

Therapeutic Music with LifeShare

This is a guide to the Therapeutic Music playlists available in LifeShare. Section 1 contains the libraries and sections within each area. Section 2 has the definitions and descriptions of each of the playlists.

----- SECTION 1 -----

Supportive Music

Our supportive music programs have been hand crafted, song-by-song, by therapists and music designers. Each program is carefully designed to support certain therapeutic outcomes for individuals throughout the day.

Wake

Gently awaken without spawning unwanted changes in pulse, blood pressure, or mood. Begin with ambient music and gradually increase in rhythmic qualities and tempo.

Classical

- Chamber
- Classical
- Light Classical

Country

- 70s, 80s, and 90s Country
- Classic Country
- Contemporary Country
- Country Blend

Instrumental

- Easy Listening
- New Age
- Piano

Jazz

- Big Band
- Classic Jazz
- Rat Pack
- Smooth Jazz

Latin

- Latin Jazz
- Regional Mexicano

- Salsa
- Tejano

Oldies

- 50s Hits
- 60s Hits
- Vocal Oldies

Pop

- 70s Hits
- Contemporary Blend

Rock

- 60s Rock
- 70s Rock
- Classic Rock
- Rock n' Roll Oldies

Spiritual

- Bluegrass Gospel
- Contemporary Christian Blend
- Contemporary Gospel
- Country Inspirational
- Gospel Blend
- Gospel Choirs and Spiritual
- Hymns
- Inspiring Instrumentals
- Southern Gospel
- Spiritual Chapel

Urban

- Blues
- Classic R&B
- Urban Adult Contemporary

Energy

Increase liveliness of both mental and physical activity throughout the day while decreasing depression, fatigue and sedentary behaviors. Energy programs have higher tempo with more active characteristics, complex texture, and familiarity to stimulate the mind.

Classical

- Chamber
- Classical
- Light Classical

Country

- 70s, 80s, and 90s Country
- Classic Country
- Contemporary Country
- Country Blend

Holiday

- Christmas Blend

Instrumental

- Easy Listening
- New Age
- Piano

Jazz

- Big Band
- Classic Jazz
- Rat Pack
- Smooth Jazz

Latin

- Latin Jazz
- Regional Mexicano
- Salsa
- Tejano

Oldies

- 50s Hits
- 60s Hits
- Vocal Oldies

Pop

- 70s Hits
- Contemporary Blend

Rock

- 60s Rock
- 70s Rock
- Classic Rock
- Rock n' Roll Oldies

Spiritual

- Bluegrass Gospel
- Contemporary Christian Blend

- Contemporary Gospel
- Country Inspirational
- Gospel Blend
- Gospel Choirs and Spiritual
- Hymns
- Inspiring Instrumentals
- Southern Gospel
- Spiritual Chapel

Urban

- Blues
- Classic R&B
- Urban Adult Contemporary

Relax

Create a relaxing experience: reduce stress, ease muscle tension, and minimize anxiety. Relax programs incorporate targeted musical elements such as lower tempos and less complex textures to stimulate the relaxation response.

Classical

- Chamber
- Classical
- Light Classical

Country

- 70s, 80s, and 90s Country
- Classic Country
- Contemporary Country
- Country Blend

Instrumental

- Easy Listening
- New Age
- Piano

Jazz

- Big Band
- Classic Jazz
- Rat Pack
- Smooth Jazz

Latin

- Latin Jazz
- Regional Mexicano

- Salsa
- Tejano

Oldies

- 50s Hits
- 60s Hits
- Vocal Oldies

Pop

- 70s Hits
- Contemporary Blend

Rock

- 60s Rock
- 70s Rock
- Classic Rock
- Rock n' Roll Oldies

Spiritual

- Bluegrass Gospel
- Contemporary Christian Blend
- Contemporary Gospel
- Country Inspirational
- Gospel Blend
- Gospel Choirs and Spiritual
- Hymns
- Inspiring Instrumentals
- Southern Gospel
- Spiritual Chapel

Urban

- Blues
- Classic R&B
- Urban Adult Contemporary

Sleep

Musical selections decline in tempo and complexity, providing support while heading into slumber.

Classical

- Chamber
- Classical
- Light Classical

Country

- 70s, 80s, and 90s Country
- Classic Country
- Contemporary Country
- Country Blend

Instrumental

- Easy Listening
- New Age
- Piano

Jazz

- Big Band
- Classic Jazz
- Rat Pack
- Smooth Jazz

Latin

- Latin Jazz
- Regional Mexicano
- Salsa
- Tejano

Oldies

- 50s Hits
- 60s Hits
- Vocal Oldies

Pop

- 70s Hits
- Contemporary Blend

Rock

- 60s Rock
- 70s Rock
- Classic Rock
- Rock n' Roll Oldies

Spiritual

- Bluegrass Gospel
- Contemporary Christian Blend
- Contemporary Gospel
- Country Inspirational
- Gospel Blend
- Gospel Choirs and Spiritual
- Hymns

- Inspiring Instrumentals
- Southern Gospel
- Spiritual Chapel

Urban

- Blues
- Classic R&B
- Urban Adult Contemporary

Activity Music

Activity music has been carefully selected and aligned with daily activities to support and accentuate the environment and to motivate the individual.

