



April 8, 2019

Steven Fink, Associate Executive Dean
College of Arts and Sciences
186 University Hall
230 North Oval Mall
Columbus, OH. 43210

Dear Dr. Fink,

Dr. Eugenia Costa-Giomi has created a fine new service-learning course concept titled “Drumming for Wellness.” This proposed course is developed from an initial collaboration between the School of Music and the Speech and Hearing Sciences Department, and the ongoing research by faculty and graduate students in both units.

The intent of this course offering is to provide music students with a unique view of the role of music in society. The course will certainly bring to light alternative professional pathways for musicians interested in research and outreach activities. The course fits in our current programs as a music elective towards the completion of a Bachelor of Music, Bachelor of Arts in Music, Bachelor of Music Education, and Bachelor of Science in Music.

With this letter I wish to provide administrative support for the proposed course, as well as the entire service-learning concept. We have no other course with this kind of content. The course should be offered in a logical rotation as part of our regular faculty teaching load in music education.

Respectfully submitted,

William L. Ballenger, Director
OSU School of Music

TONY COLLINS
Director



THE CITY OF
COLUMBUS
ANDREW J. GINTHER, MAYOR

RECREATION AND PARKS
DEPARTMENT

March 29 2019

To Whom It May Concern:

This letter is to express support for the project Drumming Rehabilitation proposed by Trevor Marcho. I met with Dr. Costa-Giomi and Dr. Yune Lee in the Fall to discuss the possibility of providing a drumming class for individuals with Parkinson's and their caregivers at one of the recreations centers with the Columbus Recreation and Parks Department. This type of programming can be accommodated at an appropriate center and may serve the Columbus community well.

I look forward to this possible collaboration.

Mary Beth Moore, CTRS
Therapeutic Recreation Manager
Columbus Recreation and Parks



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1. Working title of course proposal: Drumming for Wellness

2. Applicant information

Eugenia Costa-Giomi, PhD
Professor, Music Education
Distinguished Professor, Academy of Teaching
Associate Researcher, Crane Center for Early Childhood

School of Music
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costa-giomi.1@osu.edu 612-966-9009 (cell)

3. Course Description

Goals

Students will learn theories, skills and techniques relevant to the use of music in settings in which the focus is to assist in the rehabilitation, treatment, or well-being of people with motor disorders and their caregivers. Students will observe, develop activity plans, gather appropriate materials, and participate in the teaching of drumming to adults in a community center and in a medical center.

Content

The course will familiarize students with (1) research on the effects of music learning and engagement on health and well-being; (2) theories of rhythmic entrainment relevant to movement regulation; (3) knowledge about motor symptoms associated with Parkinson's Disease, cerebral palsy, brain injury, and stroke; (4) theories of learning, motivation, and self-regulation; (5) basic drumming techniques; (6) principles of effective teaching; (7) goals of music learning and engagement in adulthood; (8) adaptations of music teaching techniques and materials to the population of interest. The course will also support the development of music, drumming, observational, and teaching skills regardless of previous music and teaching experience.

Service-learning component

There are currently two community initiatives that will provide students with the opportunity to learn about the contribution of music engagement to well-being while providing a service to the population of interest (i.e., adults with motor disorders). The first one is housed at the Martha Morehouse, Wexner Medical Center, and the second one at Columbus Parks and Recreation Thompson Community Center. The development of the proposed service course will ensure the sustainability of the second initiative.

