

The process of growing old. We all face it. We all fear it. Some do it gracefully – and some are not so lucky. What's the secret to aging – and doing it well? Is it genetics, environment, attitude, diet, an active lifestyle – perhaps all of these?

This promises to be an in-depth docu-film that will traverse the world to discover how men and woman of different cultures and diverse environments face the inevitable. How do they embrace aging?"

Multi-Emmy Award winning producer, Keith Famie, and his Visionalist Entertainment Productions team, will set out on this journey in 2011. They will step into the lives of the world's aging population to document their experience of daily living.

They'll meet with scientists, health gurus, spiritual leaders, and medical experts to learn if it's possible to control the aging process – and if so – how to postpone growing old.





General Overview

Research has taught us a great deal about the aging — the fastest growing sector of today's society.

We know, for example that men born to certain ethnic cultures or in specific world locations live longer and healthier lives than the average American male. Through their lifestyles and experiences backed up by solid science, medical experts are closing in on the Holy Grail of aging: How we can add robust and productive years to our lives.

We've heard of men in Sardinia who work the land well into their late 80's and 90's; we're told of a master karate instructor in Okinawa, Japan who, in his 90's can put a hurt on men a third of his age. And then there's the 85 year-old triathlete from Oregon who continues to break Ironman records.

Still, these are clearly unique specimens of the male population, gifted with 'special' genes.

... Or are they?

Could it be more than a Family tree? Could the ability for a man to stay in the Game of Life have as much to do with attitude and outlook as it does genetics? Is the deciding factor having love in your life, a healthy diet, activity, a sense of community belonging or a foundation of faith. All of the above?

The Embrace of Aging will attempt to answer these questions in the hope that sixty-something year old viewers will learn from the men featured in this film and as a result, add many years to their lives.

We will engage the latest progressive teachings, well-known medical universities, health gurus, spiritual leaders, psychologists and men from all walks of life in vastly different environments, all facing the inevitability of growing old.

The Embrace of Aging will be a rich and global film, touching emotions with a bit of humor, and at the same time provoking thought, self-reflection, and above all, an unshakable optimism for the future.





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February 18, 2011

Keith Famie Visionalist Entertainment 28345 Beck Road Wixom, MI 48393

Dear Keith,

It was great meeting you to discuss *The Embrace of Aging*. Your program concept is an excellent one. The issue of aging is one of great interest in our area and we are pleased to include it in our broadcast plans.

Detroit Public TV is committed to covering issues in the public interest, including those surrounding the challenges and triumphs of our aging population.

Public Television has always had a fine tradition of offering unique documentary programming like *The Embrace of Aging*. It is our sincere hope that working together this program will become part of that tradition.

I look forward to speaking with you again soon. In the meantime, I wish you the best of luck in finding production funding for your work.

Sincerely,

Fred Nahhat

VP of Production & Pledge

Detroit Public TV



INSTITUTE OF GERONTOLOGY

87 East Ferry 226 Knapp Building Detroit, Michigan 48202

March 10, 2011

Mr. Keith Famie Executive Documentary Producer - Visionalist Entertainment Productions 28345 Beck Rd, Ste 404 Wixom MI 48393

Dear Mr. Famie:

I am delighted that you are planning to produce a documentary on men's aging. The timing for such a documentary is ideal, as the sheer number of older adults doubles over the next 25 years to reach 75 million Americans. With the cuts to Public Health programs over the past decade, and the need to contain Medicare spending, all Americans must learn to embrace aging and be exposed to nutritional, physical, social and spiritual practices that enhance the quality of life when growing older.

There is no great diversity than in aging. While early onset Alzheimer's disease or diabetes and renal failure, can make a man in his fifties or sixties appear 80, there are countless examples of those in their 80's still functioning mentally and physically as well as individuals three and four decades younger than themselves. Capturing this diversity of aging experiences, along with tips for how to enhance one's own aging process will be a wonderful contribution to Americans of all ages.

As a clinical gerontologist and a professor of Psychology I have worked with thousands of older adults. Almost all of these older adults, from those with the most vigor to those suffering frailty have inspired me and impacted my own views on aging in a positive way. I know your film can do the same for thousands of others.

