



Lifestyle

Substance Abuse In The Elderly

M700.01

Faced with complex regimens of medication and diminished tolerances for alcohol, many elderly Americans run the risk of falling into the trap of substance abuse. In this program, senior citizens discuss how they deal with these challenges, while Dr. James Campbell, director of the geriatric center at the MetroHealth Center, and Carol Collier Egan, director of the older adult services for Hanley-Hazleden Center, present some innovative prevention programs created especially for elderly people.

2001, Color, 30 min, VHS

Surfing For Life

M700.02

Surfing For Life is a documentary about healthy aging and life-well-lived from the unique perspective of 7 male and 3 female surfers who have been surfing since the 30's, 40's and 50's and now range in age from 60 to 93. Through interviews centered on key aspects of healthy aging, along with archival and present day footage of the film's subjects surfing and living their lives, an entertaining image of successful aging emerges. For surfers and non-surfers alike, this video celebrates life and encourages the viewer to pursue whatever hopes and dreams inspire passion. From a gerontological point of view, Surfing For Life is an intriguing exercise in applied gerontology and can serve as a springboard for discussion about holistic aspects of healthy and successful aging. The interviews touch on many of the hallmarks of successful aging such as exercise, diet, reminiscence, intergenerational involvement and mentoring, healthy acceptance and management of the physical changes that come with growing older, stress reduction, family relationships, long-term friendships, a sense of community, being of service to others, spirituality, an elemental connection with nature, and joyful peak experiences. The video leaves viewers with a renewed sense of the human potential of later life and provides a powerful alternative to the largely negative view of the capacities of older people held by many in our youth dominated society.

Color, 55 min, VHS

Living Longer... Aging Well

M700.03

Although many cultures venerate their elders, looking to them as living repositories of wisdom and experience, America, with its 'forever young' self image, does not. Lacking societal support, how are Americans supposed to age well - to grow older with grace and understanding - and make life's final decades a meaningful experience? This program features the stories of exemplary individuals who, despite the inhospitable social climate, are growing older with courage and dignity.

2000, Color, 29 min, VHS

Exercise: A Video From The National

Institute On Aging

M700.04

Exercise is for people of all ages. In fact, you're never too old to get in shape. We created this video to show you how to start our research-based exercise program. We're the National Institute on Aging, part of the U.S. Government's National Institute of Health. Our research is aimed at improving the health of older people. This video features 42 minutes of stretching, balance and strength building exercises.

Color, 48 min, VHS

Still Doing It: The Intimate Lives of Women Over 65

M700.05

Flying in the face of this culture's extreme ageism **STILL DOING IT** explores the lives of older women. Partnered, single, straight, gay, black and white nine extraordinary women, age 67-87, express with startling honesty and humor how they feel about themselves, sex and love in later life and the poignant

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realities of aging. Outspoken for their generation these women mark a sea change. Women over 65 are already the fastest growing segment of the population and when the baby boomers begin to turn 65 in 2011 their numbers will swell. How can we as a society remain so obsessed with youth marginalizing so many of us? Still Doing It follows the lives of these women as well as this society's complex relationship to aging with surprising and revelatory results.

Color, 54 min, 2004, VHS

When Gambling Is No Longer Fun

M700.06

When Gambling Is No Longer Fun takes a serious look at the growing personal and financial risks many seniors face as gambling goes from a form of entertainment to addiction. Through the real life experiences of three former compulsive gamblers, the video uncovers: the hidden lures and appeal of gambling seniors, the impacts of addiction – including depression, thoughts of suicide, and financial ruin, and the long reaching effects compulsive gambling can have on personal and family relationships. The video offers tips for staying in control (such as predetermining and sticking to the amount of money you will spend), provides guidelines for assessing one's potential for addiction, and give information about gambling recovery programs.

14 min, VHS

Something Ventured: An Exercise in Time

M700.07

Something Ventured tells the story of five women in their 60's and 70's who decide to take a weightlifting class, and discover that exercise not only changes their bodies – but their minds, their self-images, and their entire outlooks on life. The life-transforming experience of this group of women will encourage other seniors to reap the social, emotional, and physical benefits of exercise for themselves. A refreshing reminder that we have a choice in determining our own self-perceptions and life experiences – no matter what our age.

