



2025-2026

To whom it may concern,

I hope this letter finds you well. I'm writing on behalf of the nonprofit Alberta Registered Music Teachers' Association (ARMTA). We are the official professional body of 475+ music teachers committed to fostering the love of music through teaching and enriching our community with its power since 1932. We are excited to propose with you a partnership that would allow our passionate student musicians to perform for your residents and patients, sharing the joy and therapeutic benefits of live music.

The Transformative Benefits of Music

Research consistently shows that music has a profound impact on mental and emotional well-being, extending to people of all ages and backgrounds, making it a truly universal gift. It can:

- Boost mood and reduce anxiety (Harvard Health Publishing, 2021; Cleveland Clinic, 2023)
- Support social connection (PMID: 38178844)
- Stimulate memory and improve cognitive functions, including in dementia (PMID: 38610807)

Recognition of Service

We kindly ask if your organization could verify on our students' volunteer hours for our Community Service Awards, which celebrates and encourages ongoing commitment to service among our young musicians. We believe this partnership will bring immense joy and enrichment to your residents and patients, while empowering our students to grow as compassionate, community-minded individuals. We would love to discuss and answer any questions you may have.

Sincerely,

Rose He

Vice-President, ARMTA

Associate of the Royal Conservatory of Music (ARCT) Diploma