

February 2019 Responses

Shattuck Stabilization

Comments before the concert:

“Many of the clients were not too excited to attend this group. Lots of clients have been feeling stressed and anxious. It is hard to keep the group engaged and calm.”

“anxious and truly did not want to sit thru classical music being played”

“had a headache and was very tired”

“very relaxing. I loved it. I would love a copy”

Comments after the concert:

“I was so pleasantly surprised by the clients reactions. The group that usually aren't engaged were so captivated by the music. Many of the clients seemed to really appreciate and enjoy the music and story behind the music I could tell they were genuinely less anxious and moved by the concert. So amazing to see.”

“amazing, relaxed and very happy. upset at myself for not wanting to listen before hand. it truly was a pleasure for them to play for me.”

“energize and w/out headache”

“all my problems were gone and I could deal with them”

Audience members' favorite parts:

“A huge difference in how I felt. truly was a gift. thank you from the bottom of my heart!! Thank you”

“The vibration of the music cleansing my soul and stimulating my nerves.”

“The way my mind and body relax when they play the instruments”

“I thought the music was beautiful. It definitely brightened my day. Thank you so much. What you guys are doing is great.”

“Thank you for coming and playing for me, it reminds me of being on a peaceful loving god island. Please and god bless”

Caspar

Comments before the concert:

“un poco aburrido y triste”

“Like a homeless piece of excrement.”

“I was bored watching T.V.”

February 2019

Comments after the concert:

“muy felix y contento”

“Relaxed, at peace with myself and lot in life.”

“I was amazed how good they play for all of us here at 240 Albany St and glad to hear them again”

Audience members' favorite parts:

“I wasn't loud or pretencious. It was chamber music, meant for a good listening.”

“Happy. Brings back memories of school. U R awesome. Continue to do what u do. Music is therapudic. Doctor recomended”

“The softness of the sound.”

“La musica y los instrumentos como el violin”

Dimock Women's

Comments before the concert:

“Like shit”

“Feeling not inspired”

“Tense, Uptight R/T my afternoon.”

“still sick, headache and stressed”

Comments after the concert:

“Amazing”

“Happy and relaxed”

“Relaxed, Relieved, Grateful, More educated about the Instruments and the History around the music.”

“less stressed, headaches gone, relaxed (still sick though :()”

Audience members' favorite parts:

“Everything!!! Enjoyed!!!”

“the comfort, the love, soothing and relaxing”

“Your insight and openness”

“I loved the native american flute!!!! so amazing of course the rest was good, but I love the kindness and interaction very therapeutic :)”

February 2019

Dimock Men's

Comments before the concert:

"Excited about attending the concert. Relieved the weekend has started."

"Disinterested"

"tired and drowsy"

Comments after the concert:

"Relaxed. Determined to research the NA Flute and the pieces of music played. I will also look into the composers."

"Impressed"

"motivated, game time"

Audience members' favorite parts:

"The talent of these wonderful ladies. Very Impressive, thank you for coming."

"The chemistry of the two musicians and the harmony from the instruments."

"I have never heard 2 different sounds come from the same instrument before (drone) flute"

"The new sounds!"

"Peaceful"

Bridge Over Troubled Waters

Comments before the concert:

"I was not excited about the concert but I'm glad I came because it made my day."

"Absolutely wonderful. It's great to see the young people so involved. I'm an expressive therapist and staff member and to see the youth be engaged is amazing."

"Depressed"

"I was not sure what to expect"

Comments after the concert:

"I felt relaxed, happy and encouraged to learn how to play an instrument."

"So much calmer! It really resets your mood :)"

"Calm"

"It was spectacular"

Audience members' favorite parts:

February 2019

"I loved the way you play the flute and the violin because I saw your faces full of happiness while you were playing."

"The Native flute reminded me of my father. He would be proud to know that someone who is not Native has such interest and can play so well, I'm happy about it too."

"sounded soothing. something I can meditate to or read to."

"The noise made me feel."

March 2019 Responses

PSI Women's

Comments before the concert:

"Music is inspirational and always picks me up and remember there is always a better tomorrow"

"In severe leg pain - very swollen, DVT's + osteomyelitis (wheelchair bound since '86) + catastrophic hip replacement failed - etc. etc."

