

# People & Perspectives

Airs Sundays at 6 AM  
Program length: 20 minutes

**Title: Farm Show & Feeding PA**

**Date: January 5, 2020**

**Issue:** Jane and Dave talked about the Far Show and the Fill a Glass with Hope campaign which brings fresh milk to families in need. Fill a Glass with Hope provides a means for food banks in PA and NY to purchase milk for the families they serve. Milk is one of the most requested items at food banks, yet it is rarely donated. Feeding PA promotes and aids member food banks by securing food and other resources to reduce hunger and food insecurity across PA.

**Guest: Jane Clements-Smith, Exec. Dir. of Feeding PA and Dave Smith, Executive Director of PA Dairymen's Assn.**

**Duration: 15:10**

**Title: Elder Financial Abuse AND Chronic Migraines**

**Date: January 12, 2020**

**Issue:** Elder Financial Abuse. A study finds many elders face financial abuse problems alone. Just talking with friends and family and legal professionals can help identify and prevent this type of abuse. Katy talked about who is most at risk for elder financial abuse, why it is so important for seniors to educate themselves and what can be done to prevent abuse. ##### Chronic Migraines. Dr. Ashina and Lauri talked about the difference between a headache and a migraine as well as what treatments are available for people who experience chronic migraines.

**Guest: Katy Libby, Allianz Life AND Dr. Sait Ashina, headache specialist and Laurie Jennings, editor**

**Duration: 13:22**

**Title: Pink Hands of Hope**

**Date: January 19, 2020**

**Issue:** Pink Hands of Hope. Brian and his wife, Laurie, started Pink Hands of Hope after her battle with Stage 1 breast cancer. As she was going through the process, they discovered a lack of items covered by health insurance and didn't want others to face the same problems. The organization is a non-profit with a thrift store set up to help with the costs. The proceeds from the store go directly to women fighting breast cancer. This includes providing wigs, prosthesis, bras, chemo caps and shawls. The organization also holds a fashion show each year with breast cancer survivors as the models.

**Guest: Brian Gaughen, Co-Founder, Pink Hands of Hope**

**Duration: 17:33**

**Title: ABA in PA**

**Date: January 26, 2020**

**Issue:** ABA in PA. ABA in PA. Applied Behavior Analysis (ABA) is a science in which processes are systematically applied to improve socially significant behavior to a meaningful degree. It teaches an approach that involves breaking skills down into small, easy-to-learn steps. The ABA in PA Initiative is an advocacy organization made up of parents, industry professionals and lawmakers dedicated to change the future for all children in Pennsylvania with Autism Spectrum Disorder.

**Guest: Dr. Cheryl Tierney, Penn State Hershey Children's Hospital**

**Duration: 14:48**

**Title: Wounded Warrior Project**

**Date: February 2, 2020**

**Issue:** Deven was injured while serving in Afghanistan and his recovery included more than 17 surgeries. Throughout his journey he found inspiration from family and numerous injured service members who he's met through the Wounded Warrior Project. Deven talked about his experience and his brother who also suffered a catastrophic injury leaving him quadriplegic.

**Guest: Deven Schei, retired Army Sgt. and spokesperson for Warriors Speak**

**Duration: 15:24**

**Title: Susquehanna Service Dogs**

**Date: February 9, 2020**

**Issue:** Susquehanna Service Dogs. Susquehanna Service Dogs trains dogs to act as helpers to people with disabilities. They are trained by foster parents who go through training and help shape the dog to its owner's needs. Kerry is not only involved in the organization, but is also fostering Breeze. SSD holds several events throughout the year to raise money and awareness of their organization. Anyone who is interested in volunteering is urged to contact SSD.

