

4-1-2014

Concert recording 2014-04-01

Moon-Sook Park

Skirmante Kezyte

Ronda Mains 1955-

Nophachai Cholthitchanta

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Citation

Park, M., Kezyte, S., Mains, R., Cholthitchanta, N., Seo, H., & Muroma Group. (2014). Concert recording 2014-04-01. *Concert Recordings*. Retrieved from <https://scholarworks.uark.edu/musccr/79>

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Performer(s)

Moon-Sook Park, Skirmante Kezyte, Ronda Mains 1955-, Nophachai Cholthitchanta, Han-Seok Seo, and Muroma Group

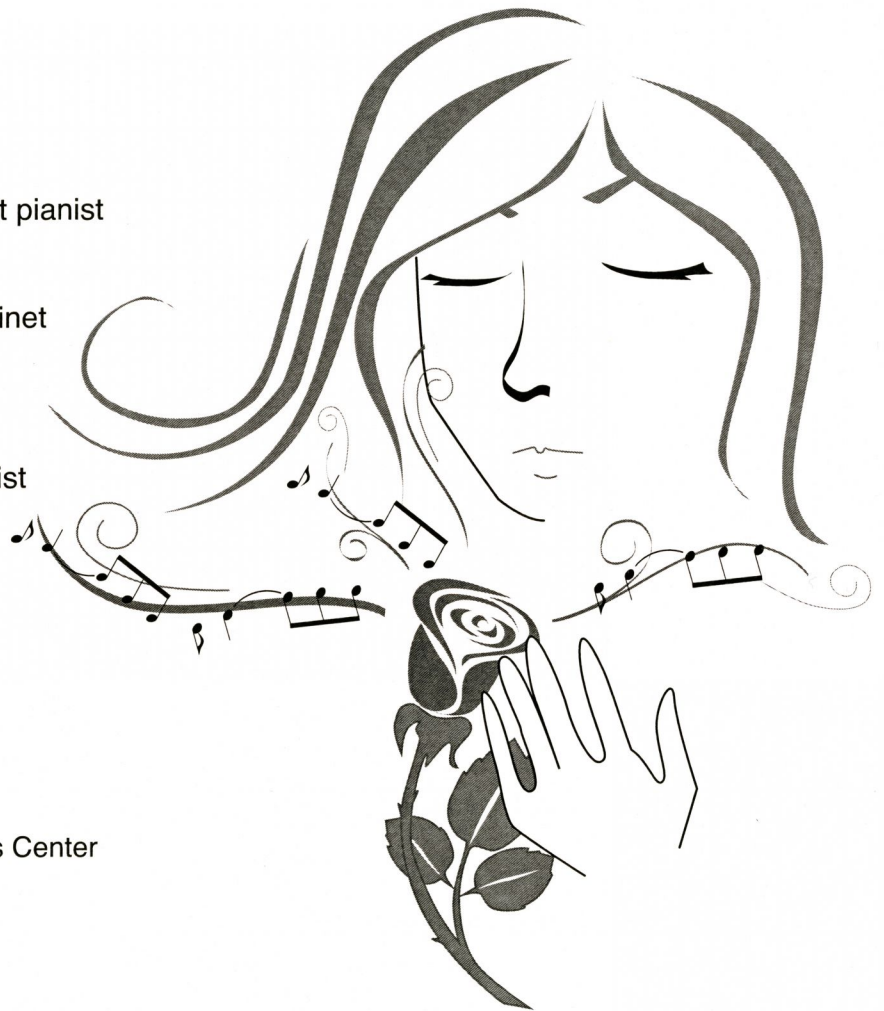
Aroma Music Concert

Interdisciplinary Collaboration
between
Departments of Food Science and Music

Supported by the Office of the Vice Provost for Research and Economic Development and
The Office of the Provost and Vice Chancellor for Academic Affairs at the University of Arkansas

Dr. Moon-Sook Park, soprano
Prof. Skirmante Kezyte, guest pianist
and
Dr. Ronda Mains, flute
Dr. Nophachai Cholthitchantana, clarinet
Dr. Theresa Delaplain, oboe

Dr. Han-Seok Seo, sensory scientist
and
Muroma group



1st Concert:

