



**TOURING  
PROFESSIONALS  
ALLIANCE**

## NEWS from TPA

We have been asked many times about membership and when it will be open. To date, our focus has been on getting our food program running (TPAK\*), our Health and Wellness initiative established, as well as climbing the mountain of administrative paperwork that is required for a non profit to operate. Now we have some clearer air, we will begin to work on membership and what that actually means....so stay tuned!

### DAY SHEET UPDATE!

Day Sheets are sent directly to everyone who fills out the Crew Survey

Please fill in the survey to get your copy!

# DAY SHEET - USA

#7 - February 17, 2021

## Things To Do

### TPA SURVEY - CREW DATA BASE:

Please click the link to fill out the survey.

<https://forms.gle/iCZ2ooNNTBxwwjWv8>

As an industry, we must know WHO we are.

Without this knowledge we cannot start our work on health insurance for touring crew, or look to build a fund for future emergencies.

Encourage your colleagues to fill out the survey!

### \*\*Photos Needed\*\*

We are looking for crew photos for the website! You can go to the home page of our website or [CLICK HERE](#) to go to the upload page.

## Health & Wellness



### MINDFUL PRE-PRODUCTION ROAD WORTHY IDEAS ON HEALTH & WELLNESS

"ALL YOU NEED IS LOVE"

THE BEATLES

Love transcends space & time, brings comfort & security and is a proverbial source of strength; love IS all you need. So why do we only celebrate love one day a year, solely focusing on the romantic end of it?

During these pandemic times, we are hopefully learning what we love and what we don't, be them hobbies or lifestyle choices, mental or emotional states of being, relationships with ourselves or with others. One thing is for sure, we clearly LOVE our work, which is a lot more than most folks can say.

In a time when our community has been stripped of so much, maybe it's best to celebrate these little lessons, as they are the easiest moments of love that we can immediately appreciate and enjoy. Small wins go a long long way, especially in these times. Much like the feeling you get when providing fresh donuts for the local's 15 minute coffee break, it's the small wins that are the easiest to feel positive about and to love.

So perhaps we can spend our time focusing on what we love, rather than focusing on what we don't, putting a priority on loving the little things for all they are worth.

### EVERY DAY IS A NEW LOAD IN... EVERY DAY WE BEGIN AGAIN

## COFFEE BREAK

CASUAL DISCUSSIONS AROUND MENTAL & EMOTIONAL HEALTH

WEDNESDAY, FEBRUARY 24TH @ 12:30PM-2PM EST ON ZOOM

### ARE YOU...

eating or sleeping less or more than usual? Having trouble focusing? Having a shorter fuse, feeling edgy or nervous?  
Lacking motivation? Experiencing non-stop racing thoughts? Withdrawing from others?  
Leaning on substances more? Overwhelmed by the future or just plain hitting a wall?

We invite you to take a coffee break with us!

Come on by for a sit, have a listen and feel free to contribute, as we have a casual discussion about mental & emotional health.

We'll be joined by members of [SIMS Foundation](#) & [Backline](#), we'll be spotlighting their services and showing you where you can get a bit of help, as we all continue to navigate these uncertain times in our industry.

Simply put, we'll be sharing our experiences and working on restoring a lil' strength & hope.

We have limited attendance capacity and we expect the class to fill up quickly, so sign up now at

[touringprofessionals.com/coffeebreak](https://touringprofessionals.com/coffeebreak)

**C'MON BY, GRAB A COFFEE... IT DON'T COST NUTTIN'!**

Follow us on social media and spread the word!

[www.touringprofessionals.com](http://www.touringprofessionals.com)

[@thetouringprofessionals](https://www.instagram.com/thetouringprofessionals)

[@touringpros](https://twitter.com/touringpros)

For Crew, by Crew. We are in this together.



**HEALTH & WELLNESS WEBSITE TAB**

We are excited to announce that we will be launching a Health & Wellness tab on the TPA website!

We aim to curate a place where we can share ideas & information on general health, wellness and mental health, to keep our community at their best via the mind, body & spirit connection.

Posts will consist of helpful information, upcoming webinar presentations and occasional special offers, so be sure to check it out starting next week.

**FREE YOGA OFFER**

<http://www.joanhyman.com/yoga>

We have been collaborating with Joan Hyman Yoga and are very pleased to announce that she has generously offered our TPA community FREE virtual yoga classes on a weekly basis.

Check our social media channels and upcoming the Health & Wellness tab on **TPA's website** for weekly updates on class times & log in info.

**Latest Information for USA Crew**

**FINDHELP.ORG**

<https://www.findhelp.org>



Find food assistance, help paying bills, and other free or reduced cost programs, including new programs for the COVID-19 pandemic.

Simply search your zip code and thousands of links, support and options are available depending on your location.

**TOURING PROFESSIONAL RELIEF KITCHEN**

**THANK YOU!**

With your support, we were able to feed over 7,500 touring professionals in Chicago, LA, NYC, and Nashville.

[READ MORE ON AMERICAN SONGWRITER](#)



**EMOTIONAL HEALTH AND WELLNESS GROUP FOR MUSIC PROFESSIONALS:**

MusiCares EMOTIONAL HEALTH AND WELLNESS GROUP FOR MUSIC PROFESSIONALS allows you to give voice to your experiences as a music business professional navigating these unprecedented times.

Please join us weekly on ZOOM to seek, offer support and inform your industry peers:

**Every Friday on Zoom, 1:00 pm PST, 3:00 pm CST, 4:00 pm PST**

**Meeting ID: 878 4693 3410**

**Passcode: 325126**



**PARTNER CAMPAIGNS**

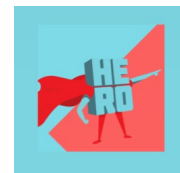
**Mental Health & Substance Use Recovery Services**



The SIMS Foundation provides mental health and substance use recovery services and supports for musicians, music industry professionals, and their dependent family members. Through education, community partnerships, and accessible managed care, SIMS seeks to destigmatize and reduce mental health and substance use issues, while supporting and enhancing the wellbeing of the music community at large.

<https://simsfoundation.org>

**Be an #ArtsHero**



We have linked up with Be an #ArtsHero which is an intersectional grassroots campaign comprised of Arts & Culture workers, Unions, and institutions in the United States pushing the Senate to allocate proportionate relief to the Arts & Culture sector of the American economy.

#ArtsHero is 100% volunteer run.

<https://beanartshero.com>

**IMPORTANT MESSAGE FROM THE DAY SHEET TEAM**

As we promised, the day sheets are becoming relevant to location. We are looking for the relevant aid and support programs in Mexico, South America, Canada, and Asia. If you live in these locations and know of suitable programs that are available for music industry professionals, please let us know at [info@touringprofessionals.com](mailto:info@touringprofessionals.com)

**Follow us on social media and spread the word!**

[www.touringprofessionals.com](http://www.touringprofessionals.com)

[@thetouringprofessionals](https://www.instagram.com/thetouringprofessionals)

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