

Meeting the Challenge

“Surviving and Thriving”

Rev. 1.0

December

KICU
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VIDEO	AUDIO
<p>1. FADE IN:</p> <p>BARBARA standing at hilltop</p> <p>CUT TO: PHOTO of Toni</p>	<p>(MUSIC)</p> <p>TERESA (V.O.)</p> <p>Barbara's life changed forever when her daughter died in a mysterious accident. Surviving life's worst blow - the death of a loved one.</p>
<p>2. CUT TO: Interview - Judy Tatelbaum</p> <p>01:06:22:xx - 01:06:29:xx</p>	<p>JUDY (SOT)</p> <p>"I think we live in a culture where people expect instant healing and grief isn't something you heal from instantly."</p>
<p>3. CUT TO:</p> <p>Judy walking her dog</p>	<p>TERESA (V.O.)</p> <p>Renowned psychotherapist Judy Tatelbaum teaches how to grow through the grieving process.</p>
<p>4. CUT TO: Interview - BOBBIE LERMO</p> <p>01:02:04:12 - 01:02:14:00</p>	<p>BOBBIE (SOT)</p> <p>"And the thought went through my mind, I wonder if this is what it feels like to have a stroke and that's the last I</p>

	remember."
5. CUT TO: 2S Bobbie and LARRY	TERESA (V.O.) The hard work behind a miraculous recovery - one family's story.
6. CUT TO: SCREEN CAPTURE - Quicken	The latest and greatest technology for managing your personal finances...
7. CUT TO: WOMAN talking with CONTRACTOR	... and surviving remodeling. How to find a contractor with Bruce Williams.
8. CUT TO: LOGO / OPENING SEQUENCE	Surviving - and thriving - next on Meeting the Challenge.
9. THEME	THEME MUSIC UP
10. DIZ TO: SET - WS TERESA ZOOM IN to MCU CG: "Teresa Richardson"	TERESA Hello, everyone. Welcome to Meeting the Challenge, the program that provides the information, resources, and inspiration we all need to meet the challenges of life

	<p>today. I'm your host, Teresa Richardson.</p> <p>(MUSIC OUT)</p> <p>It happens to each of us, sooner or later. We're busy with our careers, our families, our busy schedules when suddenly... we're tested by a crisis.</p>
<p>11. CUT TO: Bobbie Lermo gardening</p>	<p>TERESA (V.O.)</p> <p>For Bobbie Lermo, it was a devastating stroke.</p>
<p>12. CUT TO: Interview - Bobbie</p> <p>01:01:49:xx - 01:02:14:xx</p> <p>CG: "Bobbie Lermo"</p> <p>INTERCUT TERESA</p> <p>Reactions @ ~02:19:36:xx</p>	<p>BOBBIE (SOT)</p> <p>"I was speaking to... (on phone; felt dizzy; wondered if she was having a stroke) ...last thing I remember."</p>
<p>13. CUT TO: Interview - LARRY LERMO</p> <p>01:12:06:xx - 01:12:40:xx</p> <p>CG: "Larry Lermo"</p>	<p>LARRY (SOT)</p> <p>"I had just returned... (found Bobbie unconscious; attempted CPR) ...how many breaths."</p>

<p>14. CUT TO: Set - Teresa</p> <p>DIZ TO: SERIES OF SHOTS - Bobbie's recovery</p>	<p>TERESA</p> <p>Doctors confirmed Bobbie had suffered a severe stroke.</p> <p>She had two emergency surgeries and a series of medical crises over the next few weeks. Her husband, three sons, and her mother rallied at her bedside, but Bobbie remembers nothing of the four and a half months she spent in the hospital. With therapy, she began her recovery.</p>
<p>15. CUT TO: Interview - Larry</p> <p>01:16:05:xx - 01:16:23:xx</p>	<p>LARRY (SOT)</p> <p>"She got to the point... (recognized family; waved) ...hard to talk about."</p>
<p>16. CUT TO: Interview - Bobbie</p> <p>01:02:36:xx - 01:03:01:xx</p>	<p>BOBBIE (SOT)</p> <p>"The next thing I remember... (her mom saying it's time to go home; she had stroke) ...yes, two or three."</p>
<p>17. CUT TO: Interview - Teresa</p> <p>02:21:35:xx</p>	<p>TERESA (SOT)</p> <p>(Tell us about the day Bobbie</p>

	came home from the hospital)
18. CUT TO: Interview 01:16:58:xx - 01:17:02:xx CUT TO LARRY - He nods, unable to speak	TERESA (V.O.) It must have been a wonderful day.
19. CUT TO: Interview - (Cover jump cut with Teresa reaction shot) 01:25:58:xx - 01:26:12:xx	LARRY (SOT) "I know there was some concern... (jealousy; took time) ... once again become home."
CUT TO: Interview - TERESA 02:22:02:xx	TERESA (SOT) ("Are there any positives?")
20. CUT TO: Interview - Larry 01:22:49:xx - 01:22:52:xx CUT TO: Family photos 01:23:06:xx - 01:23:12:xx	LARRY (SOT) "We know now that we function well as a family as a group." "I'm sure most families do... ... most families don't get the test."
21. CUT TO: Interview - Larry 02:02:10:xx - 02:02:19:xx	LARRY (SOT) "This was a rotten situation.. (got worse) Bobbie turned it around."
22. CUT TO: Set - MCU Teresa	TERESA As you can see, Bobbie's enjoyed a nearly complete

