

New Rhythm-Based Activity Book Offers Families a Practical Way to Support Calm and Connection in Dementia Care

CLOVERDALE, CA, UNITED STATES, July 22, 2026 /EINPresswire.com/ -- A new rhythm- and metronome-based activity book created by Matthew Glavach, Ph.D. introduces simple timing routines designed to support calm, connection, and cognitive stability for individuals living with [dementia](#). The book translates emerging research on rhythmic cueing and auditory-motor

timing into easy, family-friendly activities that require no musical background.



Families tell me that rhythm brings back moments of calm and connection they thought were gone. Even when words fade, a steady beat still reaches the person they love.”

Matthew Glavach, Ph.D.

“Families who use rhythmic timing activities report meaningful improvement — including reduced evening agitation, stronger caregiver-patient bonding, and more moments of joy,” said Matthew Glavach, Ph.D.

Why Rhythm Connects When Words Don't

Research in rhythmic auditory stimulation shows that the brain's sensitivity to beat often remains intact even as

memory and language decline. When spoken directions no longer register, rhythm still gets through. A steady beat activates preserved auditory-motor pathways that support movement, focus, and responsiveness.

Studies consistently demonstrate that rhythmic cueing improves gait, attention, and behavioral stability — confirming what caregivers often observe: rhythm organizes, soothes, and reconnects.

The ACTIVE Study Gap

The landmark ACTIVE Study found that speed-of-processing training reduced dementia incidence by up to 33% over ten years, with benefits lasting two decades. However, ACTIVE focused on cognitively healthy adults and relied solely on visual, screen-based reaction-time tasks. It did not address people already living with dementia or explore timing through movement, rhythm, or auditory-motor coordination — leaving a gap between scientific promise and real-world caregiving needs.

Why Timing Matters

Timing supports attention, movement, speech rhythm, reaction speed, coordination, and emotional regulation. When timing falters, daily functioning becomes harder — people lose their sense of rhythm both in the brain and in their behavior. Because rhythm is one of the most direct ways to support timing through movement, even a simple beat can help steady these systems.

Rhythm may also help support aspects of brain plasticity, including processes related to neurogenesis, which contribute to long-term cognitive resilience.

How a Simple Beat Helps

Metronome-based activities activate systems deeply involved in dementia-related decline. A steady beat can help:

Improve attention and focus

Support movement and gait

Enhance coordination

Reduce agitation through rhythmic entrainment

Strengthen speech rhythm

Boost reaction speed

In dementia, higher-level language networks decline, yet deeper limbic structures and motor-timing pathways remain largely intact. Rhythm activates these preserved systems, enabling individuals to respond to beat-based cues even when spoken language no longer reaches them.

A Practical Tool for Everyday Care

Families don't need screens or specialized software. They need a steady beat, a simple routine, and a way to support timing every day. This new activity book bridges the gap between what ACTIVE demonstrated scientifically and what families living with dementia need right now — a warm, practical, rhythm-based approach that supports connection through one of the brain's most enduring capacities.

A Caregiver's Story

Behind every statistic is a family — a son driving across town each evening to check on a loved one, a daughter bracing for the unpredictable hours after sunset, a spouse watching the person they love slip just out of reach. For caregivers who carry these moments day after day, even one quiet connection can feel like a gift.

Caregiver Testimonial

"My mom is using your book with my grandma at home. It has been helping her to not get so upset at nights and has become a fun activity for them. This really has been such an answered prayer." — C.W., Family Caregiver

About the Author

Matthew Glavach, Ph.D. is an author, educator, and developer of timing-based cognitive programs designed to support neurodiverse learners and individuals experiencing cognitive decline. After losing his wife of 45 years to dementia, Dr. Glavach has dedicated his later life — at age 82 — to creating practical, science-grounded tools that help families maintain connection, dignity, and hope.

Availability

Brain Fitness, Processing Speed, and Reaction Time is available on Amazon:

<https://www.amazon.com/>

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