

PMEA Retired Member Network

eNEWS

Winter issue, January 2, 2022

Pennsylvania Music Educators Association Retired Members

**"May you be proud of the work you have done, the person you are, and the difference you have made."
– Retirement Proverb**

Happy New Year!

FEATURES

- **P2.** The PMEA Conference is Back!
- **P5.** Healthy New Year's Resolutions
- **P8.** Book Review: *Growing Young* by Marta Zaraska
- **P10.** Photo Gallery: "Who's Who – Can You Identify the Retiree?"

EDITOR'S NOTE

What's the buzz, tell me what's a happening!
Retirees, how are you doing?
How have you been spending your time? Do you have any advice for PMEA members?
PLEASE SEND US NEWS! Instead of forcing your Retired Member Coordinator to search on social media platforms, please send photos of your activities, awards, concerts, hobbies, vacations, and family!

"TEAM PMEA" and the Recharge of PA Music Education!

Welcome to the latest edition of **eNEWS** – the PMEA Retired Member Network – an informal alliance and forum for interconnecting retired, soon-to-retire, and active music educators, sharing their ideas, stories, successes, news, and views! Thanks for lending your support and staying involved in the profession!

Now More Than Ever... We Need YOUR Engagement in PMEA!

The POWER of any association is in its *collaboration...* and this e-publication seeks to promote timely communication of updates & information among its members. To ring in 2022 and *crush COVID* and its effects on our music programs, we need help from our music educator retirees and full active members alike. We would like to hear from YOU – and benefit from your experience and wisdom! Also, consider sharing any strategies you've learned on transitioning to post-full-time employment with your colleagues who plan to retire over the next several years!

On the Lighter Side... Holiday Song Title Riddles

<https://www.riddlesandanswers.com/tag/christmas-song-riddles/>

Can you name the lad who is a diminutive percussionist?

The Little Drummer Boy

What is the parent's favorite Xmas Carol?

Silent Night

What song was a parent observed osculating a red-coated unshaven teamster?

I Saw Mommy Kissing Santa Claus

What rose-colored uncouth dolf is aware of the nature of precipitation?

Rudolph the Red-Nosed Reindeer

What is a jubilation to the entire terrestrial globe?

Joy to the World

What is a fervent hope that you thoroughly enjoy your yuletide season?

We Wish You a Merry Christmas



With Gratitude...

In this season of thankfulness, we appreciate your ongoing support of the arts. Thank you for all you do to foster creative self-expression & music education! May you be blessed with a happy, healthy, safe, and musical holiday!



Paul K. Fox, PMEA State Retired Member Coordinator
1564 Hastings Mill Road, Pittsburgh, PA 15241-2860
412-596-7937

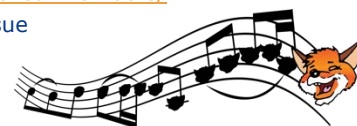
<https://www.pmea.net/retired-members/>

Deadline for the spring issue

March 1, 2022

Send "stuff" to:

paulkfox.usc@gmail.com



Workshops and Exhibits and Concerts, Oh My!

The PMEA Annual Conference Is Back... In-Person and Better Than Ever!

<https://www.pmea.net/pmea-annual-in-service-conference/>

Mark these dates on your calendar: **April 6-9, 2022.**

Then ask your spouse, grandchildren, nieces/nephews, other fun-loving family members, or friends if they are available to join you for a *three-day escape to the Poconos*, "the world's largest indoor waterpark" at Kalahari Resort! Experience great music, unique professional development, catching-up with colleagues, and entertainment all wrapped up in one location. And best yet, each spacious hotel room allows you to register up to four people with access to all the resort's amenities for no extra charge!

More details on the keynoters, clinicians, performers, and the conference schedule will be coming soon!

