

Virtual Music & Movement Program Improving the Life of Seniors in Nursing Homes During Quarantine

Seniors Samba created to help seniors to reduce feelings of isolation & improve cognitive function.

SAN DIEGO, CA, UNITED STATES, January 15, 2021 /EINPresswire.com/ -- With Covid-19 lockdowns continuing across the country, and safety precautions being wisely implemented, senior living communities are struggling to find ways to engage with the residents and reduce [isolation](#). The mental and physical health of seniors are of great concern.



Seniors Samba lifts spirits of senior living community members during Covid.

According to the Kaiser Family Foundation, as of November 2020, nearly 94,000 of Covid-19 fatalities were linked to long term care facilities, and depression rates are at the highest ever recorded for seniors. Opportunities for independence, socialization and activities have been drastically affected, and senior communities are seeking quality programs to assist in improving the quality of resident's lives.

“

Seniors Samba was created to improve the health and happiness of seniors during these unprecedented times and to sustain this extended time of quarantine.”

Tamar Frieden, Seniors Samba Founder

Research by the Elder Care Alliance has shown, music and movement provide abundant benefits to seniors by increasing cognitive function and memory skills, reducing chances of depression as well as improving overall confidence.

Nearly 20 years ago, Tamar Frieden created [Seniors Samba](#) to enhance the quality of life for senior living community

residence. The interactive series was originally designed as an on-location class for senior communities across the country, has now evolved into a fully immersive virtual format.

Seniors Samba quarterly subscription service allows senior living communities to have unlimited access to :30 min videos incorporating a wide range of familiar music from various genres and provides instruments for residents to interact with. "The joy it brings to seniors is unmistakable in their expressions as they participate in singing, moving and making music," says Founder & Creative Director, Tamar Frieden. "We created Seniors Samba to improve the health and happiness of seniors and now, during these unprecedented times, our senior communities need this interaction to sustain this extended time of quarantine and reduce additional effects of isolation," she continues to add.

Seniors Samba is available globally for senior living communities, assisted living centers and memory care facilities. More information at: www.seniorssamba.com

For more information:
www.seniorssamba.com
seniorssamba@gmail.com

AMY KOENIG
Intellective Marketing Consultancy
+1 5309278032
[email us here](#)
Visit us on social media:
[Facebook](#)
[LinkedIn](#)



Tamar Frieden, Founder of Seniors Samba



Seniors use music and movement to increase cognitive function and increase happiness.

This press release can be viewed online at: <https://www.einpresswire.com/article/534555739>

EIN Presswire's priority is source transparency. We do not allow opaque clients, and our editors try to be careful about weeding out false and misleading content. As a user, if you see something we have missed, please do bring it to our attention. Your help is welcome. EIN Presswire, Everyone's Internet News Presswire™, tries to define some of the boundaries that are reasonable in today's world. Please see our Editorial Guidelines for more information.

© 1995-2021 IPD Group, Inc. All Right Reserved.