Tuesday, April 1, 2014 at 7:30pm
Stella Boyle Smith Concert Hall, Fine Arts Center
University of Arkansas, Fayetteville, AR

2nd Concert:

Thursday, April 3, 2014 at 7:30pm
First United Presbyterian Church
695 Calvin Street, Fayetteville, AR



UNIVERSITY OF
ARKANSAS

Program

- Moon-Sook Park, soprano**
Skirmante Kezyte, piano
- Ave Maria Adam Gumpelzheimer (1559-1625)
- *Ave Maria, for soprano, flute and piano Giulio Caccini (1551-1618)
Arranged by Patrick Liebergen (1949-)
with Ronda Mains, flute
- #Seuftzer, Tränen, Kummer, Not, aria for soprano with oboe obbligato from *Cantata Ich hatte viel*
Bekümmernis BWV 21 Johann Sebastian Bach (1685-1750)
with Theresa Delaplain, oboe
- Winter Sketch No 1 for piano solo Balys Dvarionas (1904-1974)
- Vocalise-étude for soprano and piano Olivier Messiaen (1908-1922)
- Baïlèro (Chante de Bergers de Haute-Auvergne) Arranged by Joseph Canteloube (1879-1957)
from Chants d'Auvergne: collection of folk songs from the Auvergnue region of France
- Vocalise, Opus 34, No. 14 for soprano and piano Sergei Rachmaninov (1873-1943)
- Intermission -
- *Suite from *Victorian Garden's Kitchen* Paul Reade (1943 – 1997)
I - Prelude, II - Spring, IV - Exotica, V - Summer
with Nophachai Cholhitchanta, clarinet
- #From Miniatures for flute, oboe and piano William Grant Still (1895 -1978)
I ride an old paint
Adolorido
A frog went a count'in
with Ronda Mains, flute and Theresa Delaplain, oboe
- From *Cycle of 5 Kid Songs, I hate music* Leonard Bernstein (1918 – 1990)
I - My name is Barbara
III - I hate music
IV - A little Indian and a big Indian
- From *West Side Story*
One hand, one heart
I feel pretty
- Musical & video credits from *Jonathan Livingston Seagull: the film* by Hall Bartlett Neil Diamond (1941-)
Be
Dear Father
Moon-Sook Park, voice and piano
- From collection *Genius Child* Ricky Ian Gordon (1956-)
Joy

* — This selection to be performed on the April 1st concert.
— This selection to be performed on the April 3rd concert.

Text and translation]

Ave Maria

Ave Maria gratiosa, Dominus tecum.

Seufzer. Tränen. Kummer. Not

Seufzer, Tränen, Kummer, Not
Ängstlich's Sehnen, Furcht und Tod
Nagen mein beklemmtes Herz,
Ich emphinde Jammer, Schmerz

Bailero

Pastré, dè delai l'aïo a gairé dé boun tèn,
Dio lou « baïlèro lèrô ». lèrô, baïlèro lô!
(Echo) È n'aï pas gairé, è dio, tu, « Baïlèro lèrô »
Pastré, couçi forai èn obal io lou bèl riou,
Dio lou « baïlèro lèrô ». lèrô, baïlèro lô!
(Echo) Espèromè, té, baò çirca, « Baïlèro lèrô »

— *Song of the Bayle. The bayle was the shepherd chosen to look after the flocks in the common pastures. From bayle comes the word "valet".*

I hate music!

I.
My mother says that babies come in bottles;_ but last week she said they grew on special baby-bushes.
I don't believe in the storks, either! They're all in the zoo, busy with their own babies!
And what's a baby-bush, anyway! My name is Barbara.

II.
I hate music! But I like to sing: la dee da dee; la dee da dee. But that's not music, not what I call music. No, sir.
Music is a lot of men in a lot of tails, making lots of noise like a lot of females;
Music is a lot of folks in a big dark hall, where they really don't want to be at all;
With a lot of chairs, and a lot of airs, and a lot of furs and diamonds!
Music is silly! I hate music! But I like to sing: la dee da dee; la dee da dee. La dee da dee....

