



COPD Foundation Harmonicas for Health®

Play Along With Us

Veterans Day November 2022

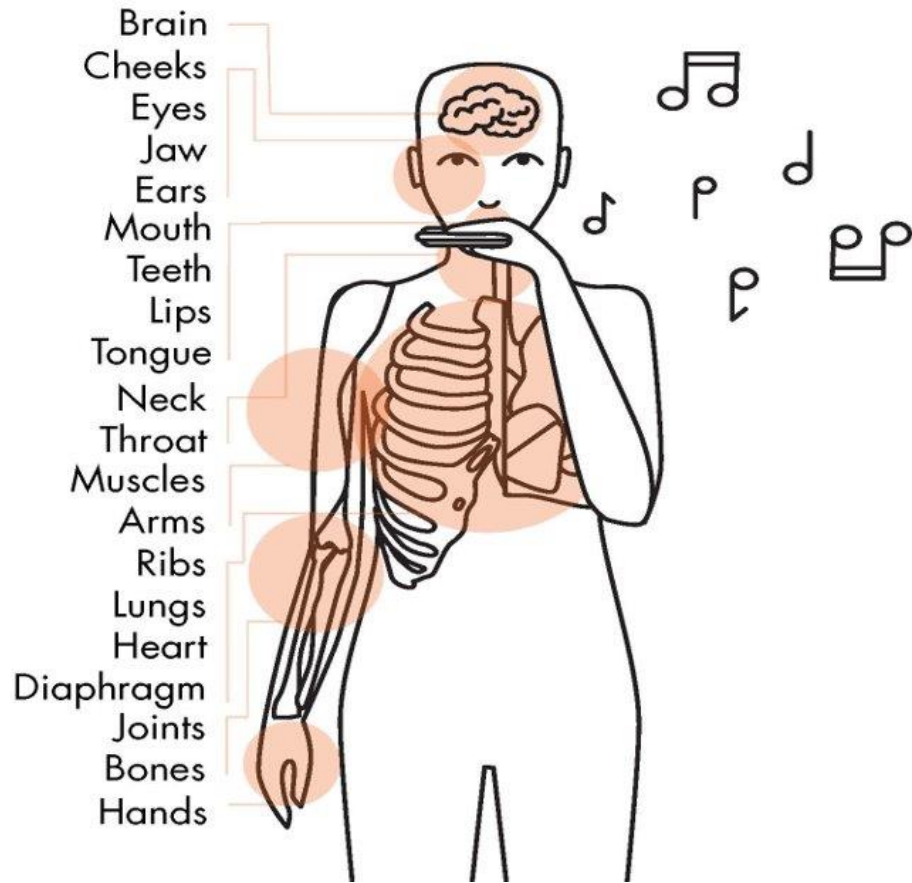
Welcome!

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



Benefits



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).*



Reveille

3 4 5 4 3 3 4 5 4 3 3 4 5 4 3 4 5 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
I can't get 'em up, I can't get 'em up, I can't get 'em up this mornin'

3 4 5 4 3 3 4 5 4 3 3 4 5 4 3 3 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
I can't get 'em up, I can't get 'em up, I can't get 'em up at all!

5 5 5 5 5 6 5 4 5 4 5 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
The corporal's worse than privates, the sergeants worse than corporals,

5 5 5 5 5 6 5 4 4 5 4 3 3 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑
Lieutenant's worse than sergeants, and the captain's worst of all.

United States Marines

4 5 6 6 6 6 6 7 6 5 5 6 6 5 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↓ ↓ ↑

From the Halls of Mon-te-zu-ma to the shores of Tri-po-li

4 5 6 6 6 6 6 7 6 5 5 6 6 5 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↓ ↓ ↑

We fight our country's ba-ttles in the air, on land and sea.

7 7 6 5 6 5 6 6 6 7 7 6 5 6 7 6
↑ ↓ ↓ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↑

First to fight for right and free-dom and to keep our hon-or clean;

4 5 6 6 6 6 6 7 6 5 5 6 6 5 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↓ ↓ ↑

We are proud to claim the ti-tle of United States Marines.

United States Navy

4 5 6 6 5 6 7 8 6 7

↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↑

An – chors a – weigh , my boys, an – chors a – weigh.

