



Healing Blues Project: Suffering Expressed through Songs

Posted: Sunday, April 27, 2014 5:30 am, By Dawn DeCwikiel-Kane/News & Record dawn.kane@news-record.com



The below is an article that describes how songwriting is used to express emotions, suffering and hardship. This community is finding ways for blues musicians to help serve their community through their talent, skill and art.

GREENSBORO -- Shannon Stewart tapped his feet to the music, nodding his head and smiling with recognition. At moments, he appeared to fight back tears, then quickly recover. Terry VunCannon played his Dobro guitar as Steve Headen sang:

**"I hit the streets
At 10 years old.
'Go with your daddy'
Is what I was told.
He lost our home,
My path was clear.
You're a walking man,
You can't stay here."**

They were singing Stewart's life story. Terry VunCannon and his wife, Janice Gatton-VunCannon, became songwriting partners with Stewart through Healing Blues project.

Ted Efremoff and Dave Fox created this effort to turn stories of the struggling into blues songs. Efremoff found inspiration when the local Open Art Society announced plans to fill empty downtown storefronts with art installations that celebrate the blues, in a city that hosts the annual Carolina Blues Festival on May 17.

- Continued on Page 2

Hello!

This issue of *Health Beat* is being sent to you courtesy of Becky Watson, Owner of **Music for Wellness, Enriching the Mind, Body and Spirit with MUSIC.**

It is our way of saying that you are important to us and we truly value serving you. Please feel free to pass this newsletter on to friends and neighbors. Enjoy!



Famous Quotes

I'd rather be a failure at something I love than a success at something I hate.

—George Burns

Reality is that which, when you stop believing in it, doesn't go away.

—Philip K. Dick

You can't depend on your eyes when your imagination is out of focus.

—Mark Twain

Yes: I am a dreamer. For a dreamer is one who can only find his way by moonlight, and his punishment is that he sees the dawn before the rest of the world.

—Oscar Wilde

Always bear in mind that your own resolution to succeed is more important than any one thing.

—Abraham Lincoln

A discovery is said to be an accident meeting a prepared mind.

—Albert Szent-Gyorgyi

Andrew Watson's Confirmation Holy Trinity Catholic Church, Norfolk, VA



Watson family: Rod, Jessica, Becky and Andrew Watson

What Our Customers Say

We are so fortunate to have the best customers in the world! Many of them write to tell us how much they enjoyed Music for Wellness outreach programs Veter-

“Our son, who is a middle school student, enjoys taking piano lessons with Becky. Her approach motivates and focuses him to learn by producing a video during each lesson! These videos allow me to see his progress and the results of his work ... and to share with others. Thank you Becky!”

- Kathryn



Pictured above: Presenting during the Mid Atlantic Region Music Therapy Conference in Buffalo, NY on April 12, 2014. Title of Presentation: Integrating Music with for Horses Helping Heroes Project.

What's Becky up to:

- May 7, 21: Adult Day Care Pilot Music Session, Our Saviour Lutheran Church, Norge, VA
- May 8, 15, 22, 29: Horses Helping Heroes Project Smithfield, VA
- May 11: Mother's Day
- May 13, 27: Adult Day Care Pilot Music Session, New Zion Baptist Church, Williamsburg, VA
- May 17: DRUMstrong Drumming Event to Beat Cancer, Charlotte, NC
- May 18: Golden Hearts AFAA Fitness Training, Greenville, NC
- May 20: Local Music Therapist Networking and Tour of Sentara Heart Hospital, Norfolk, VA
- May 26: Memorial Day
- June 1: Wellness Resource Fair, St. Matthew's Catholic Church

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- Continued from Page 1



“I started thinking, ‘What are the blues about?’” said Efremoff, who teaches art at Greensboro College. “They are a way to deal with your suffering. How do we help people do that?”

His answer: Set up a cafe where musicians could gather with those experiencing homelessness, post-traumatic stress disorder, abuse and other troubles and trauma, so that they could create songs together.

“It’s a therapeutic way to expose their problems, but also memorialize their problems by putting them into music,” Efremoff said. “That’s the root of the blues.”

Efremoff shared his idea with Fox, a Greensboro College colleague and musician. Fox recruited local blues musicians. “We are finding a way for blues musicians to help and serve their community, by using their art,” Fox said. Efremoff asked college art majors Julia Fergus and Gabrielle Harvin to help with the artistic side.

He and Fergus created an art installation at Mosaic Piano Service, 612 S. Elm St., where storytellers could drop off their prose and poetry. About 30 people responded.

He contacted the Interactive Resource Center, a day center for the homeless that hosts writing workshops where storytellers could meet with songwriters. Elsewhere, the downtown thrift store turned living history museum at 606 S. Elm St., agreed to host gatherings.

“I hope it opens up a dialogue on the plight of the homeless,” Headen said of the project. Some of the blues songwriters Terry VunCannon, Headen and Mike Thomas – as Lawyers, Guns & Money – will perform the song at the Carolina Blues Festival on May 17.

“I refuse to go through this homeless thing without leaving something behind,” Stewart said. “When I come up out of it, they are going to know I have been here.”

The entire article may be found at: http://www.news-record.com/go_triad/music/article_edb2e16c-cc9b-11e3-914c-0017a43b2370.html to track the and to track the progress of The Healing Blues Project and future fundraising events.

Contact Dawn DeCwikiel-Kane at 373-5204 and follow @dawndkaneNR on Twitter.