Birthday Parties

- 50s Hits
- Big Band
- Classic Country
- Classic R&B
- Rock n' Roll Oldies

Ice Cream Social

- 50s Hits
- Big Band
- Classic Country
- Vocal Oldies

Salon Day

- 50s Hits
- Big Band
- Classic Country
- Vocal Oldies

Baking

- Big Band
- Easy Listening
- Smooth Jazz
- Vocal Oldies

Happy Hour

- Classic Country
- Light Classical
- Rat Pack

- Rock n' Roll Oldies
- Vocal Oldies

Dominoes

- Chamber Classical
- Easy Listening
- Light Classical
- New Age
- Smooth Jazz

Wine Tasting

- Chamber Classical
- Easy Listening
- Light Classical
- Piano

Word Search, Trivia

- Chamber Classical
- New Age
- Piano

15 Minute Exercise

- Country
- Oldies
- Pop

Jewelry Making

- Easy Listening
- New Age
- Piano
- Smooth Jazz

Spa Day

- Easy Listening
- New Age
- Smooth Jazz

Devotional/Spiritual

- Inspiring Instrumental

Massage

- New Age
- Piano

Yoga

- New Age

Manicure/Pedicure

- New Age
- Rat Pack
- Vocal Oldies

Christmas

- Christmas Blend

Dining

Dining room music programs are designed to support an increase in food consumption, aid in digestion, and mask unpleasant sounds. Each dining program contains musical selections that have been carefully selected to synchronize with the physical and mental activity that occurs during the activity of eating.

Breakfast

Breakfast music programs support a happy, optimistic, and motivated environment to prepare for the day's activities.

- Classical
- Country
- Easy Listening
- Oldies
- Smooth Jazz
- Vocal Blend

Lunch

Lunch music programs support a happy, energetic, and engaging environment.

- Classical
- Country
- Easy Listening
- Oldies
- Smooth Jazz
- Vocal Blend

Dinner

Dinner music programs support a comfortable, calm, and relaxed environment to prepare for the end of the day activities.

- Instrumental
- Smooth Jazz

Sundowning

Sundown music programs are designed to minimize the behaviors associated with sundown syndrome including mood swings, agitation, and paranoia.

1 Hour

2:20 Hours

----- SECTION 2 -----

Classical

Chamber

Art music performed by a small number of performers. Examples: Bach, Haydn and Mozart

Classical

A classical menagerie of various styles including symphonic, chamber, baroque and romantic pieces. Examples: Symphony No. 94 in G Major Andante by Haydn

Light Classical

A program of some of the most recognizable classical works. Examples: The Four Seasons by Vivaldi

Country

70s, 80s, and 90s Country

The best of the 70s, 80s and early 90s country. Examples: Lonestar, Willie Nelson, Dolly Parton, Garth Brooks

Classic Country

The original sounds of country from the 30s, 40s, 50s, 60s and early 70s. Examples: Hank Williams, Roger Miller, Ernest Tubb, Glenn Campbell

Contemporary Country

The contemporary country sound with a country pop feel. Examples: Tim McGraw, Martina McBride, George Strait, Rascal Flatts

Country Blend

Combining the sounds of traditional country and contemporary country into one musical country experience. Examples: Conway Twitty, Reba McEntire, George Strait, Loretta Lynn, Waylon Jennings

Instrumental

Easy Listening

A combination of acoustic, classical and modern instrumental selections. Examples: Kenny G., Mozart, Teddy Williams, John Tesh, Peter White

New Age

An instrumental experience of relaxing and calming selections. Examples: Kevin Hoo, Enya, Suzanne Ciani, Yanni

Piano

Piano solos from jazz, spiritual, classical and new age styles. Examples: George Winston, Beethoven, Liz Story, Jim Brickman

Jazz

Big Band

Big Band selections from the 20s, 30s and 40s. Examples: Count Basie, Dick Haymes, Louis Armstrong, Benny Goodman, Glenn Miller

Classic Jazz

Straight ahead jazz and jazz vocals. Examples: Stan Getz, Miles Davis, Horace Silver

Rat Pack

Combining all the best from Frank Sinatra, Sammy Davis, Dean Martin, Nat King Cole and more. Examples: Frank Sinatra, Sammy Davis, Dean Martin

