



Attitudes Toward Aging

These Vital Years: A Conversation with Betty Friedan at 76

**M300.01,
M300.01b**

Betty Friedan originally gained fame for her important role in the Women's Movement of the 1960's and 1970's. She continues to be an insightful and often pithy social critic. In this video, she discusses the research she has done about the myths and realities of aging, and her personal experience of being over seventy. Her zesty style of speaking and her sharp analysis of the mistaken beliefs we have so long accepted about aging make this video a stimulating and provocative experience.

Color, 24 min, VHS

View From The Inside: Older Adults

M300.02

Consisting primarily of the innermost thoughts and feelings of people in their 60s and beyond, this video captures the essence of what it means to be "old." While not ignoring such realities of aging such as declining health and loneliness, this tape focuses on those who are living happy, healthy, independent lives and addresses many common fears and stereotypes. Narrated on-camera in story-telling fashion, by an older adult himself, this videotape is a loving testimonial to all older adults, both current and future.

Color, 21 Min, VHS

On Old Age: A Conversation With Joan Erikson at 90

M300.03

"Wisdom and integrity are something that other people may see in an old person, but it's not what that older person is feeling. That's what kind of roused me up to see what it was that old people do feel and what they have to face..." With the above quote, Joan M. Erikson begins a frank and personal re-examination of the last stage of the life cycle. She and her husband Erik Erikson formulated their eight stage life cycle theory during their middle years, and Mrs. Erikson believes they tended to romanticize the eighth stage in which she is now living. This video was shot in 1993 when Mrs. Erikson was about to celebrate her 90th birthday. With great grace, humor and some feistiness, Mrs. Erikson takes on a wide range of topics from forgetfulness, coping with physical limitations and facing death. The film is a thought-provoking experience for everyone interested in developmental psychology and for all who live or work with an older person or are planning to be old themselves.

1995, Color, 39 min, VHS

May Sarton: Old Age is a Foreign Country

M300.04

Taped at her home in Maine, author and poet May Sarton speaks with stark honesty about her life and her impending mortality. Sarton rails against the frailties of old age, while acknowledging a new gentleness in her persona. Combined with archival still photographs, Sarton reads and reflects on poems from her last work, "Coming in Eighty". Viewers will see a vibrant person reflecting on her work, her life, her loves and her present adversity, and will be enabled to celebrate her remarkable life.

1998, Color, 20 min, VHS

Growing Old in New Age

M300.05

A declining birth rate combined with a lengthening life expectancy is creating a dramatically older and different world population. This series looks at the emotional and physical process of aging, old age as a stage of life, and the impact of aging on society. Extensive interviews with older people are footnoted by commentary of social scientists, medical professionals and clinicians, providing a comprehensive introduction to gerontology.

1993, Color, 60 min, VHS

KSU Center on Aging

Media Descriptions listed by Category

Gifts of Aging: Grow Old With Me, The Best Is Yet To Be M300.06

This program looks at the positive aspects of growing old, and the lessons learned that can help people of all ages. It profiles several people, from the dynamic Helen Gurley Brown, editor of *Cosmopolitan* magazine, to a 77-year-old couple in Vermont who spend as much time volunteering as they do working for pay. Lydia Bronte, author of *The Longevity Factor*, explains how people are living longer because of medical advances and better nutrition, and how those that have several careers and keep active, stay healthier and happier.

1991, Color, 30 min, VHS

Kicking It High...In The Golden Years

M300.07

To illustrate a positive approach to aging, *Kicking High...in the Golden Years* explores the lives of six African-American senior citizens, filmed in their homes, with their families and in their community. Framed within the rehearsals and final performance of a stage production, participants reflect upon past experiences and present circumstances, and share some of their emotions and accumulated wisdom. This award-winning film reveals how each person's response to aging has yielded a life of joy, activity and fierce independence.

Color, 58 min, VHS

Miss Nora's Store

M300.08

This video presents the life experiences of elderly individuals living in a rural community, their desire for independence and their respect for tradition. This program reveals the psychosocial and cultural barriers which prevent access to health and social services.