The first initiative arose from a collaboration between the School of Music and the Speech and Hearing Sciences Department (Dr. Eugenia Costa-Giomi and Dr. Yune Lee respectively) that resulted in the development, testing, and implementation of a drumming program (Drumming and Dance Rehabilitation, DDR) for the rehabilitation of patients with Parkinson's Disease (PD). The program was developed during summer 2018 by Trevor Marcho (PhD student in Music Education) as an intensive four-days-a-week/four-week group program. It combines drumming, rhythmic choreographic movements,

improvisation, and listening activities appropriate for patients with PD patients at different stages of the disease. The program was pilot tested twice (Fall and Spring 2018-2019) with groups of patients at the Martha Morehouse Center. Exit interviews showed that patients and caregivers believed that the program was beneficial not only for the amelioration of symptoms but also for their sense of well-being (self-regulation, self-esteem, motivation, engagement) and sense of community. Furthermore, the patients reported enjoying the intervention so much that they wanted to continue it (two actually purchased sets of bongos!). The program will be offered again in 2019-2020 as part of a research project funded by two grants (OSU Connect and Collaborate Grant, and Parkinson's Foundation Community Grant) to Dr. Lee, PI, and Dr. Costa-Giomi, collaborator. The sustainability of this initiative is dependent upon further funding. If it continues being available, students in the proposed service-learning course will be able to observe and interact with the DDR program participants and instructor; this interaction will inform their involvement in the service component of the course which is centered around the second initiative.

The second initiative is being developed as an extension of the DDR program. Considering the enthusiasm of the participants for the DDR intervention and the lack of similar programs in our community, Trevor Marcho is currently developing a 10-week DDR follow-up community program to be implemented at the Thompson Community Center (support letter attached). The community drumming program will be open to adults with motor disorders and their relatives and/or caregivers on a weekly basis providing an innovative and needed program to this population.

The service-learning course and the community drumming program will feed on each other making this initiative a true collaboration between OSU and the Thompson Community Center. Students in the service-learning course will observe, participate, develop, and implement activities in the community drumming program under the supervision of the instructor who will be the instructor/leader of record for both the OSU course and the Thompson Center drumming program. To facilitate the integration of the service component, the course will meet at the Thompson Community Center once a week. Class time will allow for preparation, delivery, and reflection on the delivery of the program for 10 weeks of the semester. The first three weeks of the semester will be devoted to the theoretical content of the course (content 1-4 as outlined above) and the last two weeks, to the review of the course and student presentations of final assignment.

Contribution of the service activities to the course goals

The service activities are vital for the understanding and application of the content of the course. By observing participants with motor disorders performing complex motor actions involved in drumming, students will better understand the trajectories of PD and other diseases and the need for accommodations in terms of pedagogical materials, activities, goals, and techniques. Working alongside the participants and their relatives/caregivers for weeks will allow students to get to know them and gain insight into their lives and challenges as well as their expectations and perception of the music intervention. Such insight will solidify the knowledge acquired through readings and discussions about the characteristics of the motor performance of people with PD, cerebral palsy, and those recovering from stroke and brain injury. Implementing concepts (e.g., rhythmic synchrony and entrainment) and techniques (e.g., drumming) immediately after learning about them is arguably the best way to understand them. Ultimately, the service component will provide students with the opportunity to assess their own understanding of the course content as they implement it. Their motivation to learn the course content fully will increase as they see the need to be well-prepared to implement the program. In summary, the feedback loop created by students' direct involvement in the community drumming program makes the service component a critical and invaluable element of the course.



4. Community Focus and Reciprocity

Profile of the community partner

The Columbus Recreation and Parks Department

<https://www.columbus.gov/recreationandparks/facilities/All-Recreation-and-Parks-Facilities/>

owns and operates 29 community centers around the City of Columbus. Access to the centers is free but requires the use of a Columbus Recreation and Parks Leisure Card obtained at any of the 29 centers. The Thompson Community Center (<https://www.columbus.gov/recreationandparks/recreation-centers/Thompson-Community-Center/>

1189 Dennison Ave. Columbus, OH 43201, (614) 645-3082) has Art Rooms, Boxing Center, Fitness Center, Ceramics Studio, Gymnasium/Performing Space, Indoor and Outdoor Basketball Court, Recreation Room, Meeting Room, Kitchen, and Parking Lot.

