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January 2011

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January 2011

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# L.I.F.E. Style

January 2011

## Lifestyle Benefits of Playing Music

More adults are exercising, watching their diets and seeking out activities that are not only enjoyable, but help them manage stress and develop a sense of belonging. It is widely known that good nutrition and exercise are important, but now reports that active music making can enhance wellness and quality of life are increasingly being published in medical and health journals.



Wellness-enhanced music making group classes taught in a supportive, socially enjoyable setting, enhance both physical as well as emotional wellness in older adults. Decreased anxiety and freedom from a sense of loneliness helps improve cognitive performance, and enhances learning, decision-making and general feelings of well-being.

In support of increasing well-being, group classes such as Lowrey Magic, utilize enhanced teaching methods and easy to play instruments. Both designed to encourage more participation in music making. Sure adult members want to learn to play, but it's also important to them that the classes are fun and social.

## Music Making as Stress Reducer

Barry Bittman, M.D. is the principal investigator of a study that shows recreational music making reduces stress levels on a very basic human level. No therapeutic drugs or other medical therapies are needed.

Dr. Bittman states, "While traditional musical instruction might eventually lead to Carnegie Hall, I now consider recreational music making an antidote to stress." For more detail, Google 'human stress response music' or go to the web, <http://www.ncbi.nlm.nih.gov/pubmed/15668624>

Not near your Lowrey and need to de-stress? For example, you are at the grocery store and the lines are long, the cashier is on the third price check and the person behind you is a loud cell phone talker. Yikes! Try this little exercise to lower your stress and feel more relaxed.



## Slowed Breathing

- Begin with a moment of focusing on normal breathing.
- Get squared in your chair (both hands on your shopping cart handle).
- Notice that you have a natural rhythm of breathing in/out.
- As you become more aware of your timing, gradually slow down. Every person has his/her own individualized capacity of breathing. Never try to match the person next to you. Always breathe so that it comfortable to you.
- Notice that as you go slower, you breathe more deeply.
- Only go as slow as you are comfortable with.
- Maintain the slower breathing for as long as you wish.
- Resume your normal breathing pattern.
- Notice that you feel more relaxed.

## 2011 Points-Earning Opportunities

Just a reminder and a few details and clarifications regarding the LIFE points program. Points earning opportunities remain in effect up to June 1, 2011. All points-earning claims need to be postmarked no later than June 1, 2011.

There are two exemptions to the 'Special Announcement' sent in December...

1. **Renew L.I.F.E. Membership-3000pts.** In light of the elimination of the membership fee, effective January 1, 2011, this particular points earning opportunity is not available after January 1, 2011.
2. **Enroll New L.I.F.E Member-1000pts.** This points earning opportunity, consistent with item 1 above, is not available after January 1, 2011.



# Auld Lang Syne

by: Bil Curry

*This song may be slightly late but it's still lots of fun and now you'll have a whole year to practice! Try to play as many of the chords that are not in the boxes (the ones you know).*

*Here is the setup:*

1. Press the **More Category** button and on the screen select **Nostalgic**. Press **General Preset** button #9 (Lombardo Saxes). If you don't have Nostalgic use the **Big Band Category** #9 or the mellow big band sound in **General Preset** #10.
2. Select one of the following styles from the **Soft 'N Easy** style button: **Ez 4/4, Guitars, Smooth Piano 4/4, Roses, or Basic Soft 'N Easy**.
3. Do not use the Intro button but just play that first **C** chord along with the 2nd note of the melody and the style will start correctly.

When you get to the end press the **Ending** button and have a Happy New Year . . . Bil



*Auld Lang Syne*

Should auld a - quain - tance be for - got and  
 nev - er brought to mind. Should auld a - quain - tance  
 be for - got and \_\_\_\_\_ days of auld lang syne. For  
 auld \_\_\_\_\_ lang \_\_\_\_\_ syne, my dear. For  
 auld \_\_\_\_\_ lang \_\_\_\_\_ syne. We'll take a cup of  
 kind - ness yet, For \_\_\_\_\_ auld \_\_\_\_\_ lang \_\_\_\_\_ syne.

# Easy Chords Rule

by: Jim Wieda



*Lowrey's Easy button makes those left hand chords, one of the more challenging aspects of making music and sounding good, extremely 'Easy!' One finger, one key, and you can play a full and musically correct chord.*

Many, many songs in Lowrey Magic put the one-finger chord feature to very good use. Just follow the red, blue and green color bars in the music and you are quickly impressing your friends and family with your new skills. To dramatically increase the songs available for you to play let's look at Minor and Seventh chords. With Lowrey's Easy chords, both minor and seventh chords can be played with just two fingers.

With just these three Lowrey Easy-Play chords: Major, Minor and Seventh you can expand your musical repertoire to include more of the songs you know and want to play. You also gain access to the hundreds and hundreds of Easy Play songs and songbooks produced by our friends at Hal Leonard Publishing that feature these three types of chords. You can do it! Just start with a simple tune that you like.

**C Minor Cm**

**Minor Chord Rule**  
 All Easy-Play Minor chords are played using the same formula.  
 -Play the chord name key  
 -Play three keys up (right)  
 For example, play a Cm chord by playing C+E<sup>b</sup>.

**C Seventh C7**

**Seventh Chord Rule**  
 All Easy-Play Seventh chords are played using the same formula.  
 -Play the chord name key  
 -Play two keys down (left)  
 For example, play a C7 chord by playing C+B<sup>b</sup>.