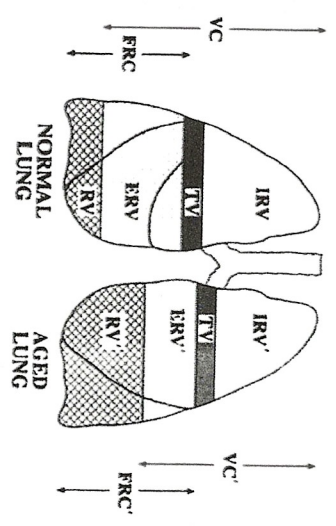
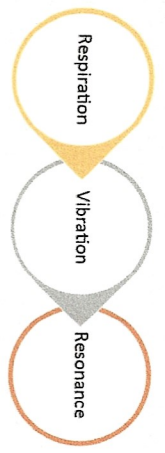


The Aging Voice

Karen Brunsen

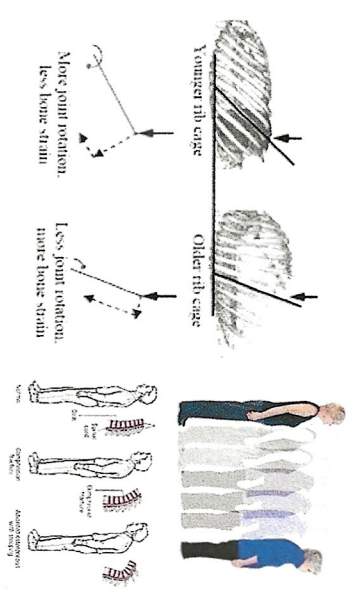
Author of *The Evolving Voice: Changes Across the Life Span* (Plural Publishing or Amazon)
 Bielen School of Music, Northwestern University, Professor of Voice
 NMTS Immediate Past President

Singing is the interaction of:



Senior Singer Limitations
 Every age has its limitations. There are no age limits for singing
 Challenging yourself at every age is a good thing!!

Less oxygenation Take more breaths <i>Concentrate</i>	Muscles loose 30% of strength by age 60 <i>Challenge your support</i>	Regeneration narrows: Slower. Vibrato Less color in sound <i>Mindful efforts</i>	Memory affected by loss of neurons Use music	When contact between neurons is lost, only basic needs matter
Hearing loss Affects internal and external sense of sound <i>Concentrate</i>	Reflexes are slower <i>Concentrate</i> <i>Challenge them</i>	Harder to stand for a long time Sit or use a stool as needed		

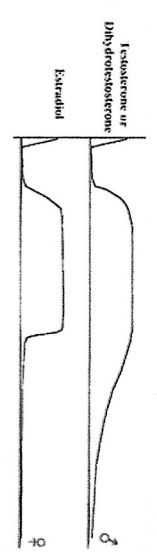
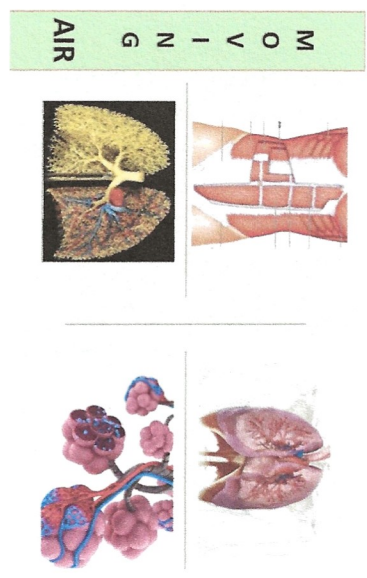


Moving the Air

- Feel muscles of support in 5 ways on your chair**
 Using VVV, ZZZ, Lip or tongue trill, Straw
- Adult "resistance" strategies for support avoid over blowing and VF bowing.
1. Feel obliques with knuckles
 2. Lean forward to feel tucky wucky.
 3. Feel your "rear end" against the chair
 4. Back against the back of the chair
 5. Chest "pec" muscles with your hand

SOVT Exercises

1. M M M M M M M
2. η η η η η η η η
3. V V V V V V V V
4. Z Z Z Z Z Z Z Z
5. Lip Trills
6. Tongue trills
7. Raspberries
8. Straw
9. Straw in water



A blueprint: the human vocal fold

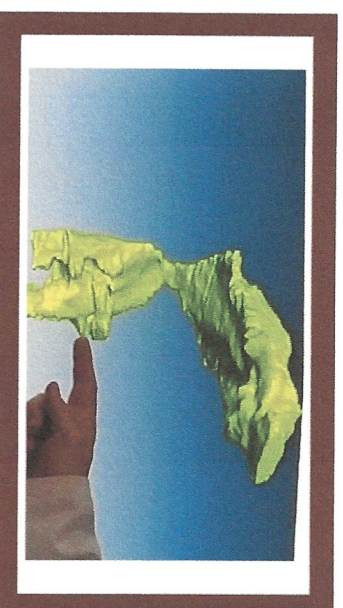
- The surface is much like the inside of your cheek
- Moving inward, it's soft and squishy - like Jell-O
- The middle layer has a consistency like rubber bands
- This layer's less stretchy: like cotton string
- And, the base: a muscle with a dreadfully long name, the thyroarytenoid



Aging Vocal Folds

Help for Vibration

- Loose throat (dumb throat)
- Sufficient support (actively engaged)
- Sensations in the head
- Goal is to 'sense' vocal folds' optimal approximation
- If needed, "creak" to encourage vocal folds
- Exercises: Onset, SOVTE, 5 textures of singing
- Aglio - Saccato - Coloratura - Messa di voce - Articulation (breath, stress, consonants)
- Let bright vowels inform open vowels (ee to ah) (HNR)

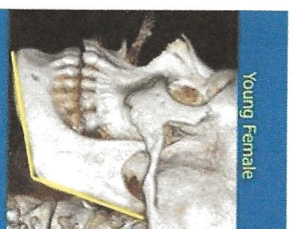
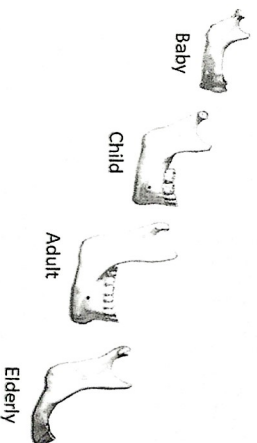


Snag Resonance/Sensations with Consonants

- Snag acoustic ring with a consonant and keep it during the vowel

- Bibbly bobbly bobbly boo
- Giggledy gaggedy gaggedy goo
- Digguh digguh digguh dee
- Zinga zingazoo

*Pharyngeal Stretches open from the back to the front
Enjoy the acoustic party happening theback!*



Vocal Bundle #1

- Lack of clarity
- Muscles of breathing weaken
- MMM, ZZZ or VVV noticing support muscles while sitting, SSS to ZZZ, and creaking
- Encourage needed muscles
- While doing typical daily activity, do and think about MMM, ZZZ or VVV in various rhythms

Bundle #2

- Flattening, loss of vocal color
- Palate less responsive
- Hands on chest and do pharyngeal stretches
- Palate up and pharynx wide, feed the head voice, starve the chest voice, cheek bones up, smile, yawn, inhalation, surprised
- Do pharyngeal stretches twice a day for 5 days

VOCAL BUNDLES

