

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

Wednesday, April 11, 2012

8:15 to 9:45 a.m.

8:15 to 8:50 a.m. – Still Kicking

(33 minutes; Golden Bear Casting, 2009)

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. Still kicking is a film that 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.

8:50 to 9:10 a.m. – Life's Waltz

(17 minutes; For Aging & Sociology Programs, 2010)

This documentary is an exploration of life, loss, and love in old age. We first meet Betty, who finds joy and purpose in playing the piano, gardening, and making the most of each day as a widow at her retirement community. In the same community, we meet Bob and Dorothy, a married couple with a unique sense of humor about anything from their transition to retirement living, their health decline, and their love for one another. Meanwhile David, living outside a retirement community, claims to be a "25-year-old inside of a 77-year-old's body." While commemorating his late wife, he offers a profound perspective on love and loss as we age. Through their stories, Betty, Bob, Dorothy, and David show us that old age is nothing to fear—it can be as wonderful as any other time in our lives.

9:10 to 9:45 a.m. – Eager for Your Kisses: Love and Sex at 95

(35 minutes; New Day Films, 2005)

After grieving over the death of his wife of 50 years, Bill Cane decided to put an advertisement in the personals. At 95, he began to start writing and performing music again and enjoyed a full and healthy sex life. Cane shows the world that sex and creativity does not have to stop even when you reach old age.

10:00 to 11:30 a.m.

10:00 to 11:30 a.m. – Young@Heart

(108 minutes, Twentieth Century Fox, 2008)

This film documents the true story of the final weeks of rehearsal for the Young at Heart Chorus in Northampton, MA, whose average age is 81, and many of whom must overcome health adversities to participate. Their music is unexpected, going against the stereotype of their age group, performing songs, for example, by James Brown and Sonic Youth. Although they have toured Europe and sang for royalty, this account focuses on preparing new songs, not an easy endeavor, for a concert in their hometown, which succeeds in spite of several real heart breaking events

1:15 to 2:45 p.m.

1:15 to 1:35 p.m. – And Then There Were Four: A Grandmother Stands in for Parents

(20 minutes; Filmmakers Library, 2005)

The incidence of grandparents raising their grandchildren as primary caregivers has increased 30 percent since 2000. This film depicts such a situation as we see the daily life of a frail 77-year-old grandmother who is raising four grandsons aged 5-8. The children are from an interracial marriage and neither parent is involved in their care. They had been parceled out to foster homes and grandmother wanted to keep them together. How will she continue to care for them if her health fails and her resources dwindle?

1:35 to 2:45 p.m. – Grandmother to Grandmother: New York to Tanzania

(56 minutes; Old Dog Documentaries, 2009)

In sub Saharan Africa, AIDS is wiping out a generation of parents, leaving 13 million orphans behind. A similar thing is happening in cities all across America. AIDS, drugs, and violence are wiping out a generations of parents, leaving millions of children behind. Grandmothers, often impoverished themselves, are rescuing the children and struggling to raise them. This film introduces two outstanding projects – one in the Bronx, one in Tanzania. The founders of these projects are finding simple and effective ways to support grandmothers who are raising grandchildren. Children who were 'at risk' are now thriving. Grandmothers who felt hopeless are beginning to hope again.

3:00 to 4:30 p.m.

3:00 to 4:30 p.m. – Ten More Good Years

(71 minutes; Lookout Films, 2008)

This documentary introduces remarkable LGBT Elders who share inspiring stories of their lives and Queer History. Through their stories governmental and social injustices are soon revealed, shedding light on what it is now, and what it will be to grow old and Gay in America. Outdated tax laws, Medicaid and Medicare regulations, Social Security and inheritance laws, a lack of Cultural Competency within Social Services, and the need for non-discriminatory housing are all issues currently facing the Elder LGBT population. "Ten More Good Years" corroborates these injustices through coast to coast interviews with gerontologists, social service workers, Lawyers from NCLR, Senior Strategists from the National Gay and Lesbian Task Force, along with a host of other credible figures. The film also investigates the process and outcome of the 2005 White House Conference on Aging (WHCoA); an event scheduled every ten years to guide national policies on aging.

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 Bluiie' 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.