For Better or For Worse

M300.09

In this video, five culturally diverse couples, each together fifty years or longer, draw on rich storehouses of wisdom and experience, and recount colorful stories of their shared journeys. The couples discuss topics such as conflict resolution, love and sex, aging, and the inevitability that one will die before the other. Their stories are remarkably frank and open-minded. In a time when marriage has become much more difficult to sustain, *'For Better or For Worse'* offers wise, refreshingly down-to-earth insights into what may still be one of the most rewarding undertakings in life.

Color, 55 min, VHS

On Old Age II: A Conversation with Joan Erikson at 92 M300.10

Joan M. Erikson describes her search for a better living situation for her frail husband and then presents her poignant recounting of his subsequent death. She uses these experiences to suggest strategies to meet the physical and emotional needs of the fragile old and to support those who work with them. With a personal understanding of the challenges of old age, Mrs. Erikson revisits the eighth stage of the life cycle and proposes a new ninth stage for the changes that face the very old. She describes the difficulties of being in one's nineties without losing what she calls one's indomitable core.

Color, 30 min, VHS

Portraits of Age

M300.11

Shot on location around the world, this video comprises individual short stories of elderly people and the role they play in their respective societies: a fisherman in India; a grandmother in Uganda; an activist in Argentina; a dance teacher in Cambodia; a grandfather in Egypt and a volunteer in New York. *PORTRAITS OF AGE* shows how active and productive the senior citizen is today.

Color, 29 min, VHS

KSU Center on Aging

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A Century of Living

M300.12

What was it like to be a kid in the early 1900s, a teen in the 'teens, and an adult from the Roaring Twenties to the Digital Age? Using compelling interviews, this documentary tells the fascinating story of the 20th century in the words of those whose lives have spanned it. Assisted by archival footage, these vibrant centenarians candidly recall the lifestyle of an old-fashioned America and provide a unique perspective on the events that shaped the past hundred years, from the labors of a pre-electric society, to World War II, to the Civil Rights Movement, and beyond. This program is an excellent resource for teaching the value and art of oral history.

2000, color, 59 min, VHS or DVD

Wild Strawberries

M300.13

One of the acknowledged classics of the cinema, *Wild Strawberries* confronts eternal questions of loneliness, aging, and mortality with a warmth and humanity not often found in Bergman's austere world. This visually rich and dramatic film follows an aged doctor's journey through a compelling landscape of dream and memory as he travels to receive an honorary degree. Haunting flashbacks and incidents along the way force him to confront his life and its failings. Victor Sjöström gives a superb, affecting performance as the doctor. Bergman's dramatic use of light and dark to reveal the human mind and soul ranks *Wild Strawberries* among the world's greatest cinematic achievements.

Black and white, 1957, 91 min, Swedish with English Subtitles, DVD

Calendar Girls

M300.14

When 12 ordinary members of the Women's Institute, a prim and proper local ladies' club, decide they need to find a more compelling way to raise money for a new charity, they turn to their traditional annual calendar and give it a very untraditional twist. Behind the usual baked goods, the apple pressing, and the flower arrangements are the women – completely nude! Starring Helen Mirren and Julie Walters, *Calendar Girls* is a terrifically entertaining comedy. And that's the naked truth.

Color, 2003, 108 min, DVD

Backseat Bingo

M300.15

This clever animated documentary effectively dispels societal preconceptions about romance and older adults. A refreshingly candid group of 70-, 80-, and 90-something seniors share personal revelations on their continued need for love and intimacy. A multiple award-winner, the video draws its strength from the empowering honesty of the seniors who not only discuss their own mortality and the conscious choice they make to keep going on despite hardships, and the loss of loved ones and friends. A powerful reminder that love and desire (in their various forms) remain an integral part of healthy aging and personal well-being. Ideal as a discussion starter to help caregivers and family members broach the often overlooked subject of intimacy among older adults.

