



# THE NOTE

*The Official MusicMDs Newsletter*



**November 2013**

**Volume 1 Issue 2**

## Greetings!

*by Isabela Rovira, Editor*

The leaves may not be changing colors here in Florida, but fall has arrived with a new group of MusicMD performers. This issue, students reflect on patient situations they have handled. In addition, our newest members share their stories and how they got started with the organization. As editor, I hope you enjoy the autumn season and the writing of our students!

## Being a MusicMD

*by Charlotte Goodman*

The two brother-sister teams were reunited this summer with Esha's return from school in Boston. This experience brought back memories from my early days as a MusicMD. When my brother Henry and I entered the hospital for the first time two years ago, we had no idea what to expect. The sights, smells, and sounds were completely new to us. Soon, though, we became comfortable with performing for patients, families, and nurses. Being a MusicMD means being an important part of our community: as musicians, and as citizens.

Every weekend brings a new opportunity to improve the lives of everyone we meet in the hospital. It's an opportunity that's a big responsibility, but one filled with fun as well. We've had fun making friends with the MusicMDs, starting with Esha and Varun. As the school year continues, the chance for new friendships will come. So, welcome, and welcome back!

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## A Tribute

*by Esha Bansal*

During a MusicMDs performance at Lawrence General Hospital, I performed "Meditation from Thais" for a dialysis patient. During the piece, she broke down in a fit of sobbing. The patient then explained to me that she had just lost her special-needs teenage son, who had always been fascinated by music and had even played the guitar. In addition, the woman and I could only converse in Spanish because she did not speak English, another limitation for me to overcome in order to connect with her.

Although I was at a loss for words during this horribly saddening incident, I encouraged the patient to focus on regaining her health foremost. From the way she expressed her thanks before I left her room, I knew that, for this patient, my performance had felt like a tribute for her lost son, and it had helped to reduce the rawness of her emotional wound that had possibly weighed down her recovery. I felt gratified that she felt comfortable to share her deep loss with me and maybe that helped her in some way.

## My Decision

*by Varun Bansal*

A few years ago, in the early days when we had recently started MusicMDs work at HRMC, I had the opportunity to perform for a young lady (in her early 20s) who was recovering from auto accident injuries at the hospital. The young lady was accompanied by her grandmother who had requested for her granddaughter to be serenaded. The performance went well. We performed two contrasting musical pieces for them and they were very pleased. Then as is quite customary, the patient & family started to converse with us.

All was going well until the grandmother directed me a question: "what you are doing is really very nice - what gave you the idea to do this?" Having been asked this question a thousand times before, it was a no brainer for me to answer. So, I gave her the answer I had given to the satisfaction of many other inquirers before: I told her how when my sister & I were younger, we performed for our ailing grandmother and that it greatly lifted her spirits, which made us want to do the same on a larger scale.

Suddenly, I noticed that the grandmother's face tightened - she looked displeased - my response had definitely upset her. Then she raised her hand in the air as if to halt me from speaking anything further and said "Don't you think it was



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GOD that gave you the idea to start this work? Nothing happens without God's will!" I was quite shocked as I had never experienced such a reaction to this commonly asked question.

Momentarily, I had no idea what to do - I had obviously unknowingly offended her strong religious beliefs. I paused for a split second and then decided to validate her strong conviction. I responded: "Yes Ma'am, you are right, only God makes everything possible." Her face relaxed again and she smiled as she said "God bless you and your sister in this great work you are doing."

## The New Faces of the MusicMDs

by Isabela Rovira

*Each year, we welcome new members to our ever growing organization. Talin, Hope, and Sierra share their stories with us.*

### Talin Honda

#### When did you join the MusicMDs?

I joined the Music MDs in July 2013

#### What instruments do you play?

Piano and Violin

#### Where do you go to school?

I go to West Shore Jr./Sr. High School.