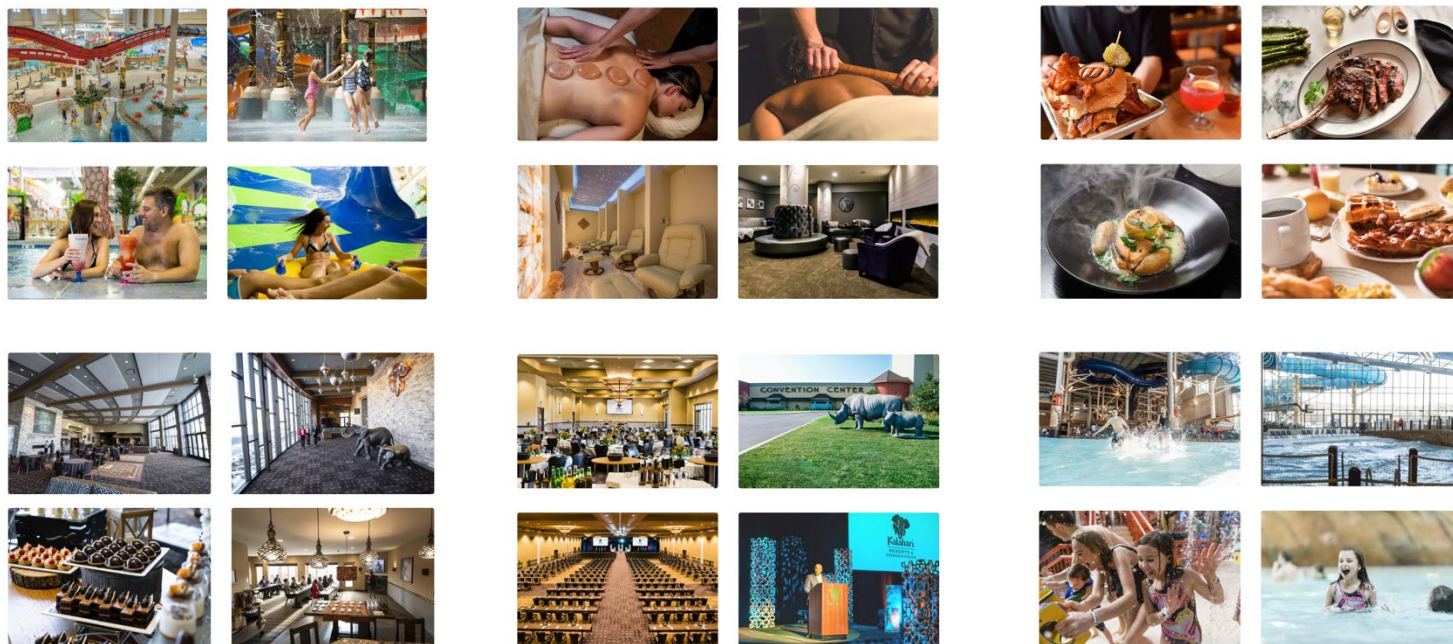
ESPECIALLY FOR RETIRED MEMBERS

We will *break bread together* and have our long-awaited annual retiree breakfast with special recognitions and gifts. (Presents? Believe-it-or-not, the retired member coordinator has been storing some "conference swag" in the back of his car for the past 21 months in anticipation of the next PMEA "live" and face-to-face conference meeting!)

The breakfast is planned for **Friday, April 8.** We cannot wait to "party hearty," swap stories, and "reconnect" with you!

The Retired Member Coordinator is requesting YOUR HELP in serving on an "expert's panel" for the "how-to-retire" session. The goal would be for retired members to share their own stories, stratagems, and "secrets to success" for making that big leap "Crossing the Rubicon" to post-employment. Who better to advise our veteran colleagues still on the front line?

Can you assist PMEA in presiding over a session? The job entails welcoming everyone, introducing the speaker, distributing handouts (if any), and closing the workshop. Keep your eye on the *PMEA Updates* in your email in-box for the opportunity to sign-up as a PRESIDING CHAIR or even sit an hour or two manning the INFO DESK at registration. Of course, that would be in-between enjoying the All-State ensemble rehearsals, guest performances, corporate exhibits, and the water rides.



Sneak Preview:

Retirement Session at the Conference

<https://www.pmea.net/pmea-annual-in-service-conference/>

Keep your eye on future PMEA Updates and *PMEA News*. A full schedule of conference sessions, meetings, and exhibits will be forthcoming. However, for those already retired or anyone who is considering retirement over the next several years, this page should help “pique your interest!”

DESCRIPTION OF THE SOON-TO-RETIRE WORKSHOP

Retired members (volunteers needed!) and experts on gerontology share their experiences – insights, stories, and strategies – for a happy, healthy, and life-fulfilling retirement.

GOALS/OBJECTIVES

Attendees will review, self-assess, and demonstrate knowledge and understanding of the following personal goals development, life-planning, emotional growth and stability, and positive habits of individual health and wellness:

1. Definitions and philosophy of and approaches to retirement
2. Post-employment transitional issues
3. Strategies for retirement planning
4. Activities to achieve a work/life balance, purpose, community, and structure in retirement
5. Additional research and resources towards self-realization and preparation for joy, vitality, and meaning throughout the "Next Phase" of life.

