

Chorus Chatter

News and Musings for Young at Heart Chorus Members

Issue #24...June 1, 2019

Editor: Ray Scroggins



E.Y. "Yip" Harburg was a lyricist who created the words for such well-known songs as "April in Paris" (although he never had been to Paris), "Look to the Rainbow," "How Are Things in Glocca Morra?" and "Over the Rainbow." He is less well-known than many other lyricists because his name was never connected to a single composer. He worked with composers that included Harold Arlen, Burton Lane, Vernon Duke and Jule Styne, among others.

A prolific writer, he collaborated with Harold Arlen on 111 songs alone. The common quality of his song lyrics that have made them endure for decades is their memorability. As talented a man as Stephan Sondheim has called Harburg "one of the most brilliant technicians of the golden age" of songwriters. Yet over a long career, Sondheim managed to write only a single song, "Send in the Clowns," that passes the memorability test.

DO Sing in the Shower

The shower, with its cocoon of privacy and superlative acoustics, brings out the diva in us all. And we would be wise to take the steamy stage and croon away. Research shows that *singing enhances immunity and boosts your mood*. So, whatever your style, sing your heart out, and soak in song's health benefits.

Prevention Magazine



Klim Maling joins the growing list of our members who live at Good Samaritan Village. He grew up in England and served in the British Army. After coming to the U.S., he lived mostly in Poughkeepsie, New York and worked as an electrical and computer engineer.

In addition to singing, Klim has tried various musical instruments, including recorder, guitar and bagpipes. He says he played none of them well but enjoys classical music. His secondary interest is deserts and countries in deserts, so it's no surprise he ended up in Las Cruces, where he has lived for about 25 years. We're glad to have him singing with us.



Patty Simpson Is another new member from Good Samaritan Village, where she has lived since 2010. After growing up on the East Coast near New York City and spending summers in Maine, she spent several years in North Carolina. She also lived in California and for a year in Germany.

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Patty worked for 28 years in psychotherapy, much of the time as a marriage counselor. Earlier, she taught first grade for six years. She had two husbands, who both are deceased. Patty has two adult children, a son living in Washington State and a married gay daughter living in North Carolina.

Previously, she sang in her church choir and also did some singing in college, as well as studying piano for about three years. Patty says she is glad to be alive and thrilled to be living at Good Samaritan Village, with its support, resources and stimulating companionship.

Reviving the Old-Time Radio Classics

We who grew up listening to old-time radio programs like *Jack Benny*, *Gunslinger*, *Fibber McGee & Molly* and *Lux Radio Theater* experienced entertainment at a whole different level than today's TV-watchers. "With TV you see it. But with radio you have to imagine it," says Martin Grams, Jr., who has one of the world's largest collections of old-time radio show recordings. "It's like reading a novel—you envision what the character looks like, you envision the streets they are walking."

You can listen to them all again on a website curiously named Dumb.com. Thousands of the old shows are available and free to listen to, neatly broken up into categories: Adventure, Comedy, Crime, Detective, Drama, Gossip, History, Kids, Music, Mystery, Quiz, Sci-fi; Soap Opera, Thriller, Variety, Westerns and World War II. Check it out!

Newsmax Magazine

I picture each day as if it were a happy dog looking at me. I may not be in the mood, but the dog always wants to play.

John Patrick Shanley, American playwright



Lola Williams is the Activity Director at The Aristocrat, a position she has held for the past 12 years. She found her passion for the elderly very early in life, even as a young child, and has spend her 40-year career working with them.

Although she was born here, Lola spent her childhood in Michigan, mostly in Plymouth, near Detroit. Eventually, as her parents aged and were living in New Mexico, she returned here to help them and made Las Cruces her home. She has a 32-year old daughter and two grandsons living in Las Cruces and a 37-year old son in California.

Lola says the residents at The Aristocrat enjoy music, particularly the kind we sing. They always look forward to our performances and are disappointed when we are off for the summer. We look forward to seeing them again in September.

Coffee Slows Aging in Seniors

Your morning cup of coffee may help protect you against the diseases of aging. Studies show that the seniors who drink the most coffee have the lowest levels of inflammation, which is believed to be a major factor in chronic diseases of aging, such as heart problems, Alzheimer's and diabetes. Researchers believe that caffeine slows or stops activity in gene pathways that spur inflammation.

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Roaring 20s Soloists in May



George looks the “Roaring 20s” part as he sings a medley of, *I Can’t Give You Anything but Love* and *Baby Face*.



Phyllis sings *You’re the Cream in my Coffee* and *I’m Just Wild About Harry*.



Chuck goes Hawaiian with his ukulele and *My Little Grass Shack*.

My therapist told me the way to achieve true inner peace is to finish what I start. So far, I’ve finished two bags of chips and a chocolate cake. I feel better already!

Time Signatures in Music

What does it mean when you see $4/4$, $3/4$ or other numbers at the beginning of a piece of music? The time signature in musical notation tells how many beats are contained in each measure, and which note value is equivalent to a beat. A piece with a time signature of $4/4$ has four quarter-note beats; each measure with a $3/4$ meter has three quarter-note beats; and each measure of $2/4$ time has two quarter-note beats. A time signature of $6/8$ has six eighth-note beats, and so on.



Lullabies Aren’t Just for Babies

Listening to music before bed can help you fall sleep faster, wake up less often during the night, and feel more relaxed in the morning, according to the National Sleep Foundation. According to one study, seniors with sleep problems who listened to 45 minutes of soft, slow music before bed reported a 35 percent improvement in the duration of their shut-eye and less dysfunction during the day.

Reader’s Digest

Just burned 2000 calories! That’s the last time I leave brownies in the oven while I nap.

Do it now! Today will be yesterday tomorrow.

From a fortune cookie