IV.
A big Indian and a little Indian were walking down the street.
The little Indian was the son of the big Indian; but the big Indian was not the father of the little Indian:
You see the riddle is, if the little Indian was the son of the big Indian,
but the big Indian was not the father of the little Indian, who was he? ___ I'll give you two measures: ___ His mother!

One hand, one heart

Make of our hands, one hand, make of our hearts, one heart. Make of our vows one last vow: only death will part us now.
Make of our lives one life. Day after day one life. Now it begins, now we start; One heart, even death won't part us now.

I feel pretty

I feel pretty, oh, so pretty, I feel pretty and witty and bright! And I pity any girl who isn't me tonight.
I feel charming, oh, so charming. It's a larming how charming I feel! And so pretty that I hardly can believe I'm real.
See the pretty girl in that mirror there. Who can that attractive girl be? Such a pretty face, such a pretty dress,
Such a pretty smile, such pretty me!
I feel stuning, and entrancing, fell like running and dancing for joy. For I'm loved by a pretty wonderful boy!!

Be

Lost on a painted sky where the clouds are hung for the poet's eye__ you may find him__ if you may find him.
There on a distant shore by the wings of dreams through an open door__ you may find him_ if you may...
Be as a page that aches for a word, which speaks on a there that is timeless while the sun god, will make for your day.
Sing as a song in search of a voice that is silent and the sun god will make for your way.
And we dance to a whispered voice over heard by the soul under took by the heart and you may know it, if you may know it.
While the sand should become the stone which begat the spark turned to living bone.
Holy, Holy _____ Sanctus, Sanctus! _____

Dear Father

Dear Father we dream while we may. Who are we to need we need while we wait...

Joy

I went to look for joy, slim dancing joy. gay, laughing joy bright eyed joy.
And I found her driving the butcher's cart in the arms of the butcher boy.
Such company as keeps this young nymph joy. Such company as keeps this young nymph joy!

Ave Maria

A gracious Hail Mary, the Lord is with thee.

Sighs, tears, grief, distress

Sighs, tears, grief, distress
anxious longing, fear and death
gnaw at/prey upon my oppressed heart
I feel misery, pain.

— *This selection to be performed on the April 3 concert.*

Bailero ((Shepherd song of the Auvergne Hills)

Shepherd, across the river, you don't seem to be afraid
Sing bailero, lero! Bailero, lero!
(Echo) Indeed I'm not, and you too. Sing, the Bailero, lero.
Shepherd, the stream separate us and I can't cross it.
Sing bailero, lero! Bailero, lero!
(Echo) Then I will come and get you further down, Bailero, lero.



Moon-Sook Park, soprano

Moon-Sook Park, a native of Korea, began her professional career in Europe with countless performances as a soloist to her credit. She has presented numerous solo concerts, chamber music, and operatic works in the U.S., Germany, Italy, France, Switzerland, Austria, Slovakia, and Korea, in addition to various group performances with avant-garde music. She performed numerous solo recitals, chamber music, and operatic works in the U.S., Germany, Italy, France, Switzerland, Austria, Slovakia, and Korea, in addition to various group performances with avant-garde music. She also was a stipend recipient of K.A.A.D. in Germany and won the coveted *Bayreuth Stipend Award* for extraordinary young artists.

Park joined the faculty of the University of Arkansas in fall 2012, having previously taught at Palm Beach Atlantic University, Long Island University and Seoul National University in Seoul. Park holds a DMA in Voice Performance from the University of Cincinnati College-Conservatory of Music and graduate degrees in voice and opera from Freiburg, Saarbrücken, and Stuttgart music conservatories in Germany, a private diploma from the Academia di Canto Studio of

Maestra F. Cavalli of Milan, and a BM from Seoul National University. Including Park's U. S. début solo recital at Carnegie Hall in 2001, she has performed her annual solo recital besides active performer and scholar nationally and internationally in lecture recitals, concert music, and giving master classes.

Park's recent début solo recitals in Puebla, Mexico and in Cambridge, England have received acclaim – notably her artistic interpretation of the art songs. In addition to her teaching as a voice faculty member at the *Saarburg Summer International Music Festival* in Germany, she also gave her début recital in Madrid, Spain in summer of 2013 in the Salón de Actos Teatro, Ateneo as well as in the concert hall of Espasio Ronda. Besides her active performances in US, further international performances in Dublin, Ireland and Seoul, Korea in 2014 are in process.



