



## Knoxville Symphony Orchestra Music & Wellness Program



**What:** The mission of the Knoxville Symphony Orchestra (KSO) Music & Wellness (M&W) program is to provide live musical performances to benefit patients, visitors and staff in healthcare settings. The KSO Music & Wellness ensemble performs as a quartet or musicians work as soloists depending upon the area of the hospital in which they are playing. The KSO's Music Therapist or a KSO Education & Community Partnerships staff person prepares the performance space for quartet performances, and helps to facilitate interactions with staff and patients. Longtime members of this quartet have completed professional development training with the KSO Music Therapist and through the Music for Healing and Transition program to become Certified Music Practitioners. Newer members in the program train one-on-one with the KSO's Music Therapist. This is an award-winning program, one of the longest running programs of its kind in the orchestra industry and unique in the Southeast.

**Where:** The program takes place primarily in two Knox County health care systems serving The University of Tennessee Medical Center, Fort Sanders Regional Hospital, Parkwest Hospital and occasionally smaller organizations like The Cancer Support Community, Peninsula Health or assisted living facilities. To see a video clip from a KSO Music & Wellness program, go to: <https://www.youtube.com/watch?v=8GX1CT3NX40>

**How Many:** In a typical season, the KSO Music & Wellness ensemble performs twenty quartet services and soloists work an additional eighteen services, for approximately 40 services per season. In total this program serves 4,000 in the Knoxville community.



**Process:** In September, the ensemble receives rehearsal credits to complete any needed professional development with the KSO Music Therapist, and it is expected that the musicians arrive with any questions/areas of concern regarding healthcare populations served in the program. The KSO provides each musician in the program with a Music & Wellness Handbook, an iPad Air 2, mic stand, stylus and AirTurn pedal, and will assist in teaching the forScore software that the quartet uses as needed. KSO Staff will assist with scanning music for each member of the ensemble.

**Responsibilities of the KSO Staff** include:

- Scheduling Music & Wellness visits
- Assisting with selection of repertoire
- Assigning rehearsal credits and coordinating a schedule of professional development
- Setting up quartet performance spaces at each venue
- Facilitating the program and addressing any issues that may arise
- In the case of performances more than sixty miles from the KSO offices, driving a van to transport the ensemble and their instruments
- Providing and being receptive to feedback and evaluative comments to/from the ensemble, including (but not limited to) a meeting for that purpose at the end of each season

**Responsibilities of the Core Musicians** include:

- Responding promptly to staff communications to schedule September professional development
- Coming to the first professional development with repertoire suggestions, questions or concerns (if a musician has copies of music to bring to the rehearsal that is always helpful; if staff needs to make copies available, as much advance notice as possible is also helpful)
- Familiarizing oneself with the Music & Wellness Handbook including section 3 on Healthcare Universal Precautions, participating in the presentation by responding directly to patients, and providing and being receptive to feedback and evaluative comments to/from KSO staff
- Engaging in the creative process to create set-lists for individual patient populations
- Memorizing repertoire as necessary for solo performances
- Obtaining annual immunizations and submitting staff/volunteer paperwork as required by Healthcare systems
- Arriving at rehearsals and performance venues in a timely manner (on their own when venues are less than sixty miles from the KSO offices) and attired according to the applicable KSO dress code
- Bringing to each performance their instrument, iPad, iPad stand and AirTurn Pedal

