

YOUR
WORKPLACE
Wellness
WINTER 2021



YOUR WORKPLACE WELLNESS



IN THIS EDITION...

... Elaine Blanchard, Sr. Claims Representative, from our , Dartmouth office shared:

SINGING AND WELLBEING

Since we have all had to deal with Covid-19, you may have seen many singing groups coming together virtually to record songs for social media. Choruses, choirs, families, bands, trios, solos, you name it! You may also have seen many written articles about the benefit of music and song. Does it help? Well, I am here to say it certainly does!

Almost five years ago I attended a rehearsal of the ScotianAires Chorus, in Halifax, NS. The chorus is a group of more than 60 women who sing four-part a cappella (meaning without instrumental accompaniment) in the barbershop style. I was attending the rehearsal as part of a six-week introductory program called "Find Your Voice". I sat and listened to this group sing that first night and from note number one I was hooked. Something happened to my soul that night, it connected with song. It

also connected me with all the lovely women who have since become my dear friends.

I did join the chorus after that six-week program, and I have been a better person for it. Every week, on Tuesday evenings, we rehearse. Once I get on the risers and start singing with my sisters in harmony, the stress of the day leaves my body and I am energized and ready to take on any challenge.

The ScotianAires have been around since 1983 and we are a competitive chorus. In fact, right now we are the Area 1 (Atlantic) champions! Area competitions are held each spring, usually in Sackville, NB. Choruses from NL, PEI, NB, and NS compete here in order to qualify for the yearly international competitions. We also do various local performances in order to raise funds to keep our chorus active.

The ScotianAires also perform at churches, community halls and private events. During the [holiday season](#), we often arrange performances at retirement homes. Ask anyone in the chorus, and they will tell you that is our favourite place to perform. Just to see the faces of the seniors when we sing brings so much joy to us. We also perform, at no cost, for various charitable events, like the ALS Society Walk Strong event. At my office here in Dartmouth, NS, we have held lunch and bake sales. We arrive at lunch time and feed everyone with the delicious dishes made by the chorus members. In appreciation we sing several songs for the staff. It's always a joyful event!

We have not been able to get together physically and sing since the lock down, but we do have our Tuesday evening Zoom rehearsals. Technological restrictions prevent us from hearing each other in real time but we sing along to our practice recordings and get tips and instructions from our chorus leadership. Over the summer we created some recordings by sending in individual audio tracks that were digitally combined and you can check those out on our [Facebook page](#)!

The experience is not quite the same, but it will do until we can get together again. Who knows when that will be! In the meantime, I try and have music around me whenever I can.

Even while I work from home at my kitchen table, I have music in the background. There's so much to see on the various social media platforms, especially lots of great musical entertainment. Yes, I have had my down days here at home all alone, but music is my drug of choice to boost my soul and lift my spirits. I do encourage everyone to put more music into their lives. Perhaps join a choir or chorus, (there are plenty of online choir options right now!) pick up an instrument sometime, listen to different genres of music, just try and keep a song in your heart. It gets me through the days! I was not a singer before I joined the ScotianAires, but I knew I could hold a note, the rest I learned from the director and assistant directors and so many others in the chorus.

If anyone is interested in barbershop style singing please get in touch with me for further information. There are several choruses in Montreal and Ontario and even one in Brandon, Manitoba that are under the umbrella of Harmony Incorporated, like the ScotianAires. You can even go ahead and start one of your own! I can help you with that or check out this page at Harmony, Incorporated.

To read more on the benefits of singing here's a few links: [Health Benefits of Singing](#) and [Health Happiness](#).

Make it

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Submit your story or suggestions to yww@intact.net