Skirmante Kezyte, piano

Lithuanian pianist Skirmante Kezyte studied piano at M.K.Ciurlionis School of Arts for exceptionally gifted young musicians in Vilnius and then graduated from the prestigious Lithuanian Academy of Music. She continued her graduate studies at the College-Conservatory of Music at the University of Cincinnati, USA. Skirmante is an active solo and chamber recitalist and has performed in Germany, the United Kingdom, Poland, Lithuania, Estonia, Czech Republic, Sweden, Russia, Italy and the United States. As a soloist, she performed with the orchestras of Lithuania and Belarus. She was selected as a guest pianist for 2001 Duncanson Artist-in-Residence program and received scholarships from the Lithuanian Ministry of Culture and the Lithuanian Foundation. During her time in Cincinnati and in other numerous chamber music festivals, including the Aspen Music Festival and Dartington International Music Festival, Skirmante discovered her passion and talent for collaboration with other musicians, both instrumentalists and vocalists. She

soon became a sought after artist for chamber music and recital performances throughout the world and with faculty from many different Music Institutions across the United States and abroad. She has taught at Central State University, Wilberforce, Ohio and Miami University, Oxford, Ohio. Since 2008 Skirmante has resided in Mexico where along with her performing activities she has an active teaching career. She is professor of piano and chamber music at the Conservatorio de Musica del Estado de Puebla and Escuela Superior de Musica de Faustoy Andres y Aguirre. Recently Skirmante performed as soloist in the 25th Anniversary Concert Series at the University of Southern Mississippi where she was invited along with the Camerata del Conservatorio de Puebla. She joined the Camerata del Conservatorio de Puebla in 2010 and together with this group presents concerts in Mexico and abroad.



Ronda Mains, flute

Ronda Mains is professor of flute/music education and chair of the department of music. She is principal flutist of the Arkansas Philharmonic Orchestra and performer with the Lyrique Quintette. Dr. Mains has appeared as a soloist with the North Arkansas Symphony, University of Arkansas Symphony Orchestra and Wind Symphony, Oregon Winds, Boise Summer Symphony, the Treasure Valley Wind Ensemble, and the Boise State University Symphony and Wind Ensemble. She has performed solo and chamber music nationally and abroad; she has performed at the National Flute Association conventions and many International Double Reed Society conventions. An advocate of contemporary music, Dr. Mains has been actively involved in commissioning and recording new works with her chamber groups. Dr. Mains spent a year as a Visiting Fellow of Lucy Cavendish College at Cambridge University, England where she pursued a research interest in performance practices of

the Baroque era and studied modern flute in London. She is currently pursuing an interest in the performance techniques of ethnic flutes. Other research interests include learning theory and memory.



Theresa Delaplain, oboe

Theresa Delaplain has taught oboe and music theory at the University of Arkansas since 1990. In addition to being Principal Oboist of the Symphony of Northwest Arkansas, she is Principal Oboist with the Arkansas Philharmonic and the Fort Smith Symphony. She is oboist with the Lyrique Quintette and Spectrum Trio, and has performed with the Tulsa Symphony, The Tulsa Signature Symphony, the Oklahoma City Philharmonic, and the Cincinnati Chamber Orchestra. Dr. Delaplain has performed concertos with the Thai National Orchestra, the Fort Smith Symphony, the North Arkansas Symphony, and the University of Arkansas Symphony Orchestra, Chamber Orchestra, and Wind Symphony. She has commissioned and premiered several new works involving oboe, and has produced a CD entitled *Time Labyrinths*. She is also the author of an oboe reed-making book entitled *My Kingdom for a Reed!* Dr. Delaplain teaches at the Saarbarg International

Music Festival in Germany, and she has taught at the Interlochen Center for the Arts Summer Arts Camp. She studied with Sara Bloom, Richard Killmer, John Bentley, Arno Mariotti, and Rachel Brudnoy.



