



Weekly Public Affairs Program

Call Letters: WKWN-AM

QUARTERLY ISSUES REPORT, JANUARY-MARCH, 2019

Date aired: Not Aired Time Aired: _____

Show # 2019-01

Total running time: 30:00

Shira Gill, founder of Shira Gill Home, a lifestyle consultancy with a "less is more" philosophy. She offers on-site and virtual home organization, as well as online resources to help design a clutter-free life

Ms. Gill talked about downsizing and organizing as people age. She said reducing clutter is a huge help for surviving adult children who are often already overwhelmed in reconciling an estate. She said few people have a comprehensive list of accounts, passwords, insurance and real estate information. She outlined several basic steps to get started.

Issues covered:
Senior Citizens
Estate Planning

Length: 10:49

Sherry Picker, MSW, has been working in Elder Care Services for 15 years. Her background includes counseling, support group facilitating, Geriatric Care Management and she currently works in Home Care at Paradise Home Health Care and All the Best

Ms. Picker discussed home care, what people need to understand and how to find help. She outlined the numerous forms of care and other options available.

Issues covered:
Home Care
Aging

Length: 11:02

Date aired: Not Aired Time Aired: _____

Show # 2019-02

Total running time: 30:00

Dr. Travis Zigler, optometrist and entrepreneur.

Travis and his wife Jenna have been actively involved with Volunteers for Optometric Services to Humanity, which is a group that travels worldwide to give eye examinations to people who cannot afford nor obtain such care. He explained how he got involved in the mission work. He said a great majority of blindness and other vision problems worldwide are avoidable.

Issues covered:
Blindness
Personal Health

Length: 10:59

Christopher Sarantopulos, insurance expert, specializing in life and disability insurance with chronic, critical and terminal illness riders

Mr. Sarantopulos discussed recent changes in life insurance and long-term care policies, including a new feature called accelerated benefits. He said the new option can allow the consumer to receive benefits in cases of chronic illness, critical illness and terminal illness.

Issues covered:
Insurance
Consumer Matters

Length: 10:46

Date aired: 1-20-9 Time Aired: 9:30^{AM} ET

Show # 2019-03

Total running time: 30:00

Carole Hirsch, a board-certified patient advocate who has spent over 25 years advocating for seniors, owner of Prepare to Care – Emergency Companions

Ms. Hirsch explained why people are reluctant to discuss end-of-life care and why a patient advocate can be especially helpful for those without nearby families. She said the mere fact that someone is not alone when they are hospitalized will usually result in a better outcome. She also explained how advanced healthcare directives and other forms of preparation can help.

Issues covered:
Estate Planning
Legal Issues

Length: 11:02

Dr. Joseph Christiano, naturopathic doctor, certified nutritional counselor and certified nutritional health professional, author of several books, including "Bloodtypes, Bodytypes and YOU," and "Stem Cell Revolution"

Dr. Christiano outlined the latest research into adult stem cell therapy and how it can naturally help with illnesses such as diabetes, kidney failure or recovery from a fall. He said the effectiveness of stem cell therapy does vary greatly from one individual to another, but the treatment can have astounding results for most people.

Issues covered:
Stem Cell Therapy
Aging

Length: 10:49

Date aired: 2-27-19 Time Aired: 9:30 AM

Show # 2019-04

Total running time: 30:00

Lisa Marsh Ryerson, president of AARP Foundation, the charitable affiliate of AARP

Ms. Ryerson discussed a survey the AARP Foundation recently conducted, examining loneliness among older adults. She said 1 in 3 adults age 45 and older admit that they are lonely. She also discussed the affect of low-income circumstances on a senior citizen's mental health.

Issues covered:
Senior Citizens
Mental Health

Length: 11:43

Amy Panza, Doctor of Pharmacy, founder of MedFormation

Ms. Panza explained how and why seniors need to formulate a firm plan for managing their medications as they continue to live at home. She outlined the potential dangers of medication mismanagement, particularly as people visit multiple doctor and pharmacies, and use multiple prescriptions.

Issues covered:
Personal Health

Length: 10:15

Date aired: 2-3-19 Time Aired: 9:30 AM

Show # 2019-05

Clay G. Small, author, professor at SMU (Southern Methodist University) located in Dallas, Texas. He teaches classes within the Cox School of Business and is also a member of the Law School Executive Committee, former Senior Vice President and Managing Attorney for PepsiCo Inc.

Many people have writing a book on their bucket list. Clay shared the story of how he wrote his first novel, "Heels Over Head." He offered advice on how people can get started.

Issues covered:
Fitness
Personal Health

Length: 10:50

Pete Shrock, Co-Founder & Chief People Officer at Legacy Navigator a full-service estate management company

Mr. Shrock discussed ways to minimizing the stress of a move for seniors, which is an extremely stressful stage of life. He talked about the challengers of dealing with downsizing when someone moves to a smaller house or senior care facility.

Issues covered:
Estate Planning
Housing

Length: 11:11

Date aired: 2-10-19 Time Aired: 9:30 AM

Show # 2019-06

Bruce Graf, third generation contractor, certified by NARI, the National Association of the Remodeling industry, National Association of Homebuilders Certified Aging-in-Place Specialist. He and his team work on a variety of home remodeling projects.

Bruce discussed the idea of "aging in place," and making a home safe and comfortable for seniors. He talked about ways to design living spaces to disguise many of the senior-friendly features. He said the upgrades usually will increase the value of the home.

Issues covered:
Alzheimer's disease
Caregiving

Length: 13:38

Lola Fraknoi, creator of an Art Kit for people with memory loss, professor of art in the Older Adult Program at the City College of San Francisco, and at the Older Adult Lifelong Learning program of San Francisco State University. W

Lola is trained as a professional artist and created an art kit designed to communicate with those suffering from Alzheimers disease or other forms of dementia. She shared the story of how she decided to create the art kit.

