

Sound Health

Music Science Fellowships





Dear Prospective Investor:

Art and science together hold extraordinary power to heal and transform lives — an insight we've both been privileged to witness throughout our diverse careers. As a world-renowned soprano, Renée has seen firsthand how music can move hearts, while Julie, a leader in public health, has dedicated her life to advancing medical breakthroughs. United by a shared vision, we are committed to exploring how music can be harnessed as a powerful tool for health.

Your philanthropic investment is essential to realizing this vision. Your investment drives groundbreaking research, unlocking the therapeutic power of music to revolutionize the treatment of neurological diseases. Early studies show music can enhance brain function, alleviate symptoms associated with Alzheimer's and Parkinson's, and offer new hope for addressing mental health challenges, including Post-Traumatic Stress Disorder, pain or chronic pain, autism, and the understanding of neurodevelopment.

Yet, we are only at the beginning of this journey. Together, we can push beyond the boundaries of this research, discovering new treatments and improving countless lives. We are hopeful the combined impact of your generosity coupled with significant financial support from the National Institutes of Health securely funds and shapes a future where the intersection of the arts and sciences leads to revolutionary therapies.

We warmly invite you to turn the page, learn more about this opportunity and join us on this extraordinary journey. Together, let's transform lives, one note at a time.

With deepest gratitude,



A handwritten signature in black ink that reads "Julie L. Gerberding".

Julie L. Gerberding MD, MPH
President and CEO, FNIH



A handwritten signature in black ink that reads "Renée Fleming".

Renée Fleming
Soprano and Arts
& Health Advocate



Research shows that **music interventions can enhance the brain's ability to change and adapt** over time to new stimulation.

Visionary Concept

Over the past several years, therapeutic uses of music have emerged as powerful tools in the field of neuroscience, demonstrating significant impacts on brain function and structure. The number of stories and viral videos attesting to the promise of music therapy in clinical applications has grown substantially. Yet, even with decades of practical application, we do not fully understand how music and music therapy achieve these beneficial effects or how to optimize them for individual patients.¹

Research shows that music therapy can enhance brain plasticity — the brain's ability to change and adapt over time to new stimulation — by forming new neural connections and activating various brain regions involved in emotion, memory, motor control, and pain perception.² Music therapy has been shown to help manage chronic pain by altering the perception of pain intensity, reducing anxiety, and promoting relaxation, all of which contribute to improved overall well-being.³

Music can be especially beneficial in rehabilitating patients with brain injuries or other conditions such as stroke, Parkinson's Disease, Alzheimer's Disease, Autism, and in predicting learning disorders in young children.⁴ For instance, rhythmic auditory stimulation aids movement coordination, while music therapy can reduce depression and enhance communication in Alzheimer's patients by accessing preserved musical memories.¹

The NIH's institutes and centers, as well as the philanthropic community, can collectively mobilize significant resources in support of pioneering researchers.³ Ideally, and with an eye toward kindling an exciting

multidisciplinary field, the well-being and mental health of patients can be improved.⁴ Overall, the intersection of music, neuroscience, basic science, and childhood neurodevelopment not only deepens our understanding of how music affects the brain but also opens new avenues for non-invasive, effective therapeutic interventions.²

Harmony of Alignment

The NIH-FNIH-Renée Fleming Foundation partnership on Sound Health Music Science Fellowships represents a daring, visionary endeavor set to redefine the intersection of music, arts, science, and health. Fueled by the NIH's steadfast dedication to cutting edge research, this initiative aspires to revolutionize how music and the arts can profoundly enhance health and well-being. We are committed to amplifying the reach and impact of existing predoctoral and postdoctoral institutional training programs, opening the door to unparalleled opportunities for the next wave of researchers in this dynamic and transformative field by directing resources with precision.

**Discover the
therapeutic
benefits for music
and medicine**



VISION AND FELLOWSHIP

Your contribution does more than empower these brilliant minds; it ignites a chain reaction of breakthroughs, innovations, and interventions that promise to transform lives on a grand scale. You become a crucial partner in a bold mission that blends science, music, arts, and health to craft a healthier, more vibrant future for all by joining this groundbreaking initiative! Your philanthropy is the spark that illuminates new paths of discovery, creating a lasting impact for generations to come.



We aim to cultivate researchers at the intersection of medicine and music therapy, **advancing scientific discoveries on music's therapeutic benefits** for mental health and well-being.

Fellowship Composition

Fellowships are determined by a selection committee. These awards, valued at \$100,000 for one-year, will support the full training of a predoctoral student or postdoctoral fellow under excellent mentorships from established biomedical scientists by providing stipend, tuition as appropriate, and other training related expenses such as health insurance and travel costs. Collectively, the first phase of this initiative will support at least 20 one-year pre-doc or post-doc fellowships.

The FNIH is excited to invite you to be a part of this extraordinary initiative: advancing the intersection of music and medicine! Over the next seven years

(2025-2031), we aim to secure more than \$4 million from dedicated private philanthropic investors. Thanks to their generosity, the NIH will provide a generous \$6 million matching contribution, bringing our total investment in the Sound Health Music Science Fellowships to over \$10 million. Together, we amplify our impact and drive groundbreaking advancements in music and neuroscience.

This partnership drives groundbreaking research, exploring how music therapy can transform brain function and improve lives. Your investment directly contributes to unlocking the therapeutic power of music, helping to advance our understanding and application of music as a powerful tool for health. Together, investors can make a profound and lasting impact, harmonizing science and sound to create a healthier future!

