

MARCH NEWSLETTER

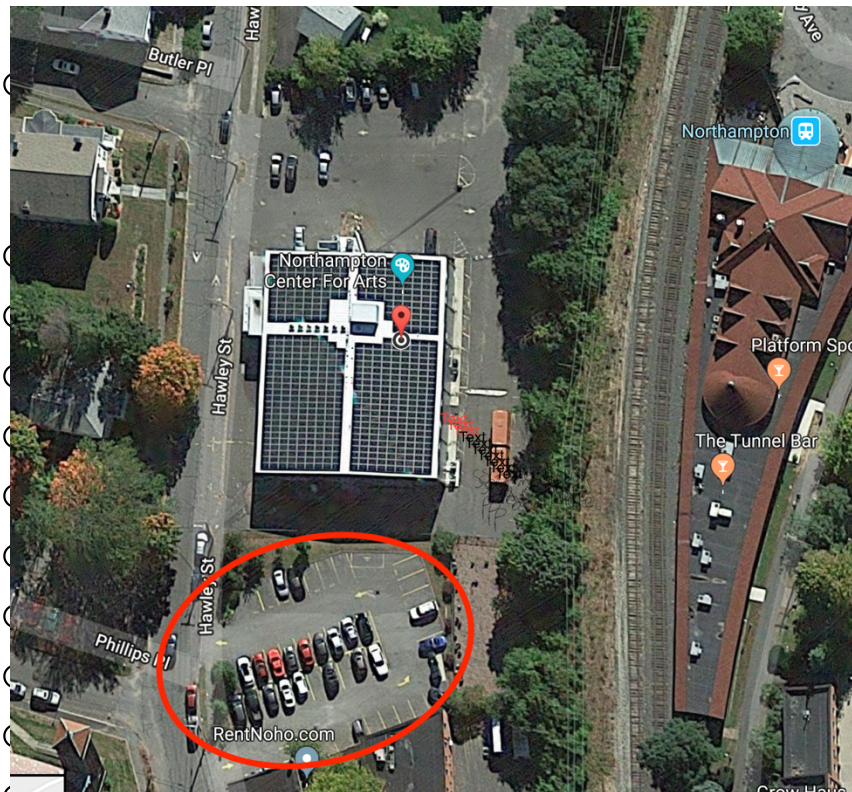
MEETING SUMMARY

The March meeting began with a recap of several health issues in the group. As always, some helpful tips emerged. It turns out, you can ask 911 for a “**lift assist only,**” and get help without running up a costly ambulance bill. In addition, a scary experience led one member to emphasize the importance of keeping an emergency kit with a phone charger and medical information by the door. In positive news, Jeannie shared that she jumped for the time in years with the help of the physical therapists at Springfield College!

