



Garten's Music

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April 2017

Making music benefits kids, adults

These days we have many activities and responsibilities that compete for our time and attention. Outside school, children are busy with everything from sports to gaming. Adults are often caring for their kids, grand-kids or elderly relatives in addition to working.

The beauty of making music is that it isn't just about the music. It's about reaping the unseen benefits from childhood to adulthood.

"Music's helped me out a

billion times," said Wichita Music Academy instructor Les Clark. "You get sad, you write a song, you know?"

Studies have shown that playing an instrument increases memory capacity, enhances cognitive skills and hand-eye coordination, and boosts focus and concentration. University studies conducted in Georgia and Texas found significant correlations between the number of years of instrumental music instruction and student achievement in math,

science and language arts. Music students especially enjoyed higher scores in math (improved understanding of fractions was notable) and reading comprehension.

Of course, the educational benefits of making music lead to improved test scores, including on the SATs. However, the advantages of making music aren't limited to youth. According to the Alzheimer's Australia Dementia Research Foundation, "New research
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It's a great time to spring for a new piano!



Spring is a perfect time to shop for pianos!

Heartspring, a Wichita nonprofit organization that serves children with disabilities, purchased a new Hallet, Davis & Company piano from Garten's Music. Pic-

tured at left, Miss Verlone, the music teacher at Heartspring, played the piano just after it was delivered.

Garten's also carries Kawai pianos. Von Maur at Towne East
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Graduation day!



Congratulations to our graduates of the Goofin' Around Keyboard Class (Green Book 3)! Front row, from left: Dee Cheatham, Connie Gonzalez, Brent Kleeman, Bill Hall, Bobbi Bruce. Back row, from left: Connie Profaizer, Nancy Wiard, Vesta Campbell, Wanda Shaw, Millie Tallman, Joyce O'Dell, Aleta Vogt. Not pictured: Sue Maurer, Esther Gable.



The music of March

Lowrey's Bob Ashworth visited Wichita in March and conducted four workshops for Goofin' Around Keyboard Class students at Garten's Music. Thank you, Bob!

Mark your calendars!

Upcoming classes and gatherings at Garten's Music:

L.I.F.E. in Kansas MusicMakers

Join the club and enjoy making music with us!

– 2 p.m. Friday, April 7

PlayTime

is an opportunity for current and former Lowrey students to enjoy listening to and playing for your friends!

– 2 p.m. Friday, April 14

Organ Club

includes a Name That Tune game, playing tips, new songbooks and great music!

– 2 p.m. Friday, April 21
(Theme: Bodies of Water)

Welcome to new & returning students who signed up for lessons & classes!

Ralph C.
Alex S.
Jovanny V.
Faith W.
Zay'lin B.
Joe H.
Connie Z.
Mercedeze B.
Stella K.
Connie S.
Marsha H.
Gary M.
Theresa H.
Arletta P.
Floyd H.
Zelma S.
Liz H.
Jos P.
Mez D.
Rasri K.
Dee C.
Brent K.
Nancy W.
Bill H.

David P.
Dexter V.
Braylee M.
Charley B.
Brooke N.
Judy V.
Erika N.
Phoenix W.
Yvonne C.
Kerrie P.
Raina H.
Edna T.
Joe P.
Brenda M.
Janet A.
Brenda B.
Thelma E.
Janette B.
Linda O.
Wanda S.
Joyce O.
Connie P.
Aleta V.
Connie G.

Classes available:

“Hits from Musicals”
theme class for Green level

– starts at 2 p.m.

Tuesday, March 28

Lowrey Magic Red Book 2

– starts at 10:30 a.m.

Friday, April 21



Going to the movies

Eileen Price won our drawing at the Women's Fair booth! She received four gift certificates to the Warren Theatre.

The Wichita Music Academy offers instruction in piano, keyboard, guitar, bass, voice, ukulele, flute, tuba, saxophone, trombone, trumpet, clarinet, baritone/euphonium, violin, viola, cello, drums & percussion!

Congrats to the winner of our monthly drawing for February! Mike Martin received a plug-in mini amp.

WMA students earn recognition

Wichita Music Academy students recently received their trophies, wristbands and certificates for achieving musical milestones. We are proud of them!



Adam S.



Breeleigh J.



Carlita S.



Jackie C.



Caleb V.



Isabella E.



Bryson J.



Jennifer P.



Ariella A.



Lucy F.



Mary M.



Foster M.



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► **"Benefits of music," continued from Page 1.**

published in the International Journal of Alzheimer's Disease suggests that playing a musical instrument during adulthood is significantly associated with reduced risk of cognitive impairment and dementia."

Michigan State University Extension recognizes the importance of music in relieving stress and anxiety: "Research indicates that music stimulates the production of opiates and endorphins, the 'feel good' hormones in our bodies. This stimulation can result in improved blood flow and blood pressure. Further studies show even more benefits from music therapy when it is used not as an end product, but as a tool for health and well-being."

Adult students in the Goofin' Around Keyboard Class at

Garten's Music have experienced this firsthand. Millie Tallman played her Lowrey organ to cope with her husband's death.

"After the evening meal, I sit down and play," she said. "I don't know what I would do without it. It's a godsend. It helps with the loneliness. It's just wonderful to have it."

Joyce O'Dell also appreciates her Lowrey organ, especially since she has vision problems including macular degeneration.

"It's real hard for me to do a lot of things because of my vision," she said. "When I get nervous or bored or just kind of down, I go in and sit down and start playing. Sometimes I'll tell Jim, 'Now I'm just going to go play 30 minutes,' and when I'll look up or he'll

say something to me, it's been two or three hours."

When Bill Hall retired from the Air Force, he chose music as his hobby and enrolled in the keyboard class at Garten's.

"I think I was looking for this," he said, "and I think I was looking for it for a long time.

"And while I'm playing, I'm having fun," he added. "I challenge myself when I'm working on a song. I'm staying busy."

It's crucial to challenge ourselves, whether we're young or old! Check back next month to learn more about helping children get a strong start in music and encouraging them to stick with their new hobby so they can reap the benefits far into the future.

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Square leases a new Kawai grand piano from us each year. The store's 2017 piano is pictured at right!

In March and April only, Kawai is offering rebates on a new acoustic or digital piano. Stop in and save \$150 to \$3,000! Financing is available.





Celebrate guitars this month!

April is International Guitar Month, and we are celebrating! This month features a big sale on guitars, and the prize for our monthly drawing is guitar accessories. Of course, the Wichita Music Academy at Garten's Music offers guitar, bass and ukulele lessons. And don't forget to check out our guitar items such as picks, strings, tuners, straps, capos and more!

