**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:**  
  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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