14 min, VHS

Still Kicking

M700.08

Six high spirited women reveal that growing old is not a curse – it's an opportunity. Amy Gorman invited Frances Kandl to journey with her throughout the San Francisco Bay Area searching for female role models--very old women, still active artists, living with zest. While Amy chronicles their oral histories, Frances is inspired to compose songs for several of these women, many well past 90, culminating in concerts celebrating lives liberated by age.

Do these elders energize themselves through their art, craft and musicianship? Whatever their degree of talent, they all embrace a daily routine in which their special art form is an essential part. Each woman is spirited and resilient--interpreting for herself a life worth living to the end. Through their encounters, Amy and Frances unveil the possibility of aging richly, not in spite of becoming very old, but because of it. Still Kicking honors the gift of age, and poignantly illustrates that growing old can be a time of creative expression and satisfaction. Challenging the perceptions and attitudes towards being old, still kicking is certain to trigger dialogue and ignite the imagination of us all.

2006, Color, 38 min., DVD

Smitten: A love story about art

M700.09

Rene di Rosa is smitten by art. For over 50 years the renowned Napa Valley collector and California art patron has been seeking out unknown and emerging artists, adding their work to his ever-growing and vast collection. Rene and his collected works, which have become the world's largest and most notable collection of Northern California art, is the centerpiece of SMITTEN, the new film by award-winning

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filmmakers Nancy Kelly and Kenji Yamamoto. Kelly and Yamamoto invite audiences into the world of this unique and endearing man as he finds pure joy in discovering new artists and whose passion and expertise has become a driving force behind the California art scene. SMITTEN is not only about a man and his vast and extraordinary collection, is also offers a delightful commentary on the "art" of aging successfully. Rene dares to age actively as his search and love for his art collection seems to be what drives his passionate and energetic spirit – even well into his eighties. He says, "*It is my greatest pleasure. Without it, I can't function.*" For Rene, his collection is his family and each piece of art is a representation of his life, which the filmmakers so lovingly explore.

2005, Color, DVD

Age No Problem

M700.10

Vita Needle, a company based in Needham, Massachusetts, has a remarkable and very successful employment policy: it only hires elderly staff members. The average age of its staff of thirty-five is 73 and the company has no fixed retirement age. The unique people in the film talk about the joy of learning new things, about solidarity, and their ability to give meaning to the last phase of life. President Frank Hartman says "they can continue to work here as long as they can walk the stairs. Older people are flexible, they like to work part-time and are very motivated." Most work twenty to twenty-five hours per week and schedule their workweek themselves. No one has ever been fired and all employees share in the profits. This heart-warming film affirms the potential of older adults to continue to be productive.]

50 min, DVD

Freedom of Sexual Expression

M700.11

Narrated by Anne Meara, this program looks at sexuality and intimacy as basic human rights that should not be denied simply because the person has a level of decreased cognizance and lives in a nursing home. The video tastefully shows various sexual expressions, the effect of those expressions on the residents and those around them, and methods to allow freedom of sexual expression while maintaining a comfortable environment for other residents and staff.

Freedom of Sexual Expression also:

- *gives staff members effective strategies to deal with inappropriate sexual behaviors
- *encourages family members to understand and respect their loved one's continued need for intimacy
- *provides sample policies and procedures on residents' rights regarding sexual expression and physical protection.

VHS

Young @ Heart: You're Never Too Old To Rock

M700.12

Get ready to rock out with the most entertaining "golden oldies" you will ever meet, a fun-loving senior citizen's choir called Young@Heart. To prepare for a show in their hometown that is only weeks away, the lovable seniors must learn a slate of new songs, ranging from James Brown to Coldplay. The chorus' tireless musical director leads the group through a series of hilariously chaotic rehearsals, proving that hard rock can be hard work – especially when you're hard of hearing! Climaxing in a triumphant performance that will leave you cheering, their inspiring story celebrates the unbreakable bonds of friendship and the life-affirming power of music!

2008, 108 min, DVD

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