TARGETED AUDIENCE

Often emphasized in the retired member coordinator's articles on preparing for post-employment in *PMEA News*, this session is especially geared to people who are contemplating making a full retirement over the next several years. There is no “secret formula” for happiness and being ready for becoming a “senior citizen.” It is unique and personalized to the individual. However, there are common pitfalls and a few “bumps” along the way that current retired members may be able to help forewarn their still-working colleagues.

PLANS FOR PARTICIPANT INVOLVEMENT

This session is a hybrid of all four types of presentation styles: lecture, demonstration, panel, and participatory. Research, resources, and practical advice on retirement preparation and transitioning this life passage will be shared by the speaker (now in his eighth year of retirement) along with retired members in the audience. The slide “chapters” (“who,” “what,” “when,” “where,” “why,” and “how”) are arranged in random-access so the attendees can freely direct the order of the topics for discussion. Significant time for Q&A and dialogue on retiree stories and strategies will be scheduled.

Conference Registration – More Details Upcoming!

We already know one big advantage of being a PA music teacher retiree – drastically reduced cost of dues and fees!

Early-bird registration to the annual conference for retired members is only \$10 (can you believe it?) and the room rates are also very reasonable (\$149) – you can bring a whole tribe (three more) to stay with you! However, you should book your room soon: <https://book.passkey.com/e/50242038>. (Select the Attendee option from the dropdown menu).

FYI: Check out PMEA's recently posted vaccination policy at <https://www.pmea.net/pmea-annual-in-service-conference/>.



News Flash! – Hot Off the Press – Proposed Sessions for the Annual Conference

Highlights from Abi Young submitted at deadline – Be the first to see this 12/20/21 draft of clinics scheduled for Kalahari/Poconos 2022

Adjudication/Curriculum Development/Assessment

- 4 steps in creating a quality choral program – William Naydan, Arcadia University
- Cloud-Based Assessment on Any Device – Robin Hodson, MusicFirst
- Theory, History & Composition for ALL Students – John Mlynyczak, Hal Leonard
- Where Are My Lady Composers? – Robin Giebelhausen, University of Maryland

Career Development

- Codes, Case Studies, and Conundrums - The Challenges of Ethical Decision-Making in Education – Paul Fox, PMEA Council Teacher Training, Recruitment, and Retention & Thomas Bailey, attorney-at-law & retired teacher
- The Next Generation of Music Educators is in Your Classroom Now: Encouraging Careers in Music Education in K-12 – Jonathan Helmick & Kathleen Melago, Slippery Rock University

Choral

- ACDA Choral Repertoire Reading Session
- Dalcroze and Kodály: The Intersection of Singing and Movement – David Frego, The Pennsylvania State University
- Emoting Together! Connecting with, Internalizing and Communicating Ideas and Emotions in Music – Andrew Withington, Westminster College
- Ready, Sing, Respond: Reimagining Choral Rehearsal Strategies – Christopher Kiver, Penn State University
- Recalculating... Adjusting Our Rehearsal Coordinates After COVID – Gary Seighman, Trinity University
- Repertoire for the Developing Choir - The Passion of Text, Melody and Harmony – Greg Gilpin, Shawnee Press/Hal Leonard Corp.
- Unpacking the score: Empowering student learners, embedding musicianship in the choral rehearsal – Kyle Weary, South Middleton School District

Classroom Music

- Creating Meaningful Movement Opportunities – Lesley Dennis, QuaverEd
- Escape from the Norm: Designing and Using Digital Escape Activities in the Music Classroom – Nichole Witman, Elizabethtown SD
- First Steps in Music: Movement Development – Leslie Weaver, Feierabend Association for Music Education
- First Steps in Music: Vocal Development – Leslie Weaver, Feierabend Association for Music Education
- Imagine! – Becky Burdett, PAOSA, Lackawanna Trail SD & Karin Puffer, Lackawanna Trail SD
- Redefining General Music for the 21st Century – Panel Discussion led by Cassandra Eisenreich, Slippery Rock University
- Time for Music Play 2! Dynamic Social-Music Engagement for PK-5th Grade Learners – Alison Reynolds, Temple University
- On the Efficacy of Folk Song in the Elementary General Music Classroom – Jacqueline Kelly-McHale, DePaul University
- The Power of Positive Musical Identity: Cracking the Musical Identity Code with Adolescents – Elizabeth Parker, Temple University
- Window and Mirrors: SEL-focused Children's Literature in the Elementary Music Setting – Kay Piña & Sarah Watts, Penn State University
- You've Got It Covered: Performing Popular Music in the Elementary General Music Classroom – Adrienne Rodriguez, Susquehanna University

