



THEWELL™

Programs, Practices & Connection at the
Intersection of Arts and Wellness

Ready for Connection?

Contact us

Listen to Pleasant Ridge's Favorite Sounds

NEIGHBORHOOD SONGLINES

NEW MUSIC FOR



**MINDFUL
MUSIC
MOMENTS.**

BY JENN HOWD



For Mindful Music Moments

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MYTRUESELF™

For My True SELF and True Body Project

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The Well is nourished by the non-profit organization A Mindful Moment. Our mission is to improve the mental and emotional well-being, connectedness, and effectiveness of all citizens through arts integration, mindfulness, music, movement, and healing-centered practices.

The Well and sound artist/composer,
Jenn Howd, asked people in two neighborhoods:

What's your favorite sound?

Jenn collected clips of the sounds, created sound maps of the neighborhoods for community sound walks, and turned them into musical collages for The Well's "Mindful Music Moments" program.

Learn more about this project at:

THEWELL.WORLD/NEIGHBORHOOD-SONGLINES



THEWELL.WORLD

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in partnership with



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SONIC MAPS TECH HELP & FAQ

Is an internet connection required to experience the sound walk?

An internet connection is required to initially access the SonicMap using either cellular data or a Wifi connection. You can download the map to access the SonicMap without an internet connection.

When I open the map, my current location is not being displayed.

SonicMap uses your smart phone's GPS and Location Services to play the sounds when you walk to different areas on the map. Ensure you have Location Services enabled and your browser has permission to use this service. For further GPS troubleshooting, scan the QR code below.

Can I experience the map remotely?

Yes. You can experience the SonicMap for Camp Washington and Greater Cincinnati from your phone or laptop at home. Simply scan the QR code to the left, or use the URL: SONICMAPS.XYZ/PLAYER/?P=1023

SCAN QR CODES FOR MORE INFORMATION:

MORE TECH FAQ



SONICMAPS.XYZ/FAQ.HTML

GPS TROUBLESHOOTING



SONICMAPS.XYZ/TROUBLESHOOTING-GPS-ISSUES.HTML

LISTEN TO JENN'S NEW MUSIC



BIT.LY/MMMCOMMISSIONS



JENN HOWD

Jenn Howd is a Cincinnati-based sound artist/musician. They also composed "Fiona's Lullaby" for Mindful Music in 2021 with Ben Sloan and the Cincinnati Zoo.

LISTEN TO THE SONGLINES:

"Camp Washington Dreams" and "A Pleasant Promenade"

PLEASANT RIDGE COMMUNITY SOUND WALK



Scan for the digital experience of
NEIGHBORHOOD SONGLINES



SONICMAPS.XYZ/PLAYER/?P=1023

- Community Happens Here**
Coffee maker in the morning
- The Loving Hut**
"Go Green" slogan
- Moler-Hollywood Beauty Academy**
Rinsing hair after washing
Hair dryer
- Café Alma**
Espresso machine
Singer Idan Raichel
- Everybody's Records**
Flipping through bins of record albums
Vinyl record pops and scratches
- The Gas Light Café**
Bottles clinking and beer can opening
Gas Light's deep fryer
- Queen City Comic & Card Co.**
Theme from "Superman"
- St. Peter's United Church**
Boiler draining
100 year-old door opening to boiler room
Church lights warming up before service
- Goodfellas Pizzeria**
Front door chime
Slicing pizza
- Eastside Animal Hospital**
Cats purring
Canary chirping
Dog barking
Parrot talking
- Pleasant Ridge Chili**
PR Chili cash register
- Pleasant Ridge Montessori School**
Wind chimes
Baby birds cheeping
Waterfall
Trees rustling
Lion's roar
Birds & nature
Ocean waves
Michael Jackson
Kitchen pots and pans
Rocks thrown in the ocean
Ship's horn
Rain
Water dripping on the ground
Baby laughing
Zoo aviary
Maracas
Whistling
Chiroptractor bone crack
- Pleasant Ridge Montessori School**
Fire crackling
Creek flowing
Otter sounds
Little mice
Flamingos
Ducks
T-rex
Puppy barking
Cat meowing
Tiger roaring
Boots in the snow
Leaves crushing together
Rock guitar
Drums
PJ Masks music
Minecraft song
Tuning fork
- Pleasant Ridge Presbyterian Church**
Church bells
- 6114 Tulane Rd**
Tree creaking in the breeze
- 2947 Douglas Terrace Rd**
Wind chime sounds
Chamber music practice
Organ music
- 5758 Marmion Ln**
Walking on pea gravel
Walking on snow
Wind chimes
- 5751 Marmion Ln**
Rolling dice
Sizzle
- 5705 Marmion Ln**
The sound of train whistles
Simon & Garfunkel's "America"
Al Green's "Let's Stay Together"
The sounds of trains
- 3112 Gloss Ave**
"Sarasponda ret set set" song
Sewing machine
Yarn wheel spinning
- 3113 Gloss Ave**
Chickens
- 5633 View Pointe Dr.**
Beatboxing
Water misting
- 6316 Kincaid Rd**
Rain hitting window
Violin
Kids laughing
- 6235 Orchard Lane**
Mourning doves
Bird song
- 6817 Withany Ave**
Wolf's "owrooo"
Laughter (guffaw!)
- 6838 Park Ave**
Mom's voice