"Really down and discouraged"

Comments after the concert:

"Music is amazing. It also universal in the way it draws all of our attention to it's glorious sounds. It always let you know your alive as it invades your senses."

"Transported, hopeful and inspired!!! 'the pain passes but the beauty endures'"

"Revived, restore, and rejuvenated"

Audience members' favorite parts:

"It was not just the concert. It was also educational because Rebecca gave us some useful information about each piece but all the 4 musicians were also very useful in giving us insight about the music"

"Exposure to music that's very popular, but hasn't had the opportunity to experience"

"the unity which you played"

"The fact that before every piece you've presented the composer and his brief history"

Shattuck Stabilization

Comments before the concert:

"I felt prity down and I was upset about some outside stuff"

March 2019

"A bit tired but was very looking forward to the music because I had seen shelter music before"

"Stressed and anxious"

"Sad, in a bad mood"

Comments after the concert:

"After the concert I felt renewed. It also help me get out of myself and my worries. It was a break in a long emotional day."

"Awesome! This is the best group we have. It truly is medicine for the soul."

"I loved every second of it"

"Relaxed, in much better mood"

Audience members' favorite parts:

"I enjoyed it all. The between music banter and the choice of music played"

"The sheer joy of well played live music - the complexity of sound, which translates emotionally"

"I love being taken on a journey without leaving the building! The history of the music is great too."

"Just how accommodating you were to commentary and your talented musically inclined genius"

"Learning about something new"

Caspar

Comments before the concert:

"I think/believe it was beautiful- well done"

"I was having not such a good day"

"so so"

Comments after the concert:

"Relaxed. Like I have been to Symphony Hall."

"My spirits were lifted"

"Happy"

Audience members' favorite parts:

"La musica bonita"

"The mellow music and the sounds"

"The tempo. The togetherness. Over all, it is/was wonderful. Thank you."

March 2019

PSI Shattuck

Comments before the concert:

- "Sleepy, a little down"
- "A little angry"
- "I felt annoying"
- "That it was nice and very well played music"

Comments after the concert:

- "Awake, excited for spring"
- "Relieved very much so"
- "better"
- "It made me feel good and relaxed that such a nice sounding instrument"

Audience members' favorite parts:

- "I enjoyed the rythem of slow romantic and dancy tango"
- "The music...good for the soul. Thank you!!!"
- "Enjoyed all of it. I'm a big fan ophra music and violins you all are very talented"
- "pues los musico fuero n muy amable y son profesianada"

Dimock Women's

Comments before the concert:

- "all over the place mentally!"
- "I love classical music, one of my favorites so I as excited"
- "I was expecting it to be a little boring"

Comments after the concert:

- "calm, inspired"
- "Loved it! made me want to start playing the piano again or even try the viola" "I feel a great energy. It's sort of calm but also happy"

Audience members' favorite parts:

- "Thank you. I didn't think I liked shelter music until I came. It is beautiful. You are all so talented. Music of all kinds is so important. Thank you again for keeping it going. You've inspired me to pick up an instrument when I leave and practice."

March 2019

"It was amazing just to hear the different sounds."

"it was very interesting and beautiful. it made me think of the olden days. I really enjoyed this a lot"

"I often turn to classical music when feeling anxious/hyperactive, so I think this is awesome for the women to experience for coping strategy/mindfulness!"

Dimock Men's

Comments before the concert:

"Anxiety"

"Headache"

"It's not my kinda music but you guys are talented"

Comments after the concert:

"More relaxed"

"Better, relax"

"Relaxed"

Audience members' favorite parts:

"Besides the music, I enjoyed the curiosity of the attendees and interaction with the musicians."

"The musicians willingness to engage in conversation."

"it was intense"

"the Relaxation"

Bridge Over Troubled Waters

Comments before the concert:

"I loved it!"

"Good"

Comments after the concert:

"Great"

"Amazing"

Audience members' favorite parts:

"The connection"

"The variety"

April 2019 Responses

PSI Women's

Comments before the concert:

"A little down"

"hyper - needed to calm down - perfect for that"

"Tired from working and running errands"

"I was alright, but wanted some music."

