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Heart & Soul heals the human spirit by bringing music and performing arts to isolated people. These are some of the people that make that possible.

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Caroline Overson
Jacobs Smith

Donations in Honor of

Ainsley-Marie McLaughlin
Greta and Ella
Janna Lauer

If by chance we missed your name, please let us know so we can thank you next time.

Thanks again for your support!

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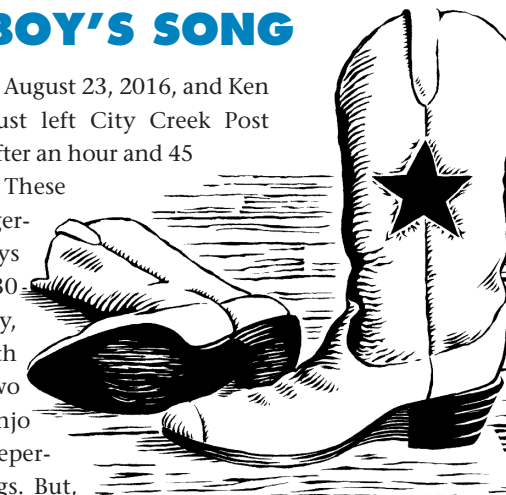
HEART & SOUL



AUTUMN 2016

COWBOY'S SONG

It is Tuesday, August 23, 2016, and Ken and Mike just left City Creek Post Acute Care after an hour and 45 minutes. These two bigger-than-life guys arrived 30 minutes early, armed with big smiles, two guitars, a banjo and a vast repertoire of songs. But,



reached for his guitar. The guitar looked huge against his diminished body. Cowboy got a little help tuning his guitar and told Ken and Mike that he would like to play "Peace in

the Valley." All three guitar players started and Cowboy sang carefully, "Oh, well, I'm tired and so weary but I must go along / Till my Lord comes and calls me, calls me away."

As I went room to room to gather residents for the performance, there was one gentleman that I really wanted to attend the performance. He had been put on hospice just a few weeks earlier. A very smart man who spent his whole life learning and thinking, he stole my heart for this reason: when he used to smoke, he would roll out of the building in his wheelchair, wearing his hospital gown and his cowboy boots—cowboy boots that had been used for real work in Wyoming.

In my head, I called this guy Cowboy. Too weak to attend, Cowboy sadly declined, and looked at his own guitar sitting on the chair near his bed. My heart sank. But if I couldn't take Cowboy to the performance, perhaps

the performance could come to Cowboy. I explained the situation to Ken and Mike, and Mike said, "That's a word I hate to hear: hospice." I took them to Cowboy's room and introduced them. I thought they would play a song or two for him. But Cowboy scooted weakly to the side of the bed and

reached for his guitar. The guitar looked huge against his diminished body. Cowboy got a little help tuning his guitar and told Ken and Mike that he would like to play "Peace in the Valley." All three guitar players started and Cowboy sang carefully, "Oh, well, I'm tired and so weary but I must go along / Till my Lord comes and calls me, calls me away."

For a moment, you could see the man's soul full of sadness, love and longing—and not his ravaged, weak body. He finished the song with Ken and Mike and laid his guitar aside, too exhausted to play more. Ken and Mike played two more songs for Cowboy, two big guys singing to a small guy. A small guy with a soul as big as both Ken and Mike, that came out in that one song.

Heart & Soul is in the business of miracles. Any performance that originates from Heart & Soul always has a miracle, often invisible to the performers. They can't know that a mental health patient who hasn't said more than 10 words in the past month, *bursts* with energy and smiles as he shakes his egg shaker and sings the words to almost every song. Performers may not notice the woman, bent in her chair, holding her head up briefly—an effort that she has not felt worth making for some time.



Mike Westberg

1,000 SHOWS. COUNTLESS LIVES TOUCHED.

It's been a tremendous year. Heart & Soul topped the 1,000-show-per-year mark, serving over 25,000 isolated neighbors from Ogden to Spanish Fork.



Director's report by Janna Lauer

Three years ago, Heart & Soul received a one-time gift that helped us expand our service area. And what do you know, it turns out residents outside of our comfortable bubble also crave music's healing power. We'd love to continue serving this greater area—which, of course, cries out for additional funds. We currently serve isolated neighbors in 150 care communities in six counties. Many more are waiting.

We need your help. Your gift helps Heart & Soul make this world less lonely through the healing power of music. It's easy! Few donation opportunities are so thoroughly converted into pure joy. Please brighten many lives by giving at www.heartsoul.org.



FREE PIANOS!

Does your care community need a piano? Our sister organization, *The Mundi Project*, has a Piano Bank and your facility probably qualifies. Go to mundiproject.org for more information.