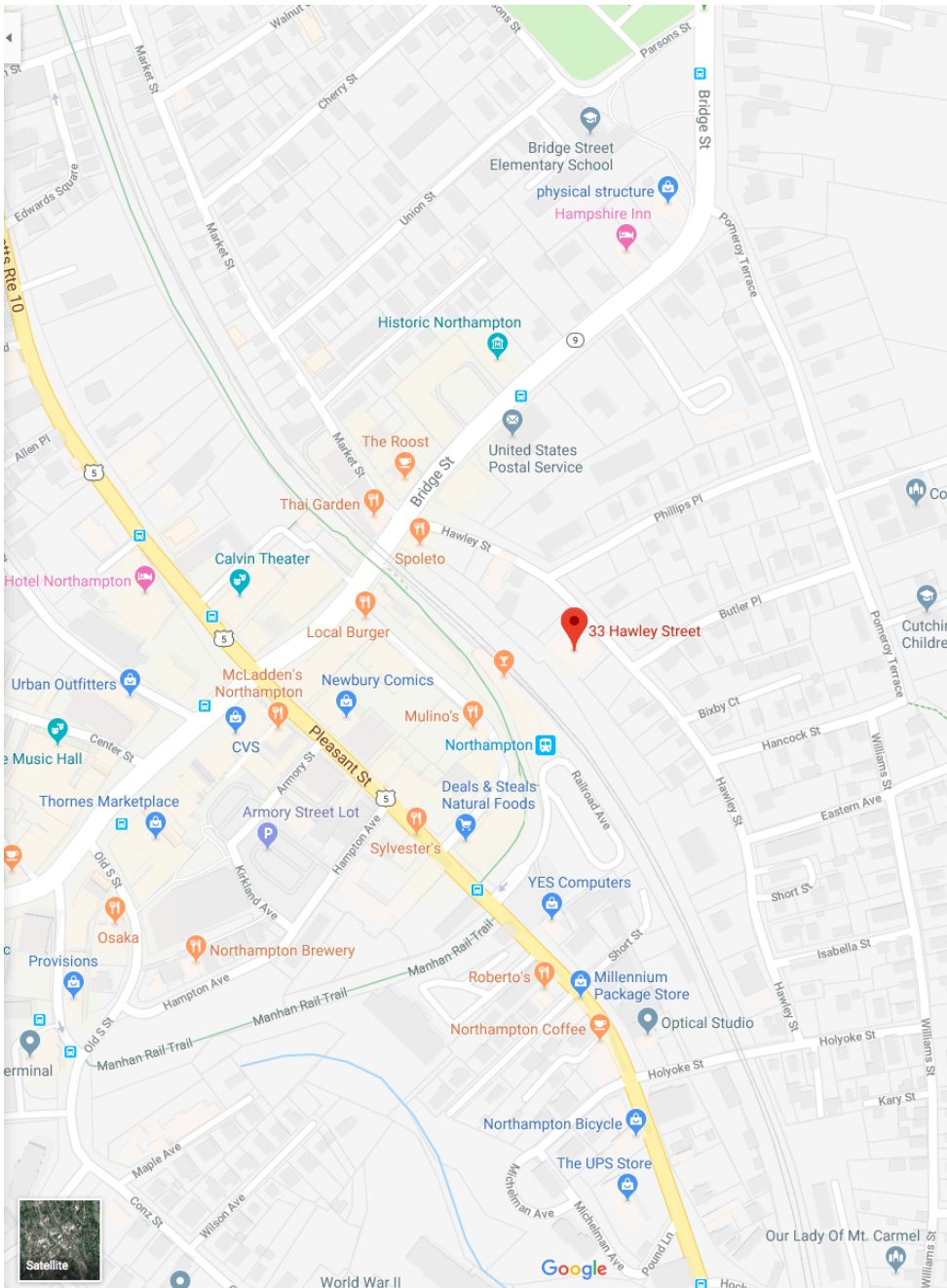
Events and Resources

- **Healing Harmonies Choir**
 - This choir is designed for individuals who are experiencing problems with their voice, language, or speech.

- Meets every Wednesday from 6-7:30 pm at Friends Church in Leverett - 194 Long Plain Road (Route 63)
 - For more information, contact Lisa Sommers at 413-545-4010.
 - For a possible ride, contact Tim A. (413) 530-4810
- **“Broken Chords, Healing Harmonies” concert**
 - *What:* A concert with works by Ravel, Ives, Vaughan Williams, Beethoven, and Mendelssohn, culminating in the first ever public performance by our very own Healing Harmonies choir.
 - *When:* Saturday, MARCH 30TH 1 PM
 - *Where:* Northampton Center for the Arts
33 Hawley St. in Northampton



Members may want to park within red circle, closest to the building. There is ample parking on surrounding streets as well.



- The event is open to the public and free of charge
- Contact Tim A (413) 530-4810 for a possible ride

We hope to see you at our next meeting,
Saturday, April 13th
9:30 for Tech Talk
10:30-12 for General Meeting