

People & Perspectives

Airs Sundays at 6 AM
Program length: 20 minutes

Date: October 7, 2018

Issue: PA National Horse Show. The PA National Horse Show features the country's best riders and horses in competitions and features. The show benefits several charities for therapeutic riding and horse rescue programs.

Guest: Susie Webb, Executive Director

Date: October 14, 2018

Issue: Bark in the Park. Dr. Langlois talked about the Bark in the Park 5K and 1-mile dog walk on Oct. 28th which will raise money to provide veterinary care for animals in need. He also spoke about general veterinary issues such as ticks, anxiety and how to prepare your pets for a storm.

Guest: Dr. Bryan Langlois, President, PA Veterinary Medical Association

Date: October 21, 2018

Issue: Sweet Pea. The death of a baby is tragic. Sweet Pea is an organization that reaches out to anyone grieving over the death of a baby or child. The death of a baby can also be very difficult on other children. They witness their parents wrestling with overwhelming grief, and struggle with their own feelings of sadness and confusion. These children deserve a day just to be carefree children, playing with their parents in the sunshine and having fun, and that is what Sweet Pea's annual picnic is all about.

Guest: Stephanie Cole, Founder/President, Sweet Pea Project; Beth Gauthier, Event Organizer

Date: October 28, 2018

Issue: Flu Shots. Each year, 3-5 million cases of severe flu are reported worldwide. Dr. Mercer talked about what we can do to stay healthy. She also gave us info on who should be most concerned about the flu, why it's important to get vaccines and what made last season so different from previous seasons.

Guest: Dr. Monica Mercer, Dir. Of Scientific and Medical Affairs for Sanofi Pasteur

Date: November 4, 2018

Issue: Salvation Army. Kathy talked about the need during the holidays, the Red Kettle Campaign and ways to volunteer. She also spoke about the ongoing need throughout the year. The Salvation Army offers an after-school program and programs during the summer. There are also computer classes, nutrition and anger-management courses.

Guest: Kathy Anderson-Martin, Director of Resource Development, Salvation Army

Date: November 11, 2018

Issue: We Honor Vets. We Honor Vets. This is a new program focused on respectful inquiry, compassionate listening and grateful acknowledgment of veterans. By recognizing the unique needs of America's vets and their families, community providers, in partnership with VA staff, the organization will learn how to accompany and guide them through their life stories toward a more peaceful ending.

Guest: Fred Anderson, Chair and Dalton Fickes, Volunteer

Date: November 18, 2018

Issue: COPD. Chronic Obstructive Pulmonary Disease (COPD) affects about 24 million people in the US, yet about half of those afflicted wait months and sometimes years before receiving a proper diagnosis. Dr. Mannino talked about ways you can manage the condition and improve quality of life. Sean was diagnosed in 2012 and spoke about the challenges he faces both physically and mentally.

Guest: Dr. David Mannino and Sean Cummings, COPD patient

Date: November 25, 2018

Issue: Dad's Resource Center. The Dads' Resource Center is a non-profit that provides education, resources and advocacy for single fathers so they are able to fulfill their vital role in the well-being and healthy development of their children.

Guest: Jeff Steiner, Executive Director of DADS' Resource Center

Date: December 2, 2108

Issue: Spotting Dementia during the Holidays. Jennifer talked about some red flags you might spot in a loved one over the holidays that indicate they may be suffering from Alzheimer's disease or other types of dementia. She says there are better times to discuss the changes and what the next steps are after observing dementia symptoms.

Guest: Jennifer FitzPatrick

Date: December 9, 2018

Issue: National Runaway Switchboard. The NRS serves as the federally-designated national communication system for homeless and runaway youth. Over the past three years there has been a 50% increase in calls from homeless youth, 48% increase in calls from kids on the street for more than six months and an increase in calls from kids wanting to discuss GLBTQ issues. We talked about how parents and communities can get involved to help curb this issue.

Guest: Dr. Gary Harper, Professor, Department of Psychology, DePaul University and Board Member with the NRS

Date: December 16, 2018

Issue: Sam's Spoons. Carrie started Sam's Spoons this year to defray the expenses incurred by families affected by Lyme disease as well as raising education and awareness. Carrie has first-hand experience with the issues Lyme disease patients face as her daughter suffers from the disease. She talked about the Ride Out Lyme Ski & Snowboard event coming up in February.

Guest: Carrie Perry, President

Date: December 23, 2018

Issue: Holiday Heart Attacks. According to the American Heart Association, heart attack-related deaths are 5% more likely around Christmas and New Year's than any other time of year. Dr. Plutzky shared some of the risks specific to this time of year, some of the warning signs and tips to lower your chances of having a holiday heart attack.

Guest: Dr. Jorge Plutzky, cardiologist

Date: December 30, 2018

Issue: Stress & Family Bonding AND Men's Health. A survey finds 48% of Americans say work stress negatively impacts their personal life, while 35% stress out about how much their job actually interferes with family time. Dr. Woodward talked about the importance of rebuilding family bonds during time off of work and how completely unplugging, even for a short time, benefits your health. Men's Health: Dr. Klein talked about men's health and "Bromance Day" coming up in August. This is a day when guys can finally drop the machismo and open up to each other about anything including their health. Health problems such as prostate cancer and erectile dysfunction are common, but are often not a topic of conversation for men. That means many men don't know when they should be screened or other information that could be helpful in treatments.

Guest: Dr. Michael Woodward, Organizational Psychologist AND Dr. Eric Klein, urologist