Community Crossroads
GUIDANCE. SUPPORT. ADVOCACY.

# A COMMUNITY OF WELLNESS

## NEWSLETTER 6 - MAY 2020

## COLBY DUDAL

# THE POWER OF MUSIC

**Listening to music is not only a form of entertainment, but also something that is scientifically proven to make you feel better in a variety of ways:**

(1) Increase in happiness
(2) Decrease in stress levels while increasing overall health at the same time
(3) Improves our sleep
(4) Strengthens our learning and memory
(5) Allows us to express how we feel in a healthy way

# THE POWER OF MUSIC

**During this time, a wide range of artists have taken to social media to performers live for their fans and post videos on YouTube of their performances afterwards. Many artists have been performing cover  songs, their big hits, album tracks and sometimes even brand new songs! If you want to catch your favorite artist perform, check out their Facebook or Instagram pages to see if and when they will be performing virtually for their fans.**

# THE POWER OF MUSIC

**Here are some songs either written in response to the current situation or performed recently in wake of the current situation:**

**Alicia Keys - Good Job**

**If The World Was Ending - JP Saxe, Julia Michaels and Friends**

**Smile - Lady Gaga (From One World: Together at Home)**

**I'm Still Standing - Elton John (From One World: Together at Home)**

**Stand By Me - John Legend & Sam Smith (From One World: Together at Home)**

# THE POWER OF MUSIC

The Prayer - Celine Dion, Andrea Bocelli, Lady Gaga, Lang Lang and John Legend (From One World: Together at Home)

Be a Light - Thomas Rhett, Reba McEntire, Keith Urban, Hillary Scott and Chris Tomlin

Hallelujah - Jennifer Hudson (From One World: Together at Home)

Six Feet Apart - Luke Combs

Rainbow - Kacey Musgraves (From One World: Together at Home)

# YOU FILL MY SOUL WITH SUNSHINE

You fill my soul with sunshine
my heart with tender care.
You fill my world with happiness
knowing that you are always there

Every waking hour
is filled with your love
that I feel I've been blessed
with an angel from above

There are no words enough
to express the way I feel
knowing that this heart
will never feel no ill.




Drawn by Colby Dudal

This old world may go on,
being crazier every day.
However, I have the inner warmth of knowing
you fill my soul with sunshine each and every day. - Poem by David Harris

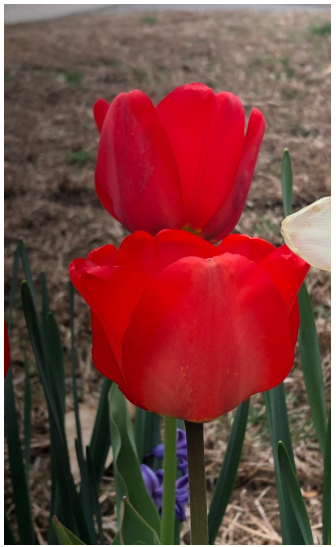
# SPRING FLOWERS











# CHECK OUT OUR WEBSITE

Don't Miss This...Making Masks For The Community

Meet the Board...Elaine Lavin


Music can heal the wounds,
that medicine cannot touch.
Debasish Mridha
outofstress.com


DEAR MUSIC,
THANK YOU FOR
ALWAYS CLEARING MY
HEAD, HEALING MY
HEART, AND LIFTING
MY SPIRITS.
- LORI DESCHENE
www.dpsayings.com


MUSIC IS
LIFE. THAT'S
WHY OUR
HEARTS
HAVE BEATS.