Nophachai Cholthitchanta, clarinet

A native of Thailand, Nophachai Cholthitchanta joined the University of Arkansas in the Fall of 2001. Formerly, Nophachai was the principal clarinetist of the Bangkok Symphony Orchestra, L'Orchestre Mondial Des Jeunesses Musicales, Asian Youth Orchestra, Asean Youth Orchestra and was a member of Greeley Philharmonic Orchestra, Kansas City Chamber Orchestra, New Ear Ensemble etc. He has performed at music festivals as a soloist, chamber music musician and orchestral member in the major concert halls in more than twelve countries including Concertgebouw Hall, Berlin Philharmonic Hall, Vienna Konzerthaus.

In addition to modern clarinet, Nophachai is also a researcher and an avid collector of historical clarinets. He owns both originals and reproductions of 18th - 19th c. clarinets. His research paper entitled "Stubbin's S-K Mechanism" was published in 2013 in a companion volume to the Catalogue

of the Sir Nicholas Shackleton Collection by Edinburgh University Collection of Historic Musical Instruments.

Stress and Mental Health in the United States

• How good is your mental health?

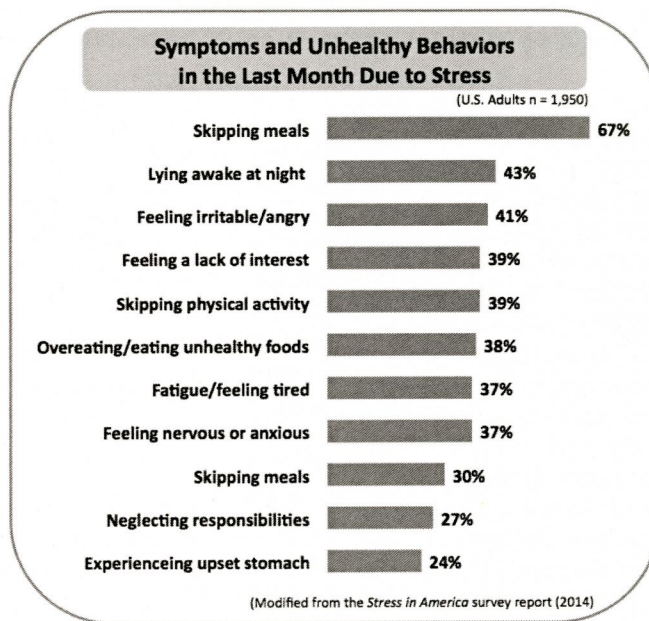
According to the 2013 Stress in America survey, 37% of U.S. adults reported that psychological stress kept them feeling overwhelmed in the past month.¹ Seventy-eight percent of U.S. adults say that their stress level increased or remained the same over the past five years.¹ In addition, mental disorders, such as anxiety disorder, mood disorder, and depression, are also widespread in the United States. Approximately, one quarter (26.2%) of U.S. adults suffer from a diagnosable mental disorder in a given year.² Furthermore, 5.8% of U.S. adults are reported to have severe symptoms and 45% of those with mental disorders have 2 or more disorders.²

• Stress affects your health and well-being.

Psychological stress appears to lead people to engage in unhealthy behaviors and have negative emotional symptoms.

Many people do not perceive an influence of stress on their health, while numerous studies have demonstrated psychological stress as a potential risk factor of the following diseases.^{3,4}

- ✓ Asthma
- ✓ Autoimmune disease
- ✓ Clinical depression
- ✓ Cardiovascular disease
- ✓ Functional gastrointestinal disorder
- ✓ Progression and recurrence of cancer
- ✓ Upper respiratory tract infections



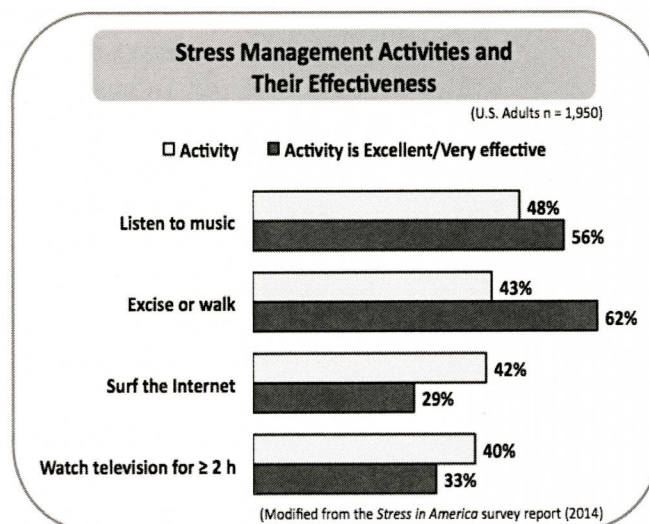
• How well do you manage your stress?