Sincerely,

Sincerely,

Peter A. Lichtenberg, Ph.D., ABPP Director, Institute of Gerontology &

Peta a Lichterley

Professor of Psychology, and Physical Medicine and Rehabilitation



Metabolic Nutrition and Weight Management

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March 08, 2011

Mr. Keith Famie Executive Documentary Producer - Visionalist Entertainment Productions 28345 Beck Rd, Ste 404 Wixom MI 48393

Dear Mr. Famie,

I believe the documentary that you plan on producing regarding aging in men and the possibilities known to both experimental and observational science that we can prolong, and more importantly improve the quality of, our lives is potentially an inspirational and exceptional film. Of note, I believe that such a documentary would attract the attention of not only men but also women and children who love and care for the men that are focus of your prospective film.

We know so much, yet certainly not everything, about what it takes to achieve a long and healthy life. And while it is important to begin as early as possible in terms of prolonging quantity of life, there is almost no age that quality of life cannot be improved with focus on healthy lifestyle patterns. Your film would be powerful in showing the real bottom line practicality of what happens to men as they age, both well and not well, and how lifestyle patterns may have a major influence on which path – well or not well – that we age. Many of us are living older, but are we living better? I hope to help add my perspective on the difference between the two, which is important.

My life has been dedicated to the subject of prevention of chronic diseases through lifestyle approaches that are based in evidence and medical science. Through my current role as Medical Director of Metabolic Nutrition for St. Joseph Mercy Oakland, my role as a course director for Harvard Medical School on nutritional approaches to prevent diabetes, my role as a member of the Scientific Advisory Committee of the world renown Pritikin Longevity Center, and as an assistant professor of medicine at Wayne State University, and all that I have learned and taught in such capacities, I look forward to helping you in any way I can to spread the message of how we can extend quantity, but more important quality, of life through the eyes and images of those men whom will be a focus of your next (what I am feeling quite confident will be a) fine work. I have been quite impressed with your productions up until now and I truly believe that what you are about to embark on will be one of your most important works to date.

With highest regards,

Tom Rifai MD

Medical Director, Metabolic Nutrition and Weight Management Program, St Joseph Mercy Oakland Clinical Assistant Professor of Medicine, Wayne State University School of Medicine, Detroit MI Course Director, Harvard Medical School online CME, Nutrition and Diabetes Prevention Board of Director Member, American Board of Physician Nutrition Specialists Science Advisory Committee, Pritikin Longevity Center, Miami FL

Advocacy · Action · Answers on Aging

County Access Centers

April 11, 2011

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Mr. Keith Famie

Executive Documentary Producer

Visionalist Entertainment Productions

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Dear Mr. Famie:

Thank you for taking the time to educate me on the new documentary film you are producing titled The Embrace of Aging, which will offer a unique, male perspective on growing old. As you know, Area Agencies on Aging across the nation are dedicated to enhancing the lives of older adults, through a combination of advocacy, action, and answers, and I believe that your film is directly in line with this mission.

Based on the short film segment I viewed today, I believe the film will provide inspirational and moving stories about how lifestyle, spirituality, medical history, and attitude can impact health and the overall aging experience for men. I am particularly interested in aspects of the film which will explore athleticism, advances in healthcare, and spiritual and holistic approaches to aging. I believe this film will change the way we think about aging, particularly for the generation of baby boomers, but also for elders from our "Greatest Generation."

Your timing for this documentary is excellent, in light of the changing demographics, and the reality that in the next two decades nearly one in four of us will find ourselves over the age of 60. I appreciate your efforts to highlight the positive and truly remarkable journey that aging can be.

Sincerely,

Wate Manay Tina Abbate Marzolf

Chief Executive Officer

sa

Website: www.aaa1b.com



April 12, 2011

Keith Famie Visionalist Entertainment 28345 Beck Road Ste. 404 Wixom, MI 48393

Dear Keith,

It was a pleasure talking with you today regarding your upcoming film about how men age. The topic is genuinely important and will be a real resource for people across the country to see how men handle both the challenges and opportunities the face as they age.

