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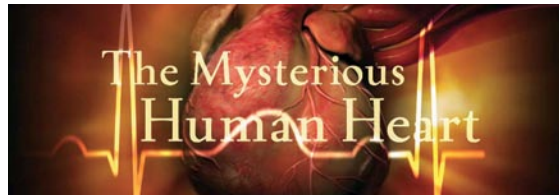
VOLUNTEER AT PBS 45 & 49!

PBS 45 & 49 is always looking for new volunteers to help with office work at our Kent facility, special events around the community and on-air membership drives. It's lots of fun and a great way to meet new people while you support your local public television station. If you or your organization can offer the gift of time, please call Heidi Johnson at 1-800-554-4549.

Call us today at 1-800-554-4549 if you or your organization would like to receive free copies of our quarterly **Aging Smart** newsletter.

Aging SMART

the art of aging



Tuesdays, Oct. 16 to Oct. 30
at 10 PM

The heart is the engine of human life. Beating almost 100,000 times a day, more than 36 million times each year, it endures abuse and trauma with extraordinary resilience. Yet, as more nations become prosperous and lifestyles change, heart disease has become the world's number-one killer of men and women alike. In America alone, approximately 3,000 people each day die from cardiovascular disease.

The Mysterious Human Heart is a new in-depth, comprehensive television series about the heart: how it works, what can go wrong with it and how we treat it. The three-part series follows the true, compelling stories of men and women, young and old alike, whose hearts have led them to a brush with mortality. Through these encounters, the series explores the most common misconceptions about this unique organ and documents the latest scientific and medical revelations.



The series also pays special attention to women and minorities, who have their own unique risks and symptoms, but who have traditionally been neglected when it comes to information about heart health. Filmed around the world in high definition, these stories of inspiration and discovery are enhanced and clarified through lifelike animations that provide viewers with a unique understanding of the inner workings of the heart and the circulatory system.

Each one-hour segment focuses on a different aspect of what we thought we knew, what we know now and what we're on the verge of learning about the heart. Much of the series' impact comes from the interactions between patients and the specialists who are fighting to save their lives – in some cases by venturing to the far borders of scientific and medical knowledge.

Local funding for *Aging Smart* programming provided by:



War and Peace Project Completed

By Heidi Johnson
Community Engagement Coordinator

In conjunction with Ken Burns' documentary **The War**, PBS 45 & 49 encouraged the sharing of northeast Ohioans' World War II memories throughout 2007.

Our War and Peace Project culminated in local and national broadcast programming, community oral history workshops, local school projects and premiere screenings, with over 500 community members taking part in activities. Additionally, more than 40 local World War II veterans shared videotaped personal accounts of their experiences overseas.

While the War and Peace Project has formally come to an end, many of the project outcomes will continue to be accessible on PBS 45 & 49's online archives.

Visit our Web site at pbs4549.org/thewar to view Northeast Ohio War Stories (complete videotaped oral histories of community members), the PBS 45 & 49 oral history workshop, video clips of **The War** and other war-related documentaries.

PBS 45 & 49 would like to extend our deep gratitude to all who contributed to this oral history project. The touching and deeply personal stories that were shared will continue to educate and enlighten our viewers for years to come.



In July at the Stow Public Library, community members attended a workshop on videotaping oral histories.

The Mysterious Human Heart Episode Descriptions

"Endlessly Beating"

Tuesday, Oct. 16 at 10 PM

Examine the heart as a muscle – pumping almost 100,000 times a day, pushing six liters of blood in a ceaseless circuit to deliver oxygen to every cell in the human body. The story of the normal heart is told through the histories of three people with end-stage heart failure.



"The Spark of Life"

Tuesday, Oct. 23 at 10 PM

This episode takes viewers from New York to Brazil and into the lives of patients who suffer similar symptoms that actually signal different disorders. The range of treatment options – if not cures – is startling.

"The Silent Killer"

Tuesday, Oct. 30 at 10 PM

Atherosclerosis is the silent blockage of the coronary arteries that can trigger a devastating and possibly fatal heart attack. The key is to recognize the risk factors that feed the disease and to control them before it is too late.

Help Your Heart – Get Active!