Issues covered:
Alzheimer's disease
Care giving

Length: 8:11

Date aired: 2-10-19 Time Aired: 9:30 AM

Show # 2019-07

Steve Moran is a celebrated publisher, writer and speaker who is known for his passion and commitment to the field of senior living.

Mr. Moran talked about future trends in senior living communities. He discussed how technological changes have drastically changed the options that are available to seniors.

Issues covered:
Long-term Care
Aging

Length: 9:21

Bridget Mackay, attorney specializing in Estate Planning and Medi-Cal (Medicaid) Benefits Planning. She is a member of the American Association of Estate Planning Attorneys, National Association of Elder Law Attorneys, California Association for Nursing Home Reform.

Ms. MacKay talked about a column she wrote entitled "Ten Things To Be Aware of Before Placement in a Nursing Home." She said too often people have a will or trust created, then forget about it and find it is not up to date when it is needed.

Issues covered:
Estate Planning

Length: 9:21

Date aired: 2-17-19 Time Aired: 9:30 AM

Show # 2019-08

Lisa Marsh Ryerson, president of AARP Foundation, the charitable affiliate of AARP

Mr. Ryerson discussed the scope of senior poverty in America today. She said it's estimated that 42 million older Americans are struggling financially. She outlined the charitable mission of the AARP Foundation to help low income older adults.

Issues covered:
Poverty
Retirement Planning

Length: 21:41

Date aired: 2-24-19 Time Aired: 9:30 AM

Show # 2019-09

Paul Hynes is a Certified Financial Planner, and after 22 years at a large Wall Street investment firm, Paul left to form HearthStone, a Private Wealth Management firm.

Paul is a member of the Financial Planning Association (FPA), National Association of Personal Financial Advisors (NAPFA), and the Estate Planning Councils of San Diego and North County. Paul has set up a website and blog called Senior Safe & Sound. The goals are to educate and protect seniors while helping prevent the incidence of elder financial abuse.

Issues covered:
Poverty
Retirement Planning

Length: 8:11

Patricia Spilman, Neuroscientist with over 20 years of experience in neurodegenerative disease research has devoted her career to the discovery of an effective treatment for Alzheimer's disease

Dr. Spilman has devoted her career to the search for effective treatments for Alzheimer's disease. She talked about the importance of early diagnosis. She outlined steps people can take to prevent the onset of cognitive decline. She said a genuine cure for dementia is nowhere close to being found.

Issues covered:
Alzheimer's disease

Length: 8:11

Date aired: 3-3-19 Time Aired: 9:30 AM

Show # 2019-10

Dr. Thelma Reese, author of *The New Senior Woman: Reinventing the Years Beyond Mid-Life*, and also wrote *The New Senior Man* to satisfy the numerous requests from men who wanted their own book. She is the creator of the blog, www.ElderChicks.com, and is a retired professor of English and Education

Americans are living longer and often spending a longer span of years in retirement. Dr. Reese talked about the search for meaningful activities once a person is retired. She explained how men's challenges differ from women's as they approach retirement.

Issues covered:
Retirement Planning
Volunteerism

Length: 10:25

Lynne Lancaster, co-author of the best-seller *When Generations Collide: Who They Are, Why They Clash, and The M-Factor: How the Millennial Generation is Rocking the Workplace*, founder of two companies dedicated to bridging the generational divide

Ms. Lancaster talked about the multiple generations, including older workers, who must co-exist in today's workplace. She talked about challenges Boomers face on the job, particularly as many of them struggle to care for their aging parents.

Issues covered:
Workplace
Care giving

Length: 11:24

Date aired: 3-10-19 Time Aired: 8:30 AM

Show # 2019-11

Sherry Cormier, PhD, psychologist, consultant and public speaker. Formerly on the faculty at the University of Tennessee and West Virginia University, she is the author of *Counseling Strategies and Interventions for Professional Helpers* and coauthor of *Interviewing and Change Strategies for Helpers*, author of *Sweet Sorrow: Finding Enduring Wholeness After Loss and Grief*.

Dr. Cormier talked about the struggle to heal after losing a spouse or other loved one. She said self care and keeping one's life in balance is critical after a loss. She said spiritual or meditative practices can help.

Issues covered:
Mental Health
Religion

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: 3-17-19 Time Aired: 9:30 AM

Show # 2019-12

Tami Anastasia M.A., author, health and wellness counselor, Alzheimer's caregiver support group facilitator and exercise specialist for people of all ages, sizes and fitness levels.

Tami discussed ways to help people break through the psychological barriers that prevent them from exercising and achieving their goals. She said the cultural expectations are often unrealistic for an individual and they physically or mentally burn out.

Issues covered:
Physical Fitness
Personal Health

Length: 10:11

Art Maines, Licensed Professional Counselor and expert in frauds and scams against the elderly, author of Scammed: 3 Steps to Help Your Elder Parents and Yourself.

Seniors are highly vulnerable to scams and crooks. Mr. Maines talked about the most common scams targeting Boomers and the reasons that they are often easy marks. He said Facebook is a common tool of scammers to locate their victims.

Issues covered:
Crime Prevention

Length: 10:47

Date aired: 3-24-19 **Time Aired:** 9:30 AM

Show # 2019-13

Millie Abrams, Brookdale Senior Living

Ms. Abrams discussed the changing options and levels of long term care available in today's retirement communities. She explained how to evaluate nursing homes and other forms of care. She said consumers should try to learn as much as possible about the level of training that a provider's employees receive.

Issues covered:
Long term Care
Retirement Planning

Length: 20:48