As we discussed, there is may be space in the film to share the story of how men handle end of life whether for themselves or a spouse. Our discussion regarding the law enforcement officer who became a Hospice of Michigan Grief Support Manager was of particular interest as our experience shows that this counselor has a particular way working with men who have experienced a loss. Grieving men trust him and often times go on to have healthy grieving as a result of their experience with our in house counselor.

Thirty years ago, Hospice of Michigan brought hospice to Michigan as one of the leading hospice programs in the country. Started by a small group of passionate volunteers, the organization now cares for more than 900 patients per day and is regarded as the authority in end of life care both for patients and their families and by professionals in the field due to our extensive research and education center.

Should you wish to further discuss topics for the film, please feel free to contact us as we would welcome the opportunity to provide stories for your worthwhile project.

Sincerely,

Marcie Hillary, Vice President

Community Relations Hospice of Michigan

400 Mack Ave

Detroit, MI 48201

Michael Jasperson, Vice President

Marketing & Sales
Hospice of Michigan

Much

400 Mack Ave

Detroit, MI 48201

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May 5, 2011

Mr. Keith Famie **Executive Producer** Visionalist Entertainment Producer 28345 Beck Road Suite 404 Wixom, MI 48393

Dear Mr. Famie,

It was such a pleasure speaking with you the other day about your new documentary The Embrace of Aging. From what we spoke about and the segment that I have viewed, I have no doubt that this will be an incredibly powerful film that will change the way we think about growing older.

I am thrilled that you are producing this documentary now. In 2011, the first wave of baby boomers is turning 65 - when the risk of developing Alzheimer's disease significantly increases. As they age, it is projected that one in eight ten million boomers - will either die with or from Alzheimer's. And we know all too well that it is not just the person with Alzheimer's who suffers - it is also their caregivers, families whose health, employment, income and financial security suffer irreversible decline.

Right now it is estimated that 5.4 million Americans have Alzheimer's, over 75,000 in the Metro-Detroit area alone. The Alzheimer's Association - Greater Michigan Chapter is dedicated to providing vital programs and services to persons affected by Alzheimer's disease and their families in our Chapter area.

Your film will certainly shed light on these issues along with many other challenges and celebrations that come with growing older.

Thank you for your dedication to tackling subjects like this in your films.

Marc Berke

Sincerely,

Development Director



Mr. Keith Famie

Executive Producer

Visionalist Entertainment Producer

28345 Beck Road, Suite 404

Wixom, MI 48393

Dear Mr. Famie:

It was a pleasure to speak with you regarding the Embrace of Aging project. I am excited about the potential impact that this film could have on the health of our community. The American Heart Association has set a goal of improving the health of all Americans by 20% while decreasing deaths by 20% by 2020. Our success depends on our ability to educate and engage the community in healthy behaviors. When we reach the 2020 goal it will mean not just extending life expectancy for Americans but also improving the quality of the lives that we all live.

It is with great pleasure that I offer you our support. The first steps toward healthy behavior changes are knowledge, awareness and education. I believe that your film will help get these things accomplished. If there is anything that I can do to help you complete this film please do not hesitate to reach out.

Sincerely,

Heather J. Kinder

Sr. Vice President

Midwest Affiliate

American Heart Association



Richard A. Miller UM Geriatrics Center and Nathan Shock Center on Aging Room 3001, 109 Zina Pitcher Place Ann Arbor, MI 48109-2200

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Keith Famie Executive Producer Visionalist Entertainment Productions

Keith:

I enjoyed our brief chat this morning. I'd be glad to talk more with you about current progress and status in the biology of aging in the context of your proposed documentary film.

My laboratory works on basic questions about how aging leads to diseases of aging, and about what cellular and physiological factors time the aging process. Most of the work we do involves studies of mice. We have several varieties of mutant mice that live about 40% longer than normal mice (for comparison, abolition of cancers or heart attacks in people would extend average lifespan by about 3%), and we are investigating ideas about how these genetic mutations slow aging and postpone disease. My laboratory is also one of those that are funded by the National Institute on Aging to seek drugs that can extend mouse longevity; this work led to our report, in 2009, showing that rapamycin, a drug used to block immune function in human transplant patients, can extend mouse longevity by about 15%. We also work on the ways in which aging can be slowed by alteration of components of the diet, or by restriction of nutrients at very early ages. A basic framework for our work is the idea, still unproven, that finding cellular pathways that can help cells resist injury can play a major role in slowing aging and postponing a wide range of age-dependent diseases.