Collegiate

- Can You Hear Me Now: Strategies for Music Students with Hearing Loss and Auditory Processing Disorder – Cara Clark, Stacy Paporone & Jeff Tedford, Grove City College
- THE INTERVIEW CLINIC: Practicing and Playacting to Improve Your Performance at Employment Screenings – Paul Fox, PMEA Council for Teacher Training, Recruitment, and Retention
- There is Life After College! Navigating interviews, accepting your first "big kid" job and thriving in your first year of teaching – Kathleen Amabile, Elk Lake SD

Exceptional Learners

- Assistive Technology in the Elementary Classroom – Rachel Grimsby, Illinois State University & Leslie Weaver, Hamburg Area SD
- Inclusion/Exclusion in the Instrumental Ensemble – Sara Jones, DePaul University
- Music for Exceptional Learners: Including Everyone in the Music Classroom – Angela Guerriero, West Chester University/Tempo! Music Therapy – Jodi Jianniney, Garnet Valley SD & Andrew Vensel, Middletown Area SD

Modern Band

- Exploring the Modern Band Method – Bryan Powell, Little Kids Rock
- Modern Band in the classroom: Performing, creating and assessment – Dan Brenner, Sharon Davis, Kayla Kurtz & Dean Packard-Howey, Lebanon Valley College
- Next Steps with Ukulele in a Post-Pandemic World – Bryan Powell, Little Kids Rock

Health/Wellness

- Finding My Voice: Vocal Health in the Classroom, A Teacher's Experiences – Alison Lagan, Hatboro-Horsham High School
- Retirement 101 - The Who, What, When, Where, Why, and How of Preparing for Post-Employment – Paul Fox, PMEA Council for Teacher Training, Recruitment, and Retention

Instrumental

- The ABC's of Great Middle School Band Music – Jason Worzbyt, Indiana University of Pennsylvania
- Bow Distribution: The Key to Rhythmic Accuracy in the String Orchestra – Caitlin Shroyer, West Essex Regional School District
- The Composer's Perspective: Helpful Insight for Interpretation and Rehearsal – Panel Discussion led by Scott Watson, Parkland School District
- Creating Habits of Success in the Young Band – Scott Rush, GIA Publications, Inc.
- Drumset Techniques for All Ensembles – Nathan Buonviri, Temple University
- First Aid for the Instrumental Rehearsal – Jordan Smith, Susquehanna University
- Marking for Mastery: How to Study Your Scores Efficiently – Jordan Smith, Susquehanna University
- Motivation and the Large Ensemble Classroom: Metacognition Driven Rehearsals and Lessons – Jessica Vaughan-Marra, Seton Hill University
- Only Band Director in Your District? No Problem! How to build thriving music programs in small rural schools! – Kathleen Amabile, Elk Lake School District
- What Do I Do with Those Drummers? – Robin Linaberry
- Women in a Bands World – Julia Hartnett & Jerianne Larson, Yough SD

Diversity/Equity/Inclusion/Leadership/Mentoring

- Equity, Inclusion, and Belonging for LGBTQIA+ Music Students and Teachers – Panel Discussion led by Brent Talbot, Gettysburg College
- Mirror, Mirror on the Wall, Am I Providing Opportunities Reflecting All? – Lori Schwartz Reichl, Making Key Changes

Music Technology

- Let's Tok: The Benefits of Social Media in Education – Cyndi Mancini & Jennifer Slaght, Montour School District
- Music Education 2.0 - Blended and Hybrid Learning Techniques Using Technology to Enhance Secondary Music Programs – Thomas West, Pennsylvania Leadership Charter School
- Variations on a Video Theme-Creating Videos with Web-Based Apps – Susan Basalik, Methacton School District



Healthy New Year's Resolutions for Retirees

by Paul K. Fox <https://paulfox.blog/>

Do you believe in formulating annual goals or to dabble in drafting a couple "New Year's Resolutions?"

