



## **General**

---

### **Drama Therapy With The Elderly Series**

Description unavailable.

**M450.01 –  
M450.06**

### **Travelers In Time**

Description unavailable.

**M450.07**

### **Breaking The Silence: The Story Of The Sisters**

#### **At DeSales Heights**

This compelling documentary reveals life behind the cloistered walls of a 150-year-old monastery, as it follows the twelve elderly nuns preparing to face the outside world for the first time in their adult lives. Breaking Silence: The Story of the Sisters at Desales Heights examines the effects on the members of this unusual community as they respond to pressures from the world around them. A rare and intimate insight into a way of life that may soon be gone forever, the film raises important questions about the changing role of women in society and what happens to those whose roles are no longer valued.

Color, 58 min, VHS

**M450.08**

### **1998 KIN Fest**

Description unavailable.

**M450.09**

### **George Peters Memorial Lecture:**

#### **Victor Regnier 2/16/01**

Description unavailable.

**M450.10**

### **The Older And Wiser Driver**

Aging is an inevitable part of life. But growing older does not have to mean giving up an active lifestyle. Traffic safety is important. Older drivers experience physical changes that may affect their driving ability.

1999, Color, 22 min, VHS

**M450.11**

### **Careers in Aging: Old Friends, New Faces**

Designed to complement the booklet, "Careers in Aging," the video is intended to be motivational and inspirational.

1996, Color, 10 min, VHS

**M450.12**

### **Aging In Rurality**

The Bucksport Interactive Study module is a CD-ROM educational tool designed to provide information and insight into issues regarding aging in rurality. It is the result of a unique academic, community and industry partnership. Beginning with an overview of Bucksport, Maine, using videos, photos and graphic images, module users can experience the "look" and "feel" of the community and the lives of the older community members. This local context then becomes the launch point for explorations of several topics of interest and concern to rural elders and their care providers.

CD-ROM

**M450.13**

## **KSU Center on Aging**

Media Descriptions listed by Category

### **Erik H. Erikson: A Life's Work**

**M450.14**

With his own life an epic of questioned identities, chance encounters and international influences, Erik Erikson was well prepared to look at the components that go into creating individual life courses. The video intertwines Erickson's own biography with his important ideas, especially his vision of how individual lives are molded by personal and social experiences across a biologically determined chronology of eight stages. The beautifully filmed production includes interviews with Erikson, intriguing historical visuals and modern illustrations of his ideas.

1991, Color, 38 min, DVD

### **Innocence**

**M450.15**

Retired organist and music teacher, Andreas Borg discovers that his first true love, Claire, lives in the same city as he does. Fifty years after they shared a passionate love affair in post-war Belgium-when he was a young student of music and she was the daughter of an Australian diplomat-Andreas writes her a letter. Claire hesitatingly responds to his plea to meet again, and it soon becomes evident that their love has not faded. Nothing feels as if it has changed; yet everything inevitably has. Knowing that time is precious, they embark on an affair as reckless, intense and tempestuous as when they were young lovers. Andreas has been a widower for thirty years. Claire shares her bed with her husband John, in a marriage that has dried up and emptied of all passion and zest-but which the reunion with Andreas has finally brought back to her. Bewildered, and overcome with jealousy, John does all in his power to halt the madness. But torn between her affection for her husband and the passionate love of her youth, Claire decides to follow her heart, regardless of the consequences.

2001, Color, 96 min, DVD

### **Something's Gotta Give**

**M450.16**

Harry Sanborn is a perennial playboy with a libido much younger than his years. During what was to have been a romantic weekend with his latest infatuation, Marin, at her mother's Hamptons beach house, Harry develops chest pains. He winds up being nursed by Marin's reluctant mother Erica Barry, a successful, divorced New York playwright. In the process, Harry develops more heart pangs -- the romantic kind -- for Erica, an age-appropriate woman whom he finds beguiling. However, some habits die hard. When Harry hesitates, his charming thirtysomething doctor steps in and starts to pursue Erica. And Harry, who has always had the world on a string, finds his life unraveling.

