

**"PERFORMING IN THE GOLDEN YEARS – Just Survive or Really Thrive?"**

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**INTRODUCTION AND SING-A-LONG "My Favorite Things"**

**1. GOLDEN YEARS DEFINED**

**2. EXAMPLES OF AMAZING 65+ PERFORMERS**

**3. PHYSIOLOGIC CHANGES OF "NORMAL" AGING (in absence of disease)**

**4. HOW TO IMPROVE PERFORMANCE DESPITE CHANGES OF AGING  
and PRINCIPLES OF EFFECTIVE PRACTICING**

**5. SOURCES OF MOTIVATION AND INSPIRATION TO SELF-IMPROVE**

**CONCLUSION AND SING-A-LONG "You've got to Ac-cent-tchu-ate the  
Positive"**

Performing in the Golden Years – Dorothy Young Riess MD  
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### **MY FAVORITE THINGS**

Maalox and nose drops and needles for knitting,  
Walkers and handrails and new dental fittings,  
Bundles of magazines tied up in string,  
These are a few of my favorite things.

Cadillacs and cataracts and hearing aids and glasses,  
Polident and Fixodent and false teeth in glasses,  
Pacemakers, golf carts and porches with swings,  
These are a few of my favorite things.

#### CHORUS

***When the pipes leak,  
When the bones creak,  
When the knees go bad,  
I simply remember my favorite things,  
And then I don't feel so bad.***

Hot tea and crumpets and com pads for bunions,  
No spicy hot food or food cooked with onions,  
Bathrobes and heating pads and hot meals they bring,  
These are a few of my favorite things.

Back pains, confused brains, and no need for sinnin',  
Thin bones and fractures and hair that is thinnin',  
And we won't mention our short shrunken frames,  
When we remember our favorite things.

#### CHORUS

***When the joints ache,  
When the hips break,  
And the eyes grow dim,  
Then I remember the great life I've had,  
And then I don't feel so bad.***

# My Favorite Things

Richard Rodgers/Oscar Hammerstein



**AC-CENT-CHU-ATE THE POSITIVE**

You've got to ac-cent-chu-ate the positive,  
E-lim-i-nate the negative,  
Latch on to the affirmative,  
Don't mess with Mr. Inbetween.

You've got to spread joy up to the maximum,  
Bring gloom down to the minimum,  
Have faith, or pandemonium  
Liable to walk upon the scene.

***To illustrate  
My last remark:  
Jonah in the whale,  
Noah in the arc,  
What did they do  
Just when everything looked so dark?***

***Man, they said we'd better***

You've got to ac-cent-chu-ate the positive,  
E-lim-i-nate the negative,  
Latch on to the affirmative,  
Don't mess with Mr. Inbetween.

No, don't mess with Mr. Inbetween!

# Ac-cent-tchua-ate The Positive

Harold Arlen/Johnny Mercer