**Guest: Kerry Wevodau, Susquehanna Service Dogs**

**Duration: 16:19**

**Title: One More Day Foundation**

**Date: February 16, 2020**

**Issue:** Jodi's daughter, Alicia, was killed by a distracted driver. She created the One More Day Foundation to prevent future tragedy from distracted driving and create awareness about the growing threat to drivers and passengers. Cell phones, music players, and even passengers can be sources of distraction that lasts only 5 seconds, enough time for a 4,000 pound vehicle to travel more than 100 yards, the length of a football field. Tpr. Smith talked about the laws surrounding distracted driving.

**Guest: Jodi Bales, Founder and Tpr. Kelly Smith, PA State Police**

**Duration: 19:01**

**Title: Soup & A Bowl AND Flooding Preps**

**Date: February 23, 2020**

**Issue:** Soup & A Bowl is a fundraiser for the Central PA Food Bank intended to serve as a reminder of the numerous unfilled bowls of those who struggle with hunger in our community. The Central PA Food Bank is a non-profit committed to reducing hunger in 27 counties across PA and works with more than 1000 local agencies and programs.

##### Floods are the #1 natural disaster in the U.S. and just a small amount of water can cause thousands of dollars in damage. Corise talked about how serious flooding has gotten in the past few years and what homeowners should know about the dangers of flooding plus how to protect their property.

**Guest: Jennifer Sands, Central PA Food Bank AND Corise Morrison, Weather Damage Expert**

**Duration: 15:04**

**Title: PAGI**

**Date: March 1, 2020**

**Issue:** March is colon cancer awareness month and doctors at PAGI along with the American Cancer Society are raising awareness about the importance of colon cancer screening. Dr. Charan talked about symptoms of colon cancer and the process of getting screened. Mike talked about why it's so important to get screened early.

**Guest: Dr. Mohan Charan, Gastroenterologist and Mike McCormick, American Cancer Society**

**Duration: 15:26**

**Title: Flu Season AND Kids & Allergies**

**Date: March 8, 2020**

**Issue:** It's already been a challenging flu season, but it's far from over. The American Lung Association's MyShot campaign educates older adults and those with chronic medical conditions on the dangers of influenza. ##### Food Allergies. Almost 6 million children in the US have a food allergy. It's a growing problem that Dr. Swanson wants to curb. She discussed "The Big 8" which cause 90% of food allergies and how to be proactive with early nutrition. There is also emerging research about dietary diversity, especially with highly allergenic foods.

**Guest: Dr. Payel Gupta, expert in immunology and respiratory health AND Dr. Wendy-Sue Swanson**

**Duration: 16:14**

**Title: Sports Injuries**

**Date: March 15, 2020**

**Issue:** Youth sports has changed so dramatically that it now leads to high-intensity competition and even higher risk for injuries. Part of the problem is that kids focus on one sport year-round and overuse specific body parts. Many young athletes also burn out mentally, because they're pushed too hard the wrong way. Ron talked about how parents can educate themselves and pay attention to complaints.

**Guest: Ron Wolforth, pitching trainer, consultant for MLB organizations, and author**

**Duration: 16:56**

**Title: Coronavirus**

**Date: March 22, 2020**

**Issue:** Dr. Gavigan talked about the symptoms and complications associated with coronavirus, who is most at risk and how best to protect yourself. He talked about testing options and how long the virus can last on surfaces. Dr. Gavigan says it's important that healthy people quarantine and know when it's time to call the doctor.

**Guest: Dr. Patrick Gavigan, Pediatric Infectious Disease Specialist, Penn State Children's Hospital**

**Duration: 14:38**

**Title: Coronavirus**

**Date: March 29, 2020**

**Issue:** Dr. Gavigan talked about the symptoms and complications associated with coronavirus, who is most at risk and how best to protect yourself. He talked about testing options and how long the virus can last on surfaces. Dr. Gavigan says it's important that healthy people quarantine and know when it's time to call the doctor.

**Guest: Dr. Patrick Gavigan, Pediatric Infectious Disease Specialist, Penn State Children's Hospital**

**Duration: 14:38**