

FOCUS ON SENIORS OFFERS TOP GUESTS ON RANGE OF SENIOR ISSUES

If you are a senior, or you are interested in the health or caring of a senior, Focus on Seniors Radio on WSRadio.com has become a must listen.

The hour-long show, which airs Tuesdays from 5 – 6 p.m. (Eastern Time), features experts who weigh in on issues ranging from elder law to memory loss, from senior housing to home care. The show, aired over the worldwide leader in Internet talk, is hosted by David Goodman and Frank Esposito, entrepreneurs who founded and operate Companion Connection Senior Care, a national membership organization with over 175 non-medical home care agencies, as well as one of New Jersey's best known and most successful home care agencies.

What's a typical show like? One recent show included guest segments by the following experts on senior care and health issues:

- Dr. Jason Theodosakis, better known as Dr. Theo, the best selling author of *The Arthritis Cure*, who discussed how seniors can eliminate arthritis. Dr. Theo is a practicing medical doctor who specializes in clinical preventative and sports medicines at Canyon Ranch Medical Department and is a clinical assistant professor at the University of Arizona College of Medicine. He is board certified in Preventive Medicine and holds a medical degree from the University of Health Sciences/Chicago Medical School and a Master's degree in Exercise and Sports Sciences and Public Health from the University of Arizona.
- Dr. Majid Fotuhi, the author of *The Memory Cure: How to Protect Your Brain Against Memory Loss and Alzheimer's Disease*, who spoke about how seniors can improve their memory. Dr. Fotuhi is the director of the Center for Balance, Dizziness and Vertigo and heads the Memory Disorders Unit at Sinai Hospital of Baltimore. Dr. Fotuhi received his M.D. degree from the Harvard-MIT Division of Health Sciences and Technology at Harvard Medical School in Boston and his doctoral Ph.D. degree in Neuroscience from Johns Hopkins University School of Medicine
- Dr. Samir Shah, a board certified ophthalmologist in the Department of Ophthalmology and Eye Care Services at Henry Ford Hospital in Detroit, who told listeners about the care and treatment of such common eye conditions as cataracts and macular degeneration. A graduate of the University of Michigan School of Medicine, Dr. Shah completed his internship at Christus St. Joseph Hospital in Houston and his residency in ophthalmology at the Jules Stein Eye Institute at the University of California in Los Angeles, followed by a fellowship in cornea, external diseases and refractive surgery at Wilmer Eye Institute at John Hopkins Hospital in Baltimore.

- Dr. Marion Somers, the author of *Elder Care Made Easier*, who discussed the challenges of caring for aging loved ones. Dr. Marion is an elder care expert who graduated with a BA from City College in New York, an M.S. in Recreation Therapy from Lehman College (CUNY) in New York, and a Ph. D. in Human and Organizational Development with Specialization in Gerontology, Retirement, and Special Populations from the Fielding Graduate University in Santa Barbara, CA. She is trained as a New York State Nursing Home Administrator and is the Director of the Professional Geriatric Care Management Certificate Program at Hunter College's Brookdale Center for Healthy Aging & Longevity.

“Our intent is to put on the air, and at times on the spot, leading experts who can give our listeners some ‘real life’ and practical information, and entertain them at the same time,” said Goodman. “I think we’ve accomplished this in the six or so months that we’ve been on the air.”

All Focus on Seniors Radio interviews are archived and can be found by going to www.wsradio.com/internet-talk-radio.cfm/shows/Focus-On-Seniors-Radio.html.

