



**The Victory Summit® event: Newly Diagnosed
Singing Break with Rachel Newson**
Recorded on Feb 20, 2021
Davis Phinney Foundation

Melani Dizon (Director of Education and Research, Davis Phinney Foundation):
Hi, Rachel.

Rachel Newson (Choir Director of the Tremble Clefs, Parkinson's Association of the Rockies):
I'm great. How are you all?

Melani Dizon:
Great. Great. So, Rachel is here today. She's going to do a singing break for us. Rachel, can you tell us a little bit about who you are?

Rachel Newson:
Yes, I would love to. So, I am Rachel Newson. I am the director for the Tremble Clefs. I'm in Boulder and we are part of the Parkinson's Association of the Rockies. And so, I'm a singer and a music teacher and I think singing is just fun and everyone should do it.

Melani Dizon:
Great. Awesome. Well, I'm going to let you take it from here. Everybody, you're going to have a super fun time getting your voice up now. Okay. I'm going to stop my video. Yeah. Davis and Connie are on. Awesome.

Rachel Newson
Hi Davis.

Davis Phinney (Founder of Davis Phinney Foundation):
Hey Rachel.

Rachel Newson:
Well, I thought it would be fun, since this is our movement break, I thought it would be fun to really kinda get ourselves going. So, I want you to sit tall where you're at or stand up. Either one is fine. If you need to stand great. If you need to just sit tall, that's great. Roll your shoulders back. Take a nice deep breath. When we sing, we take deep slow breaths. So, you want to put a hand on your stomach and make sure your stomach comes toward me when you breathe in. So, breathe in and out. We're going to do it again. Breathe deep, breathe in and out. Two really important things about singing and getting your voice to work right, is making sure that you're breathing well and that your mouth is really open. The mouth opening, I think is the hardest part for most people. So, you're just going to take a nice deep breath this time, and we're going to do a siren and I'm going to demonstrate it and then you're going to do it with me.

So, we're going to open your mouth and you're going to breathe in. (Sings elongated "oh" starting high and moving low). Ok, awesome. And then what we're going to do is get you to get your sound out of your throat. So, a lot of times with Parkinson's, we start to lose voices and the voice kind of sticks in your throat. So, I want you to get it whiny and obnoxiously forward, and you're going to feel super silly doing this at home by yourself or with your friend or with your partner and I just want you to just embrace the silly. So, you're going to say, "Nah nah nah." Then you're going to say, "My name is Rachel," except you're going to say your name. Ready? (Davis mimics Rachel). Now we're going to go ahead and sing in that whiny forward spot. So here we go. (Rachel and Davis sing exercise together on "Nah, nah, nah.")

Awesome. Oh, it's so fun to see Davis doing this today. It's been a while since Davis and I have been in contact, so it's just really fun to see him. Okay. So that was this whiny forward spot and now we're going to do one more warm up and then we're going to sing a really fun song. So, you're going to say in just the silliest, snobbiest voice you can do. I want you to say, "I love to sing." So much about singing is just playing with your sound and figuring out what you can do. So, you're going to do it with me. (Davis and Rachel sing warm up together).

Okay, so, I hope that you're ready to go. We're going to sing, "Eight days a week," because it's Davis Phinney's favorite song that we do in Tremble Clefs. And it's so fun. And there are two things I want you to think about while you do it. I want you to over exaggerate your mouth movements. (Davis and Rachel sing "Eight days a week," while overexaggerating). You're going to nice and over-exaggerate that. And then every once in a while, we have hand claps. So, I want you to see if you can throw in the hand claps, a little multitasking for you, singing and clapping. Sometimes I don't do it well, but hopefully we'll catch them. Okay. So, we're going to go ahead. I'm going to share my screen, so you all have lyrics and I just want you to just feel the joy of singing and sing along with me today, singing "Eight days a week." All right, here we go.

(Rachel and Davis sing "Eight Days a Week").

*Oh, I need your love, babe, guess you know it's true
Hope you need my love babe, just like I need you
Hold me, love me, hold me, love me
I aint got nothing but love babe, eight days a week
Love you everyday girl, always on my mind
One thing I can say girl, love you all the time
Hold me, love me, hold me, love me,
I aint got nothing but love babe, eight days a week
Eight days a week. I love you, eight days a week.
Is not enough to show I care I need your love babe
Yes, you know it's true Hope you need my love babe just like I need you
Hold me love me, hold me, love me
I aint got nothing but love babe, eight days a week*



*Eight days a week I love you, eight days a week
It's not enough to show I care, love you everyday girl, always on my mind
One thing I can say girl, love you all the time
Hold me, love me, hold me, love me,
I aint got nothing but love babe, eight days a week
Eight days a week, eight days a week*

Rachel Newson:

Alright! Way to go everyone. Thanks so much for singing along with me today. I hope that you explore your voice a little, have fun. Walk around your house, make some noise. It's good for your heart.

Davis Phinney:

Thank you, Rachel, so much.

Rachel Newson:

You're so welcome, Davis. It's nice to see you. Any other questions? Anything else?

Melani Dizon:

No, we put the link up for Tremble Clefs. Thank you so much, Rachel.

Rachel Newson:

Thank you, guys. Have a great conference.

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