James McCormick, President

Sacramento Choral Society & Orchestra

***Go Sing in a Chorus and Call me in the Morning***  
Choral Singing is good for your health

[*The Chorus Impact Study*](https://www.dropbox.com/s/t0yxw157fcovk2p/ChorusImpactStudy2019_SummaryofFindings_1%20%281%29.pdf?dl=0)

Chorus America – June 2019

[Meet the SCSO](https://www.dropbox.com/s/nhs3vem14b1m380/RenaissanceSociety_Singing_and-AgingDec.2019.pptx?dl=0) – Bringing Music & Community To Life

[SCSO Video – Fun Singing Example](https://www.youtube.com/watch?v=0PZDoMVtj68&list=PLMiv7UjuoedKnPQK5XGiO_FZrPQrr7DrT&index=5&t=0s) – Zulu Song – Sac Community Center Theater (Youtube)

[*Singing Changes Your Brain*](http://ideas.time.com/2013/08/16/singing-changes-your-brain/) *– Time Magazine*

Group singing lowers stress, relieves anxiety and elevates endorphins

[11 Surprising Health Benefits of Singing](https://takelessons.com/live/singing/health-benefits-of-singing)

[Health Benefits of Singing](https://www.singupfoundation.org/singing-health?gclid=CjwKCAiA58fvBRAzEiwAQW-hzcvKZmHeQAnlO4YdjLg-Vi5DxwVAkUWGPEfYQBG4S8c7mlNi-n368BoCw8AQAvD_BwE)

Emotional/Psychological

Social

Behavioral Changes

Physiological

[Sing for Your Lungs](https://www.everydayhealth.com/copd/1220/sing-for-your-lungs.aspx)

Jaime Delessio Clayton – University of Saskatchewan

COPD Treatment – Keeping the chest muscles active

Better control of your breath and more lung capacity

[Breathing Exercises for Choir](https://www.ashleydanyew.com/posts/2016/breathing-exercises-for-choirs-of-all-ages)

Breath control and breath support – The Diaphragm (between your lungs & stomach)  
 Needs to be exercised.

[Living with COPD – How to improve your breathing by singing.](https://www.baywater.co.uk/wp-content/uploads/2014/11/Living-with-COPD-how-to-improve-your-breathing-by-singing.pdf)

**Upcoming Local Singing-Related Events**

* Schola Cantorum Concerts – December 14th at 8 PM & 15th at 2 PM Sacred Heart Church, 39th & J Street
* Messiah Sing-Along – December 26 at 2 PM  
  First United Methodist Church, 21st & J Street
* KVIE PBS – Channel Six  
   *Sunday Stories* – SCSO Feature

December 15th – 7:30 AM – 8:30 AM segment

***Let’s Sing Together!***

**EDELWEISS**  
*The Sound of Music* (1965)

Edelweiss, edelweiss  
Every morning you greet me

Small and white  
Clean and bright  
You look happy to meet me

Blossom of snow  
May you bloom and grow  
Bloom and grow forever

Edelweiss, edelweiss  
Bless my home-land forever

Edelweiss, edelweiss  
Every morning you greet me

Small and white  
Clean and bright  
You look happy to meet me

Blossom of snow  
May you bloom and grow  
Bloom and grow forever

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Bless my home-land forever