Philanthropic investments from FNIH, coupled with funding from NIH over the next 7 years, will provide **over \$10M to support the Sound Health Music Science Fellowships.**



CHORDS OF FULFILLMENT

Whether you're passionate about advancing scientific research or supporting innovative therapeutic practices, there's a giving level that aligns with your philanthropic vision.

Explore the tiers to find the right opportunity for you.

Founding Benefactor



(Supports 10 Fellowships)

- **Named Fellowship Fund:** A named fund for a fellowship supporting 10 fellows annually for 1-5 years
- **Invitation to an exclusive annual retreat:** An opportunity to connect with fellows, leading scientists, and Renée Fleming at a private retreat
- **Legacy Impact:** Recognition as a founding member of the Visionary Circle, with naming opportunities for a fellowship cohort or research program
- **Lifetime Recognition:** Prominent recognition on all program materials, events, and in a permanent display at the foundation's headquarters
- **Plus all benefits listed below**

Virtuoso Benefactor



(Supports 6-9 Fellowships)

- **Named Fellowship Fund:** A named fund for a fellowship supporting 6-9 fellows annually for 1-5 years
- **Commemorative signed photo** with Renée Fleming
- **Plus all benefits listed below**

Maestro Benefactor



(Supports 4-5 Fellowships)

- **Naming recognition** of a specific research study or project within a fellowship program
- **Invitation to a private dinner** with Renée Fleming and leading scientists
- **A personalized signed copy** of Renée Fleming's new book, *Music and Mind*
- **Annual updates and progress reports**, including opportunities to meet with the fellows
- **Plus all benefits listed below**

Symphony Benefactor



(Supports 1-3 Fellowships)

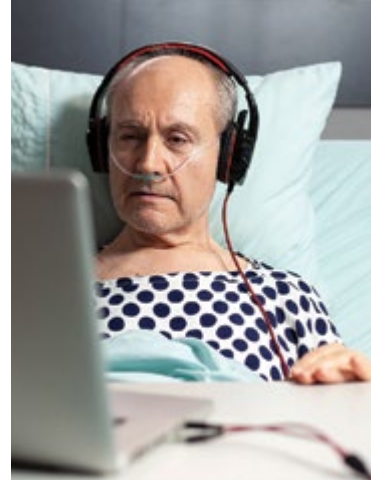
- **VIP seating** at an exclusive live concert or performance by Renée Fleming
- **Exclusive behind-the-scenes tour** of a neuroscience lab involved in the research
- **Special mention in a research publication**
- **Plus all benefits listed below**

Harmony Benefactor



(Supports one partial Fellowship or a mini-grant* for one Fellow)

- **Gifts under \$10K provide partial funding for one Fellowship or mini-grant**
- **A \$3,000 mini-grant includes article processing charges** for one Fellowship publication
- **Personalized thank-you letter** from Renée Fleming
- **Recognition** in the annual report and on the website
- **Custom-made, engraved tuning fork** symbolizing the harmony between science and music
- **Invitation to an exclusive virtual event** discussing the impact of music on brain health with a neuroscientist
- **Digital badge and social media shoutout** acknowledging the contribution



Your generosity can shape the future of music and medicine.

ORCHESTRATING YOUR COMMITMENT

Every great composition needs key contributors, and your investment can create a lasting legacy. We invite you to take the next step in our shared journey to shape the future of biomedical research and public health. FNIH is eager to explore how your generous contribution can be part of this unique and grand initiative. Please contact us below to discuss your philanthropic intentions and help us create something truly extraordinary today.



**Contact
us today!**

fnih.org/soundhealth

Love Collins III, MBA

VP, Strategic Alliances and Advancement
and Chief Development Officer
(240) 475-4335 | lcollins3@fnih.org

Susan Shillinglaw

Director of Gift Planning
(301) 402-6027 | sshillinglaw@fnih.org

References

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4. Chen WG, Edwards E, Iyengar S, Finkelstein R, Rutter DE, Fleming R, Collins FS. Music and medicine: quickening the tempo of progress. *Lancet*. 2024 Mar 30;403(10433):1213-1215. doi: 10.1016/S0140-6736(24)00477-X. Epub 2024 Mar 18. PMID: 38513679.



About the Renée Fleming Foundation

The Renée Fleming Foundation is committed to helping to build the future of music and health research, as well as nurturing emerging artists, through targeted projects and support of recognized organizations doing this crucial work. The Foundation is a not-for-profit 501(c)(3) charitable organization.

About the Foundation for the National Institutes of Health

The Foundation for the National Institutes of Health (FNIH) builds public-private partnerships that connect leading biomedical scientists at the National Institutes of Health (NIH) with their counterparts in life sciences companies, academia, patient organizations, foundations, and regulatory agencies (including the Food and Drug Administration and European Medicines Agency). Through team science, the FNIH solves complex health challenges and accelerates breakthroughs for patients, regardless of who they are or what health threats they face. The FNIH contributes to the development of new therapies, diagnostics, and potential cures; advances global health and equity in care; and celebrates and helps train the next generations of scientists. Established by Congress in 1990 to support the mission of the NIH, the FNIH is a not-for-profit 501(c)(3) charitable organization.

About National Institutes of Health

NIH, the nation's medical research agency, includes 27 Institutes and Centers and is a component of the U.S. Department of Health and Human Services. NIH is the primary federal agency conducting and supporting basic, clinical, and translational medical research, and is investigating the causes, treatments, and cures for both common and rare diseases. For more information about NIH and its programs, visit www.nih.gov.



The FNIH is a registered 501(c)(3) nonprofit organization.
Contributions are tax-deductible, and a gift receipt will be provided.
Our tax ID number is 52-1986675.