

Video Series  
36th Annual Oregon State University Gerontology Conference  
April 11-12, 2012  
Presented by: The Oregon Geriatric Education Center (OGEC) Resource Center

Thursday, April 12, 2012

8:15 to 9:45 a.m.

**8:15 to 8:45 a.m. – Tonight's the Night**

(25 minutes; Fanlight Productions, 1995)

This documentary profiles three older couples and their evolving relationships, while several experts contribute perspective on the importance of society accepting sexuality in seniors. This video is ideal for college courses in nursing, social work and medical training, as well as community groups, senior centers, and others who work with elders.

**8:50 to 9:55 a.m. – Still Doing It: The Intimate Lives of Women Over 65**

(55 minutes; New Day Films, 2004)

Partnered, single, straight, gay, black and white; nine extraordinary women, ages 67-87, express with startling honesty and humor how they feel about themselves, sex and love in later life

10:00 to 11:30 a.m.

**10:00 to 11:30 a.m. - Dr. Andrew Weil's Healthy Aging**

(85 minutes; Acacia, 2006)

In a new public television special, integrative medicine expert and bestselling author Dr. Andrew Weil takes on the subject of aging with unflinching honesty and offers uplifting advice based on his scientific studies and personal observations. With the authoritative but warm style that has made him America's best-known doctor, he urges us to reject the prevailing notion that aging is an evil to be fought off with magic elixirs and invasive procedures. Rather, Dr. Weil emphasizes the rewards of growing older and offers practical steps for remaining healthy in mind and spirit so we can enjoy it. He explains the science behind the best approach to diet and exercise as well as how to get the most beneficial sleep, maintain emotional well-being, keep your memory sharp, and think about the emotional legacy you want to leave behind.

1:15 to 2:45 p.m.

**1:15 to 2:15 p.m. – Life Stories: Aging and the Human Spirit**

(60 minutes, National Film Network, 2002)

Two university professors in Galveston, Texas bring together a group of senior citizens to form a writing group. Many of the participants are new to the notion of writing about their lives, and the experience proves unexpectedly rewarding. They come together twice a month to share with each other the gems they have mined. They take risks. They delight in their eccentricities. They become, as Ellie Porter, a former Mardi Gras queen puts it, a "beloved community." Dr. Thomas R. Cole, who has worked extensively with Life Story writing, explains, "The deep mutual experience of storytelling and listening can be a profound process of healing, leaving both the listener and the teller changed forever. Disciplined Life Story writing contains the seeds of wisdom; the possibility of transforming the ordinary into the extraordinary, of seeing one's flawed and vulnerable life as a unique precious gift."

**2:15 to 2:45 p.m. – Aging Well: Memory and Movement**

(27 minutes; Aquarius Health Care Videos, 2002)

The series Body & Soul travels to Tucson, Arizona to look into the work of Dharma Singh Kalsa, M.D., on ways to counter memory loss. You will see some of the specific techniques he uses and hear from his patients about how the program has worked for them. Dr. Andrew Weil covers the steps each of us can take to remain active, healthy, and engaged with life as we get older. Finally, an exciting research project underway in Atlanta explores the use of tai chi to maintain flexibility and balance for elders.

**3:00 to 4:30 p.m.**

**3:00 to 3:30 p.m. - For Older Adults: Exercises to Improve Balance, Mobility and Strength**

(Chi Time for Everyone, Before You Begin: 28 minutes; CHFWCNY, 2010)

Part of the Community Health Foundation of Western and Central New York's easy-to-use falls prevention toolkit which contains a variety of resources for health care professionals who work with older adults, older adults themselves, as well as their caregivers. This DVD refers to exercise focused on improving the strength and balance of older adults has a powerful impact on reducing falls risk. Although there are many forms of exercise to choose from this DVD focuses on two, Tai Chi and a balance and strength exercise routine.

**3:30 to 4:30 p.m. – Sweet Old Song**

(57 minutes; Transit Media, 2001)

National treasure Howard 'Louie Bluié' Armstrong performed for most of his 94 years. The New York Times called him "the last guardian of a vanishing African-American tradition of string-band music." In his final years, Armstrong shared his life of creativity and feisty humor with Barbara Ward, an artist 30 years his junior. Together they undertook a bittersweet journey to discover the past and their place in it. This film was originally part of the PBS series P.O.V., and an Independent Television Service and National Black Programming Consortium Co-Presentation.