

CI Music Hour Recap 10/20/22

Last week we welcomed educator and spoken word artist, Raul Herrera, to our group for a second time. Raul works for a Los Angeles based non-profit called [GetLit](#), which guides students in finding a voice, sense of community, and creative outlet through poetry.

Raul began the session with an ice breaker in which we each shared our name, favorite ice cream flavor, and a simile for how we were feeling that day. Thank you to our group for all that was shared!

Following this exercise, we read a poem called [Orchids Are Sprouting from the Floorboards by Kaveh Akbar](#). We discussed the meaning of this poem and the idea of extended metaphors, or a metaphor that is used throughout several lines of a piece of writing. Raul then led us into a five min free-write in which we wrote about our daily/weekly/monthly routines. The goal of this exercise was to write continuously for five minutes, documenting our stream of thought.

We ended the hour by sharing what we wrote with the rest of the group. Thank you to everyone who shared their beautiful writing with their group and to those who listened! The video of the music hour is attached below.

CI Music Hour Tomorrow 10/27/22

Tomorrow we will have a music hour just for ourselves! We will cover the following topics which were determined based on previous group conversations:

1. Instrument identification warm-up. If you want to practice, we will be using the following link: <https://cochlearimplantbasics.com/music-rehab/>.
2. Review of TeamHearing tests and participant experiences with the tests.
3. Discussion of what to expect before and after cochlear implantation. Sharing of personal experiences.

Thank you everyone! I will not be at the music hour tomorrow due to a work conflict, so our lovely Chrysa will be facilitating :-)

Announcements

Here is a [story about music and hearing loss](#) shared by one of our music hour members, Lynne. Thank you for sharing!

Julianne