Comments after the concert:

"Lively"

"very relaxed, happy"

"Uplifted and happy"

"Awesome, peaceful, more knowledgeable on music"

Audience members' favorite parts:

"that it changed my mood :)"

"Amazed by the music that comes out of the instruments"

"Thank you all very music for taking time to do this for us ladies. Music appreciated. God bless you all."

Caspar

Comments before the concert:

"Sad"

"Anxious, tense"

Comments after the concert:

"Happy"

"Calmed and delighted"

Audience members' favorite parts:

"The harmony of the music, and the few who appreciate same."

"The music, the way the artists played, and the pieces played"

"Final touch of Bach"

"Peaceful"

April 2019

Shattuck Stabilization

Comments before the concert:

“A bit edgy and anxious”

“Stressed”

“Tired”

Comments after the concert:

“More calm and hopeful”

“Less stressed”

“Awake/Relaxed”

Audience members’ favorite parts:

“Just getting to hear live music!”

“Remembering were I could have heard/movie/cartoon. Nice” “Great mixture of music. Great conversation.” “The range of emotion”

PSI Shattuck

Comments before the concert:

“down feeling blue”

“Long day at work ... the music was nice to have after work” “Slow, and bored”

“Not feeling all that good”

Comments after the concert:

“uplifting – energized”

“I feel very good!”

“The music its take me through the woods and special place!” “My energy and spirit was a lot better” “Really groovy. It help me. Thank you!!”

Audience members’ favorite parts:

“The music!!!”

“Connection to the music and musicians”

“To just close my eyes and listen to the sound of music”

“The way the music was played in sync perfectly, flawless”

April 2019

Dimock Women's

Comments before the concert:

"tired - emotionally, mentally, physically"

"Bored Not sure what to expect"

"Rushed anxious"

"very, very angry and upset"

Comments after the concert:

"calm and peaceful"

"Smiling :) :) :) feel of Joy"

"Relaxed"

"much, much calmer"

"Very happy, and content. I lefted w/ my heart smiling"

Audience members' favorite parts:

"I love the whole entire concert from beginning to end."

"The different sounds and the background of the music"

"The nice women who performed with great patience as well as talent!"

Dimock Men's

Comments before the concert:

"I wasn't in the best mood"

"Like sad, mad irritated"

"I was a little angry!!"

Comments after the concert:

"I felt overcomed with joy and excitment. The music took me to a place where my mind had endless abilities"

"Really good, relaxed and comfortable"

"Very calm and relax"

Audience members' favorite parts:

"How the instruments played so well together. The silence then the start ups were incredible"

April 2019

"learning and noticing how each piece made me think of" "I was soothing and calming I really enjoyed" "Collaboration"

"The music was well played and the musicians were pleasant characters." "The Titanic alike song"

Bridge Over Troubled Waters

Comments before the concert:

"Busy"

"I felt good being at the concert"

Comments after the concert:

"Relaxed"

"After the concert I felt relaxed and peaceful."

Audience members' favorite parts:

"I enjoyed the music especially the cartoon-like songs!" "the different style of music and the different tone" "I enjoyed just listening to the variety of music."

May 2019 Responses

PSI Women's

Comments before the concert:

"I was low"

"Depressed, Teary"

"Homeless"

Comments after the concert:

"I feel much better"

"Happy"

"Glad that you visited"

Audience members' favorite parts:

"your humbleness, your humility, the sound of music, everything was great"

May 2019

"The instruments the musicians played!! I'm a classical music fan - while what I heard might not have been "classical" the instruments made it special."

"Everything"

Shattuck Stabilization

Comments before the concert:

"It's a kind of distracting for me and I love it, because before I was thinking about going out to enjoy myself."

"I really enjoyed and took me back in time when I was a kid."

"I felt angry"

"Anxious"

Comments after the concert:

"Good"

"I felt happy. I am (can't read this word) by the time that you guys dedicated to bring good vibes into Pine Street."

"I feel release"

"Happier and more relaxed"

Audience members' favorite parts:

"the first one, it was wonderful to assist it like a dream."

"Javier and Annegret are wonderful musicians!! The instruments sounded crisp and brilliant. A+"

"They ask us for feedback and they took the time to explain what they were playing."

"All of it, made me feel good"

"Listening to a new sound."