Color, 2004, 6 min, DVD

Sex & Aging: A Game of Awareness and Interaction

M300.16

Developed for use with community service providers, long term care staff, and others who work with older adults. Sexuality and aging is not an easy subject for many people to discuss, and yet, it often presents distress to people in their work. Players face sexual-related situations and issues involving older adults and are challenged to examine their attitudes and make decisions. Includes four sets of game cards- Issues, Daily Changes, Crisis and Conflict, and Relationships.

KSU Center on Aging

Media Descriptions listed by Category

Cigarettes and Fresh Air

M300.17

"In the best tradition of compassionate filmmaking, McDermott gives us characters who are not easily lovable but who earn our respect with their integrity, taking us to a place we don't want to go but where almost every American does go: the institutionalized aging. Like 'Iris', 'Cigarettes and Fresh Air' raises our reluctant sights to the reality of how we live and die in America, and maybe why we should care BEFORE we get there." -Jeanne Allen, Assoc. Professor, Temple University Film and Media Arts, American Culture and Media Arts Sequence.

Sage

M300.18

Sage celebrates the wisdom, experience, and creativity of our society's elders. It profiles eight active, engaged seniors, from diverse ethnic, religious, educational and socioeconomic backgrounds, who are pursuing lifetime interests, and some new ones as well: in philosophy, political activism, teaching, social service, business, the arts and writing. Among the seniors featured is television chef Julia Child. In their own words and voices, these thoughtful elders reflect on the process of growing older, the meaning of wisdom, and the importance of making a contribution. The documentary is a tribute to the gifts of age, and a vivid demonstration that later life can be a time of burgeoning creative freedom and possibility, with opportunities not only to hone existing skills but to explore new terrain as well.

Color, 2005, 47 min, DVD

Curtain Call

M300.19

This charming, Oscar nominated, documentary was shot at the Actor's Fund Home in Englewood N.J., a retirement community for showbiz professionals. No ordinary nursing home, many of these residents are still full of vitality as they recall tales of Broadway's golden age, Hollywood and life on the road. "Curtain Call" captures first hand accounts of an important era in American cultural history. There is a great deal to be learned from these elder thespians. This award-winning production is a life affirming film. It proves that even in the last years of one's life, there can still be fulfillment and joy.

Color, 38 min, DVD

Eager for your Kisses

M300.20

After mourning the loss of his wife of fifty years, Bill Cane, a 95-year-old singer/songwriter and music teacher, put an ad in the personals and went ballroom dancing in search of a new companion. He soon embraced a revitalized life full of romance, sex and music. Bill experienced a resurgence of creative energy and started writing and performing songs again; he compiled two CDs and set up an MP3 web site. Through interviews with Bill and women he dated, this film captures candid reflections on Bill's determination to keep love and sex in his life. "Eager for Your Kisses" documents a coming trend for the future -- people living vital, healthy lives, even in the bedroom, well into their old age.

Color, 35 min, DVD

Positive Images of Aging

M300.21

Positive Images of Aging is a compilation DVD that gives you access to 14 different video segments, 3-5 minutes in length, that each reflect on a positive image of aging. Because they are chaptered on the DVD, you have instant access to any of the 14 segments. Show one or more of them to clients, or incorporate them into a PowerPoint presentation. Chapters include: Changing Perceptions of Aging; Positive Adjustment as We Age; Intimacy in the Elder Years; Family Ties, Grandparenting, and Mentoring; Foster Grandparents; Wisdom and Courage in Elder hood; Creative Aging; Beauty in Aging; Spirited Senior Softball plus 5 bonus Features on Longevity; Genetics versus Lifestyle; Diet and Exercise; Calorie Restriction; Aging Statistics; and A Visit with Centenarians.

56 min, DVD

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Look Us in the Eye: The Older Women's Project **M300.22**

This spirited award-winning documentary introduces us to Cynthia Rich, Janice Keaffaber, and Mannie Garza, the founders of the Old Women's Project, an activist organization that challenges ageism while supporting issues of social justice. Armed with their signature puppet named POWER (which stands for Pissed Old Woman Engaged in Revolution) we see these irrepressible women warriors 'on the battlefield' as they speak their minds, life their voices, and organize protest rallies on numerous social fronts. Moving and passionate, this thought-provoking film reminds us of the power, wisdom, and valuable contributions of 'old women' in our society.

