

2019 MEMBERSHIP APPLICATION . JANUARY 1 – DECEMBER 31

\$35 INDIVIDUAL _____ \$55 FAMILY (2) _____
CORPORATE ~ CONTACT US FOR DETAILS

New _____ Renewal _____

Name 1 _____

Birthday 1 (Month/Day) _____

Email _____

Name 2 _____

Birthday 2 (Month/Day) _____

Email 2 _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____

DONATION _____
(Tax deductible)

MAIL ADDRESS

Membership . PO Box 748 . Mobile, AL . 36601-0748

Cash . Check . PayPal*
(*\$3 service fee)

----- FOR RECORDS -----

Date received _____ Member #(s) _____

Payment _____ Mailed _____

STROKE RECOVERY

Listening to music, jazz included, directly after a stroke improves verbal memory, focus and mood. In just 3 months after a stroke:

- Music listeners' verbal memory increased 60% and focused attention increased 17%.
- Non-listeners' verbal memory increased 29% and focused attention increased 0%.
- Audio book listeners' verbal memory increased 18% and focused attention increased 0%.

PAIN RELIEF

Listening to jazz has been shown to reduce time and intensity of both general and migraine headaches. Studies show that listening to music can reduce chronic pain. After listening to jazz for an hour every day for a week:



- Music listeners had a 21% decrease in pain.
- Non-listeners had a 2% increase in pain.

Music therapy is increasingly used for pain relief in hospitals to reduce need for medication during childbirth, decrease postoperative pain and complement use of anesthesia during surgery.

BLOOD PRESSURE

Studies show that music, including jazz, and laughter can lower blood pressure by causing blood vessels to expand by up to 30%. After 3 months of the music and laughter study:

- music group decreased blood pressure by 6 mmHg
- laughter group decreased blood pressure by 5 mmHg
- control group had no change

The range of decline is comparable with someone adopting a low-salt diet, losing 10 pounds and taking blood-pressure-lowering medication. This change reduces risk of death from heart disease or stroke by up to 15%.

IMMUNITY

Listening to jazz for 30 minutes boosts immunoglobulin A (IgA) levels. IgA is in mucous linings of the body and acts as an antibody; preventing virus, bacteria and infection. The effect on IgA levels continues for an additional 30 minutes after the music stops playing.

FUN FACT

A study conducted by Dorothy Retallack in 1973 played music to plants for two weeks. Plants "listening" to classical and jazz music physically leaned 15 to 20 degrees toward the radio while plants "listening" to rock music grew away from the radio, became sick and died.

So beat that cold and flu to the punch and crank up some Coltrane.