Caspar

Comments before the concert:

"ok"

"Alright"

"Sad"

Comments after the concert:

"wanting to hear more"

May 2019

"Fantastic"

"Happy"

Audience members' favorite parts:

"Music is the best"

"Variations in most pieces"

"Togetherness"

PSI Shattuck

Comments before the concert:

"wound up, tense, anxious"

"That it was relaxing. Just takes you elsewhere like as if I'm not even hear"

"I felt some anxiety but much better after"

"yo me sentia deprimido y cuando escudie su musica"

Comments after the concert:

"Relaxed, beautiful music well-performed AND very appreciative of the musicians time" "More peace of mind so much that it makes me think less of stuff I find worrky" "Relax very relax"

"alegre por ello Tocaron el Irno de Puerto Rico"

Audience members' favorite parts:

"The relaxing nature of the pieces and the historical content shared by the performers."

"All the music that was played. I really like opera music it has its very unique special blend of style and sound and beauty to its form of that type of music"

"sounds like heaven"

Dimock Women's

Comments before the concert:

"tired, in pain, aggrevated"

"I was very happy to hear that I was able to"

"didn't want to go but glad I went!!"

"A little tense, on pilot mode."

May 2019

Comments after the concert:

“more relaxed/less aggravated, ↓ pain, still tired”

“My heart and soul are at peace”

“peace, calm, happiness”

“A bit soothed, thinking clearer.”

Audience members' favorite parts:

“The collaboration and contrast between the instruments. It was meditative” “The feeling of REAL instruments in my chest and soul!!”

“the sound that came from the instruments, I grew up with music and a mom who said this was amazing.”

“The instantaneous change in emotion it brought.”

Dimock Men's

Comments before the concert:

“excited about attending”

“Little stressed”

“normal”

Comments after the concert:

“fulfilled, relaxed”

“Relieved. It was therapeutic. Very soothing”

“great, positive”

Audience members' favorite parts:

“the relaxing sounds”

“How you played music from across the continent”

“The very last piece reminded me of a modern song I can't put my finger on”

“Dialogue”

Bridge Over Troubled Waters

Comments before the concert:

“I felt curious”

“thinking about the day, responsibilities, goals”

“tired, tense”

May 2019

Comments after the concert:

“I feel a little more relaxed and at peace”

“more focused, less stressed”

“energized, refreshed”

Audience members' favorite parts:

“the range. the interactions. the explanation”

“learned a lot about music history and theory, musicians were enthusiastic”

“I enjoyed the Theme de Handel a lot”

June 2019 Responses

PSI Women's

Comments before the concert:

“I had many things on my mind - Domestic and International Planning an international trip”

“Moody”

“stressed”

“A little tired”

Comments after the concert:

“I felt more relaxed in the moment and in my trip decisions - some swayed some more determined”

“It was nice and relaxing”

“less stressed (it never goes away)”

“Better, a lot better”

Audience members' favorite parts:

“The relaxed pace”

“The peacefulness”

“your time, your smile, the sound”

“the softness of the music no other sounds just soft music, it was relaxig and therapeutic”

June 2019

Shattuck Stabilization

Comments before the concert:

“A little down and tired”

“bad spirited”

“Rushed”

“sleepy”

Comments after the concert:

“Like a new man. Happy”

“happy spirited”

“More centered/relaxed”

“enjoy it and thinking more about in enjoy life”

Audience members' favorite parts:

“I enjoyed the more aggressive playing”

“the pair chasing each other with the music”

“hahaha great :)”

“Elegant sounds”

“Your time and performance”

“The answers to my question the smile that was put on my face! :)”

Caspar

Comments before the concert:

“A little depressed”

“Was feeling dull and sleepy, got some siracha hot sauce, was blasted off with heat but since and after the event was very relaxed and felt good all in all. Thanks.”

“Melancholic, mundane”

“Alright”

Comments after the concert:

“Pretty calm”

“Good. Thanks”

“Delighted, pleased, calm, relaxed”

“Renewed”

June 2019

Audience members' favorite parts:

"Luxury of the excellent music that I could enjoy in the shelter as if I were in the concert halls"

"Live music unplugged"

"The very fact that you provided it"

"I adored and admire instruments the different sounds farmilliar and foreing"

PSI Shattuck

Comments before the concert:

"A little down. I usually watch tv to get out of this feeling. Tonight the music lifted my spirits."