2003, Color, 128 min, DVD

### **42 Up**

**M450.17**

Director Michael Apted's evolving film, the longest-running documentary project in history, began as a study of the influence of class on schoolchildren in England. In SEVEN UP (1963), Apted interviewed 14 seven-year-old children from vastly different backgrounds. He visited the same group of children every seven years, charting the changes in their lives. In 42 UP, the sixth film in the series, the subjects have grown up, entered the middle of their lives, and experienced dramatic reversals of fortune. Although three of the participants have removed themselves from the spotlight, the remaining voices paint an enlightening, honest picture of love, life, death, success, and failure. Going beyond the notion of merely recording history, the documentary is unusual in the effect that it has had on the participants' lives. In some cases, friendships have formed between the subjects; in most other cases, the documentary has forced them to be more reflective and aggressive as they anticipate the seven-year ritual.

1998, Color, 134 min, DVD

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

**Cocoon**

**M450.18**

An offbeat and charming comedy with elements of science fiction thrown in, director Ron Howard's unlikely fantasy ponders the price of immortality and the power of everlasting love. A group of aliens travel to a Florida retirement community to rescue some long-stranded colleagues cocooned and buried beneath the sea. But as the aliens take on human form and stash their counterparts in a swimming pool, a group of elderly retirees discover the pool and after swimming in the water find themselves rejuvenated, with boundless energy and insatiable appetites. Soon the retirees are forced to choose between living out their lives on earth with their families, or leaving with the aliens and attaining immortality.

1985, Color, 100 min, VHS

**Maggie Growls**

**M450.19**

Maggie Growls is a documentary film portrait by Barbara Attie and Janet Goldwater of the amazing, canny, lusty, charming and unstoppable Maggie Kuhn (1905-1995), who founded the Gray Panthers in 1970 after being forced to retire from a job she loved. Her outrage and determination fueled a political chain reaction that forever changed the lives of older Americans, repealing mandatory retirement laws and proving that "old" is not a dirty word. Out of what political activist Ralph Nader called "the most significant retirement in modern American history," Maggie created one of the most potent social movements of the century - one that was committed to justice, peace and fairness to all, regardless of age.

2002, Color, 56 min, VHS

**Age Old Friends**

**M450.20**

When his wife died, John Cooper came to the Twin Pines Retirement Home instead of moving in with his married daughter, Julia and her family. Cooper fights against growing old by keeping his mind young – and his sarcastic wit sharpened. Each day, he looks forward to trading good-natured barbs with the housekeeper, Mrs. Baker, flirting with young Nurse Wilson, and, best of all, visits from his best friend and fellow resident Michael Aylott. But Aylott's memory is starting to slip and he depends on Cooper more than ever. When Julia tries once more to convince her father to leave Twin Pines, Cooper is faced with a difficult choice – life in suburbia with his daughter and grandson, or staying behind to help his age old friend.

1989, Color, 89 min, VHS

**Aging in America: The Years Ahead**

**M450.21**

Aging in America: The Years Ahead is a journey across the topography of aging in search of what it means to have a 'good old age.' This film traverses the experience of our elders from the welllderly to the elderly, as told through a series of intimate vignettes of people who are living the new old age. This film and its companion book are the result of seven years of fieldwork by the internationally-acclaimed team of writer Julie Winokur and photographer Ed Kashi. They traveled across the country, collecting scores of personal histories that when taken collectively challenge the culture of aging in America.