I'll attach a copy of a paper written a few years back for Milbank Quarterly that talks about this kind of research and its social setting. The article is called "Extending Life: Scientific Prospects and Political Obstacles," and it provides a good context for the work we do, written for interested non-scientists.

If you have questions about any of this, just give me a call so we can talk further.

Good luck in seeking support for your new film.

Very truly yours,

Richard A. Miller

Kichal a. Miller

Robert L. Kahn 2115 Nature Cove, 301 Ann Arbor, Michigan 48104

May 26, 2011

Keith Famie Visionalist Productions 28345 Beck Road, Suite 404 Wixom, Michigan 48393

Dear Mr. Famie:

I enjoyed very much our recent conversation about your plans for a documentary film on the aging of men and the many ways in which men cope with its limitations and make the most of its opportunities.

Your film, with its basis in research and its cross-cultural breadth, can expand people's thinking and encourage a more positive view of the opportunities of old age as well as its limitations.

You are undertaking an ambitious and challenging project. Fortunately, your record of accomplishment indicates clearly that you are able to carry it off successfully. I look forward to your Embrace of Aging documentaries—both the film for men and the one for women.

Warmest wishes,

Robert L. Kahn Professor emeritus, Psychology and Public Health Research Scientist, Institute for Social Research University of Michigan



THE UNIVERSITY OF MICHIGAN

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Robert L. Kahn, Ph.D.

May 26, 2011

Keith Famie Visionalist Productions 28345 Beck Road, Suite 404 Wixom, Michigan 48393

Dear Mr. Famie:

I enjoyed very much our recent conversation about your plans for a documentary film on the aging of men and the many ways in which men cope with its limitations and make the most of its opportunities.

Your film, with its basis in research and its cross-cultural breadth, can expand people's thinking and encourage a more positive view of the opportunities of old age as well as its limitations.

You are undertaking an ambitious and challenging project. Fortunately, your record of accomplishment indicates clearly that you are able to carry it off successfully. I look forward to your Embrace of Aging documentaries—both the film for men and the one for women.

Warmest wishes

Robert L. Kahn

Professor Emeritus, Psychology & Public Health

Research Scientist, ISR



KENNETH J. PIENTA, M.D.

PROFESSOR INTERNAL MEDICINE AND UROLOGY

AMERICAN CANCER SOCIETY CLINICAL RESEARCH PROFESSOR

THE UNIVERSITY OF MICHIGAN COMPREHENSIVE CANCER CENTER MICHIGAN CENTER FOR TRANSLATIONAL PATHOLOGY

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September 7, 2011

Keith Famie Producer of the Embrace of Aging film Visionalist Entertainment Productions 28345 Beck Rd. Suite 404 Wixom, Mich. 48393

Dear Mr. Famie,

It was a pleasure to meet with you today. I believe that your project to produce a documentary detailing the issues facing men as they age will be of great value to men, their partners, and their families. As a physician specializing in the treatment of prostate cancer and a research scientist determined to find new ways to decrease the morbidity and mortality associated with prostate cancer, I believe I have a very realistic understanding what men go through as they face one of the most difficult times in their lives.

I am pleased that you will include the struggles of men with prostate cancer in the film as it remains the most common cancer diagnosed in men and a disease that kills over 30,000 men in the US per year. I look forward to working with you on this project.

Sincerely,

Kenneth J. Pienta, M.D.

Professor of Internal Medicine and Urology

Kenneth J. Rienta

American Cancer Society Clinical Research Professor

President Society for Clinical and Translational Science (SCTS)

Director, Experimental Therapeutics, Michigan Center for Translational Pathology





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Keith Famie Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, MI 48393

September 8, 2011

Dear Keith:

It was a pleasure meeting with you vesterday to discuss your exciting plans for your upcoming film series on the "Embracing of Aging". I am very impressed with the scope and the direction of your plans and am honored to have the opportunity to help with this in any way I can.

