

JAZZ JAMBALAYA / CALENDAR

25 March 2019

"Girls Night Out"

Rebecca Barry . Lizz Hough

Cheri Salvetti . Cynthia Domulot

22 April 2019

Jazz Appreciation Month

Jazzalea Awards

Location TBA

20 May 2019

24 June 2019

22 July 2019

26 August 2019

23 September 2019

28 October 2019

25 November 2019

16 December 2019

ADMISSION

\$10 Members

\$15 Guests

\$12

Students | Military
w/ID

\$10 Snowbirds w/ID

\$1 Door Prize
Tickets

4th Monday

6:30pm

Mobile Public
Library

Ben May Main
Bernheim Hall

701 Government Street

JAZZ

CONNECTIONS

webmaster@mojojazz.org

facebook.com/mojojazz/

FOLLOW . LIKE . SHARE

mojojazz.org

ANNUAL MEMBERSHIP

January 1 – December 31 | \$3 PayPal fee

Individual . \$35 | Family . \$55

Partners . Contact us

PRESENT CURRENT MOJO MEMBERSHIP CARD FOR DISCOUNT!

Cammie's Old Dutch Ice Cream . 2511 Old Shell Road . Mobile, AL

251.471.1710

PARTNERS



THANKS

Mobile Public Library
MOJO Board of Directors

JAZZ JAMBALAYA



Hosea London . Developer

Monday
18 February 2019

Ben May Main
Bernheim Hall

Affiliations



mojojazz.org
a 501c3 non-profit

How Jazz Can Improve Your Health

Listening to jazz has potential benefits for your health as varied as the genre itself. The innovative riffs, cool tones and complex rhythms can bring natural relief for mind and body.

MIND

Listening to jazz can actually have an effect on the type of brain waves you produce – which can be stimulating or relaxing.

FOCUS AND ENERGY

Listening to upbeat music can

- Help you focus and raise your heart rate
- Provide motivation and reduce fatigue during a workout
- Target beats per minute (BPM) should match your heart rate during workout
 - Walking -115 to 118 BPM *“Let the Good Times Roll”*
 - Power walking – 137 to 139 BPM *“Don’t Get Around Much Anymore”*
 - Running – 147 to 160 BPM *“Tuxedo Junction”*
- Boost your productivity at work

STRESS RELIEF

Listening to relaxing jazz is just as effective at reducing anxiety as a massage.

- ALPHA brain waves (8 to 14 hertz)
Listening to music around 60 BPM’s can cause the brain to synchronize with the beat, resulting in alpha brainwaves. They make you relaxed but conscious.
- DELTA brain waves (under 4 hertz)
Listening to calming music in a relaxed position for at least 45 minutes produces delta brainwaves which can induce sleep... better sleep.
- THETA brain waves (4-8 hertz)
Listening to the distinctive syncopation of some jazz can bring about theta brain waves, the most highly creative brain wave. They inspire new insights and solutions to unresolved problems (“Aha!” moments).

BETTER SLEEP

Studies show that just 45 minutes of soft, slow music (60-80 BPM) like jazz, before bedtime results in better and longer nighttime sleep as well as less dysfunction during the day.

- After 1 week, 26% were sleeping better
- After 3 weeks, 35% were sleeping better

LESS DEPRESSION

After listening to jazz for an hour every day for a week, listeners had 25% less depression than non-listeners.

BODY

Since stress is the root of many health problems, the relaxing effect of jazz can have incredible healing influence. It physically changes your body by lowering your heart and respiratory rate.

jazz on the coast...

Thursday, 2.21.19, 7-10 pm **The Mobile Jazz Club** The Blind Mule, N. Claiborne St., Mobile, AL

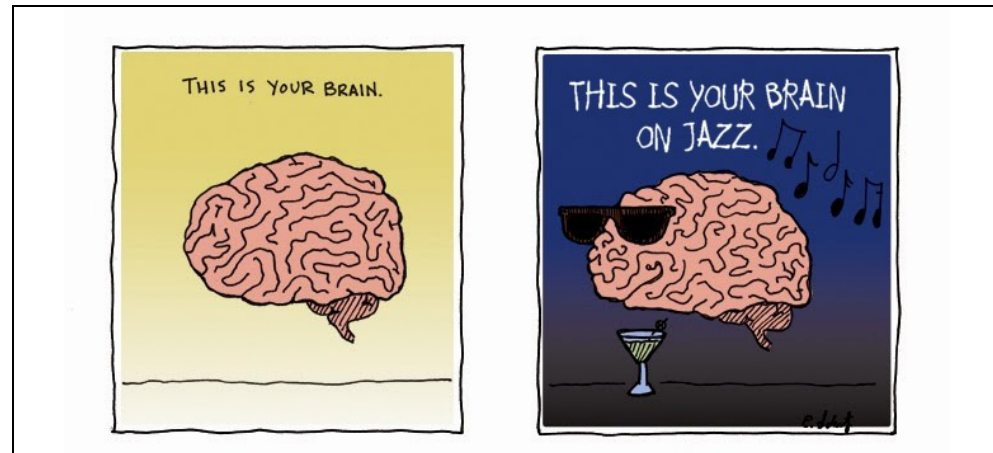


Saturday, 2.23.19, 7-10pm **City Rhythm Big Band** Loxley Civic Center, 4198 Municipal Park Dr., Loxley, AL \$10

Saturday, 2.23.19, 7:30-11:30pm **D Saunders & Dei One** Satchmo's Jazz Cafe, 2515, 10206 Seymour Ave, D'Iberville, MS \$10-\$15

Sunday, 2.24.19, 3-6pm **Dara Factor** Murky Waters BBQ, 1320 27th Ave, Gulfport, MS

Sunday, 2.24.19, 4-7pm **Gulf Coast Jazz Society Jazz Jam Session** Ohr-O'Keefe Museum of Art, 386 Beach Blvd., Biloxi, MS \$10



february birthdays...

- Judy Aronson
- Donnie Barnett
- Angie Cerrato
- Aurelia Chestang
- Bobby Dansley
- Rhoda Herzog
- Randy Lee Hines

- Gale Joshua
- Steve Katz
- Janice Moore
- Thomas Thomas
- Angela Underdown
- Justine Ward
- Slim Washington

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 _____

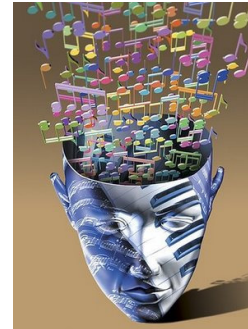
STROKE RECOVERY

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.