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Community Music Center Older Adult Choir Program – María Cora

* See file for
additional materials.

Sup. [REDACTED] Yee hearing – March 9, 2017

My name is María Cora and I am the Coordinator of the Community Music Center's Older Adult Choir Program. The Community Music Center (CMC) is one of the oldest and largest community arts organizations on the West Coast making high quality music accessible to all people, regardless of financial means since 1921. I am here to share information about a vital program serving the seniors of San Francisco. The CMC Older Adult Choir Program manages 12 choirs (soon to be 13 choirs) located in partner senior centers and institutions all over San Francisco.

The choir program serves over 350 older adults who sing in English, Spanish and Tagalog depending on the community. The choirs are free, they meet for rehearsals once per week for 36 weeks per year, and no prior singing experience is required to participate. This program was conceived in 2011 as a way to reach out to older adults and provide them the many personal, social, artistic and quality of life benefits that musical activity can bring.

The choir program has grown as choirs have cycled out of the Community of Voices research study, a three way partnership between UCSF, Community Music Center and the Department of Aging and Adult Services supported by a grant from the National Institute on Aging. This study, now in its last year, [REDACTED] is researching whether singing in a community choir is a cost-effective way to promote health and well-being among culturally diverse older adults.

Our program is unparalleled in San Francisco and deserving of public and private support. We look forward to working with the Mayor and the Board of Supervisors to find ways to sustain this unique program serving multiple needs of our diverse senior population.