The majority of U.S. adults struggle to manage their stress and mental disorder with everyday activities.^{1,5}

Listening to music (48%) is the most common activity for coping with stress in the U.S., followed by exercising and surfing the Internet.¹

Actually, many people (62%) try to relieve stress through screen-related activities including surfing the Internet, watching TV/movies, and playing video game.¹

One in 10 adults (10%) do not take any activity at all to manage their stress in the U.S.¹



Effects of Aroma and Music on Mental Health

• Aroma effect

Numerous studies demonstrated reliable empirical evidence that inhaled aromas can modulate human mood, emotion, cognition, physiology, and behavior.⁶

Coupling with massage, essential oils are also applied to the skin (i.e., transdermal absorption).⁶

Main efficacies of aromas on mental health are listed below:⁶

- ✓ Relieve psychological stress and anxiety
- ✓ Reduce insomnia
- ✓ Relieve depression and negative emotion
- ✓ Reduce fatigue

There are two primary mechanisms for the efficacy of aroma on mental health.

- ✓ *Pharmacological hypothesis*: Aromas directly affect the autonomic nervous system and/or endocrine system.⁶
- ✓ *Psychological hypothesis*: Aromas exert their efficacies through associative learning, perceptual experience, and expectation. Note that olfactory processing is directly linked to the neural system, such as the limbic system, of emotional and memory processing.^{6,7}

• Music effect

There is conclusive evidence that listening to music affects emotion, cognition, physiology, and behavior.⁸

Music-induced emotions vary by not only musical features (tempo, mode, etc.), but also psychological arousal, personality, age, and culture.⁹ Emotions felt by the music listener are often rated the same or lower than those expressed by the musician performing the musical piece.⁹

Music listening appears to exert beneficial effects on mental health as below:

- ✓ Relieve psychological stress and anxiety¹⁰
- ✓ Improve sleep quality¹¹
- ✓ Reduce depression and negative emotion¹²
- ✓ Improve quality of life for patients with dementia¹³

Since the mid of 20th century, music is often used as a specific application of therapeutic intervention for psychological or physical disorders.

Aromatherapy vs. Aromachology

- ✓ **Aromatherapy** (originally *aromatherapie*)
 - This term was coined by the French chemist Rene-Maurice Gattefosse in the late 1920s.⁶
 - It uses plant-based aromas and essential oils for the treatment of psychological and physical health.⁶
- ✓ **Aromachology**
 - This term was coined by the Sense of Smell Institute in 1982.⁶
 - The scientific analysis of aroma effects on emotion, mood, physiology, and behavior.⁶

About the Aroma Music Concert

• Backgrounds and objectives

As previously mentioned, many U.S. adults suffer from psychological stress and/or mental disorder in everyday life. Surprisingly, teens' average stress level is 5.8 on a 10-point scale during the school year, which exceeds adults' average reported stress level (5.1).¹ Notably, many U.S. teens and adults try to cope with stress in unhealthy behaviors.¹ More attention should be paid on the development of healthy activities and programs for managing mental health.

Many clinical studies have demonstrated the efficacy of either aroma or music on mental health. A question rises here: can the combination of aroma and music exert a synergistic effect in improving mental health? It has been proven through a few clinical studies that listening to soft music accompanied by inhalation of essential oils may provide a relatively simple and effective method of relieving anxiety and stress levels.

Building on these backgrounds, the University of Arkansas faculty members designed an interdisciplinary team project, the "Aroma Music Concert", to address a practical application of aroma and music as an effort to improve mental health not only on campus, but also in the Northwest Arkansas community.