As you learned from the tour of our facilities, we are a relatively new and "under the radar" research program, but one that we believe has enormous potential to make significant contributions in the search for effective therapies for neurodegenerative diseases, particularly Huntington's, Alzheimer's, and Parkinson's diseases.

I look forward to collaborating with you on this venture and to participating in your exploration of how people may be able to slow the progression of age-related cognitive and motor deficits, and to find ways to embrace the aging process with grace and dignity. Thanks again for including me in this most worthwhile project.

With Kind Regards,

Gary L. Dunbar, Ph.D.

John G. Kulhavi Professor of Neuroscience

Co-Director, Program in Neuroscience

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28 October 2011

RE: The Embrace of Aging

The U.S. Census Bureau defines the Baby Boomers as those born between January 1st, 1946 and December 31st, 1964. Baby Boomers began turning 65 on January 1, 2011. At 79,000,000, Boomers are the second largest generation in American history surpassed only by the 95,000,000 born in America between 1982 and 2003. These two contiguous generations form a vast population that dominates the American economic and cultural scenes.

As Boomers now begins to move into late adulthood, most of these men and women share in common concerns about how aging effects their health and well being, and the services needed to enhance their longevity; their ability to learn and their memory functionality and reliability in order to adapt and remain relevant, influential and productive; general life skills and capabilities that promote personal independence and the meaningfulness of life; as well sex, loss and grief, social status, and spirituality, among others. Boomers are transitioning toward their old age while the generation that follows will be influenced significantly in the wake of this passage.

The docu-film, The Embrace of Aging: The Male Perspective of Growing Old, is a germane and poignant portrayal that will inform and assist a vast population of men and women in America facing and anticipating the aging process, needing to know the values, principles, skills, and strategies necessary to embrace aging not only gracefully, but successfully, as well.

It is a distinct honor to have the privilege of being a part of this important work. Men and women alike will benefit greatly in learning from this production how they can understand and prepare for the inevitable future they face.

Kevin Mains, ma, lpcc, ceap





Ergun Sahin, M.D., Ph.D Instructor in Medicine Harvard Medical School

Dear Mr. Famie,

It was a pleasure talking to you about your film project about male ageing. I am very happy to participate in this project as I believe that this film might help put this fundamental aspect of life into a broader perspective and present to a larger audience insight into causes and modification options of ageing.

As a scientist and medical doctor I am interested in the fundamental aspects of what causes, possible halts and even reverses ageing. My work focuses on the role of telomeres, the structural entities at the end of chromosomes, which are highly implicated in causing ageing. Recent advances in mouse models of ageing have indicated that one not only can prevent but potentially even reverse ageing by putting back into cells the enzyme telomerase which makes telomeres. We have also made advances how shortening of telomeres causes ageing by interfering with the normal function of mitochondria, the powerhouses of cells.

I very much look forward to collaborating with you on your project.

Sincerely,

Ergun Sahin

Ergun Sahin, M.D., Ph.D

Instructor

Harvard Medical School

Boston, MA



March 27, 2012

Keith Famie Executive Documentary Producer Visionalist Entertainment Productions 28345 Beck Rd, Ste 404 Wixom, MI 48393

Dear Keith:

Thank you for the opportunity to participate in your important film project, "Embrace Aging." As co-founders of Age Wave, the nation's leader on the effects of aging on the workplace, the marketplace and our lives, we feel that this subject hasn't gotten the attention that it deserves, especially with the general public.

To begin to open the door to exploring this subject in-depth is an essential step in opening the hearts and minds of Americans of all ages to the impact aging will have on them and those they love. With the 69 million baby boomers already beginning to turn 65, this subject will exponentially grow in importance over the next several years, making your documentary even more relevant to all of us.

We appreciate that you're making this film and hope you will get the largest viewing audience possible.

Sincerely,

Ken and Maddy Dychtwald

Le Dythrund Maddy Sunto

Helen Dennis 347 Via el Chico Redondo Beach, CA 90277 <u>Helendenn@aol.com</u>

April 9, 2012

Dear Keith,

Your film Embrace of Aging focusing on men is a jewel. The audience at the recent American Society on Aging conference -- "Aging in America" -- received your film with great enthusiasm.