THE STATS DON'T LIE

Every year around this time, the web highlights many so-called experts touting the benefits of making personal improvement plans... and is just as quick to admonish us for breaking them. The statistics are not encouraging:

Success/Failure rates over the first 6 months

- Of those who make a New Year's resolution, after 1 week, 75% are still successful in keeping it.
- After two weeks, the number drops to 71%.
- After 1 month, the number drops again to 64%.
- And after 6 months, 46% of people who make a resolution are still successful in keeping it.
- In comparison, of those people who have similar goals but do not set a resolution, only 4% are still successful after 6 months.



Overall success/failure rates

- According to a 2016 study, of the 41% of Americans who make New Years resolutions, by the end of the year only 9% feel they are successful in keeping them.
- An earlier study in 2007 showed that 12% of people who set resolutions are successful even though 52% of the participants were confident of success at the beginning.

Reasons for failure

- In one 2014 study, 35% of participants who failed their New Year's Resolutions said they had unrealistic goals.
- 33% of participants who failed didn't keep track of their progress.
- 23% forgot about their resolutions.
- About one in 10 people who failed said they made too many resolutions.

— <https://discoverhappyhabits.com/new-years-resolution-statistics/>

Of course, it does not have to be this way! Last year, *yours truly* made a promise to "practice what music teachers preach" and "make meaningful music" at least a little *every day* on his instrument. How did it go? Success! I made it to the middle of July without missing a day (until I sprained my left hand). But the goal led me to playing better than I have for decades, more self-confidence, a lot of fun polishing off movements from my favorite sonatas and concertos, and even the purchase of a new viola. Now? It is time for me to find a tuba, dive into my past "brass flame," and join a community band!

As we succeed in everything else for our lives, the process of setting aside time to analyze our personal pathways, assessing our needs, and making new goals is healthy. For the eternal pursuit of happiness and self-fulfillment in retirement, I found the secrets to "winning" New Year's Resolutions in this "Top-10 List" by UAB School of Medicine:

1. Start with specific micro-goals. (Keep them small, simple, and easy to accomplish.)
2. Set resolutions for the right reasons. (Choose what is important to you, not someone else's expectations.)
3. Document your progress. (Write it down.)
4. Practice patience and forgiveness. (No one is perfect. Just keep at it despite the *curve balls* thrown at you.)
5. Schedule time to achieve goals. (Dedicate the necessary resolve and resources to accomplish them.)
6. Embrace the buddy system. (Share in collaborating on group goals. You don't have to achieve them alone!)
7. Consider your budget. (Finances may play a role. Stay within your means.)
8. Slow down and meditate. (Breathe, refocus, and be mindful.)
9. Reward yourself for achievements. (No matter how big or small, treat yourself for reaching your targets.)
10. Ask others to keep you accountable. (Publicize your intentions. They might help you achieve your goals.)

— <https://www.uabmedicine.org/-/10-secrets-of-people-who-keep-their-new-year-s-resolutions>

SAMPLE RESOLUTIONS

You probably do not need someone to suggest things-to-do in 2022 or ways to self-improve. Effective goals and action plans must come from within yourself. However, there are countless advisors “out there” offering ideas to *motivate you*:

1. Keep a Positive Mindset
2. Commit to at least 10 Minutes of Exercise Daily
3. Make Better Dietary Choices
4. Stay Young-at-Heart – Surround Yourself with Young People
5. Stimulate Your Mind
6. Get Enough Sleep
7. Reach Out to Old Friends and Make New Ones
8. Kick Your Bad Habits
9. Maintain Your Purpose in Life as You Age
10. Give Back – Explore New Volunteer Opportunities



— Example sites: <https://www.luthermanor.org/new-years-resolutions-for-seniors/> and <https://www.healthinaging.org/tools-and-tips/tip-sheet-top-10-healthy-new-years-resolutions-older-adults>

WE NEED YOU!

From the perspective of helping music educators across the state, your retired member coordinator would like to recommend you carve out a little time to assist PMEA – pick-a-project most suitable to your skills and interests:

What PMEA needs from ~~its Retirees~~ Everyone

- **Mentoring** of new/less experienced teachers
- **Advising** "best practices" in curriculum, instruction, and assessment
- **Serving** as leaders or consultants on local or state councils/boards
- **Volunteering** at local workshops and state conferences
- **Advocating** music education to the legislature and general public
- **Presenting** sessions at workshops or conferences
- **Conducting, coaching or accompanying** students at festivals
- **Assisting** in technology, teacher training, recruitment, auditions, etc.