<p>PULL BACK to MS - Teresa holds yellow pages</p>	<p>recovery. She and Larry are looking forward to his upcoming retirement.</p> <p>If you're suddenly faced with a crisis, how do you cope? The answer may be as close as your yellow pages.</p>
<p>23. CUT TO: CU PAGES - community services</p> <p>CG: "Community Services"</p>	<p>TERESA (V.O.)</p> <p>Look under "Community Services." A huge variety of services and support groups are available to you, many free of charge.</p>
<p>24. CUT TO: Set - MS Teresa</p>	<p>TERESA</p> <p>Getting support is a vital part of recovery, so put the collective knowledge and genuine caring of local community services to work for you. And when you're back on your feet - become a volunteer. Reach out to someone else.</p> <p>That's what Barbara Marcus</p>

	did following the death of her daughter. Her story when we return.
25. COMMERCIALS - 02:00	
26. CUT TO: Set - Teresa	<p>TERESA</p> <p>One crisis for which you can never prepare is the death of a child. Barbara lost her daughter, Toni, in 1982 in an accident that remains unexplained to this day.</p>
<p>27. CUT TO: Interview - Barbara</p> <p>03:14:18:xx - 03:14:55:xx</p> <p>CG: "Barbara Marcus"</p> <p>CUT TO: PHOTOS of Toni</p> <p>CG: "Toni Lowenstein" CQ</p>	<p>BARBARA (SOT)</p> <p>"I thought she was magic... (very extraordinary; bright; smart; dancer; my best friend;) ...very incredible. Very incredible."</p>
<p>28. CUT TO: Interview - Barbara</p> <p>04:04:30:xx - 04:04:38:xx</p>	<p>BARBARA (SOT)</p> <p>"She was very passionate... (her work) ...her idea of dinner was scrambled eggs."</p>
<p>29. CUT TO: PHOTO of Toni and her daughters</p>	<p>TERESA (V.O.)</p> <p>In 1982, Toni was married to a young neurosurgeon. They had two daughters, ages six</p>

<p>CUT TO: CU Toni's label on scarves</p> <p>CUT TO: Designer pillow</p>	<p>and ten.</p> <p>A professional weaver, Toni's work was sold on Rodeo Drive. The future looked bright.</p>
<p>30. CUT TO: Interview - Barbara</p> <p>03:15:28:xx - 03:16:14:xx</p>	<p>BARBARA (SOT)</p> <p>She was living in Santa Barbara... (runner; didn't come home; her husband called police; they found body) ...at the bottom of a ravine."</p>
<p>31. CUT TO: Interview - Teresa/Barbara</p> <p>04:16:42:xx - 04:16:51:xx</p>	<p>TERESA (SOT)</p> <p>"What happened when you got the phone call...</p> <p>BARBARA (SOT)</p> <p>I was unbelievably stunned and shocked.</p>
<p>32. CUT TO: Interview - Barbara</p> <p>03:16:28:xx - 03:16:50:xx</p>	<p>BARBARA (SOT)</p> <p>"I just couldn't believe it... (emotions) ...I felt trapped."</p>
<p>33. DIZ TO: Judy Tatelbaum working at her desk</p>	<p>TERESA</p> <p>Barbara turned to her friend Judy Tatelbaum, a renowned</p>

	psychotherapist and expert on the grieving process.
34. CUT TO: Interview - Barbara 03:16:56:xx - 03:17:19:20	BARBARA (SOT) "Fortunately, I'd been in a women's group... (went to her for help) ... I knew I couldn't do it by myself."
35. CUT TO: CU Judy 02:22:38:xx - 02:22:55:xx CG: "Judy Tatelbaum, M.S.W. Author of The Courage to Grieve"	JUDY (SOT) "When Barbara first called me... (story was shocking) ...and so young."
36. CUT TO: Interview - Judy 02:23:02:xx - 02:23:22:xx	JUDY (SOT) "The first, like with any major loss... (pain; knew Barbara before the death)... one of her closest people."
37. CUT TO: Interview - Barbara 03:19:19:xx - 03:19:49:xx CUT TO: Barbara walking her dog	BARBARA (SOT) "Judy told me to... (set aside time; feel sadness) ...got me through."
38. CUT TO: MS Teresa	TERESA Barbara also received emotional support from a local hospice group. As time