2003, 56 min, VHS

**Seniors for Peace**

**M450.22**

A spirited video documentary that profiles the efforts of a group of seniors (average age, 85) as they unite to send forth their message of worldwide peace and justice. The Seniors for Peace movement, which grew out of weekly demonstrations to show opposition to the war in Iraq, has not only made its mark in advocating for peace and justice, but has been quite life-transforming and rejuvenating for

## **KSU Center on Aging**

Media Descriptions listed by Category

many of the participants, themselves, who live at the Redwoods Retirement Community in Mill Valley, California. The video also skillfully blends the intimate war experiences and memories of some of the Seniors For Peace participants with a compelling mix of historical and contemporary war footage that makes for powerful commentary on the physical, emotional, and personal tolls of war.

Color, 2003, 27 min, VHS

### **Images of Aging**

**M450.23**

This video portrait shows the diversity inherent in the experience of aging. Terra Nova Films has taken excerpts from its collection of films and videos and edited them into an entertaining and informative sequence that shows the different sides of aging.

21 min, VHS

### **The Age of Discovery: Provocative**

#### **Insights on Life After Sixty**

**M450.24**

Blessed with unprecedented longevity, physical vitality, and imbued with the experience and wisdom that comes with age, we finally have a chance to do things we've never done before. This film offers a compelling prospect for living our later years as a unique and exuberant time of life on its own authentic terms. A group of wonderfully diverse individuals, age 66 to 106, share their insights on life after sixty. Exploring creativity and learning, discovering new opportunities, giving back to the community, through volunteerism or political activism, these ordinary and extraordinary people inspire us to transcend old fears and embrace what is truly an age of discovery.

2004, 56 min, DVD

### **Retirement & Well Being: Realistic Planning and Advice**

**M450.27**

Retirement is no longer a brief interlude between work and death. It is common for people today to spend as much as a third of their lives in retirement. Retirement has become one of the most important events of our lives and like any other major life change can be viewed as either negative or positive. Like any other major life change, retirement requires planning. Not only financial planning, but also planning and realistically thinking about what you are going to do with the rest of your life.

2003, Color, 29 min, VHS

### **Afterlife**

**M450.28**

In Koreeda Hirokazu's AFTER LIFE, a group of people, recently deceased, arrives at the outskirts of heaven. There they spend a week deciding which of all the memories from their lives they most want to spend eternity in, and heavenly counselors help them in the process. The dead souls help each other come to terms with what was most important to them while they were alive. Shot in a realistic yet slightly dreamy light, this touching and humanistic look at life and death carefully avoids being overly sentimental and is widely hailed as a masterpiece.

1998, Color, 118 min, DVD

### **Can you afford to retire?**

**M450.29**

Emmy Award winner for Outstanding Documentary on a Business Topic! Baby boomers are facing a retirement shock: long life expectancy but short income. The pillars of retirement income for Americans, Social Security, corporate pensions and employee-contribution plans such as 401Ks, are in trouble. Buffeted by pension cuts, corporate bankruptcies, and the 2001-2002 stock market crash, most boomers will now be working in their retirement years.

2006, Color, 60 min, DVD

## **KSU Center on Aging**

Media Descriptions listed by Category

### **The Older The Better (Vol. 1-3)**

**M450.30/.31/.32**

This 3 part series attempts to explore what aging really is, if it can be defeated and what that may mean for the future. If we all live longer, can the economies of the world support ever-growing populations of the very old? Between the years 1900 and 2000, our life expectancy has almost doubled. Will it double again in the next century? THE OLDER THE BETTER features a gerontologist who believes that aging can be stopped, a doctor who has found that 30% less caloric intake can result in a 30% longer life span, a physicist who tests blood and urine samples to calculate a persons susceptibility to various ailments and a physician who teaches endurance sports to centenarians.  
1999, Color, 28 min, DVD

### ***Community Service***

#### **Building A Focal Point In Your Community**

**M900.01**

Description unavailable.

**K-STATE CENTER ON AGING**  
103 Leisure Hall, Manhattan, KS 66506-3501  
785-532-5945                      [www.ksu.edu/gerontology](http://www.ksu.edu/gerontology)

**KSTATE**  
Kansas State University  
[gerontology@ksu.edu](mailto:gerontology@ksu.edu)