It's no secret that physical activity greatly reduces a person's risk of dying from heart disease. According to the Centers for Disease Control and Prevention (CDC), adults should engage in a moderate level of physical activity for at least 30 minutes on most days of the week. Even at a moderate level, being active can have a positive effect on one's mental and physical health.

One fun way to engage in physical activity is to participate in the Healthways SilverSneakers® Fitness Program, which is offered at no additional cost to eligible Medicare members. This unique program, sponsored by Anthem Blue Cross and Blue Shield and Humana, is available to individuals who belong to participating Medicare Advantage and Supplement health plans.

SilverSneakers members enjoy these services:

- A free fitness center membership at a nearby participating location with access to conditioning classes, exercise equipment and other available amenities

- Access to any participating fitness location throughout the United States while traveling
- Customized SilverSneakers classes designed exclusively for older adults who want to improve their strength, flexibility, balance and endurance
- Health education seminars and other events that promote the benefits of a healthy lifestyle
- A specially trained senior advisor at the fitness center

By staying active, seniors can help lower their risk of heart disease. Other ways to reduce one's risk include preventing and controlling high blood pressure, high cholesterol and diabetes; limiting alcohol use; and maintaining a healthy weight.

For more information about The SilverSneakers Fitness Program, or to find out if you are eligible for this benefit, consult with a representative from your health plan. For a complete listing of participating fitness centers, call 1-866-477-9168 or visit www.silversneakers.com.

Free Heart Health Event

Thursday, Oct. 11
9 AM to 11 AM

Riverfront Family YMCA
544 Broad Blvd., Cuyahoga Falls

Event sponsors: SilverSneakers Fitness Program
and Northeast Ohio Cardiovascular Specialists

Friday, Oct. 12
1 PM to 3 PM

D.D. and Velma Davis Family YMCA
45 McClurg Rd., Boardman

Event sponsor: SilverSneakers Fitness Program

Join PBS 45 & 49 for free film previews featuring segments from the upcoming series, **The Mysterious Human Heart**. The events will be held at two local YMCAs that offer the SilverSneakers Fitness Program. Following the previews, hear local experts discuss heart disease and learn what you can do to stay healthy and fit. Sponsors for the events are SilverSneakers Fitness Program and Northeast Ohio Cardiovascular Specialists.

The film previews are free, but registration is required by calling 1-800-554-4549.

Masterpiece Theatre The Amazing Mrs. Pritchard

Sundays, Oct. 28 to Nov. 18
at 9 PM (*Part 3 airs on Sunday, Nov. 4 at 10 PM*)

What happens when a perky supermarket manager from West Yorkshire finds herself at the head of a political movement that sweeps her into office as Britain's new prime minister? For starters, how about moving England's capital, demoting the queen and doing something about global warming?

Jane Horrocks stars as Ros Pritchard, a perfect boss and attentive mother hen to her workers at Greengages Superstore in rural Eatanswill, until one day a fistfight erupts outside between two local candidates for Parliament – men, of course.

"I could do better than you lot!" she exclaims after breaking up the scuffle to the applause of bystanders and reporters. Egged on by the media, who see her as a breath of fresh air during a lackluster campaign, Pritchard impulsively files as a candidate.

In no time, she is leading a feminist revolution in British politics, with like-minded women all over the country



following her example to run for Parliament as part of the new Purple Democratic Alliance. And before you can say "throw the rascals out"... well, her improbable triumph has to be seen to be believed.

Obviously, Pritchard doesn't know what she's getting into. But once in power she strides through the halls of 10 Downing Street as briskly as any occupant of the West Wing.

Clearly, experience running a successful superstore has equipped her for facing feuding cabinet ministers, vain heads of state, terrorist maniacs, and parliamentary hecklers – while managing to steer the country where it needs to go.

Local Calendar of Events

Alzheimer's Association Memory Walk Saturday, Oct. 6; 8 AM registration, 9 AM walk begins Blossom Music Center, 1145 Steels Corners Rd., Cuyahoga Falls. For more information, call 1-800-272-3900.

PBS 45 & 49 Preview: The Mysterious Human Heart Thursday, Oct. 11 from 9 AM to 11 AM Riverfront YMCA, 544 Broad Blvd., Cuyahoga Falls. Event is free but reservations are required: 1-800-554-4549.

