

**OLDER, FITTER, WISER. The Art of Aging Well**  
**Each Episode Hosted by Dr. Moira Fordyce**  
**Mondays 8 – 8.30 pm and Thursdays 12 noon – 12.30 pm**  
**Starting Monday February 28 and Thursday March 3, 2011**

**February 28 and March 3** -Episode 1 – Discussion with **Bea Bailey** - my background, what is geriatrics, who should see a geriatrician? Etc.

**March 7 and 10** - Episode 2 - **Cheryl Phillips MD** - Healthy Lifestyle; Healthy Aging

**March 14 and 17** - Episode 3 - **Charles DeCarli MD** - Dementia Updates

**March 21 and 24** - Episode 4 - **Tessa tenTusser PhD** - Elder Abuse + Financial Scams

**March 28 and 31** - Episode 5 - **Celia Esquivel** - Complementary Alternative Medicine

**April 4 and 7** - Episode 6 - **Jay Luxenberg MD** - Where Ignorance is not Bliss. How to Manage Your Medications

**April 11 and 14** - Episode 7 - **Ray Mastalish** - Assistive Technology (AT) and Independence

**April 18 and 21** - Episodes 8 - **Eskaton Village**, Roseville – off site shoot “Smart Home” – user friendly; interview with 2 residents of the village; VP **Sheri Peifer**

**April 25 and 28** - Episode 9 - **Patrick Arbore PhD** - Mood Changes with Growing Older. More than the Blues?

**May 2 and 5** - Episode 10 - **Pauline Abbott PhD** – Benefits of Life Long Learning

**May 9 and 12** - Episode 11 - **Donna Benton PhD** - Caregiver Burnout, and What to Do About it

**May 16 and 19** - Episode 12 - **Janet Morris JD** - Legal and Financial Issues with Aging

**May 23 and 26** - Episode 13 - **Stanley Terman MD** - EOL Issues + An Effective Living Will for Advanced Dementia

**May 30 and June 2** - Episode 14 - **Erika Kraft and Rosanne Bernardy** - Creative Aging

Airing will start on **Monday February 28, 8 – 8.30pm**, and continue at that time each Monday, with the same episode repeated on **Thursdays at 12 noon**.

Please note, it is unlikely, but the order in which the episodes are presented could change.

The program can be seen on **Comcast 20 and Surewest 19**, both Sacramento cable programs.

It can also be seen **worldwide on the web at the time of broadcasting**. It is not archived. Close to the time of airing, go to [www.RCCTV.net](http://www.RCCTV.net), scroll down to the simulcast link and click on it.

Comments/questions can be sent to [olderfitterwiser@yahoo.com](mailto:olderfitterwiser@yahoo.com)

Four more episodes have been shot. They will air:

**June 6 and 9** - Episode 15 – **Donald Bardole MD** – Sleep and Aging

**June 13 and 16** - Episode 16 – **Judy Citko JD** – End of Life Issues

**June 20 and 23** - Episode 17 – **Kelly Ward** - Fall Prevention

**June 27 and 30** - Episode 18 – **Janet Morris JD** – Financing Long Term Care

They will air on Mondays and Thursdays after the 14 episodes listed above.