"just waiting to see what you guys were gonna play to just hear such nice sounds from the violin"

"tristem pensando en cosas q no ayuda en nada"

Comments after the concert:

"Calm, relaxed"

"well to be honest with you it was so relaxing a few times I dozed off but it was very good enjoying musical sound"

"super feliz, bien encantado con deseos de q se vuelva y se repita esta visita"

Audience members' favorite parts:

"I liked all of it well and I'm looking towards seeing more music from shelter music boston"

"despeet del concierto todo fue fantastico y de mucho gusto yo disfrute el concierto desde principio a fin q se velerva a repetireo. Gracias"

"The instruments used"

Dimock Women's

Comments before the concert:

"Ok"

"unsure about it I would enjoy this"

"intrigued it was a new experience"

"Hopeless, bored"

"it was very nice that y'all took your time to come play music for us addicts :)"

June 2019

Comments after the concert:

"I felt relaxed. Music was surprisingly great. I say that cuz its not my first choice but it will be depending on situation"

"the hour actually went by fast, so I guess I enjoyed it more than I thought I would"

"uplifted and like I finally joined the classical club"

"Happy, Hopeful"

"it was very nice :)"

Audience members' favorite parts:

"Hearing about the diff places where the composers came from and learning that these instraments are beautiful and I liked that the players took time to explain things."

"Their personalities"

"The music was like telling a story if you have a creative mind"

"The audience interaction"

"How soothing the atmosphere was"

Dimock Men's

Comments before the concert:

"A little down"

"bien Relajado"

Comments after the concert:

"Much more relaxed"

"super bien"

Audience members' favorite parts:

"All of it"

"The music and the banter"

"The relation the fact that composers were alive"

Bridge Over Troubled Waters

Comments before the concert:

"Scattered"

"stressed"

June 2019

Comments after the concert:

“Engaged, curious”

“calm, relaxed”

Audience members’ favorite parts:

“The way the conversation informed the music.”

“The Silent Moon song”

July 2019 Responses

PSI Women’s

Comments before the concert:

“exhausted and sad with devastating medical news today”

“anticipation for the music”

“stressed tense”

Comments after the concert:

“encouraged to hang in there! (despite devastating memories) For love, art, joy, kindness (2 pictures of hearts) Thank you both”

“loved the jazz portion”

“very relaxed took the stress away”

Audience members’ favorite parts:

“Your beautiful hearts and the Beethoven!”

“All, very talented musicians”

“the addition of the drums”

“the sound”

Shattuck Stabilization

Comments before the concert:

“stressed”

“okay aggravated”

“high anxiety”

“I knew they were coming so I was excited”

July 2019

Comments after the concert:

“smiles very happy :)”

“much better mood, music is very therapeutic”

“relaxed”

“In a better mood”

Audience members' favorite parts:

“The diversity and musicians personality”

“Therapeutic time to get out of my thoughts”

“I just had to listen”

Caspar

Comments before the concert:

“okay but in a depressed mood”

“tired & tense”

“ok”

Comments after the concert:

“much better as well as happy”

“It was relaxing & soothing feel ready for bed”

“The concert was nice. The two ladies are very talented”

“I feel like I received Royal Manchester energy!”

Audience members' favorite parts:

“I like Bach because I know some of the sonatas”

“everybody got along”

“La musica”

PSI Shattuck

Comments before the concert:

“Little depress and think too much”

“I'm sick right now, I was feeling depressed”

“Somewhat down and just praying that my homeless moment is short.”

“Tired and soul weary”

July 2019

Comments after the concert:

"Better because the music relax people brains."

"I feel alive and refreshed"

"I felt better and uplifted because that's what music does, soothe the soul."

"Better. Reminded that I need to get back to my chorus."

Audience members' favorite parts:

"that it was live and the music didn't care if I was rich or poor, with a house or not"

"That would definely have to be the saxaphone that it just adds more of a joyful sound but good to hear from any of those instruments that cant play myself I enjoyed hearing both of you play so much talent even more skill in your craft too thanks for playing here tonight"

"A chance to close my eyes and immerse myself in the music."

