

Inspirational Action, Inc.

Rhythm Club

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Creating a space for creativity and growth.

Adding music to the lives of others.

Inspirational Action Rhythm Club

Providing a creative and visionary space to learn music.

The “Rhythm Club” is a new program we have created to provide a creative and meaningful experience, *exclusively for those with a disability.*

Music has been proven to provide an outlet to those who have barriers, both physical, mental, and emotional. It has shown to improve cognitive development and capability. We want to bring these benefits to participants that are already in our program as well as any new participants interested in Rhythm Club by itself. With one-on-one tutoring along with a group class setting, we will have students who are ready to perform in no time! This program is going to be offered cost-free to the participants, no questions asked.



Helping others share their voice through musical expression.

Learning how to compose and perform.

1

CAPTIVATE

Create interest in the music-making process by introducing the various genres and instruments.

2

MOTIVATE

Put our talent to work and make a plan. Start writing, drafting, and making rhythms and beats.

3

INSPIRE

Keep the process going all the way until the end until the piece is complete. Now we PERFORM!



Helping to build a creative foundation that will last a lifetime.

How are we going to get this project off the ground?

The Anchorage community is teeming with cultural, artistic, musical, and theatrical energy and we hope the community will support our program. At this time, we are grant-writing on top of other fund-raising efforts. We are seeking volunteers with a passion for music who have a knack for teaching to work one-on-one and in a group setting. We also need donations of instruments. Cash donations are also being sought for other expenses like classroom space/rent, instrument tune-ups as needed, instrument purchases, music-stands and other small equipment, and other small costs related to start-up and operation.

“Music gives a soul to the universe, wings to the mind, flight to the imagination, and life to everything.” -Plato



Why is this important?

Music therapy is an effective educational and therapeutic tool for both children and adults with forms of disabilities. The strategies involved with music therapy may effect changes in skill areas that are important for people with a variety of forms of disabilities such as learning disabilities, intellectual disabilities, cerebral palsy, autism and many others.e, music has a number of benefits for people with disabilities. It is an important learning tool of course. A portion of the benefits of music comes from the fact that repetition within music may be more enjoyable than without it. Music also provides significant memorization assistance. Maybe the most important thing for some people is the fact that they can participate in music even if they experience difficulties in other areas

HOW CAN MUSIC HELP INDIVIDUALS WITH DEVELOPMENTAL DISABILITIES?

- reasoning ability
- reading skills
- feelings and response
- personal fulfillment
- language development
- the promotion of communication
- motor control and physical well-being
- positive attitudes to school
- socializing and pleasurable experiences in a group