6 7 6 6 6 7 7 5 6 8 7 7 6 5 4

↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↓ ↓

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

4 5 6 6 5 6 7 8 6 7

↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↑ ↑

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

6 7 6 6 6 7 7 8 6 6 6 8 6 6 6 7

↓ ↑ ↓ ↑ ↓ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑

Un – til we meet once more, here's wish – ing you a hap – py voy – age home.

United States Army

6 5 6 6 5 6 6 5 6 6 6 5 6 5 5 6 5 4 6 5 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↑
First to fight for the right, and to build the na-tion's might, and the Ar-my goes rol-ling a- long.

6 5 6 6 5 6 6 5 6 6 6 5 6 5 5 6 5 4 6 5 4 4
↑ ↑ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↑
Proud of all we have done, fight-ing till the bat-tle's won, and the Ar-my goes rol-ling a-long.

6 6 7 7 6 6 6 7 7 6 6 7 7 7 6 6 7 7 8
↑ ↑ ↑ ↑ ↑ ↑ ↓ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↓
Then it's Hi! Hi! Hey! The Army's on its way. Count off the cadence loud and strong!

6 6 7 7 7 6 7 7 6 6 5 5 6 5 4 6 5 4 4
↑ ↑ ↑ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↑
For where'er we go, you will al-ways know that the Ar-my goes roll-ing a-long.

United States Coast Guard

3 4 4 4 4 5 5 5 5 6 5 4 5 6 5 5 5 4 6 5 4 4 5 5 4 4 4 4
↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↑ ↓

From Az - tec shore to Arc - tic zone, to Eu - rope and Far East the Flag is car - ried by our ships in times of war and peace.

3 4 4 4 4 5 5 5 5 6 5 4 5 6 5 5 5 4 6 5 4 4 5 6 5 4 4 4
↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↑ ↓ ↑

And ne - ver have we struck it yet in spite of foe-men's might, who cheered our crews and cheered a-gain for show - ing how to fight.

4 4 4 4 2 4 5 6 6 6 6 5 6 6 5 5 5 4 6 5 4 4 5 5 4 4 2 4
↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↓ ↓ ↓

So, here's the Coast Guard march - ing song, we sing on land or sea. Through surf and storm and howl - ing gale, High shall our purpose be.

4 4 4 4 2 4 5 6 6 6 6 5 6 6 5 5 5 4 6 5 4 4 5 6 5 4 4 4
↑ ↑ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↑ ↑ ↑ ↑ ↓ ↑

"Sem - per Par - a - tus" is our guide, our fame, our glo - ry too. To fight to save or fight and die! Coast Guard we are for you!

United States Air Force

5 6 6 5 5 4 5 5 5 6 6 7 7 8 7 7 6

↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↑

Off we go in-to the wild blue yon-der climb-ing high in-to the sun.

5 6 6 5 5 4 5 5 5 6 7 8 8 7 7 6 6

↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↓ ↑

Here they come zoom-ing to meet our thun-der, at 'em boys, give 'er the gun!

5 6 6 5 5 4 5 5 5 6 6 7 7 6 7 7 7

↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓

Down we dive, spout-ing our flames from un-der off with one heck of a roar!

6 7 7 8 7 8 8 8 9 9 8 8 7 8 7 8 7 8 7

↑ ↑ ↑ ↓ ↑ ↓ ↑ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↑ ↑ ↓ ↑

We live in fame or go down in flame Hey! Noth-ing'll stop the U. S. Air Force!

You're a Grand Old Flag

7 6 5 5 5 4 4 5 6 4 5 4 4 5 4 4 5 4 4 5
↑ ↓ ↓ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↑

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

4 4 5 5 6 4 5 6 6 5 6 6 5 6 6 5 6
↑ ↓ ↑ ↓ ↑ ↑ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↑ ↓ ↓ ↑

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

7 6 5 5 5 4 4 5 6 4 5 5 5 4 5 6 4 6 6
↑ ↓ ↓ ↓ ↓ ↓ ↑ ↓ ↑ ↑ ↓ ↓ ↑ ↑ ↓ ↓ ↓ ↓ ↓ ↑

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

4 5 5 5 6 6 5 6 4 4 4 5 4 5 6 5
↑ ↓ ↑ ↓ ↓ ↑ ↓ ↑ ↑ ↑ ↓ ↓ ↓ ↓ ↑ ↓

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





THANK YOU
VETERANS