Dimock Women's

Comments before the concert:

"Felt ok, blah had a up and down day"

"anxiety-ridden-sad-confused"

"tired, frustrated"

Comments after the concert:

"felt relaxed, and hopeful to going back to play my trumpet"

"still upset but more calm"

"tired, relaxed, removed from problems that I cannot do anything about"

Audience members' favorite parts:

"The music, it's very therapeutic in many ways -mentally, physically, emotionally"

"learning a little more about classical music, learning about woodwind instruments, used to play violin but didn't know much about clarinet"

"I enjoyed you ladies coming and performing for us!!!" "The interactiveness"

July 2019

Dimock Men's

Comments before the concert:

"Hot"

"Felt before the concert curious if I was going to enjoy it."

"A little tensed"

Comments after the concert:

"Hot but peaceful"

"very relaxing, stress relieving. Took my mind off life for a few"

"A lot more relaxed and happy"

Audience members' favorite parts:

"The players were very friendly and welcoming. very relaxing music."

"The music, the information and the enthusiasm of the musicians."

"The fact that two nice lady's took time out of there night to share there intrest of music with us :)"

"The serenity of the music"

Bridge Over Troubled Waters

Comments before the concert:

"I feel relax"

"just ok"

Comments after the concert:

"I feel it good, and I imagen people dancing"

"Honestly a lot happier"

Audience members' favorite parts:

"your movements the card, I love everything"

"The coordination of them playing the instruments at the same time"

August 2019 Responses

PSI Women's

Comments before the concert:

"Tired/stressed"

"Sad"

Comments after the concert:

"much more awake"

"Better"

Audience members' favorite parts:

"The enthusiasm of the players; how the music improved as time went along"

"the sounds of music I haven't been to an opera in a long time"

Shattuck Stabilization

Comments before the concert:

"excited. I personally love classical music, esp. the violin"

"tired and annoyed"

"stressed out"

Comments after the concert:

"wonderful!! (no exaggeration)"

"a little better"

"relaxed"

Audience members' favorite parts:

"How you could imagine a story or setting with each song"

"The energy through the instruments"

"Everything. Specifically the opera voice."

August 2019

Caspar

Comments before the concert:

“worn down, tired”

“I felt not sure about this place”

“Depressed/anxious”

Comments after the concert:

“eased, relaxed, delighted, and entertained”

“Better. just confused, this place is rough”

“Uplifted, lighter”

Audience members' favorite parts:

“The singing was special the instruments voices as well”

“Just different than earlier. Calm and trangeric.”

“the Dedication”

PSI Shattuck

Comments before the concert:

“just wondering what you were gonna play cause you always play something nice and relaxing and this intern college lady was a added bonus with opera playing voice which was beautifully done”

“down - lazy – unenergized”

“I was having a bad day”

Comments after the concert:

“satisfied just a relaxing of music that I like a lot it takes a lot of learning to do what you guys but also patience most thank you so much for playing tonight”

“recharged – energized”

“The music was uplifting”

Audience members' favorite parts:

“The serenity of the music”

“the enthusiasm of the performers and their genuine interest in the program” “The musician's knowledge of the pieces that they played” “The style of music nice and relaxing”

August 2019

Dimock Women's

Comments before the concert:

"was expecting it to be boring and four of us were thinking we would be laughing thru it"

"not interested @ all"

"bored, tired"

"stressed"

Comments after the concert:

"wonderful. It was very good gave me good and bad feelings - moving - felt happy" "relaxed and ready for bed but interested in the pieces" "live, and upbeat"

"relaxed"

Audience members' favorite parts:

"The plunk, plunk beat"

"How free-spirited and warm the facilitators were"

"The different moods the songs brought out in me"

"I enjoyed the music but I also enjoyed the explanation of the pieces" "The music, feeling it!"

Dimock Men's

Comments before the concert:

"mad"

"I was not sure what this concert was"

"tired and distracted"

"unhappy"

Comments after the concert:

"relaxed and refreshed"

"I feel better because the music"

"more energetic and attentive to the moment"

"peaceful"

August 2019

Audience members' favorite parts:

"The soft playing music but mostly the singing part she has a beautiful voice :)"

"The array of music"

"simply the chance to listen to the live performance"

Bridge Over Troubled Waters

Comments before the concert:

"Hot and aggravated"

"I felt ok not bad but not good. so/so"

"Tired, mad"

Comments after the concert:

"Cool and calm"

"I feel better than I did before, music is very uplifting"

"sleepy and relaxed"

Audience members' favorite parts:

"Chill vibes"

"I'll be listening to the songs in my head today."

