



Weekly Public Affairs Program

Call Letters: WKWN

QUARTERLY ISSUES REPORT, APRIL-JUNE, 2019

Date aired: April 7, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-14

Kathy Shoaf, Travel Expert with 20+years of clinical and management experience in Geriatric, Rehabilitation, and Neurology as an RN and ATP (Adaptive Technology Professional).

Many senior citizens reach a point where they believe they are too old or disabled to travel. Ms. Shoaf outlined ways to overcome challenges such as mobility deficits, memory issues, pain, and the simple reality of walking more slowly, in relation to travel. She leads specialty cruises that cater to aging Americans.

Issues covered:

**Travel
Disabilities**

Length: 21:30

Date aired: April 14, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-15

Carmen Davailus Buck, former nurse practitioner who switched careers to become a photographer who documents the lives of families impacted by dementia, author of "*Just See Me-Sacred Stories from the Other Side of Dementia*"

Ms. Davailus Buck explained how she uses photography as an Alzheimer's advocate, and why it is so meaningful to families who are dealing with the disease kindness. She also talked about the importance of caring for caregivers who are taking care of those with Alzheimer's disease.

Issues covered:

**Dementia
Consumer Matters**

Length: 21:30

Date aired: April 21, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-16

Mitchell I. Kitroser, the founding managing attorney of Kitroser and Associates, a south Florida law firm focusing on elder law, estate and trust administration and litigation, guardianship and Medicaid planning.

Mr. Kitroser explained what an elder law attorney does and why their advice can be helpful. He said powers of attorney and healthcare surrogate documents are in some ways more important than a will, but often they are overlooked. He said anyone over the age of 18 needs to have a power of attorney and healthcare surrogate document. He said a local elder law attorney can help in estate planning to qualify for Medicaid benefits, where rules vary from state to state.

Issues covered:
Estate Planning
Legal Issues

Length: 21:30

Date aired: April 28, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-17

Gloria Dunn-Violin, author of *“Revivment: Having a Life After Making a Living”*, and *“From Making a Living to Having a Life”*

Ms. Dunn-Violin said most Americans are mentally and emotionally unprepared for making the transition from a daily career into retirement.

Issues covered:
Retirement Planning
Mental Health

Length: 21:30

Date aired: May 5, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-18

Dr. Emilia A. Ripoll, M.D. has practiced urology and urologic oncology in the Denver metro area for more than 25 years. As an American Urological Association Foundation Scholar, Dr. Ripoll researched genetic predisposition and the role of proto-oncogenes in the development of prostate cancer.

Mark B. Saunders, writer, editor, publisher, public speaker, and 11-year prostate cancer survivor

Dr. Ripolli and Mr. Saunders discussed a new approach to prostate cancer, and Saunders' personal story. As an “active surveillance” patient, instead of receiving traditional treatments like surgery or radiation, he dramatically overhauled his lifestyle, and the cancer became undetectable — and hasn't returned since.

Issues covered:
Cancer
Personal Health

Length: 21:30

Date aired: May 12, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-19

Jane Wolf Waterman, licensed psychotherapist, former law professor, founder of “Parenting Our Parents”

With everyone living longer, today’s Baby Boomers may have to parent their parents even longer than their own children. She explained the role of family care coaches and how to find one. She also discussed the importance of communicating with aging parents before the need arises and how to navigate the many options in making caregiving decisions.

Issues covered:

**Elder Care
Senior Citizens**

Length: 21:30

Date aired: May 19, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-20

Carlen Maddox, former Alzheimer’s caregiver, author of the book “*A Path Revealed: How Hope, Love, and Joy Found Us Deep in a Maze Called Alzheimer’s.*”

Mr. Maddox shared his story of serving as his wife’s primary caregiver for 17 years, and the lessons he learned through the experience. A spirited mother and civic activist, Martha Maddox had just turned 50 when she was diagnosed with early onset Alzheimer’s in 1997. Mr. Maddox made his successful career a lower priority to help his wife through her illness.