Smooth Jazz

Contemporary Smooth Jazz selections. Examples: George Benson, Dave Koz, Chris Botti

Latin

Latin Jazz

Combining rhythms from Latin America with the jazz style. Examples: Tito Puente, Dizzy Gillespie, Cal Tjader, Stan Getz

Regional Mexicano

Combining Banda, Mariachi, Ranchera and Norteno. Examples: El Coyote y su Banda Tierra Santa, Los Tigres Del Norte, Vicente Fernandez

Salsa

A spicy selection of Puerto Rican and Cuban dance music. Examples: Celia Cruz, Tito Nieves, Jose Alberto

Tejano

Contemporary and traditional sounds and styles are combined for an authentic Tex-Mex program. Examples: Latin Playboys, Flaco Jimenez, Selena, Michael Salgado, Mary Rodriguez

New Age

An instrumental experience of relaxing and calming selections. Examples: Kavin Hoo, Enya, Suzanne Ciani, Yanni

Oldies

50s Hits

Rock and Pop Hits from the 50s. Examples: Gene Vincent, Elvis Presley, The Coasters, Fats Domino

60s Hits

Rock and Pop Hits from the 60s. Examples: Paul Anka, Frankie Valli, Bobby Darin, Herman's Hermits

Vocal Oldies

Vocal hits from the 30s, 40s, 50s and early 60s. Examples: Edith Piaf, Vaughn Monroe, Peggy Lee, Bing Crosby, Dinah Shore

Piano

Piano solos from jazz, spiritual, classical and new age styles. Examples: George Winston, Beethoven, Liz Story, Jim Brickman

Pop

70s Hits

Pop hits from the 70s. Examples: Sonny & Cher, Bread, Donny Osmond

Contemporary Blend

Classic hits from the late 60s to today. Examples: Barbra Streisand, Roberta Flack, Simon & Garfunkle, Celine Dion, James Taylor.

Rock

60s Rock

The best of 60s Rock. Examples: The Beatles, Bob Dylan and Blood, Sweat & Tears

70s Rock

Rock hits from the 70s. Examples: Creedence Clearwater Revival, The Eagles, Eric Clapton

Classic Rock

A combination of classic rock sounds from the 60s and 70s. Examples: Supertramp, The Rolling Stones, Moody Blues, Led Zeppelin

Rock n' Roll Oldies

The best of Rock n' Roll from the 50s and 60s. Examples: Buddy Holly, Elvis Presley, Ricky Nelson, The Rascals, The Coasters, Chuck Berry

Spiritual

Bluegrass Gospel

Gospel music performed in the traditional style of bluegrass which combines old-time music, ragtime, jazz and country. Examples: Flatt & Scruggs, Ralph Stanley, Illrd Tyme Out, Ricky Skaggs

Contemporary Christian Blend

Popular Christian worship music ranging from the 80s to today with a blend of pop, rock and urban selections. Examples: Amy Grant, Chris Tomlin, Michael W. Smith, Jars of Clay

Contemporary Gospel

Christian music influenced by contemporary urban sounds. Examples: Cece Winans, Whitney Houston, Myron Butler, The Rescue

Country Inspirational

Country Music with an inspirational theme designed to lift your spirits - country style. Examples: Tim McGraw, Dolly Parton, Johnny Cash, George Strait

Gospel Blend

Traditional and contemporary Gospel music. Examples: Mahalia Jackson, The Soul Stirrers, Thomas A. Dorsey

Gospel Choirs and Spiritual

Uplifting Christian hymns and negro spirituals that capture the essence of Christian life. Examples: Hezekiah Walker, Kirk Franklin, Donald Lawrence, Rodney Posey

Hymns

A combination of vocal and instrumental Christian hymns. Examples: How Great Thou Art, Were You There?, Dona Nobis Pacem

Inspiring Instrumentals

Instrumental music that includes, hymns, sacred selections and Christian standards. Examples: Awesome God, We Gather Together, Holy, Holy, Holy, Shout to The Lord

Southern Gospel

Southern Gospel music. Examples: The Inspirations, The Statler Brothers, Elvis Presley, The Talleys

Spiritual Chapel

A spiritual blend of music including classical, choirs and contemporary styles. Examples: Claire de Lune, Swing Low Sweet Chariot, Amazing Grace

Urban

Blues

Blues selections from the 50s, 60s and early 70s. Examples: Etta James, Billie Holiday, Carmen McRae, Lionel Hampton

Classic R&B

American soul from the 50s, 60s and 70s. Examples: The Four Tops, Gladys Night and The Pips, Little Richard, Marvin Gaye

Urban Adult Contemporary

Urban based pop and rock sounds from the 60s, 70s, 80s and today. Examples: Al Green, Barry White, Alicia Keyes, Sam Cooke, Ben E. King, Roberta Flack