"I enjoyed the music the most each piece was unique and beautiful in its own way"

"I enjoyed the story behind the music and the history" "Seeing/hearing the residents' reactions to it"

September 2019 Responses

PSI Women's

Comments before the concert:

"stressed"

"It was a beautiful day today, so I was in a good mood."

"stressful, tense"

"overwhelmed"

September 2019

Comments after the concert:

“engaged and relaxed”

“I particularly love string instruments, so I felt quite happy, joyful and excited to hear live music. The singers were great too!”

“The music the voices very soothing feeling, relaxed. It was very enjoyable. hope to see more and hear more”

“uplifting sadness”

Audience members’ favorite parts:

“It is peaceful to listen to music like that.”

“The high quality of the talent and the magic of hearing music live. I also enjoyed learning about Florence Trester.”

“All of it and I can't pick it is all special love it :)”

“Meditation music”

Caspar

Comments before the concert:

“Tired”

“I always enjoy the music that you all play here when you guys show up your all very gited and talented dont stop playing”

“was not in the best mood”

Comments after the concert:

“Alive”

“very calm and even more relaxed. the sounds that you comes from those instruments are just amazing phenomenal”

“uplifted”

Audience members’ favorite parts:

“Music lifts the soul! One of my biggest inspirations in life is music. Everyday I work and wake up and just want to sleep...it is music that brings me from that trance into the trance of the real world. Play on!!! And inspire people. I hope my input helps and that you can read it.”

“The history lesson... thank you. Learned something new today!!!”

“The passion that the musicians had.”

“Everything”

September 2019

PSI Shattuck

Comments before the concert:

"I felt alright before. After the concert I felt much better. I guess music soothes the soul"

"Anxious, nervous, and full of fear!!!"

"Bad"

Comments after the concert:

"I felt soulful of soul. The players were very strong."

"Honestly - very relaxed, fully comfortable and at ease emotionally!!!"

"Good"

Audience members' favorite parts:

"I enjoyed the amount of passion displayed by all involved!! I also enjoyed that you all had the attention of all in attendance!! So thank you all for sharing your gift with us!!"

"I love music instruments & all forms of it love the voices of each instrument"

"Live music"

"absolutely love it"

Dimock Women's

Comments before the concert:

"I felt a little stressed to rush and get here"

"I wasn't really up to going because i never been to one"

"Aggravated"

"Bored"

Comments after the concert:

"I felt very peaceful. It was very theraputic. I feel I should use music more often to release stress and fear."

"It made me feel lots of emotions. It was soothing"

"Happy, uplifted"

"Happy, serene"

September 2019

Audience members' favorite parts:

"The most I enjoyed was the energy I felt"

"The diversity of performers, story telling, the enthusiasm/passion"

"the beautiful harmony between all the members and emotions!!!"

"The intensity of the players"

"Awesome all around"

Dimock Men's

Comments before the concert:

"worn down..."

"I felt in pieces"

"Excited :)"

Comments after the concert:

"the music lifted my spirits"

"It was good"

"Excellent!"

Audience members' favorite parts:

"How the string instruments sounded together"

"I liked that the audience + the performers found great ways to connect even though music tastes were different!!"

"I really enjoyed everything!"

Bridge Over Troubled Waters

Comments before the concert:

"Disconnected, unhappy, unsure"

"Excited to hear the music"

Comments after the concert:

"Peaceful, happy, inspired"

"Absolutely wonderful"

September 2019

Audience members' favorite parts:

"the part where you close your eyes and listen to the drum" "The harmony between the band"

"The new music I've never heard"

November 2019 Responses

Shattuck Stabilization

Comments before the concert:

"Hopeless"

"Bored, Stressed out"

"Wasn't sure what to expect. Thought I wouldn't like it"

Comments after the concert:

"I felt in a way better mood than prior to. GREAT!"

