Who We Are
State of Texas incorporated 501(c)3 charitable nonprofit, governed by a Board of Directors, and funded through local community organizations, state and public sponsorships, grants, and public and private foundation donations.

Our Rhythm Care™ team is an assembly of loving and caring rhythmists (a.k.a., percussionists) with more than 20 years of musical enlightenment. We are not entertainers, although our Rhythm Care™ sessions are very entertaining.

We have taken on a life’s mission in service to help and support others in the communities we serve. We serve others by using rhythm and movement to elevate personal Self-Determination | Quality of Life | and create a wonderful space for holistic improvement of an individual’s well being in Mind, Body, and Spirit.

What We Do
Our Rhythm Care™ team uses percussion instruments from around the world combined with an evidence-based, Mind-Body wellness HealthRhythms® protocol by neurologist Dr. Barry Bittman. We create a trusting, safe, inspired, creative, and transforming space for all ages and walks of life to improve Quality of Life, elevate Self-Determination, and instill a deeper sense of Well Being! We are recreational music therapists.

Benefits of Our Services
- Increases
  - Neurogenesis
  - Energy Levels
  - Working Memory
  - Concentration
  - Physical Wellness
  - Mental Wellness
  - Neuroplasticity
  - Mental Clarity
  - Immune System
  - Cognitive Reserve
  - Self-Awareness
  - Brain Performance

- Decreases
  - Anxiety
  - Stress
  - Tension
  - Depression
  - Blood Pressure
  - Aggression
  - Brain Shrinkage
  - Cortisol
  - PTSD Symptoms
  - Memory Loss
  - Loneliness
  - Brain Fog

10 Step evidence-based Protocol
1. Introduce the Program
2. Wellness Exercise
3. Breaking the Ice
4. The A-B-C's of drumming
5. Rhythmic Naming
6. Entrainment Building
7. Inspirational Beats
8. Guided Imagery Drumming
9. Wellness Exercise
10. The Finale!
Who We Serve

Seniors in Care and Memory Care Community

Dignity, Quality of Life, and Self-Determination is a combination mindset everyone needs every day.

Maintaining a healthy, balanced, and purposeful mind, body, and spirit improves Quality of Life and Self-Determination regardless of age.

Our Senior and Memory Rhythm Care™ programs and activities produce a sense of well being with measurable impact. We partner with activity directors, coordinators, caregivers, and family members to create the best experience possible for those in their care. We are passionate about giving others purpose through rhythm and movement to generate a sense of improved Well Being.

Compromised Health Community

Enabling a person to create a Self-Determined mindset is the first place to start a positive path for any recovery care plan.

Among the groups we love to serve are cancer, head trauma, and coronary care patients. It is well known that fostering a sense of self-empowerment and a positive mental state during recovery statistically improves expected recovery outcomes. Our Compromised Health Rhythm Care™ programs and activities are customized to each care group and coordinated with healthcare professionals. Our focus group consists of individuals who have serious health conditions and are experiencing stress and anxiety during their treatment and/or recovery.

Compromised Health Rhythm Care™ fits perfectly with the Triple Aim model!

Cognitive Health Community

A positive attitude gives you power over your circumstances instead of your circumstances having power over you.

Ask any clinical therapist and they will tell you anyone experiencing a cognitive health disorder must have a self-care plan that they create and own. Activities that get people out and about and socially interactive are a vital part of such self-care plans. Our work in the Cognitive Health Community focuses on individuals who are experiencing PTSD, bipolar disorder, depression, anxiety, aggression, and other mood disorders.

Our Cognitive Health Rhythm Care™ programs and activities are customized to the groups we serve. Whenever possible, we always enjoy working closely with clinicians, care coordinators, and caregivers.