2006, 28 min, DVD

Do Not Go Gently: The Power of Imagination in Aging **M300.23**

Principal photography on *Do Not Go Gently* began in December of 1995 with an interview of 103-year-old Leo Ornstein. The tape gathered dust under a desk for six years. Beside it lay an unanswered question. In 1992 Eileen Littig and Melissa Godoy co-produced a documentary about elder abuse called *I Grow Old*. Interesting to work on, the process of interviewing people with early stage Alzheimer's probably was the most compelling. As they shed their inhibitions, something interesting seemed to emerge. February 2002: Ornstein was still humming in his bed at the Santa Maria Nursing Home. Godoy and HD cinematographer Mike Bizzarri drove to Green Bay, Wisconsin in a snowstorm to attempt to rub elbows with this creative soul at 109. Ornstein died two weeks later, but he left a legacy (and piles of manuscripts) that may take decades to fully appreciate. Frederic Franklin, Arlonzia Pettway, Dr. Cohen, and the remarkable team at Arts for the Aging were all travelers on the road toward that question: What role does creativity play in the process of aging? How important is imagination to the experience of being human? What are the most inventive artists expressing at very old age? And why?

2007, 57 min, DVD

Life Part 2: Episode 3 – Adapting to Change **M300.24**

Ronnie Bennett, the author of the blog *Time Goes By*, discusses what it's really like to get older. She says she made a conscious decision to stop listening to popular music in the mid-seventies. (It was the advent of disco, so it's understandable.) Jesse Kornbluth, of headbutler.com, feels that it's important not to listen to the same music. On the other hand, with new technology literally at our fingertips, people are afforded new ways with the tried and true. Listening to old music with digital technology, for instance, can be a whole new experience. Gerald Torres is a leading expert in environmental and Native American legal issues. He likens old music to comfort food. There's a difference between fond memories of something, like music, and nostalgia. Memories are vital, and add depth, richness and continuity in our personal histories. On the other hand, "Nostalgia can be corrosive," says Torres. Nostalgia is a way of remembering the past through rose-colored glasses, and it causes everything else to pale by comparison. It's important to be here and now. After all, people change—and hopefully, grow—through life.

2007, 30 min, DVD

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Life Part 2: Episode 5: Aging and Fear

M300.25

The *Life (Part 2)* panel echoes some of the concerns expressed by the folks in the street interviews, and offers some insights about their own fears. First of all, it may be an anathema to even bring up your fears with friends or family. Many people don't want to talk about "it". "It" being all those things that come with aging, like long-term care issues, financial concerns, and of course, dying. Indeed, they are not easy conversations to have. So, what else can you do? Blogger Ronni Bennet says that most people don't want to be a burden to others, namely their children. Jesse Kornbluth suggests buying long-term health insurance so you're only an emotional burden to your kids. Which brings us to humor. It's easy to be paralyzed by fear, but having a sense of humor can be a useful coping mechanism. And the panel has a lot of accumulated wisdom to offer about other ways to deal with the uncertainties of the future. Kornbluth offers his bottom line: you can't predict what's going to happen tomorrow or thirty years from now, so live your life.

2007, 30 min, DVD

Mr. Belvedere Rings the Bell

M300.26

"Super genius" Lynn Belvedere briefly halts a lecture tour to bring some happiness into the lives of a gloomy senior citizens' home. To gain entry into the establishment, the fiftysomething Belvedere claims to be 77 years old. The rest of the inmates are invigorated by the presence of so youthful a "septuagenarian," and before long everyone has taken a new lease on life. When Mr. Belvedere's subterfuge is found out, the residents are momentarily dismayed, until they realize all the good their visitor has done.

1951, 88 min, DVD

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K-STATE CENTER ON AGING

103 Leasure Hall, Manhattan, KS 66506-3501

785-532-5945

www.ksu.edu/gerontology

K·STATE
Kansas State University

gerontology@ksu.edu