

2026 Aging: Stuff Happens

We want to emphasize that aging comes with seasoning! More experience, in many situations better judgement, more confidence, more experience, potentially more joyful

The intention of this panel is to offer observations and suggestion because essentially, we've been there, done that or are possibly about to.

We are in agreement that we should stay physically strong. Learn about and take note of dietary issues as we age. We want to explore discoveries, new technologies, approaches as well as conventional processes that work.

Last year we discussed arthritis, issues with teeth, vision, hearing, endurance, social skills, memory and physical appearance. That entire 50 minutes are on youtube. We're hoping today to elaborate on all of those subjects and to more fully explore what we've learned just in the past year, as well as alternatives that we've discovered.

AUDIENCE! As we touch upon various subjects If there's something you can suggest or offer, please raise your hand and let us know. Please remember this is about surprises that can manifest so please no story telling. We want to know what your conclusion was and what your suggestions are, but not the process or experience by which you arrived there.

There is increasing awareness that many illnesses and sources of discomfort are caused by inflammation - so we'd like to be sure to include all sorts of techniques and methods to reduce inflammation.

HEARING LOSS:: note that there are several NEW brands of hearing aids worthy of investigation that cost a whole lot less than conventional brands. Hearing loss can be pitch specific, so understand what you are needing. Hearing aids have long money back trial periods. Air pods as hearing aids?

VISION: Radical changes can occur suddenly. Systane ProPF is an over the counter eye moisturizer, that makes vision clearer at night especially for driving. It's half price on eBay, just check the expiration date. Use it several times a day especially prior to driving at night.

Vision: New technology in making eyeglass lenses that also help with nighttime vision. You might have to ask for it. Anti reflective glare and Standard Blue light coating helps at night but there are also other alternatives.

Vision: Ask for help as needed when walking the dark Hold onto a helper's extended forearm, not onto their hand.

MEMORY: Mark your parts! Use a pencil. Make it idiot proof. If you play as a solos or chamber musician and you usually play from memory, notice any slips and go back to looking at the music.

ARTHRITIS, MUSCLE LOSS, MOVING SLOWER We are familiar with carrying lots of stuff. We are used to being stubborn. Embrace the reality that we can find an alternative method of packing it all in fewer containers including cases or suitcases bags with rollers, or we can make more trips rather than carrying as much as we used to. Ask for help!

Sarcopenia, muscle loss with aging. Resistance training/exercise. Resistance training is very effective for adding to one's productive years, not just longevity.

BALANCE: If moving slower, etc. need to be more careful on staircases? concert halls notorious for places to trip. get there early, no more rushing in at the last minute. plan ahead.

Risky dangerous situations: Movement and safety issues:
Keep stuff especially cases, tote bags, purses off the floor out of the way.
Hold onto handrails
Choose shoes with secure treads

Exercise:
AI and the use of LLMs for fitness and musical coaching

PHYSICAL CHANGES: Changes in your hands and body we might get shorter, arthritis, face muscles- Instrument modifications are not horrifically expensive. Most of the oboe and bassoon technicians have figured out all sorts modifications/gizmos and you can consult with them. They are for the most part, creative thinkers. There are fixes!

APPEARANCE: Posture especially when playing your instrument, reed making and adjustments. Posture is not always how you stand or sit. Can reflect how you feel about yourself and others.

APPEARANCE: hair dye, wigs, make up.

PHYSICAL PAIN: Acupuncture, color therapy, sound baths, somatic movement (how movement feels from the inside - one side contracts the other expands), music.

Instrument supports! Don't be stubborn. Minimize weight. Body harness is better than stopping playing.

Embouchure changes: Differences in what, where, how, how much we play subtle changes we don't even realize. adjust reeds to accommodate. Or buy reeds.

DIET: increasing protein intake. Timing of protein consumption. Determine what slows you down, energizes you etc, whether its mental, physical, time of day.

STRESS and ANXIETY: eliminate unnecessary stress. Learn and develop methods for controlling anxiety and reducing stress. On the resources list there are videos about useful stress reduction techniques that might be alternatives to whatever you have historically drawn upon.

ANXIETY: learn the signs of a stroke and heart attack.

VEGUS NERVE lots of videos on youtube. Playing our instruments stimulates the vagus nerve.

Improvisation you do not have to be reading notes or charts on a page in order to bliss out playing your instrument.

TIME issues. Allow more time to use the bathroom before the rehearsal or concert even if you don't think you need to

TIME: Take into consideration that you may also be caring for/dealing with a mate, partner, relative who is also changing.

DEPRESSION: Drink some water, Get some sun!

Whatever it is whatever you are experiencing or just suspicious about - do not hesitate to research and ask for assistance.

ACCEPTANCE - doesn't mean give up. Ask for help and advice. There's likely somebody out there who has experienced something similar. Acceptance means finding and implementing alternatives and working with what you've got while continuing to advance. There's probably a QR code for everything.

RESOURCES: Color therapy, Hugging, Laughter Yoga, Music, Sound Healing, Frequency Healing, Meditation, Acupuncture, Diet. There are videos and books linked on our resources page and more on youtube.

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from Lisa

I was in the audience at last year's panel and remember it well. The tuning forks you have should emit a frequency of either 128 Hz or 136.1 Hz. The 128 frequency tends to ground the body and helps reduce inflammation and muscle pain when applied to the body. I have a double tuning fork with an amethyst ball on the end and apply that in my sound healing to the third eye and heart chakras to help realign them. The 136.1 Hz fork is tuned to the earth's cosmic frequency and also grounds, relieves stress and promotes a meditative state when held near the ears. Sound healing with different frequency bowls will stimulate vagus tone which shifts the body's parasympathetic nervous system into a state of calm. This in turn will help regulate heart rate, digestion and respiration. The vagus nerve branches into the ear canal and eardrum and when they detect sound waves the brain gets the signals of absolute safety and the heart rate instantly slows as fears dissipate. This can really help as we age since our playing tends to be less and when we do play we experience more nervousness. It's a good practice to calm the nerves before concerts.

These last six years I've learned that any weight bearing exercise plus cardio exercise is truly important for our bodies as we age. Along with supplementing collagen exercise helps prevent: muscle loss, bone loss and memory loss all of which start to happen after 30.

Also meditation practice is truly life changing to keep us focused and in state of calm especially when performing. I'm happy to talk on any or all these things as I also work in a gym along with doing the Sound Healing.

Hi Brenda,lisa
My cell is (201)655-4607.
June 9 2pm-4 PST fine
June 10 11am PST fine
June 15 11am-12PST

Best,
Lisa
— —

My cell is (310)701-6539 valerie
June 10 11a-3p PT fine
June 15 after 9:30 PT
June 16 2p-5p fine
June 24 after 2:30p PT fine
June 25 after 2p ET / 11a PT

Best,
Valerie

— — —
June 9 2PM-4PM pacific time - **NO**
June 10 11AM - 3PM pacific. - **NO**
June 15 any time all day/night but no earlier than 9AM Pacific time. - **YES**
June 16 2PM-5PM pacific - **YES**
June 24 2:30PM - - - PDT; - **YES**
June 25 **any time** all day/night pacific;- **Yes before 2PM PT**

DiPietro
— — —

Wednesday June 10th— —2:00-3:00n Pacific Time Then out off town for 10 days.

Any time mon June 24th and June 25th.

Thank's and looking forward.

Lenny

can make ½ hour of Wednesday June 10th — — 2:30-3:00 pm
Pacific, and I can stay
later.

June 24 after 2:30pm PT
June 25 after 12:30 pm PT

Terry

anti glare coating

blue light

are