• Concept of concert program

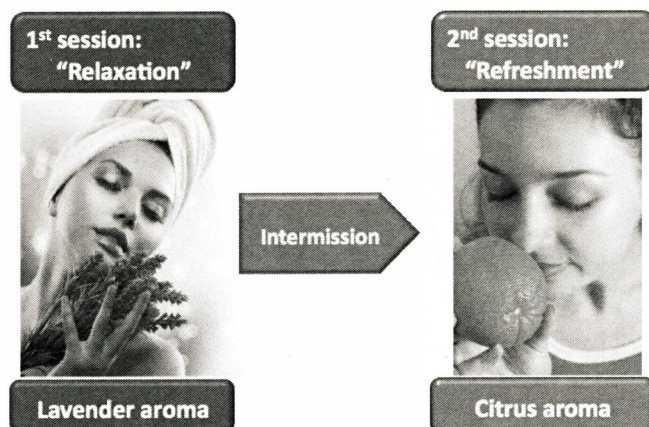
This concert is composed of two main sessions: "relaxation" and "refreshment" as below.

At the 1st session, calming music program with lavender aroma will lead audiences to be relaxed, thereby alleviating their stress and anxiety.

At the 2nd session, exciting musical program accompanied by citrus aroma will lead audiences to be refreshed, which in turn can move forward energetically.

✓ Cross-modal studies demonstrated that well-matched pair of two sensory cues may result in a super-additive effect in perceptual and emotional states.¹⁷

✓ Based on literature review and clinical experiments, musical pieces and aromas which are congruent with the images of "relaxation" and "refreshment" were carefully chosen.



Aroma Team



Dr. Han-Seok Seo

Assistant Professor of Sensory Science at the Department of Food Science at the University of Arkansas.

Biography: Han-Seok Seo is from Seoul, Republic of Korea. He received his Ph.D. degree in Food and Nutrition from Seoul National University in 2006. During a pre-doctoral course at the Human Stress Signal Research Center, National Institute of Advanced Industrial Science and Technology (AIST), Tsukuba, Japan, Han-Seok published an interesting article showing the relaxation activity of the coffee bean aroma on stress induced by sleep deprivation in the rat brain. Han-Seok extended his olfactory research to humans, especially the elderly, when he worked as a post-doctoral fellowship at the Human Ergonomics Lab, Hanbat National University, Daejeon, Republic of Korea. Afterwards, he continued his post-doctoral research at the Smell and Taste Clinic, Department of Otorhinolaryngology, University Hospital Dresden, Dresden, Germany.

During his stay, Han-Seok received another doctorate in Medical Science at the Department of Medicine (Otorhinolaryngology), University of Dresden Medical School, Dresden, Germany. For recent years, Han-Seok focuses on neural mechanisms underlying cross-modal interactions, with a focus on olfactory and auditory cues. He has published more than 50 peer-reviewed articles and serves as a review editor member in *Frontiers in Integrative Neuroscience*.

Muroma group

Muroma (referred to Music + Aroma) group is a task force team for the Aroma Music Concert.

This group is composed of international scholars who conduct clinical experiments for determining effects of aroma and music on emotion and stress.

- ✓ University of Arkansas (Fayetteville, AR): Bob Pellegrino and Shilpa Samant
- ✓ University of Cordoba (Cordoba, Colombia): Sara Esther Jarma Arroyo
- ✓ AgroParisTech (Paris, France): Camille Duez



(from left: Sara Esther Jarma Arroyo, Camille Duez, Bob Pellegrino, and Shilpa Samant)

Contact information

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Acknowledgements

- The Aroma Music Concert was supported by
 - The Office of the Vice Provost for Research and Economic Development at the University of Arkansas (PI: Dr. Han-Seok Seo; Co-PI: Dr. Moon-Sook Park)
 - The Office of the Provost and Vice Chancellor for Academic Affairs at the University of Arkansas (PI: Dr. Moon-Sook Park; Co-PI: Dr. Han-Seok Seo)
- The Departments of Music (Dept. Chair: Dr. Ronda Mains) and Food Science (Dept. Head: Dr. Jean-François Meullenet) also supported this interdisciplinary project.
- A special thanks to Dr. Park's Voice Studio for many warm supports.
- A special thanks to Dr. Seo's Senory Science Lab members for kind helps.

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