A Stunning Documentary—About Heart & Soul

BYU-TV's *The Turning Point* series has produced a lavish, poignant portrait of Heart & Soul. It tells the history, our current innovations, and hopes for the future in a touching way—an appropriate feeling, considering that our business is touching people's lives. Be sure to watch it at HeartSoul.org and hear stories of our founders, musicians and our wonderful audiences, and the incredible depth of the Heart & Soul mission. You'll be glad you did.

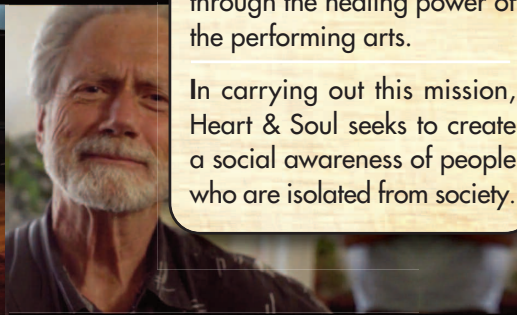


WHAT IS HEART & SOUL?

Established in 1994, Heart & Soul is dedicated to uplifting the human spirit by providing live, quality entertainment to people who live in institutions or are otherwise isolated from society.

Our performances enrich the soul and promote wellness through the healing power of the performing arts.

In carrying out this mission, Heart & Soul seeks to create a social awareness of people who are isolated from society.



A RAINY DAY AT HEART & SOUL MUSIC STROLL

Last June, we got to play in the rain! After a glorious start, we enjoyed a new flavor of festival, with diehard musicians and audiences treading water in a sea of music. We hope to see you all next year, on Saturday, June 10, 2017 when once again we will share the music and the joy Heart & Soul artists bring to people who find it difficult, if not impossible, to attend a concert on their own.

We need volunteers for Music Stroll next year. Email ainsley@heartsoul.org if you would like to help.

Thanks to our Music Stroll Sponsors and Volunteers

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James Coleman



Ken Zabriskie

They may not realize that the guy in the power wheelchair frustrated by the recent news that his family is selling his house, softens and forgets his unhappy situation. The man with Parkinson's whose body continues to defy him who finds a moment of peace as he mouths the words to a song.

The people in front of these performers are facing what may very well be the most difficult time in their lives: loss of independence, loss of identity, loss of privacy, choice, and community. But Heart & Soul provides respite from these losses and helps build community among these disparate people who are thrown together and expected to live and be happy. Their shared experience through music creates community. Reminiscing about songs and finding out that others like the music they like goes a long way to providing a life preserver—to providing an opportunity to connect with others, to make a friend at this very difficult time in a life.

Without Heart & Soul and their ability to partially subsidize performances, our residents would not be able to experience quality live music as often, with as much diversity, or with such sensitivity. In some ways, Heart & Soul is a little like Cowboy: they are small but they have a big soul.

The author, Karleen Broadwater, is director of recreation therapy at City Creek Post Acute Care.

Remembering Don Behrman



Don Behrman, known to his music friends and Heart & Soul audiences as Dominoe, left this earthly home on Tuesday, March 8, 2016. Barely 72, he left us way too soon.

Dominoe knew all the standards that our audiences love. He was our storytelling, rockin' cowboy, Nashville star and sang songs by Elvis, Johnny Cash, Don Williams and Merle Haggard, and more.

In the last eight years, Dominoe sang and played 145 shows for Heart & Soul. Our condolences and love go out to his wife Andrea, son John and daughter Laura, and to the apple of his eye, his granddaughter Lilly.

We'll miss you Dominoe!



Ainsley partakes of her namesake.

The Return of a Sudsy Supporter

For the second year—do I sense an annual event?—Proper Brewing Company's brewmaster, Rio Connelly, with two locations in Salt Lake City, have concocted a tasty ode to Heart & Soul's own assistant director, Ainsley-Marie McLaughlin. A percentage of proceeds from sales of "Ainsley Amber" support Heart & Soul programs, while supplies last.

Why Contribute To Heart & Soul?

As a small, local non-profit organization, Heart & Soul quickly translates even the smallest donation into benefits for people in your community.

Real People: Heart & Soul serves moms, dads, sisters, brothers, aunts, uncles, neighbors and friends who often have isolated and monotonous lives.

Your Community: Your contribution helps reach people in over 100 facilities along the Wasatch Front; bringing the joy of music to the frail and elderly, the ill and terminally ill, youth at risk, people with disabilities and their families and health care providers.

Actual Benefits: Studies in music therapy indicate that music can help relax muscles, reduce symptoms of depression, ease the trauma of grieving, and promote interaction.

Donate at www.HeartSoul.org

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Heart & Soul

P.O. Box 526142
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