#### What grade are you in?

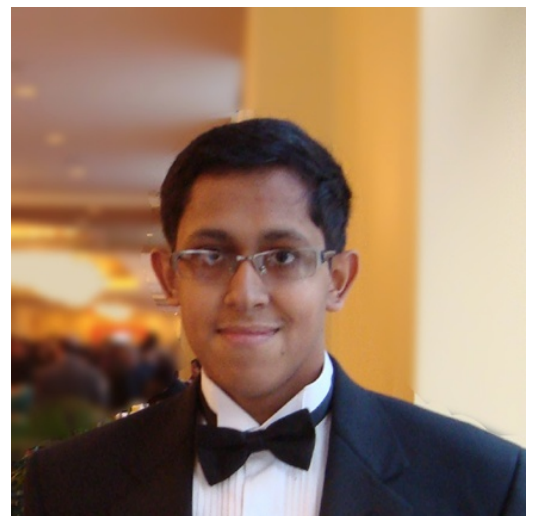
I am in 11th grade.

#### How did you hear about MusicMDs?

I learned about the organization through Esha and Varun Bansal.

#### Why did you want to join the organization?

I joined this organization because I thought it could help me and give me more experience in playing violin. I also joined because I wanted to put a smile on patients' face and make them feel better.



*Talin is a junior at Westshore and plays the violin and piano.*





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## What do you hope to gain from your experiences?

I hope to gain confidence and more experience in playing the violin by participating in this program.

## What has been your favorite moment so far?

My favorite moment so far has been able to put a smile on a patient's face, and they have appreciated that I have sacrificed my time to make them feel better and feel happy.



## Hope Dougherty

### When did you join the MusicMDs?

Fall of 2013

### What instruments do you play?

Piano

### Where do you go to school?

West Shore Jr./Sr. High School

### What grade are you in?

9th

### How did you hear about MusicMDs?

I saw an article in the newspaper.

### Why did you want to join the organization?

I wanted to use my musical abilities to help other people and be of service, and I also wanted more performing experience..

### What do you hope to gain from your experiences?

I want to become a better performer.

### What has been your favorite moment so far?

I'm brand new to the program and am looking forward to my favorite moment!



Hope 2013

*Hope has been playing the piano since kindergarten. She has accompanied many musicals at Eastminster Presbyterian Church and chorus concerts at her school. She is also an avid dancer and has been with Space Coast Ballet since the age of five.*





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## Sierra Park

### When did you join the MusicMDs?

April 2013

### What instruments do you play?

Violin

### Where do you go to school?

West Shore Jr./Sr. High School

### What grade are you in?

11th

### How did you hear about MusicMDs?

I heard it through BSYO and my friends who were already a part of MusicMDs.

### Why did you want to join the organization?

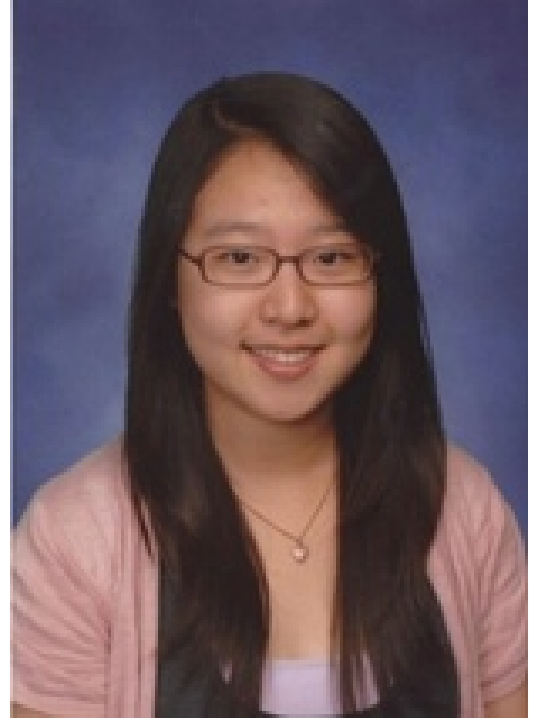
I wanted something that combined working in the hospital and playing the violin.

### What do you hope to gain from your experiences?

I hope to learn how to interact with patients, meet new people in my community and also develop friendships with MusicMD performers

### What has been your favorite moment so far?

Seeing how patients appreciate and enjoy MusicMDs' performance (it is even touching for me to see a patient cry after listening to us); By performing, we brighten the patients' days, which is actually very important.



*Sierra is a junior at Westshore and plays the violin.*