

TEAM AUTUMN SOLILOQUY PRESENTS

AGING: STUFF HAPPENS - PART 1

June 14, 2025

IDRS Conference, Indianapolis, Indiana

TOPICS:

Arthritis

Hearing

Vision

Teeth

Endurance

Body Image

Memory

Expertise, Seasoning- the Good Stuff!

AGING STUFF HAPPENS IS:

A round table exchange to share information to enlighten and serve the entire double reed community. We will not be telling personal stories, but offering insight, education, and suggestions about surprises that affect our playing and careers as we age: hearing loss, hearing aids, vision, arthritis, modifying key work, teeth, hands, feet, fitness, wear and tear, body image, injuries, illness, pain, mobility, memory issues, endurance, loss of interest, retirement and more. What have you learned that you can pass on to others? What can you discover, how can you benefit by attending, engaging with, and participating in this round table exchange of information?

AGING: STUFF HAPPENS

resources collected by Team Autumn Soliloquy

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INVESTIGATE AND LEARN ABOUT:

Music As Medicine. Music in Medicine. Music for Medicine,
Frequency Medicine, Frequency Healing, Sound Healing, Vagus Nerve

<https://theshiftnetwork.com/>

offers free introductory classes on many aspects of physical, emotional, spiritual healing, including a lot on sound healing.

<https://www.joshualeeds.com/> books, videos, classes on sound healing

<https://www.kharawolf.com/blog/musician-health-and-wellness-resource-list>

<https://www.kharawolf.com/blog/english-horn-support-mechanisms>

Mindful Somatics and Neuroplasticity

[https://theshiftnetwork.com/Mindful-Somatics?](https://theshiftnetwork.com/Mindful-Somatics?fbclid=IwY2xjawJRESJleHRuA2FlbQlxMQABHaamkDVUEAXE0sr3s5S9ti_gXINeEVsixe53pDyHqeDCZfk8bTMauv_nEQ_aem_JmpK26ctmzQQysL7b_a1VQ)

[fbclid=IwY2xjawJRESJleHRuA2FlbQlxMQABHaamkDVUEAXE0sr3s5S9ti_gXINeE
Vsixe53pDyHqeDCZfk8bTMauv_nEQ_aem_JmpK26ctmzQQysL7b_a1VQ](https://theshiftnetwork.com/Mindful-Somatics?fbclid=IwY2xjawJRESJleHRuA2FlbQlxMQABHaamkDVUEAXE0sr3s5S9ti_gXINeEVsixe53pDyHqeDCZfk8bTMauv_nEQ_aem_JmpK26ctmzQQysL7b_a1VQ)

Sound Health Network <https://soundhealth.ucsf.edu/>

The International Society for Arts and Medicine <https://isfam.de/>

International Association for Music and Medicine <https://iammonline.com/>

Music4Pain <https://music4pain.org/>

Audio Analgesia <https://audioanalgesia.org/>

Music & Dementia Research Network <https://mdrn.ucsf.edu/>

AGING STUFF HAPPENS: Resources Page 2

ENSEMBLE: <https://ssihi.uci.edu/research/ensemble-network/>
Effective Network to advance Scientific Evidence related to Mechanisms of Music-Based interventions for pain and support collaborative Efforts

NIH National Center for complementary and Integrative Health
<https://www.nccih.nih.gov/research/blog/join-us-to-explore-the-potential-of-music-based-interventions>

<https://www.nccih.nih.gov/news/events/music-as-medicine-the-science-and-clinical-practice>

Sound Health Research Plan
<https://www.nih.gov/sound-health/research-plan>

Music and Harm: https://www.joshualeeds.com/post/an-emerging-trend-music-and-harm?utm_source=JL+Soundwork&utm_campaign=7fbfbc8ce6-EMAIL_CAMPAIGN_2024_12_04_07_24_COPY_01&utm_medium=email&utm_term=0_-1663cff9e9-614393438&mc_cid=7fbfbc8ce6&mc_eid=2106d9b095

Youtube videos on sound healing, vagus nerve ie:



VAGUS NERVE orchestrates healing

BOOK: Terry B. Ewell. Wind Performer's Guide to Increasing Endurance. Lulu, 2013. <https://www.lulu.com/shop/terry-b-ewell/wind-performers-guide-to-increasing-endurance/ebook/product-1jny75w6.html?page=1&pageSize=4>

BOOK: The Breathing Book (bassoon) Kristen Wolfe Jensen.

