



Rhythms: Summer Edition 2014

Edition: XLIV

Mind, Body & Jazz: How Jazz Can Improve Your Health

Adapted from "[Mind, Body & Jazz: How Jazz Can Improve Your Health](#)"

Listening to jazz music has benefits for your health. The innovative riffs, cool tones and complex rhythms can bring natural relief for mind & body.

Focus and Energy: Listening to music can

- Help you **focus** and raise your heart rate.
- Boost your **productivity** at work. Listening to the distinctive syncopation of some jazz can bring about highly creative theta brain waves (4-8 hertz), inspiring **new insights and solutions** to unresolved problems

Stress Relief: Stress is the root of many health problems. Jazz music lowers your heart and respiratory rate leading to:

- **Better Sleep:** Just 45 min of soft, slow music (60-80 BPM) before bedtime means better and longer sleep as well and less dysfunction during the day.
- **Less Depression:** After listening to jazz for an hour every day for a week, listeners had 25% less depression than non-listeners.

Music therapy is also linked to:

- **Stroke Recovery:** music improves verbal memory, focus and mood.

New Employee Spotlight: Mabel Kelly



Well, sort of. On June 5, 2014 Lizz, NOMAF's incredible Office Manager & team NOMC member, and her husband Joel welcomed Mabel into the family at 8lbs 9oz. Both mother and baby are doing just fine- which is

- **Pain Relief:** Listening to music can reduce time and intensity of general and migraine headaches and chronic pain. Music therapy is used in hospitals during childbirth, post-operatively, and to complement the use of anesthesia during surgery.
- **Blood Pressure:** Music (including jazz) and laughter can lower blood pressure by causing blood vessels to expand by up to 30%.
- **Immunity:** Listening to jazz for 30 minutes boosts immunoglobulin A (IgA) levels, preventing virus, bacteria and infection.

music to our ears!



Go Team NOMC!



On April 19th, Team NOMC rocked the All State Sugar Bowl Crescent City Classic and raised \$14,000!! Whatever skill level you're at - runners, joggers and walkers - Team NOMC will be getting fit and active this summer - Weekly team trainings begin next Tuesday at 5:30 leaving from 1525 Louisiana Avenue. We will also participate in the American Diabetes Association Walk this fall.

Wanna join? Email: teamNOMC@nomaf.org.

Music for Focus and Energy

[Â CavatinaÂ](#) - Eric Alexander (114 BPM)
[Steppin](#) - McCoy Tyner (142 BPM)

Music for Relaxation

[Blue in Green](#) - Miles Davis (55 BPM)
[Almost Blue](#) - Chet Baker (56 BPM)
[Blue Train](#) - John Coltrane (75 BPM)

Music that benefits the NOMC

DIABETES AWARENESS DAY

OVERCOMING DIABETES

FINDING HARMONY IN HEALING

JULY 12, 2014 • 9AM - 1PM
 ASHE CULTURAL ARTS CENTER • 1712 ORETHA C. HALEY BLVD

Are you a diabetic, pre-diabetic, or know someone who is? Information, screenings and services for healthy management and strategies. Healthy snacks and lunch provided by Whole Foods Broad Street with keynote speaker, Dr.

Turshá Hamilton, a highly trained Naturopath Physician.

RSVP and [Learn more.](#)

Even though a mild season is predicted, please keep in mind a few safety tips this hurricane season.



1. **Make a Plan.** Unite with your family, friends and neighbors and have a plan. If you do not have transportation or have special needs, Evacuspots locations are all over the city to assist in the case of mandatory evacuations. Register and learn more by dialing 311 or visit ready.nola.gov.
2. **Pack Light, Pack Smart.** Store your instruments and equipment in a safe location. Bring all forms of ID and keep your prescriptions in original packaging or bottles. Musicians' Clinic patients: please note your patient number to access your electronic medical records remotely. If you plan to use Evacuspots, keep in mind that only 1 small carry-on per person is allowed.
3. **If you stay, be prepared.** Have adequate supplies to sustain you and your family for a minimum of 3 days. Keep your car's gas tank at $\frac{3}{4}$ full at all times. Pay attention to storm developments through local news or by downloading the [Hurricane App from the American Red Cross](#)

Be safe this summer! For more information on hurricane planning visit ready.nola.gov!



Get You a Healin' is a top-selling fan-favorite album featuring more than 100 local musicians including Dr. John, Irma Thomas, and Allen Toussaint.

Have you heard it?



Down on the Bayou II



and



[Rare Live Recordings that Benefit NOMC](#)

[New Orleans Musicians' Clinic](#)

New Orleans Musicians' Clinic (NOMC) and Assistance Foundation (NOMAF)



Hours: Monday-Thursday 10am to 4pm
504-415-3514 - info@nomaf.org