Having been in the field of aging for over 30 years, I notice that very little has been focused on older men, particularly their fears as well as their accomplishments.

You covered a spectrum of topics including health, research, exercise and loss with a penetrating and poignant sense of reality.

It seems timely that your talent, vision and perception can now be applied to a comparable piece on women. I have some experience in that arena having coauthored the Los Angeles Times bestseller Project Renewment®: the First Retirement Model for Career Women and also working with many women's discussion forums.

There is great diversity among maturing and older women. We need to have a sense of their realities told in a way that allows us to identify, associate and even model ourselves after them. Your style of telling the stories is captivating and inspiring.

I wish you well in securing the resources in making a woman's Embrace of Aging a reality. We are not only ready for it - we need it.

Warm regards,

Helen Dennis www.ProjectRenewment.com www.HelenmDennis.com



LAKE FOREST / LAKE BLUFF SENIOR CENTER 100 East Old Mill Road, Lake Forest, IL 60045 (847) 810-4670 Fax: (847) 615-3526

May 8, 2012

Keith Famie
The Embrace of Aging

Dear Keith,

Your presentation about the upcoming films you have been creating covering the topic of aging and how to embrace it was among the highlights of my NCOA (National Conference on Aging) experience and I have thought about it quite a bit since viewing the trailer. As the Manager of a Senior Center in Lake Forest, IL, I am very interested in the incredibly thoughtful and reflective views on aging that you have portrayed in the film. The personal interviews provide an insight into the individuals that bring the viewer right in to the life of the speaker and what they are feeling and experiencing.

The only thing better than showing the films is if you have any plans to be in the Chicago metropolitan area any time soon and could do the presentation yourself. Your description of the epiphany in your own experience of caring for your father as you both faced his decline due to Alzheimer's helped me understand where your motivation came from and how deeply you feel about trying to share what you learned.

Congratulations on creating a very touching and impactful film; I can't wait to see the full story, since the trailer was spectacular and gets right to the heart of the matter I am working with every day.

I look forward to viewing the full film and the subsequent films you have waiting in the wings and appreciate what you have given of yourself in this pursuit.

Kind regards,

Marla Schachtel
Senior Center Manager

Marla



University of Michigan Health System U-M Cardiovascular Center

1500 East Medical Center Drive, Suite 2131, SPC #5852 Ann Arbor, MI 48109-5852 Kim A. Eagle, MD Albion Walter Hewlett Professor of Internal Medicine Director, Cardiovascular Center (734) 936-5275 Phone (734) 764-4119 Fax keagle@umich.edu

June 26, 2012

Keith Famie Executive Producer Visionalist Entertainment Productions 28345 Beck Road, Suite 404 Wixom, MI 48393

Dear Keith:

I enjoyed speaking with you several weeks ago. I feel that your project to produce a documentary dealing with the issues facing men as they age will be of great value to men, their partners, and their families.

Your video could assist men on the effect of aging on their cardiovascular system and the keys to longevity. We could talk about their journey as they age, how they should approach lifestyle, medications, medical care, exercise and philosophy.

We look forward to working with you on this video.

Sincerely,

Kim A. Eagle, M.D.

Lui a. Eagle

Albion Walter Hewlett Professor of Internal Medicine

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April 16, 2013 6 IYAR 5773

Keith Femie 28345 Beck Rd Suite 404 Wixom, Michigan 48393

Dear Keith,

Thank you for allowing Alpert Jewish Family and Children's Service to host the Palm Beach premier of the documentary, The Embrace of Aging, a male perspective. It was our pleasure to share this journey through the man's world of aging with our community.

In the evening, the audience was especially engaged and seemed to ask a lot of questions. The documentary was well received by our Board members and staff, as a guest speaker, you played a significant role in the success of the event.

We wish you all the very best in your creation of the remaining films in this three-part series, The Embrace of Aging, a female perspective and The Embrace of Dying. Thank you again for your sharing your ideas and expertise at both the afternoon and morning presentations. I look forward to working with you in the future and viewing the series for women.

Sincerely,

Much

Neil Newstein Executive Director