Stephen Caplan: The Breathing Book (oboe)
[ww.amazon.com/Breathing-Book-Oboe-Stephen-Caplan/dp/1935510630/ref=sr_1_1?crid=2Q94DZRXUGT85&dib=eyJ2IjoiMSJ9.Ux_dzxCGaH-XQnQ_x9QhOtRpp0dLiFJsS1Qe7liHagHGjHj071QN20LucGBJIEps.dfNrUE-zBRjQh4zIZGU6Ln0HCrKISpK8lNsEzg1nqfU&dib_tag=se&keywords=the+breathing+book+caplan&qid=1748887276&s=digital-text&srefix=the+breathing+book+caplan%2Cdigital-text%2C126&sr=1-1-catcorr](https://www.amazon.com/Breathing-Book-Oboe-Stephen-Caplan/dp/1935510630/ref=sr_1_1?crid=2Q94DZRXUGT85&dib=eyJ2IjoiMSJ9.Ux_dzxCGaH-XQnQ_x9QhOtRpp0dLiFJsS1Qe7liHagHGjHj071QN20LucGBJIEps.dfNrUE-zBRjQh4zIZGU6Ln0HCrKISpK8lNsEzg1nqfU&dib_tag=se&keywords=the+breathing+book+caplan&qid=1748887276&s=digital-text&srefix=the+breathing+book+caplan%2Cdigital-text%2C126&sr=1-1-catcorr)

AGING STUFF HAPPENS: Resources page 3

Stephen Caplan: OboeMotions https://www.amazon.com/Oboemotions-Every-Player-Needs-About/dp/1579997279/ref=sr_1_1?crid=1L8MIRABICNR4&dib=eyJ2ljojMSJ9.imGARwLCRxpTSg9zanXZyg.sRsklkmEjmwNsFG0RBWjPBbMPsHz0IPp9KiKQVEdkbY&dib_tag=se&keywords=oboemotions&qid=1748896775&srefix=oboemotions%2Caps%2C188&sr=8-1

BOOK: Marshall Chasin:Hearing Loss in Musicians: Prevention and Management https://www.pluralpublishing.com/publications/hearing-loss-in-musicians-prevention-and-management?srsItid=AfmBOorGWu8O6ll_rVIGADGwuzXizWhbK-sw39p61oxIP_KaHp2f18ND

BOOK: Rosanne M. Leipzig, Honest Aging: An Insider's Guide to the Second Half of Life. https://www.amazon.com/dp/1421444690/?bestFormat=true&k=honest%20aging&ref_=nb_sb_ss_w_scx-ent-pd-bk-d_de_k0_1_12&crid=2PFX2GLYTAF3D&srefix=honest%20aging

BOOK: Our Polyvagal World: How safety and Trauma Change Us <https://www.amazon.com/Our-Polyvagal-World-Safety-Trauma/dp/1324030259>

ARTICLE:Terry Ewell-The Aging Professional Musician <https://www.idrs.org/publications/the-double-reed-vol-47-no-3-2024-2/#page=41>

**ARTICLE: Music and Science:
Health problems of orchestral musicians from a life-span perspective:
Results of a large-scale study
Heiner Gembris, Andreas Heye and Andreas Seifer**
<https://journals.sagepub.com/doi/pdf/10.1177/2059204317739801>

**ARTICLE: The Double Reed: Ask the Doctor Many articles
Search William Dawson Ask the Doctor ie: Is Posture that Important?**
<https://www.idrs.org/publications/120-the-double-reed-2010-33-4/#page=150>

ARTICLE: Valerie Trollinger and Robert Sataloff: Laryngeal and Vocal Health Issues for Double Reed Players
<https://www.idrs.org/publications/the-double-reed-40-2/#page=146>

ARTICLE: Fluid and Crystallized Intelligence: https://en.wikipedia.org/wiki/Fluid_and_crystallized_intelligence
Equipment:

**EQUIPMENT: Parafin wax heater/machine for hands and feet,
Tens machine muscle/nerve stimulation, Voltarin over the counter arthritis cream,
Zheng Gu Shui - Chinese topical analgesic**