the Profile of Mood States (POMS) Depression/Dejection scores, depression scores

decreased in the keyboard group but not in the control group, and took into account differences in life events and social support. Depression is a major problem in the aging population. With decreased depression scores, people report a brighter mood.

On the UCLA Loneliness Scale, the loneliness scores of the keyboard group decreased across the span of the lessons, while the control group scores stayed the same. These measures accounted for differences in life events. This indicates that the keyboard students changed their perception of loneliness, or sense of being alone. Interestingly, the Lubben Social Support scores did not change. This indicates again the positive effects of the keyboard lessons since the Social Support scores measure external support, such as family and significant other support, whereas the Loneliness scale measures internal perception of support. In other words, it was from the lessons that this feeling most likely derived. Loneliness is a major problem with older people, and has major effects on health and feelings of well-being.

The project grew out of a decade of research conducted by the Music Therapy Program at the University of Miami on the effects of music therapy on health and well-being. This research, in addition to research around the country and the world, demonstrates that music making may be valuable in pain reduction, coping with stress, in stimulating the immune system, and in maintaining good health.

Major funding for the study was provided by NAMM, the International Music Products Association, retailers and manufacturers, and The National Academy of Recording Arts & Sciences, Inc



A Few Notes of Interest

by Jeff Mazza

Welcome home to everyone who spent winter in a warmer climate. Spring always marks a surge in attendance of music lessons here at Royal Music. This year we will kick off the spring lesson semester towards the middle of April. We are offering a plethora of new and improved classes geared to help our students **SWING INTO SPRING**.

I am proud to announce a class of enormous importance...

TEACH ME THE CHORDS !!!

This new class will teach you how to play the dozen or so most important chords in EZ-Play music. The ability to play these chords decently is the single most important quality found in all good musicians. I have personally told every student over the last 15 years, "Learn the chords." Playing these common chords allows for two important musical factors. First, you can play virtually any EZ-Play song. This opens your musical repertoire to thousands of possible songs. Second, you can play any brand of instrument. Nothing is more embarrassing than visiting friends or family and not being able to play their instrument. It's understandable if you don't know the functions of their instrument, but not being able to play your

chords is like not knowing what the gas pedal is for in the car.

One finger chord systems are okay for beginners, but they're like a life jacket. If you're going to spend time in the water you may as well learn how to swim. At Royal Music we can teach you to play those chords once and for all. Join us for this new exciting class.

Many readers of the Royal Page are enjoying our electronic newsletter *e-Royal Page*. Those of you with email should register to receive this newsletter by emailing us at eroypage@royalmusic.net. Include your name in your email so we know who you are. See you in cyberspace.

Our annual Moonlight Riverlady cruise will be held sometime in late June or early July. Tickets always sell out quickly, so contact us for

details and let us know if you intend to join us for a night of great friends, great music, great food and Royal weather.



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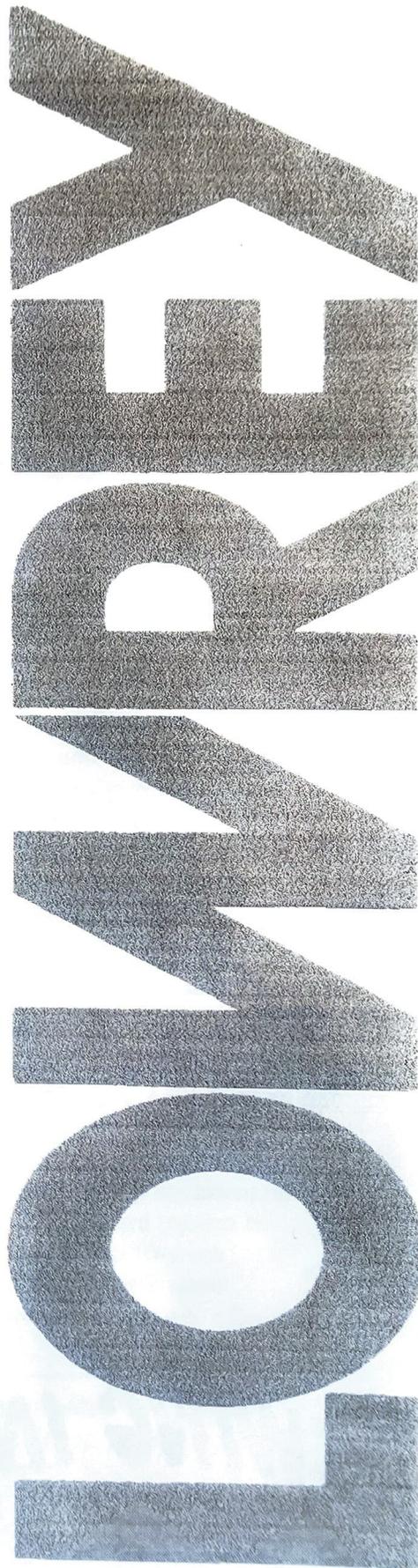
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SWING INTO SPRING