PBS 45 & 49 Preview: Mysterious Human Heart Friday, Oct. 12 from 1 PM to 3 PM D.D. and Velma Davis Family YMCA, 45 McClurg Rd., Boardman. Event is free but reservations are required: 1-800-554-4549

Canton Symphony Orchestra Concert Series October 2007 to May 2008 1001 Market Ave. N, Canton. Season ticket pricing for seniors age 62 and over: \$90. For more information, call 330-452-2094 or www.cantonsymphony.org.

Holiday Senior Luncheon – Co-sponsored by The Health Plan SecureCare Tuesday, Dec. 4 at 11 AM Guy's Party Center, 500 E. Waterloo Rd, Akron. Call 1-877-236-2290, ext. 2259, for more information.

Aging Smart, in the Opinion of ...

Charles Caleb Colton, English cleric and author

"Money is the most envied, but the least enjoyed. Health is the most enjoyed, but the least envied."



PBS 45 & 49 Aging Smart programming October 2007–December 2007

Mondays – Fridays

Mondays: Still Learning

2 PM GED Connection
2:30 PM TV411

Tuesdays: I Didn't Know That!

2 PM A variety of informative documentaries about life down the street and around the world

Wednesdays: Things to Do, Places to Go

2 PM Wings Over Canada
2:30 PM Taste of the Midwest

Thursdays: Taking Care of Me

2 PM Healing Quest
2:30 PM Sit and Be Fit

Fridays: TGIF

2 PM As Time Goes By
2:30 PM Keeping Mum

Primetime

October

The War: A Film by Ken Burns
Monday and Tuesday, Oct. 1 and 2 at 8 PM

Northeast Ohio: The War
Tuesday, Oct. 2 at 10:30 PM

New Tricks
Saturdays at 10 PM

The Good War and Those Who Refused to Fight It
Saturday, Oct. 6 at 11 PM

Walking the Bible
Sundays, Oct. 7, Oct. 14 and Oct. 28 at 8 PM

The Magnificent Voyage of Christopher Columbus
Monday, Oct. 8 at 9 PM

Swing State Ohio
Saturday, Oct. 13 at 11 PM

American Experience, Amelia Earhart
Monday, Oct. 15 at 9 PM

Spanning Time: America's Covered Bridges
Monday, Oct. 15 at 10 PM

The Mysterious Human Heart
Tuesdays, Oct. 16 to Oct. 30 at 10 PM

Picturing Mary
Monday, Oct. 22 at 10 PM

Moments to Remember
Thursday, Oct. 25 at 8 PM

Dr. Christiane Northup: Menopause and Beyond
Saturday, Oct. 27 at 1 PM

American Masters, Good Ol' Charlie Brown
Monday, Oct. 29 at 9 PM

November

New Tricks
Saturdays at 10 PM

Queen and Country
Sundays at 8 PM

American Masters, Carol Burnett
Monday, Nov. 5 at 9 PM

Nova, Judgment Day: Intelligent Design on Trial
Tuesday, Nov. 13 at 8 PM

Charge of the Light Brigade
Monday, Nov. 19 at 9 PM

Athens
Mondays, Nov. 19 and Nov. 26 at 10 PM

Robberies of the Century
Wednesday, Nov. 21 at 9 PM

Sherlock Holmes Original
Sunday, Nov. 25 at 9 PM

Churchill's Few
Monday, Nov. 26 at 9 PM

December

Christmas With the Mormon Tabernacle Choir
Wednesday, Dec. 19 at 9 PM

Live From Lincoln Center: New Year's Featuring Joshua Bell
Monday, Dec. 31 at 8 PM

Great Performances: Garrison Keillor's New Year's Eve
Monday, Dec. 31 at 10 PM

How Are You Aging Smart?

Socrates Kolitsos, of Youngstown, says:

I work out five to six days a week. I sleep six to seven hours each night and relax between social events. Life is great when you take time to enjoy it.

Dear Readers:

PBS 45 & 49 wants to hear from you! Each issue of **Aging Smart** will contain an opportunity for you to tell us what you think. Answer the above question by writing to us at P.O. Box 5191 Kent, OH 44240, or email us your response at johnson@wneo.org, subject: Aging Smart. Your answer might appear in our next newsletter.