

Chorus Chatter

News and Musings for Young at Heart Chorus Members

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

Issue #91 ...April 5, 2025

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Direct-ly from Dennis

HAPPY BIRTHDAY TO YOU!

The song was written in 1893 by two school teachers to greet their students in the morning. The words were changed around 1915 to say HAPPY BIRTHDAY.

We sing it every month to celebrate the birthdays of the residents where we sing. Jo, THE BIRTHDAY LADY, also celebrates the birthdays of our chorus members. Thanks Jo! Also gives me a chance to play my TAMBOURINE.

Across the world, we all sing HAPPY BIRTHDAY -

UNITED STATES - HAPPY BIRTHDAY

POLAND - STO LAT, STO LAT

BELGIUM - gelukkge verjaardag

CHINA - Sheng ri kuaile

SPAIN- Feliz cumpleaños

Celebrating a BIRTHDAY is a very special thing. We get to be here. We have enjoyed our families, our friends, and even those with whom we have had difficult times.

We have our Birthday!

HAPPY BIRTHDAY TO YOU. HAPPY BIRTHDAY TO YOU.

HAPPY BIRTHDAY, HAPPY BIRTHDAY

HAPPY BIRTHDAY TO YOU!

Our prayers go out for Gary Spenser and his family. Gary - you will be missed. We hope God is enjoying your singing!

New York, New York

The theme from New York, New York", often abbreviated to just "New York, New York", is the theme song from the Martin Scorsese musical film New York, New York (1977), composed by John Kander, with lyrics by Fred Ebb. Liza Minnelli performs the song in the climax of the film. It was nominated for the Golden Globe Award for Best Original Song. Two years later, Frank Sinatra covered the song, and it became closely identified with both him and New York City.

Composer John Kander and lyricist Fred Ebb attributed the song's success to Robert De Niro, who rejected their original theme for the

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film because it was "too weak." Kander & Ebb banged out a replacement in "a very short time...and in great anger". It turned out to be a huge success.

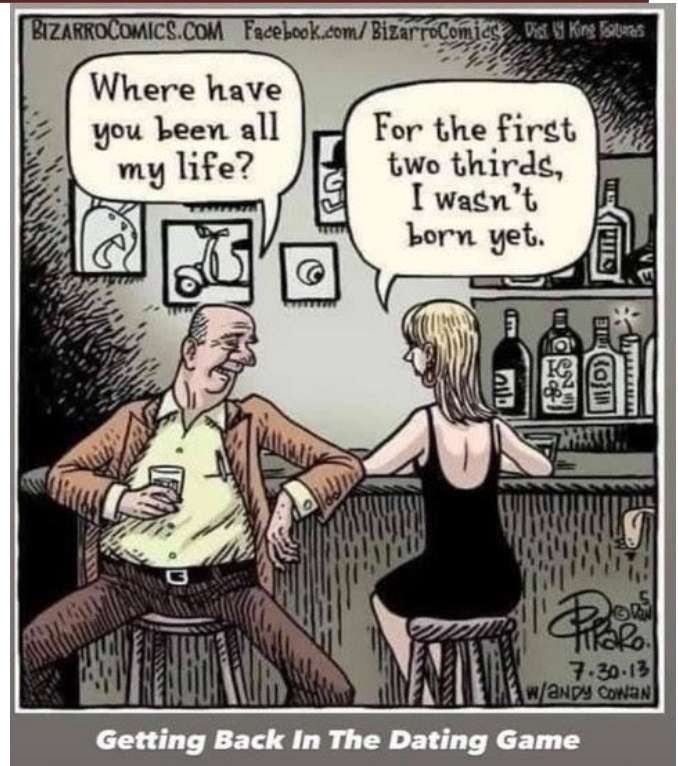
Why a Rabbit for Easter?



The Easter Bunny (also called the Easter Rabbit or Easter Hare) is a folkloric figure and symbol of Easter, depicted as a rabbit—sometimes dressed with clothes—

bringing Easter eggs. Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behavior at the start of the season of Eastertide, similar to the "naughty or nice" list made by Santa Claus.

The custom was first mentioned in Georg Franck von Franckenau's *De ovis paschalibus* ("About Easter Eggs") in 1682, referring to a German tradition of an Easter Hare bringing eggs for the children. *Wikipedia*



Music Can Make You Healthier

Research is finding that music can help overcome some of today's top health challenges, from stress and depression to loneliness, age-related mental decline and even pain.

A study by the University of Michigan of 2,657 adults between the ages of 50 and 80 found that listening to various types of music at home, watching musical performances on TV or online or attending live events were all beneficial.

Making music is another way to benefit. Nearly half of the study participants reported singing at least a few times per week: 8% sang with

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others and 17% played an instrument at least occasionally. Here are some of the benefits found in this and other studies:

Better sleep: Listening to music can help you fall asleep more easily, sleep more deeply, and go back to sleep if you wake up during the night.

Relaxing music without lyrics, chosen by the participants, was used in most studies, but upbeat music also was used for those who preferred it.

Slower brain aging: Swiss researchers compared the effects of music awareness training and piano lessons among 132 healthy retired adults. Both approaches improved memory and slowed the age-related loss of brain tissues, with better results in the piano lesson group.

Blood pressure control: One study found that classical music could raise or lower blood pressure by an average of about seven points, depending on the tempo. Fast music also raised heart rate, while slow music lowered it.

Stroke rehabilitation: In Finland, a study of 54 stroke survivors with difficulty speaking and understanding language (aphasia) found that singing in a group guided by a music therapist and choral conductor helped to restore their speech.

Breathing difficulties: Singing can improve breathing for people with chronic respiratory problems such as long COVID and COPD. Participants in one group were trained in voice exercises and choral singing for one hour per week, with additional vocal exercises at home.

So, identify what kind of music you like, and then take every opportunity to enjoy it-at home and by getting out to musical events. And consider making music, whether it's by singing, playing an instrument, or learning how to do so.

NEWSMAX Magazine-May, 2024

"Beautiful young people are accidents of nature, but beautiful old people are works of art." *Eleanor Roosevelt*