The Department offers extensive programming for families, preschool children, school-children and teens, adults, and seniors and also therapeutic programming. Therapeutic Recreation sponsors recreational activities that are modified to meet the needs of individuals with disabilities. "We enhance an individual's physical, social, and lifetime recreational interests in a broad spectrum of leisure experiences. Everyone is welcome and encouraged to participate, including the non-disabled. Our Certified Therapeutic Recreation Specialists will work with participants on accommodations necessary to join in classes at our Community Centers through the use of the "Columbus Recreation and Parks Department Accommodation Request." <https://www.columbus.gov/recreationandparks/programs/Therapeutic-Recreation/>

Partners participation in the development of the service project

Mary Moore, Therapeutic Recreation Manager of the programs offered by the City of Columbus at the Community Centers (Recreation and Parks Department), is a Certified Therapeutic Recreation Specialist. She is knowledgeable about the needs of the community in terms of therapeutic programming and has extensive experience designing and delivering courses to individuals who need such programming. She has been very supportive of our efforts to develop a course for people with motor disorders and has offered to facilitate its implementation at the Thompson Community Center and/or other centers. She has also offered her expertise and is eager to establish a collaboration with the OSU School of Music.

Ann Zeller, Arts Specialist at the Thompson Community Center, has discussed scheduling possibilities with Eugenia Costa-Giomi and Trevor Marcho, storage needs for the course, and support for making their programming more inclusive and diverse.

In addition to the expertise of Mary Moore, the partnership with the Thompson Community Center provides the service-learning course with a secure and adequate location. The Thompson Center has ample parking (including handicapped parking) which is critical for the targeted population, a large gym/performance space with sound equipment, a stage with proper lighting for an end of the class concert, and storage facilities for the large African drums. Additionally, the center is within walking distance of OSU (5th Ave and Dennison) making it possible for OSU students to commute between the center and the campus (public buses 1, 2, and 8).

The Recreation and Parks Department organizes the scheduling and promotion of the programming and registration of the participants. This will allow the instructor of the service-learning course to delegate such organizational tasks and focus on the successful implementation of both the School of Music course and the community drumming program.

Community partners goals, needs, and collaboration

The collaboration addresses the goals and needs of the two partners, OSU School of Music and the Thompson Community Center. The OSU service-learning course is centered around the community class to be offered at the Thompson Center; it is through the community class that OSU students will be able to apply and ultimately truly learn the content of the service course. Thompson Center does not have the resources (music specialist, curriculum, and drums) to offer the community class and in fact, currently does not offer any therapeutic community program. It is through the partnership with the School of Music that the Drumming for Wellness community class would be added to their curricular offerings.

It is important to note that this class --offered as an elective to students in music programs, including performance and music education—provides music students with a novel view of the role of music in society and their own professional paths as musicians. This view adds to the traditional music performance goals that guide their rigorous music training. Additionally, this course will be offered as an elective to students in premed programs, health sciences, and those in other programs who have an interest in music in a therapeutic recreational setting. Currently, there are no courses offered at OSU that address such interests.

Community benefits and impact

The service-learning course will expand the reach of the Thompson Community Center which currently offers no therapeutic recreation programming. The majority of the classes offered by the center are for adults, but none are designed specifically for those with motor disorders.

Furthermore, to our knowledge, there are no music programs focusing on motor rehabilitation in Columbus. This was corroborated by the participants of the DDR program.¹ The Drumming for Wellness will provide a valuable service to our community at large.

The course will contribute to further research efforts towards the treatment of PD and other motor disorders. Creating a community of patients and caregivers will facilitate the recruitment of patients and the testing of DDR and other innovative interventions currently being developed at OSU.

Finally, there's much interest in the development of alternative therapies and the use of the arts in therapeutic settings at OSU and the medical field in general. This course makes a contribution in this regard by providing a model of learning-research-service training focused on rehabilitation through music.

1. Costa-Giomi, E., Lee, Y. & Marcho, T. (2019, Jan.) *Learning how to engage in the community: Integrating teaching, service and research for the good of patients with Parkinson's Disease*. Paper presented at the Community Engagement Conference, Columbus: OH.