1. Are your 2021-22 PMEA dues paid-in-full? Help fund PMEA programs and... membership does have its privileges!
2. Sign-up to serve as a Presiding Chair or Info Desk Aide (registration area) for the annual conference.
3. Share your stories and strategies for a happy, healthy, and life-fulling retirement on the guest retiree panel for the PMEA conference session “The Who, What, When, Where, Why, and How of Preparing for Post-Employment.”
4. Participate in the PMEA Advocacy Day in March 2022 (details coming soon from Mark Despokatis).
5. Propose and give webinar/workshop/conference presentations in your areas of expertise and even share your experiences on those memorable “pet peeves of the profession.”
6. Become a trained PMEA mentor and answer questions that beginning and experienced music educators may have about lessons, classroom management, assessment and data collection, communication, the SLO process, etc.
7. Write an article for *PMEA News* or submit an announcement/photograph to the *Retired Member Network eNEWS*.
8. Join the Retiree Resource Registry and serve as an informal consultant to help in your specialty area(s).
9. Make a financial contribution to PMEA or enroll in the AmazonSmile Giving Assistant to “donate while you shop.”

THE CONCEPT OF TRUE ENGAGEMENT, ADVOCACY OF MUSIC EDUCATION, AND "ASSOCIATION"

In the last issue of *Retired Member Network eNEWS*, we addressed ways that retirees can share their awesome "musical gifts," know-how, and perspective to promote creative self-expression. If you are looking to adopt a 2022 New Year's Resolution to "make a difference" in the music education profession, revisit the archive here:

<https://www.pmea.net/wp-content/uploads/2021/09/PMEA-Retired-Member-Network-eNEWS-s090721.pdf> and also peruse this new blogpost authored by your retired member coordinator: <https://paulfox.blog/2021/11/10/giving-back-to-the-association/>.

It probably goes without the need of a reminder, but as an active music educator (before retirement), you valued PMEA and utilized many of these "top-ten" benefits for membership in our professional association:

1. Designing and sharing of the standards and best practices of the profession
2. Student festivals and music performance assessments
3. Professional development and career advancement opportunities: workshops, conferences, webinars, and publications
4. Leadership training
5. Collaborative projects such as health and wellness seminars, ethics training, library of online resources, etc.
6. Networking opportunities
7. Models and resources for curriculum writing
8. Coaching and mentoring resources
9. Resources in job hunting and interviewing techniques
10. Advocacy of music education and "a voice" (more political "clout") in defining future government public policy



Additional blogposts on the topic of New Year's Resolutions and contributions to PMEA:

- <https://paulfox.blog/2016/12/15/pmea-in-retirement-whats-in-it-for-me/>
- <https://paulkfoxusc.wordpress.com/2018/12/26/resolutions-for-retirees/>
- <https://paulfox.blog/2019/01/07/top-10-organizing-tips-for-2019/>
- <https://paulfox.blog/2020/12/29/covid-19-vs-new-years-resolutions/>

Welcome to Our Newest Retirees

Congratulations to these recent "graduates-with-honor" who have embarked on their *second chapter* in retirement! (Anyone missed? Please email to paukfox.usc@gmail.com. All deserve recognition!)

- Tina Bennett
- Karen Burke
- Phil Stattel
- Leslie Weber



Quarterly Book Review: *Growing Young*

How Friendship, Optimism, and Kindness Can Help You Live to 100

by author Marta Zaraska <https://www.growingyoungthebook.com/>

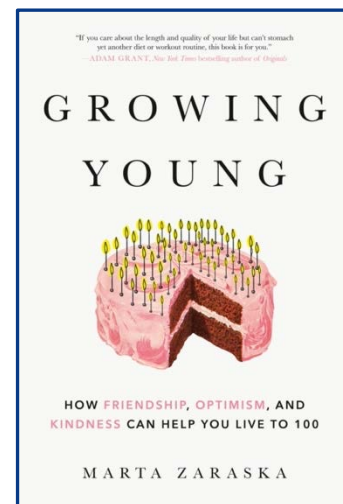
reviewed by Paul K. Fox, PMEA Retired Member Coordinator

What a find! The critics rave about *Growing Young*, calling it a lifestyle publication that “transcends diet and exercise as solutions for living longer.” Or as Adam Grant, New York Times best-selling author of *Originals* puts it, “If you care about the length and quality of your life but can’t stomach yet another diet or workout routine, this book is for you.”