Issues covered:

**Alzheimer’s disease
Long-term Care**

Length: 21:30

Date aired: May 26, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-21

Martin Pazzani, corporate executive-turned-entrepreneurial CEO of Activate Brain and Body, which focuses on fitness for the baby boomer generation

Mr. Pazzani explained how the traditional fitness business does not serve older consumers. He said membership in organized fitness plummets to less than 10% of the population starting at age 50. He talked about the reasons that the kinds of exercises needed differ for those over 50. He said walking 20-30 minutes a day can result in a profound improvement in health.

Issues covered:

**Fitness
Personal Health**

Length: 9:40

Kimberly McGee, elder law attorney, expert in estate planning, elder law and long-term care planning

Ms. McGee explained the basic elements of an estate plan and why it is so important. She talked about wills, trusts, and powers of attorney for healthcare and asset management. She said a spouse normally does not automatically have authority to make decisions with banks or doctors when someone is incapacitated.

Issues covered:

**Estate Planning
Consumer Matters**

Length: 11:48

Date aired: June 2, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-22

Roy Johnston, attorney who practices estate planning, real estate law, and business law

Mr. Johnson explained the basics of trusts and how they differ from wills. He explained how to choose a trustee and said there are four major advantages to using a trust versus going through a probate court. He outlined several scenarios that a trust can specifically address.

Issues covered:

Legal Planning

Retirement Planning

Length: 21:30

Date aired: June 9, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-23

James P. Owen, author of "Just Move: A New Approach to Fitness After 50"

Mr. Owen discussed the importance of physical activity as we age. He talked about the value of talking to a trainer or physical therapist. He stressed that physical activity or exercise must be consistent, not sporadic. He said that a positive attitude is the most critical aspect of staying in shape.

Issues covered:

Physical Fitness

Aging

Length: 21:30

Date aired: June 16, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-24

Phyllis Ayman, eldercare consultant and advocate, speech & language pathologist, author of "*Overdue: Quality Care for Our Elder Citizens*", and "*Nursing Homes to Rehabilitation Centers...What Every Person Needs to Know*"

Ms. Ayman talked about the ways that nursing home care and skilled nursing has changed in the past several decades. She also talked about discrimination against older Americans and why ageism is such a serious problem in our society. She talked about the biggest misconceptions about nursing homes.

Issues covered:

Long Term Care

Discrimination

Length: 10:05

Mary Radu, life coach and contributing editor to "*Live Smart After 50! The Experts Guide to Life Planning for Uncertain Times*," founder of the Life Planning Network

Ms. Radu discussed keys to being healthy and happy as Boomers get older and enter the second half of life. She said intentional planning is important in this new stage of life, particularly because of increased longevity.

Issues covered:

Retirement Planning

Longevity

Length: 11:25

Date aired: June 23, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-25

Elizabeth Landsverk, M.D., triple board-certified Geriatrician, Internist and Palliative Care physician who specializes in dementia and agitation

Dealing with a loved one with dementia is hard enough, but what if they are agitated? Dr. Landsverk explained the role of a geriatrician in treating older patients. She said agitated or violent behavior is sometimes caused because the patient is experiencing a physical pain. She outlined the various forms of dementia and steps that may help in preventing it.

Issues covered:

Length: 11:00

**Alzheimer's disease and dementia
Aging**

Annamarie Pluhar, founder of Sharing Housing, Inc. a nonprofit organization that teaches people how to find and keep good housemates. She is also the author of "*Sharing Housing, A Guidebook for Finding and Keeping Good Housemates*"

Ms. Pluhar talked about the growing trend of house-sharing among adults. She said she has chosen to live in shared housing nearly all of her adult life. She said most people who chose it do so for financial reasons. She offered tips on how to wisely choose a roommate.

Issues covered:

Length: 10:24

**Housing
Personal Finance**

Date aired: June 30, 2019 Time Aired: 9:30am – 10:00am

Show # 2019-26

Michael Weisberg, MD, gastroenterologist, author of "*In the End*"

Dr. Weisberg said his patients, particularly those with chronic illnesses, often ask him what is the meaning of life. He believes that there is no one meaning to life, but instead the question should be, what gives meaning to each individual life. He talked about the value of family, work and faith.

Issues covered:

Length: 21:30

**Mental Health
Aging**