



*Often residents tell me how much they enjoy our music. They almost don't need to tell me, because I watch them during the performances. It's so rewarding to see their eyes light up, to see them tap their feet and sing along.*

Dan Waldis,  
Heart & Soul Performer

*The music is uplifting and interactive. Spirits are lifted and the struggles that many are going through are lessened. THEN the light heartedness lasts, sometimes for a couple of days. The residents that struggle so much with depression and health issues feel better physically and emotionally.*

Phil Hansen, Pine Creek Rehab



*We have experienced extremely warm welcomes from people who are living in residential care facilities. I feel like we provide an opportunity for people to just plain have fun with us and each other.*

Lori Shields, Heart & Soul Performer



HeartSoul.org



## Warm wishes from the heart (and soul)



What is music?



*Music expresses that which cannot be put into words.*

I often recall this quote that appeared on a jazz-blue poster featuring a smoky saxophone given to me by my mother, an opera singer in her youth.

*Music doesn't get in. Music is already in. Music simply uncovers what is there, makes you feel emotions that you didn't necessarily know you had inside you, and runs around waking them all up. A rebirth of sorts.*

—Matt Haig, in *How to Stop Time*

Heart & Soul brings musicians and live music to those who, without the generosity of Heart & Soul supporters and the commitment of its small staff, would not be able to celebrate music's joys or heal while wrapped in its emotive blanket. The reaction to a Heart & Soul performance is palpable joy; excitement; perhaps remembrance of a long-ago pleasure. Eyes light up. Toes tap. Heads nod. Hands wave. Some dance. Musicians feel the energy, the emotion, echo it back and round.

By the end of 2024, Heart and Soul will have coordinated the delivery of over 1300 live performances—nearly four performances a day, in 13 Utah counties.

Heart & Soul is an efficient and lean organization. 92% of its funds are spent on programming under the direction of its volunteer board. Your support will directly benefit those whose lives are enriched by our performances. And, while I can still remember to say it...Who knows? The music permeating your being and tingling your memory in the coming years may be crafted and delivered by Heart & Soul performers because your donation supported and sustained the strong foundation of this fabulous community resource. We can't continue to spread the joy of music without you.

Thank you!

*Phil Triolo*

Phil Triolo

Performer and Secretary of the Board of Directors

## What is Heart & Soul?



*Heart & Soul heals the human spirit by bringing music and performing arts to people isolated from society. Heart & Soul harnesses the healing power of live performance to*

uplift and inspire individuals in institutions and those who are socially isolated.

Our performances foster a sense of community and belonging among our listeners—as well as with the broader population—enriching lives and promoting overall well-being.



## 30 Years of Service— Connecting Communities, One Note at a Time

Real People: Heart & Soul reaches out to the everyday heroes—moms, dads,

siblings, neighbors, caregivers and friends—who may feel alone and disconnected.

Actual Benefits: Studies in music therapy demonstrate the therapeutic benefits of music, including reduced muscle tension, alleviated depression, eased grief, and enhanced social connection.

Heart & Soul seeks to make our world less lonely through music.

## Please Give Generously

The impact of your gift will be felt for days—and in some cases, a lifetime.



We need your help! You can turn your donation into joy by sending in a gift today or by going to [heartsoul.org/give](https://heartsoul.org/give). Help make the world less lonely through the healing power of music!

Your secure donation at [heartsoul.org](https://heartsoul.org) will help us bring live performances to care communities throughout Utah.