

BCFR Podcast – Show Notes

Kansas City Public Library - Waldo

Host: Buddy Hanson, Library Technical Assistant

Guest Host: [Jeni Starr, Health & Wellness Specialist](#)

TOPIC: Health & Self Care (Part 2)

FILMS - Jeni:

- [Defining Hope – Exploring End of Life Care](#), Kino Lorber, 2017 (USA)
An exploration of palliative care, end of life issues, hospice care and what 'quality of life' really means. Provides a hopeful message about patients making choices about care when faced with life-threatening illness.

FILMS - Buddy:

- [Alive Inside: A Story of Music & Memory](#), Michael Rossato-Bennett, 2014 (USA)
A case study demonstrating the therapeutic power of music on elderly patients.

Notes / Reference:

- [Freegal](#)
- [Hoopla](#)
- [Kanopy](#)
- [KCPL: Calendar](#)
- [KCPL: Health & Wellness Events](#)
- [Music and Memory](#)
- [Alive Inside](#)

CREDITS

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