Welcome

Thank you for your interest in Intermezzo, a community outreach choir supporting adults living with neurocognitive disorders such as Alzheimer's disease and other dementias and their care partners. This unique choir provides a space for joy, self-expression, and connection through a quality choral experience.

We believe in the transformative power of music while providing for a safe and inclusive environment. Intermezzo supports diagnosed singers by partnering with trained side-by-side support singers, caring peers, and involved community volunteers. All members continue to learn and grow through trainings and workshops to build a sense of community in which barriers dissolve and voices unite!

The Intermezzo Choir is a performance driven community outreach of the Fort Myers Symphonic Mastersingers and receives support and guidance through this prestigious organization of talented and caring individuals.

Thank you for seeking quality opportunities in the choral arts. We look forward to connecting with you on ways to enhance and positively impact the lives of those we support.

Best regards,

Molly

Molly I. Phillips, MMEd., MT-BC
Intermezzo Choir
Artistic Director
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FORT MYERS SYMPHONIC MASTERSINGERS
INTERMEZZO CHOIR
WELLNESS AND JOY THROUGH MUSIC

Benefits

The power of music is widely recognized as a source of solace and joy for people across cultures and generations. When it comes to individuals diagnosed with neurocognitive disorders, the impact of music, and particularly singing, is even more significant.

Emotional

Singing engages the brain's emotional centers, promoting the release of endorphins and dopamine, which are known to improve mood, reduce anxiety, and enhance overall emotional well-being. It serves as an outlet for self-expression, enabling individuals to convey their emotions and connect with others on an emotional level.

Cognitive

Singing engages cognition through memory recall, language processing, attention, and executive functioning. Regular singing can strengthen these cognitive abilities and may help slow down the decline typically associated with neurocognitive disorders. Studies have shown that singing can enhance memory, language fluency, and both verbal and non-verbal communication skills.

Social

Group singing activities create a sense of community and foster social interaction among participants to combat feelings of loneliness and isolation. Singing provides an avenue for social engagement, companionship, and support. It encourages interpersonal connections and strengthens meaningful relationships.

Physical

Singing involves controlled breathing techniques, which helps improve respiratory function and lung capacity. It also promotes better posture, muscle control, and coordination. Engaging in regular singing exercises can contribute to enhanced physical well-being and overall vitality.

Director

Molly Phillips

Molly I. Phillips is a musician, music educator, and board-certified music therapist. She holds a master's degree from the University of Georgia in Music Education with an emphasis in Music Therapy. She serviced the greater Rochester, NY area as a board-certified Music Therapist for over 20 years before moving to Florida to be closer to family.
As an experienced musician, Molly has worked with a variety of clients, students, and community members of all ages and diverse backgrounds. Her education in both therapeutic and traditional teaching methods combine to provide a unique approach. She encourages individual exploration and creativity within a person-centered environment.

Before leaving Rochester, she held the title of Music Education Department Chair for Spectrum Creative Arts, a community arts therapy clinic. During this time, she developed new programs, led peer supervision, and coordinated performance opportunities for students and community members alike.
She looks forward to discovering the many talents and abilities within the Intermezzo choir and will work to increase community awareness and support for singers living with a neurocognitive diagnosis and their care partners.

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