

Chorus Chatter

News and Musings for Young at Heart Chorus Members

<https://www.youngatheartlascruces.website/>

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Zippity Do Da...

originally known as "Zip-a-Dee-Doo-Dah," is a song we'll sing in March. It was composed by Allie Wrubel with lyrics by Ray Gilbert for the Disney 1946 live action and animated movie *Song of the South*. For "Zip-a-Dee-Doo-Dah", the film won the Academy Award for Best Original Song and was the second Disney song to win this award, after "When You Wish upon a Star."

Disney historian Jim Korkis said the word "Zip-a-Dee-Doo-Dah" was reportedly invented by Walt Disney, who was fond of nonsense words such as "Bibbidi-Bobbidi-Boo" from *Cinderella* (1950) and also "Supercalifragilisticexpialidocious" from *Mary Poppins* (1964).

Since 2020, Disney has disassociated itself from the song due to the longstanding controversy over racial connotations associated with *Song of the South*.
Wikipedia

The main function of your big toe is to make sure all the furniture in the house is in the right place.

Music Can Be Medicine

Music can go far beyond entertainment. We know from experience that it can affect our moods and even our health. These examples show how much of an impact it can have on serious health problems.

SarahRose Black, a music therapist in Toronto, recalls a patient in palliative care who was unwilling to engage with the staff in any activities. When she offered to play some music on her portable keyboard, he mentioned a few classical composers he liked and then turned away. When she started playing a Bach composition, he turned towards her and started to cry, opening up suppressed emotions.

Another patient with terminal brain cancer told her, "I have a lot of friends who show up, and they're helpful, but they don't really understand. Music is like my friend who gets it."

Parkinson's patients also have found remarkable help through music. In one example, a music therapist leads a group of people with Parkinson's disease in sessions of rhythmic

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drumming via Zoom. The drumming circle, known as *Rx 4 Rhythm*, is designed to help improve coordination. A study showed that patients also improved their ability to walk after six weeks of drumming practice. Another study of a choir of people with Parkinson's (called the Parkinsonics) showed that members' speaking voices had grown stronger after 12 weeks of singing. Such groups also create a community that provides mutual support and friendship. *Readers Digest*

I have my very own built in alarm clock. It's called a Bladder and it does not have a snooze button.

The older I get the tighter companies are putting the lids on jars

10 Commandments of Good Communication

1. Thou shalt not speak from another room.
2. Thou shalt not speak while turned away from a person with hearing aids.
3. Thou shalt not speak in competition with another sound source.
4. Thou shalt ask for the attention of the speaker prior to conversing.
5. Thou shalt speak face-to-face at all times.
6. Thou shalt remove obstructions that cover the mouth while speaking.
7. Thou shalt speak clearly and with distinction.
8. Thou shalt be patient with a hearing-impaired person.
9. Thou shalt rephrase words that aren't understood, not simply repeat them.
10. Thou shalt respect the individual with hearing loss to help them build their confidence.

Expert Hearing Care-Las Cruces, NM

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Why Drink Tart Cherry Juice

You can reduce inflammation in the body by drinking tart cherry juice, and it helps muscles recover after a workout. Chronic inflammation is linked to heart disease, diabetes, cancer and arthritis, as well as diseases like Crohn's and ulcerative colitis.

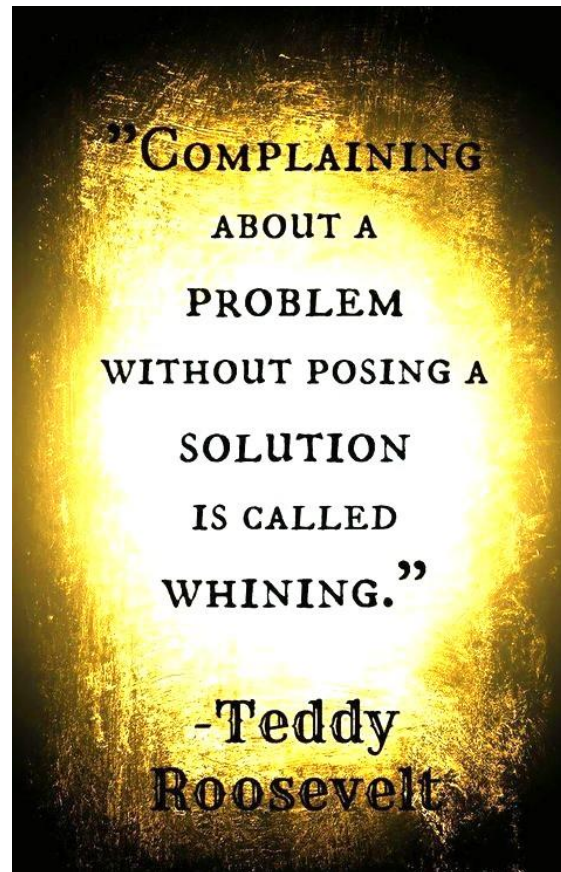
Unlike many juices that are loaded with sugars, tart cherry juice contains antioxidants and anti-inflammatory polyphenol compounds-micronutrients that occur naturally in plants-that have been shown to accelerate recovery from strength-based exercises and control muscle inflammation.

Even if your inflammation is not from a workout, the rich nutrients and antioxidants in tart cherry juice can help by reducing arthritis symptoms such as joint pain and inflammation.

TheHealthy@Reader'sDigest

Lost "Rs" Found

I've finally figured out what happens to all the "Rs" the people in Boston drop when they say things like "Pahk the cah." They put them on the ends of other words, like saying "Cuber" instead of Cuba.



Remind Me...

If you need to remember something, don't say to your spouse, friend, or anyone else, "Remind me to ..." That puts the responsibility on them and lets you off the hook. Instead, say, "I need to remember to...", and you are more likely to remember whatever it was. Also, the other person may remember and remind you.