



Nora Newman of Sand Point squeezes in a few notes for wellness.

Nora Newman knows how important the right notes are when she plays the festive sounds of polka for community sing-alongs in Sand Point. Not only does she skillfully tickle the ivories, she helps reduce stress and lowers her blood pressure by playing music. Nora became fascinated with “the box” when growing up in Un-ga with an instrument rescued from the sea.

The self-taught musician also knows how important the right notes are when she has check-ups with her health care provider. She jots down her symptoms, when they started, what seems to trigger them and what seems to make them better or worse. Playing the accordion or seeking health care, the right notes make a difference.

Nothing about me, without me!

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