Printed on the back cover:

"From the day her daughter was born, science journalist Marta Zaraska fretted about what she and her family were eating. She fasted, considered adopting the keto diet, and ran a half-marathon. She bought goji berries and chia seeds and ate organic food.

But then her research brought her to countless scientific papers and to interview dozens of experts in various fields of study, including molecular biochemistry, epidemiology, and neuroscience. What Marta discovered shattered her long-held beliefs about aging and longevity. A strong support network of family and friends, she learned, lowers mortality risk by about 45%, while exercise only lowers it by 23%. Volunteering in your free time lowers it by 22% or so, while certain health fads like turmeric haven't been shown to help at all. These revelations lead Zaraska to a simple conclusion: in addition to healthy nutrition and physical activity, deepening friendships, practicing empathy, and contemplating your purpose in life can improve your lifespan."



This is more than another “feel good” book. It is research-based and very insightful. It confirms what I’ve always felt and hopefully “walked the talk” in my own life: by keeping active and surrounding yourself with friends and family, offering our special skills as music teachers to our colleagues (when asked) who are still “slugging it out in the trenches,” and volunteering in the community – all of these things are *good for our health*. We need to feel purpose and that we matter. Frankly, our continued happiness, fitness, and good fortune depend on it.

As always, I believe the Table of Contents unveils a lot about the content, creativity, and style of the writing:

Part One: The Mind-Body Connection and Its Longevity Consequences

Chapter 1. Is Death Optional? – *Immortal Animals, Zombie Killing Pills, and Super Centenarians*

Chapter 2. How Your Mind Talks with Your Body – *Mortgage Worries, Stress Resistant Nazis, and A Few Trillion Microbes*

Chapter 3. A Sniff of Love – *How Social Hormones Influence Our Relationships and Longevity*

Part Two: How Your Relationships and Your Mind Can Prolong Your Life

Chapter 4. Ditch Goji Berries – *Why Many Diet and Exercise Interventions Matter Less Than You Think*

Chapter 5. The Gnawing Parasite of Loneliness – *Why Feeling All Alone May Shorten Your Life*

Chapter 6. Friends With (Longevity) Benefits – *How Marriage and Friendships Prolong Life*

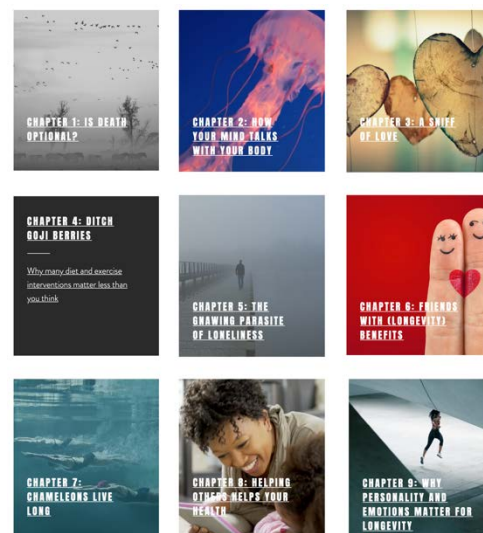
Chapter 7. Chameleons Live Long – *Empathy, Attachment, and Social Grooming*

Chapter 8. Helping Others Helps Your Health – *Superheroes, UNICEF, and Random Kindness*

Chapter 9. Why Personality and Emotions Matter for Longevity – *Don't Worry, Be Happy, and Organize Your Sock Drawer*

Chapter 10. How Meditation and Mindfulness Boost Health – *Slow Breathing, Yoga Rats, and Horror-Stricken Leukocytes*

Chapter 11. Longevity Lessons from Japan – *Ikigai, Cherry Blossoms, and Working 'til You Drop*



Her website resources that correspond to each chapter are valuable: <https://www.growingyoungthebook.com/resources>

There's a lot to learn here, including many new terms to digest based on science and/or history. The following are just a few "teasers" to (as they say) *whet your curiosity* and get you to realize the depths and directions of her research:

- Chapter 2: "The Body-Mind Connection," exploring the effects and relationships among hormones, the amygdala and other parts of the brain, stress, and even one's own gut microbiome.
- Chapter 3: Oxytocin, the "love hormone" and "the elixir of youth."
- Chapter 4: "The Roseto Effect," dieting vs. a socialite in a small central Pennsylvania town with very low incidence of heart disease
- Chapter 5: "Everything you always want to know about the power of hugging."

