

Benefits of Having a Freenotes Musical Park

WHAT ARE FREENOTES INSTRUMENTS?

Freenotes Harmony Park Instruments are real pentatonic scale instruments designed for improvisational play to encourage learning music, rhythms and patterns in a way that allows success for every player. They are also designed to be outdoors and can withstand any type of climate or weather.

They can ignite a spark in a person that facilitates interest in taking music lessons through assured success in a spontaneous atmosphere.

Our instruments are ACCESSIBLE, AFFORDABLE and ENGAGING.

"Music is the electrical soil in which the spirit lives, thinks and invents." --Ludwig van Beethoven

WHAT ARE THE BENEFITS OF HAVING A MUSIC PARK VS. OTHER TYPES OF PARKS

Playground Parks

In many instances, parks are designed for pre-teen children, Like more traditional playgrounds, these spaces often exclude teenagers through their design. Yet in a variety of projects facilitated by [Growing Up Boulder](#) – a child-friendly city initiative in Boulder, Colorado, USA – teens have requested parks where they feel welcome and that have design features that can integrate them into a broader public sphere. For example, in a participatory process with Junior Rangers involved in Boulder's open space planning, teens found a city playground at the edge of open space land. Designed for much younger ages, teens found creative means to play with toddler swings and other equipment. In discussion, one of the teens said, "We want parks for teens, too. I am so tired of having moms yell at us." When we isolate teenagers from other age groups and parts of society, we increase teen alienation, indifference, dysfunction, and antagonism in the younger generation (Bronfenbrenner and Condry 1970). And it goes against what teens consistently request, which is a place for all ages.

Skate Park

Skate parks are designed for only one activity: skate boarding. It's a very limited sport, not everyone has a skate board or has the ability to handle such a sport.

Dog Park

A dog park is for the enjoyment of the dogs and their owners. If you are one of the millions that don't own a dog, the likely hood of ever going to a dog park is zero.

Public Art Parks

They are visual but not interactive usually; Look, but don't touch. What child or teenager is interested in such a venue? Have you ever seen children climbing on statues? It's because they really want to interact with it. A musical sculpture addresses this need.

Music Parks

Music parks are for everyone, kids, teens, adults, seniors, those with limited abilities, skaters, dog owners, everyone.



Park Usage

According to an article by Playground Professionals, Park usage varies based on different factors such as age, gender, and socioeconomic status. Poorer communities are less likely to be frequent visitors: In the study, a 10 percentage point increase in local household poverty correlated with a 12 percent decrease in park use. Research also shows that most parks are geared toward youth rather than adults. Nearly all of the parks in the study had outdoor basketball courts and baseball fields, but only a third had a walking loop. When they were present, these loops were the amenity that generated the most activity for adults and seniors. Researchers found that park usage skewed male (57 percent) and young—seniors represented only 4 percent of park visitors. However, seniors make up 20 percent of the general U.S. population; a marked effort at engaging them would increase overall park usage and likely help to make the demographic healthier.

“A Park that Benefits ALL – A Freenotes Musical Park”

A Freenotes Musical Park is for ALL Ages, Genders and Nationalities. The athlete, non-athletic, musicians, non-musicians, people with disabilities and non-disabilities.

Kincardine, Canada Rotarian John Hill - “I was on holiday in Britain visiting my sister and she took me to this park,” he said. “They had musical instruments and they were popular with the kids. Parents joined in and grandparents joined in and I thought, ‘this is a wonderful idea. **Anyone** can use it.’ Many playgrounds are made for active kids but in music parks everyone can participate.” Members of the Kincardine Rotary Club embraced the idea and decided to take it on as a project to commemorate Canada’s 150th birthday, as well as the Rotary Foundation’s 100th anniversary.

Dave Ernsberger, Business Owner, Littleton, NH - The idea for bringing this kind of engaging musical park to Littleton’s River District was conceived by Dave Ernsberger, owner of The Nest, when he saw a park like it being used by people in Sedona, Arizona. “**Everyone** was enjoying making music together with these unique instruments,” Ernsberger said. “And since we already had pianos located throughout town that residents and tourists have enjoyed over the years, I thought this would be a great addition to making the town even more musical - especially along the River District where people are always out walking.” The park is great for all ages as well as for individuals with disabilities. No musical training or skill is necessary to play each beautifully sculptured piece.

Where can a Freenotes Instrument(s) be installed?

A Freenotes Music Park can be installed in Public Parks, Schools, Zoos, Hospitals, Childcare Facilities, Gardens, Community Centers, Camps, Library's, YMCA/YWCA, Churches, Trails, Senior/Assisted Living Centers, Museums, Military Bases, Special Needs Facilities, Amusement Parks, Business Centers, Plaza's, Residential Communities and the list goes on.

10 Benefits of Playing a Musical Instrument at ALL ages:

1. Increases the capacity of your memory and sharpens concentration.
2. Stimulates brain activity: Music keeps your ears young. Older musicians don't experience typical aging in the part of the brain (the auditory cortex) that often leads to hearing troubles.
3. Creates a sense of achievement building self-esteem: Drumming is used by music therapists to help patients appropriately vent anger and other emotions.
4. Enhances coordination
5. Improves reading and comprehension
6. Enhances respiratory system: Playing music "significantly" lowered the heart rates and calmed and regulated the blood pressures and respiration rates of patients who had undergone surgery.
7. Fosters self-expression and relieves stress: Playing a musical instrument can reverse stress at the molecular level, according to studies conducted by Loma Linda University School of Medicine and Applied Biosystems.
8. Promotes social skills: Music can also be a great social activity for older adults, facilitating social bonding and decreasing feelings of loneliness or isolation.
9. Boosts listening skills: Another use of drumming can be a non-verbal conversation on drums where the ability to listen to the other person's drumming is needed to "converse" on the drums.
10. Promotes happiness in your life and those around you: Stanford University School of Medicine conducted a study with 30 depressed people over 80 years of age and found that participants in a weekly music therapy group were less anxious, less distressed and had higher self-esteem.