May 2014

M N S J P W S A L L J G N T C
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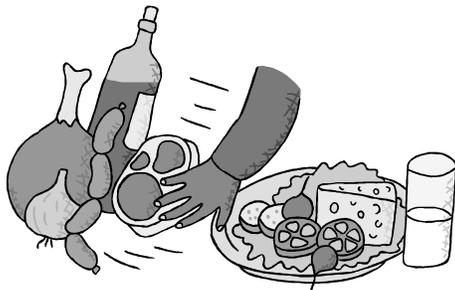
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How to Burn Belly Fat

New research suggests that eating salmon and walnuts can help people to avoid the dreaded belly fat. Uppsala University has conducted a study that suggests people who eat plenty of polyunsaturated fat get a lot more muscle than those who consume lots of saturated fat. The findings also indicate that consuming a good deal of polyunsaturated fat reduces the risk of developing type 2 diabetes and heart disease. Unsaturated fat can be found in oily fish, olive oil, seeds and nuts.

Weight training is also very good for getting rid of or avoiding belly fat as it helps to build lean muscle. Lifting weights tears muscle tissues apart microscopically, which are then rebuilt, and during the creation of this new muscle your body is also burning calories and thus better facilitating weight loss. Barbell dead lifts, standing/seated calf raises, pull-ups, chin-ups, pull-downs, and bench presses should all be incorporated into your weight training regime.



Music for Wellness creates music products and programs to enhance the quality of life in supporting the health and well-being of veterans, community heroes and retirees. We strongly believe our mind, body, and spirit can be enriched with MUSIC!

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- **Angel Harp Performance**

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Days of Interest

ALS Awareness Month. ALS is amyotrophic lateral sclerosis, also commonly known as Lou Gehrig's disease. A motor neuron disease characterized by rapidly progressive weakness, muscle atrophy, and difficulty speaking, swallowing, and breathing, ALS affects as many as 30,000 Americans.

International Drum Month. Sponsored by the Percussion Marketing Council to promote drumming as a positive experience for everyone regardless of age, gender, musical background, economic means, education, or location..



Strike Out Stroke Month. Each year approximately 795,000 people experience a new or recurrent stroke, at a rate of one every 40 seconds on average in the United States. Learn the warning signs of stroke, and be ready to act promptly if you see or experience any of them.

National Bike Month. Established in 1956, and sponsored by the League of American Bicyclists, National Bike Month is a chance to showcase the many benefits of bicycling.



National Nurses Week, May 6-12. Nurses work in emergency rooms, school-based clinics, homeless shelters, and wherever else medical help is needed. National Nurses Week is celebrated annually from May 6, also known as National Nurses Day, through May 12, the birthday of Florence Nightingale, the founder of modern nursing.

Hurricane Preparedness Week, May 25-31. Hurricane hazards come in many forms, including storm surges, heavy rainfall, inland flooding, high winds, tornadoes, and rip currents. It's essential that your family be ready before a storm approaches.

International Firefighters' Day, May 4. A day to remember the firefighters who have died while serving our communities or dedicated their lives to protecting the safety of us all.

Memorial Day, May 26. Observed on the final Monday of May, Memorial Day remembers the men and women who gave their lives in the service of the United States..



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Good news and information for the friends and clients of Music for Wellness, LLC

May 2014

How To Cut Fat and Cholesterol

There are a number of simple ways to cut down on the amount of fat and cholesterol in your diet.

One good tip is to keep all portions of fish, meat and poultry modestly sized – smaller than a deck of playing cards. All visible fat on meat and poultry should be trimmed prior to cooking and it is a good idea to use other alternative methods of cooking rather than frying such as baking, grilling, poaching, roasting, broiling or microwaving.



Cook the ground meat and then drain off the fat and rinse in a strainer with the help of hot water before adding in any other ingredients. Fish, meat and poultry should be basted or poached in fruit juice or de-fatted broth, while the skin should also be removed from poultry prior to cooking. Even low-fat luncheon meats should only be consumed sparingly because of their high sodium content while it is also advisable to drink fat-free or skim milk rather than whole and make use of fat-free cheese in casseroles.



Becky's Key Notes

Hi! I'm very proud to announce that I've completed my Music Therapy Internship at Eastern State Hospital....now it's time to put it all together and pass the Certification Board for Music Therapist Exam! I greatly appreciate the

support of my wonderful husband and family and the flexibility of my piano and guitar students while I was in Williamsburg. The month of April included a presentation during MidAtlantic Region Music Therapy Conference in Buffalo, NY, and performing Music Therapy services for non-profit agencies including Horses Helping Heroes and Colonial Heritage Community Foundation for Adult Day Care Services in Williamsburg. We also enjoyed spring break in Massanutten and met with several local Music Therapists in the Harrisonburg, VA area. The month ended with Andrew receiving the sacrament of Confirmation at Holy Trinity,

Becky's music studio continues to thrive with new students beginning each month... our newest guitar student is Ed, Welcome!

Interested in Group Empowerment Drumming?

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Improving Your Heart Health

Some risk factors for heart diseases are out of your control, such as health problems inherited from your parents, or simply your age, but many others relate to your lifestyle, including having an unhealthy diet, being overweight and smoking. Your health can therefore be improved by adopting a healthier lifestyle and a heart-healthy diet.

The only really healthy solution for smoking is to quit. This can be difficult, but it is far from impossible and will eventually lead to success. It can also be a good idea to discuss with your doctor medications that actually cut down your craving for nicotine. Within days of stopping smoking, your blood pressure will begin to go down, the carbon monoxide and oxygen in your blood will go back to normal levels, your blood flow and breathing will improve and shortness of breath and coughing will decrease.



Losing weight, even as little as just five to ten percent of your current weight, can also cut down your risk of having heart problems.