



### Story Archives

- LTC & Finding a LTC Home
- OLTC Events
- OLTC Media Room
- LTC Careers
- LTC Magazine
- OLTC
- Contacting OLTC
- OLTC Privacy Policy

[← Back to Home](#)

## The Morning Report

### Full Story

# Building community through beat and rhythm

*Toronto's Cedarvale Terrace harnesses the power of the drumming circle*

Thursday June 16, 2011 -- Kristian Partington

At Toronto's Cedarvale Terrace, the power of music as both a therapeutic element and community builder is well understood. Since February, that power has been harnessed through a weekly drumming circle where residents and staff connect through ancient rhythms.

German poet and author Berthold Auerbach once said, "Music washes away from the soul the dust from everyday life," and more than 2,000 years earlier, the classical Greek philosopher Plato said, "Music and rhythm find their way into the secret places of the soul."

There are certainly benefits to be found in a drumming circle, and Cedarvale program manager Alma Lekic says the program helps "build community and offers opportunities for residents to interact with music.

"So far it's been very successful."

Cedarvale's sister homes have been invited to join the circle on occasion, and for Community Day coming up at the end of June, residents will be joined by young people who visit and volunteer at the home for a large celebration of rhythm and beat.

Lekic says on that day, the circle will "fill the gap between the generations by offering them an activity that they can engage in together."

### What is The Morning Report?

Morning Report is an independently written and produced on-line news service.

Everyday it brings visitors to the OLTC web-site news on the people, activities, events and issues in OLTC member homes. The stories are researched, written and posted by [Axiom News Service](#) without prior editorial approval from either the individual home or OLTC.

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OLTC members can submit news tips, feature and story ideas to Morning Report by calling 800-294-0051 or by e-mailing [webmaster\(at\)axiomnews.ca](mailto:webmaster(at)axiomnews.ca)

Please be sure to include the idea, a contact name and whether or not you also have or will be able to get photos that might be used to illustrate the article.

Morning Report is interested in your events, activities, programs, milestones, staff and resident profiles and any other information that you feel people should know about who you are, how you feel, what you do and how you do it.

The drumming program was also a part of National Nursing Week in May as a means to draw closer connections between team members in the home.

The program began in early February at Cedarvale after a sister home relayed the success of its drumming program during a quarterly meeting where stories of best practices are shared.

The program was originally facilitated by an expressive arts therapist from Rhythmic by Nature, who trained program staff during the first five sessions in the home. Now program staff runs the weekly program and Lekic says the results have been exceptional.

"Residents feel that they can engage and also interact with other residents and be part of a community," says Lekic.

She adds that she recommends the program to any home looking for an interesting way to engage residents through the power of music.

*If you have an interesting program to share with Morning Report, please contact Kristian at 800-294-0051, ext. 24, or e-mail Kristian(at)axiomnews.ca.*



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