COPD Foundation Harmonicas for Health®

Play Along With Us

Veterans Day November 2022
Welcome!

What is Harmonicas for Health?

• The first nationwide harmonica program created especially for individuals with COPD and other chronic lung conditions.
• Used in group settings and by individuals at home
• An engaging way to encourage breathing exercises
• Something everyone can enjoy
Physical Benefits

- Exercises your breathing muscles, mainly your diaphragm
- Exercises your abdominal muscles
- Helps you maintain good posture – better for breathing

Emotional Benefits

- Relieves stress
- Improves feelings of independence
- Encourages patience and purpose
- Gives us a sense of accomplishment
- Playing harmonica is FUN!
Tips for Getting Started

- Lip balm can make playing harmonica easier
- Keep a washcloth nearby to tap moisture from your instrument between exercises or songs
- Avoid eating right before playing
- Drink water during your harmonica practice
- Remember to put your instrument away DRY
Playing the Harmonica

Reading the Notes

An up arrow ↑ = Blow (exhale). A down arrow ↓ = Draw (inhale).

DRAW-BLOW-DRAW-BLOW

↓ ↑ ↓ ↑

An arrow going down is like air going down into your lungs (inhale=draw). An arrow going up is like air coming out of your lungs (exhale=blow).
I can’t get ‘em up, I can’t get ‘em up, I can’t get ‘em up this mornin’

I can’t get ‘em up, I can’t get ‘em up, I can’t get ‘em up at all!

The corporal’s worse than privates, the sergeants worse than corporals,

Lieutenant’s worse than sergeants, and the captain’s worst of all.
From the Halls of Montezuma to the shores of Tripoli

We fight our country's battles in the air, on land and sea.

First to fight for right and freedom and to keep our honor clean;

We are proud to claim the title of United States Marines.
An–chers a–weigh, my boys, an–chers a–weigh.

Fare–well to for–eign shores, we sail at break of day–ay–ay–ay!

Through our last night on shore, drink to the foam,

Until we meet once more, here's wishing you a happy voyage home.
First to fight for the right, and to build the nation’s might, and the Army goes rolling along.

Proud of all we have done, fighting till the battle’s won, and the Army goes rolling along.

Then it’s Hi! Hi! Hey! The Army’s on its way. Count off the cadence loud and strong!

For where’er we go, you will always know that the Army goes rolling along.
From Aztec shore to Arctic zone, to Europe and Far East the Flag is carried by our ships in times of war and peace.

And never have we struck it yet in spite of foe-men’s might, who cheered our crews and cheered again for showing how to fight.

So, here’s the Coast Guard marching song, we sing on land or sea. Through surf and storm and howling gale, High shall our purpose be.

“Sem-per Par-a-tus” is our guide, our fame, our glory too. To fight to save or fight and die! Coast Guard we are for you!
Off we go into the wild blue yonder climbing high into the sun.

Here they come zooming to meet our thunder, at ‘em boys, give ‘er the gun!

Down we dive, spouting our flames from under off with one heck of a roar!

We live in fame or go down in flame Hey! Nothing’ll stop the U. S. Air Force!
You’re a Grand Old Flag

You’re a grand old flag, you’re a high-flying flag and for-ev-er in peace may you wave!

You’re the em-blem of the land I love, the home of the free and the brave.

Ev’ry heart beats true ‘neath the red, white, and blue, where there’s ne-ver a boast or brag.

Should auld ac-quain-tance be for-got, keep your eye on the grand old flag!
THANK YOU VETERANS