"very relaxed at peace"

"really good, happy that you guys came!"

Audience members' favorite parts:

"Getting to see them actually playing the cellos and hearing the layers in the music"

"I enjoyed the lessons I learned from the answers that we asked the musicians"

"the way they all felt the music as one"

Caspar

Comments before the concert:

"bored + tired + sore"

"a little restless, irritated"

"I had a lot of anxiety"

Comments after the concert:

"Fabulous - transported around the world"

"entertained, pleased, soothed, relaxed"

"very calm and relaxed"

November 2019

Audience members' favorite parts:

"It made me feel so relaxed and I was happy and you gave me joy. I was dancing"

"The robust compositions, instrument & composer knowledge"

Dimock Women's

Comments before the concert:

"Tired, sleepy, lazy, unmotivated, & frustrated"

"Depressed and overwhelmed"

"Terrible, sad, didn't want to come"

Comments after the concert:

"relaxed, calm, content + grateful :)"

"inspired and upbeat"

"excellent, refreshed, glad"

Audience members' favorite parts:

"The last song bring me back to my childhood."

"Seeing others enjoy the music + change their attitudes about coming"

"The passion the musicians had"

"relaxed atmosphere"

Dimock Men's

Comments before the concert:

"stressed out"

"Anxious:"

"Tired"

Comments after the concert:

"At peace with myself. Very relaxed."

"It was the best thing I heard live"

"very enjoyable. a form of escape. felt at peace."

Audience members' favorite parts:

"I loved the different emotions the different songs brought"

"The interaction with the players"

"Hearing a new sound"

November 2019

Bridge Over Troubled Waters

Comments before the concert:

“Stressed out”

“Busy, distracted”

Comments after the concert:

“Thankful to have heard! Brought back good feelings about stringed instruments.”

“Happy, it put a smile on my face”

Audience members’ favorite parts:

“how much performers enjoy themselves & skill”

“How calming the music is and also how they mixed it up a little”

“The collaboration of same instrument different sound”

December 2019 Responses

Shattuck Stabilization

Comments before the concert:

“Down, was having a bad week”

“A little stressed about my situation”

“Anxious, depressed, fearful of future, ashamed of past”

Comments after the concert:

“joyus, free, confident, beautifully centered, all my worries have lifted away. so grateful!
such an amazing experience”

“uplifted, really enjoyed listening, very grateul for them taking the time to come out and
play for us”

“It turned my week arond love it thank you so much”

Audience members’ favorite parts:

“The talented musicians. Violin brought tears to my eyes”

“Their kindness and hearing the stories of where they've all played around the world
and of their achievements”

“how interactive they are with us and how beautiful they are as people and amazing
musicians”

December 2019

Caspar

Comments before the concert:

“I was bored being here”

“depressed”

Comments after the concert:

“the concert was great and put all of us in a very happy mood”

“elated and very happy”

Audience members’ favorite parts:

“the music brought me up”

“singing also good seeing others here participate”

Dimock Women’s

Comments before the concert:

“Bummed out, pretty lousy”

“A bit annoyed”

“Sad + Tired”

Comments after the concert:

“A happy spirit during difficult time of year Thx”

“wonderful, spectacular”

“Uplifted, light-hearted”

Audience members’ favorite parts:

“The camaraderie, the learning, and the beautiful music!!!”

“The spirit of Christmas and joyful night peaceful + calm”

“explanation of parts of trumpet, inviting people to come up and sing”

Dimock Men’s

Comments before the concert:

“I felt tired and sleepy”

“Stressed”

“Anxious”

December 2019

Comments after the concert:

"I felt very peaceful"

"relaxed and content. I sincerely enjoyed it"

"Calm and easy"

Audience members' favorite parts:

"Help me to flash back at time when I was young and did not have a care in the world. happy time"

"The educational aspect, and how soothing it was."

"The history of the instruments/music and how well they played together"

"feeling the vibrations of music"

Bridge Over Troubled Waters

Comments before the concert:

"Stressed out"

"Tense"

Comments after the concert:

"Much more relaxed"

"Grounded"

Audience members' favorite parts:

"The connection both through the music & band itself"

"The music was covered beautifully & I'm thankful something like this is around, both for me & others"