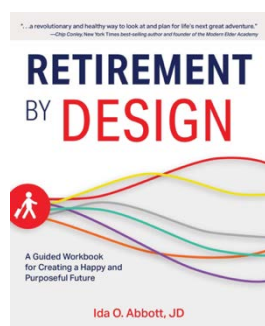
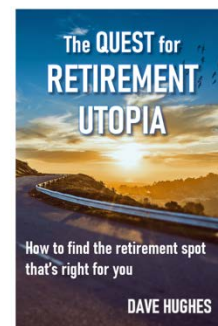
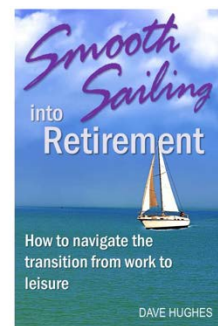
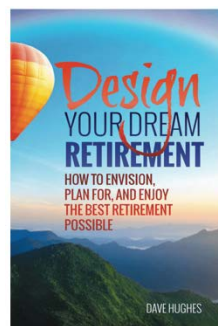
Zaraska sums up her many recommendations "to boost your longevity" at the end of each chapter (just a few samples here – you may agree or disagree – but definitely read her rationale! These are among my "top-ten list of favorites"):

1. Don't trust anyone selling you their secret formula for a long life.
2. If you want a better measure of age than the number of candles on your birthday cake, consider looking into an analysis of your "epigenetic clock." (After she introduced this in Chapter 1, I had to look this one up. Take a look at <https://pubmed.ncbi.nlm.nih.gov/31493228/> or https://en.wikipedia.org/wiki/Epigenetic_clock.)
3. Avoid overdoing antibiotics or antibacterial cleaning products.
4. Encourage relationships among diverse groups of people, especially easy-going and cheerful people you know.
5. Promote social hormones such as oxytocin and serotonin by engaging in physical contact with loved ones (holding hands, kissing your partner more often, treating yourself to massage, etc.).
6. Disregard the emphasis of organics, protein powders, or other so-called "miracle foods."
7. Stop taking multivitamin pills.
8. Avoid the Four Horseman of the Apocalypse: contempt, criticism, stonewalling, and defensiveness.
9. If you feel lonely, don't blame yourself. Loneliness is a biological adaptation. Try to change your thought patterns.
10. Being social and mindful likely matters more for living a long life.

Future (and Past) Book Reviews

Getting a head-start on your retirement reading by Paul Fox

By the time I learn a colleague is planning his/her "major life transition" to retirement, it is usually too late... likely the official deed will take effect in a few weeks or at most a month or so. We value our privacy and free choice, want to announce our decision on our own terms, and don't always tell our coworkers too much in advance of "the big day!" My customary practice is to buy a book for them to read as orientation to "living the dream." (For music teachers, I try to connect them with all the resources PMEA offers on our retiree website: <https://www.pmea.net/retired-members/>). In the past, I have told you my favored paperback to advise is *How to Retire Wild Happy & Free* by Ernie Zelinski. For advanced readers, I recommend a trilogy by Dave Hughes (see right), beginning the process of self-reinvention, defining new goals, and diving into "newfound freedom" – not months but years before anyone should put in their walking papers.



The next *Retired Member Network eNEWS* will feature *Retirement by Design - a Guided Workbook for Creating a Happy and Purposeful Future*. If you are even thinking about leaving your job over the next couple years, I recommend this purchase which sports "a businesslike approach" to making retirement and future life-changing decisions.

If you are interested in reading past book reviews, visit this index on the PMEA website:

https://docs.google.com/document/d/1bGkx4rqDE2m3JunmMailp2pThkSTWS1xWoiKI3_qWA/edit

Let's hear from you! Do you have a particularly motivating and meaningful "inspiration-in-print" to share with your colleagues? Send your suggestions to paulkfox.usc@gmail.com.

Photo Gallery: Who's Who – Can You Identify These *Happy Musical Retirees*?



Mystery PMEa Musician #1



Mystery PMEa Musician #2



Mystery PMEa Musician #3



Mystery PMEa Musician #4



Mystery PMEa Musician #5



Mystery PMEa Musician #7



Mystery PMEa Musician #9

Answers

1. David Schmaldienst
2. Sarah Brunner Korchak
3. Patrick McNamee
4. Alan Mudrick
5. Dale Orris
6. Lois Svard
7. Kathleen Horein

Happy Trails, retirees!

Please keep in touch!

Hope to hear from you soon!

Paul K. Fox

