

## **Biology of Aging**

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### **You Won't Need Running Shoes, Darling**

**M350.01**

A personal and honest film, *You Won't Need Running Shoes, Darling* tells the story of Mildred and Bob Todd, retired octogenarians. With the river by their doorstep, a garden and new friends, they savor life. But just as the seasons change, so does their health. First she is diagnosed with cancer, and then he has a fifth heart attack. Over a critical two-year period, their daughter, acclaimed documentarian, Dorothy Todd Henaut, films their life. The result is an intimate, sensitive look at the human aging process. Hospital stays and home care begin to take precedence over mulching the garden. Mildred and Bob accept the physical indignities and their own morality, and project an almost Zen-like acceptance of the things they cannot change. The pastoral setting and the couple's tenderness and mutual care soften the reality of diminishing strength.

Color, 53 min, VHS

### **Sensory Changes In The Elderly**

**M350.02**

This training program is designed as an overview of the most common sensory changes in older people. Suggestions of correction and/or compensator interventions are offered. A study guide is included with the video.

Color, 19 min, VHS

### **The Aging Process**

**M350.03**

Part of the aging process is inevitable, but only part. This program explains the effects of aging on the human mind and body, explores the "damage" and "cell clock" theories about why cells wear out, and examines the lifestyle habits that affect both longevity and the quality of life; these include exercise, regular checkups for cancer, proper diet, moderate drinking, and no smoking. The program points out that it is never too late to mend one's ways.

2002, Color, 19 min, VHS

### **The Living Body: The Aging Process – Aging**

**M350.04**

This program covers the physical process of aging, examining the various body systems to see how and why they change as they age. It also shows that not all the changes in older people are inevitable and that some changes in the aging body can be slowed down or reversed.

2002, Color, 26 min, VHS

### **Exploring Your Brain: Memory**

**M350.05**

"Memory," says Nobel Laureate Dr. Eric Kandel, "is who we are." This program investigates issues related to the brain's fundamental processes of data storage and retrieval, such as why people remember some things and forget others; how Alzheimer's disease affects the brain and what treatments are being developed to treat it; how aging affects memory; and what steps can be taken to preserve and improve retention. Panelists include experts from Harvard Medical School and the Howard Hughes Medical Institute, and the author of the book *Searching for Memory*.

2002, Color, 57 min, VHS

**KSU Center on Aging**  
Media Descriptions listed by Category

**The Aging Files**

**M350.06**

Emma is 17; her grandmother Pam is 70. In this program, researchers from the Universities of Oxford and Manchester and other educational institutions analyze quantifiable differences between the two women from five different perspectives: genetic, cellular, molecular, motor, and psychological. In the process, they discuss glycation as it relates to cataracts, longevity as it relates to the nematode genome, food metabolism as it relates to the DAF2 gene, and programmed death of skin cells, as well as Pam's and Emma's muscular strength, short-term memory, mobility, and driving skills. Some of the major hurdles facing researchers of aging are also discussed.

2003, Color, 30 min, DVD

**The Secret Life of the Brain: The Aging Brain  
Through Many Lives**

**M350.07**

At the age of 95, Stanley Kunitz was named poet laureate of the United States. Still writing new poems, still reading to live audiences, he stands as an inspiring example of the brain's ability to stay vital in the final years of life. The longstanding belief that we lose vast numbers of brain cells as we grow older turns out to be wrong. The normal aging process leaves most mental functions intact, and may even provide the brain with unique advantages that form the basis for wisdom. The aging brain is also far more resilient than was previously believed. At the University of Alabama at Birmingham, neuroscientist Edward Taub has developed an innovative form of therapy that helps stroke patients like Kent Miller overcome years of paralysis by reviving the damaged circuits in their brains.

Overtaking decades of dogma, scientists recently discovered that even into our seventies, our brains continue producing new neurons. Might it one day be possible to use these new neurons to replace those killed by disorders of the aging brain, like Parkinson's Disease? At Harvard Medical School neurologist Jeffrey Macklis is trying to find out, by trying to decipher the chemical signals that cause new neurons to be born.

2001, Color, 60 min, VHS

**Stealing Time: Episode 1: Quest for Immortality**

**M350.08a**

This episode explores the natural history of aging, from the time-lapse death of a mouse and the slower decline of humans, to the potential immortality of bristlecone pines. Aging may be inescapable, but scientists are learning to slow its progress and help us retain the strength and vitality of our youth.

1998, Color, 60 min, VHS

**Stealing Time: Episode 2: Turning Back the Clock**

**M350.08b**

The science of aging has advanced in unexpected ways. In the past scientists could only observe how we grow old. Now they are on the frontier of uncovering the fundamental process of aging. Scientists offer clues to the mechanisms of aging that can unlock its biological mystery and provide us with solutions to turning back the clock.

1998, Color, 60 min, VHS

**Stealing Time: Episode 3: Mastering the Mind**

**M350.08c**

New research in aging is demonstrating that brain cells do not steadily die as we age. Furthermore, scientists are discovering the interconnections between cells that control brain function, memory and thought. Through cutting edge research and lifestyle choices, it seems we are on the verge of keeping the intellect forever young.

1998, Color, 60 min, VHS

## KSU Center on Aging

Media Descriptions listed by Category

### **Alzheimer's Disease: Unraveling the Mystery**

**M350.09**

Brief animation that shows how Alzheimer's disease develops; text file of the book *Alzheimer's Disease: Unraveling the Mystery*; PDF file of the book; high and low resolution files of the medical illustrations in the text.

### **The Brain Fitness Program**

**M350.10**

The Brain Fitness Program is based on the brain's ability to change and adapt, even rewire itself. In the past two years, a team of scientists has developed computer-based stimulus sets that drive beneficial chemical, physical and functional changes in the brain. Dr. Michael Merzenich of the University of California and his colleagues share their scientifically based set of brain exercises in this life-altering program. Peter Coyote narrates.

2007, 60 min, DVD