

June 8, 2025

To whom it may concern,

I hope this letter finds you well. I'm writing on behalf of the 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 a partnership with you 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)

Alleviate pain and emotional distress (PMID: 27760797)

Support social connection and emotional expression (PMID: 38178844)

Stimulate memory, improve cognitive functions and reduce behavioural issues in cognitive impairments such as dementia (PMID: 38610807, 37783097)

**Increased Participation and Consistency:** When music teachers can coordinate performances directly, it becomes much easier to organize regular visits and assemble ensembles, ensuring a steady flow of uplifting musical events for your residents.

**Quality and Reliability:** Music teachers know their students' abilities and readiness, allowing them to select and prepare performers who are well-suited for your environment. This ensures high-quality, engaging performances every time.

**Efficient Scheduling and Communication:** Direct teacher involvement eliminates administrative delays, making it simple to arrange performances around both your facility's needs and the students' academic commitments.

## **Recognition of Service**

Additionally, we kindly ask if your organization could provide verification of our students' volunteer hours. This recognition is invaluable for our community service awards program, 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 this opportunity further and answer any questions you may have.

Sincerely,

**Rose He**

Vice-President, ARMTA  
Associate of the Royal Conservatory of Music (ARCT) Diploma