<p>DIZ TO: SERIES OF SHOTS - Barbara with hospice group</p>	<p>passed, she went through the hospice training program so she, too, could reach out and help others. One day, upset over a patient's death, Barbara shared her frustrations with the group leader.</p>
<p>39. CUT TO: Interview - Barbara 03:24:57:xx - 03:25:26:xx</p>	<p>BARBARA (SOT) She said to me... (okay to die; new concept) ...a big, big step."</p>
<p>40. CUT TO: Interview - Teresa 04:17:21:xx</p>	<p>TERESA (SOT) "How are you different?"</p>
<p>41. CUT TO: Interview - Barbara 03:27:17:xx - 03:27:22:xx</p>	<p>BARBARA (SOT) "I have so much more dimension. I could have easily been a lady who lunches."</p>
<p>42. CUT TO: Barbara 03:28:05:xx - 03:28:21:xx</p>	<p>BARBARA (SOT) "Well, I understand something... (spiritual dimension)... I think I love more deeply."</p>

<p>03:28:33:xx - 03:28:38:xx</p>	<p>"Life is more beautiful, more wonderful, for having lost something so precious."</p>
<p>43. CUT TO: Judy</p> <p>02:25:03:xx - 03:25:18:xx</p>	<p>JUDY (SOT)</p> <p>"It's made her an extraordinary hospice volunteer. (interesting woman) ...freedom a lot of other people don't have."</p>
<p>44. CUT TO: PHOTOS of Barbara with granddaughters</p>	<p>TERESA (V.O.)</p> <p>Another part of her healing process has been Barbara's special relationship with Toni's daughters.</p>
<p>45. CUT TO: Interview - Barbara</p> <p>03:25:42:xx - 03:26:02:xx</p>	<p>BARBARA (SOT)</p> <p>"At her funeral... (comforted by six year old) ...care of each other ever since."</p>
<p>46. CUT TO: PHOTOS of Barbara with her granddaughter</p> <p>03:26:11:xx - 03:27:02:xx</p> <p>CUT TO: Interview - Barbara</p>	<p>BARBARA (SOT)</p> <p>"The years that separate us... (help each other; liberated women; encourage her; acknowledge death was a gift) ...the other side of grief."</p>

<p>47. CUT TO: WS TERESA ZOOM IN to CU</p>	<p>TERESA</p> <p>Grieving and moving on is part of life. The same therapy techniques that helped Barbara deal with the tragic loss of her daughter can be powerful tools for dealing with other losses, big and small.</p> <p>When we return, psychotherapist Judy Tatelbaum shows how we can become empowered through saying goodbye. Plus, how do you know when you or someone you care about needs professional help with grieving? We'll be back in just a moment.</p>
<p>48. COMMERCIALS</p>	
<p>49. CUT TO: Teresa</p>	<p>TERESA</p> <p>Welcome back. We all have to recover from losses in our lives - jobs, our health, relationships, money - but do</p>

	<p>we always express our grief for these losses? If we don't we could be inhibiting future success.</p>
<p>50. CUT TO: JUDY working in her office</p> <p>CUT TO: CU Judy's books</p>	<p>TERESA (V.O.)</p> <p>Judy Tatelbaum's study of grieving began at age seventeen when her only brother, David, was killed in a car accident. It took years for her to come to terms with the loss. Judy's landmark book, "The Courage to Grieve" is dedicated to his memory. Her life and her practice have been dedicated to helping others work through their grief.</p>
<p>51. CUT TO: Interview - Teresa</p> <p>03:10:39:xx</p>	<p>TERESA (SOT)</p> <p>"What are the phases of grief?"</p>
<p>52. CUT TO: Interview - JUDY</p> <p>02:25:59:xx - 02:27:01:xx</p> <p>CG: "Judy Tatelbaum"</p>	<p>JUDY (SOT)</p> <p>"There are three phases I want... (shock; numb; suffering; reorganize your</p>

	life) ...move beyond your grief."
53. CUT TO: Interview - Teresa 03:05:52:xx -	TERESA (SOT) Not just one way to grieve.
54. CUT TO: Interview - Judy 01:12:06:xx - 01:14:06:xx	JUDY (SOT) "I don't think we all grieve the same way... (cry; rage; don't suppress; shouldn't last forever) ...you can love forever, but you shouldn't grieve forever."
55. CUT TO: Interview - Judy 01:03:44:xx - 01:04:09:xx	JUDY (SOT) "A philosophy... (not a victim) ...part of a normal human life."
56. CUT TO: Interview - Judy 01:07:06:xx - 01:08:12:xx	JUDY (SOT) "One of the important tools of healing... (self-fulfilling prophecy; be positive) ...I can get over this."
57. CUT TO: Interview - Teresa 03:07:35:xx -	TERESA (SOT) How do you know when you need a counselor?
58. CUT TO: Interview - Judy	JUDY (SOT)

<p>01:22:03:xx - 01:22:44:xx</p>	<p>"How do you know... (counselor) ...a very good idea."</p>
<p>59. CUT TO: Interview - Teresa</p> <p>03:08:04:xx -</p>	<p>TERESA (SOT)</p> <p>What transformations have you seen?</p>
<p>CUT TO: Interview - Judy</p> <p>02:02:30:xx - 02:03:15:xx</p>	<p>JUDY (SOT)</p> <p>"I think that's often true... (people who've suffered loss want to be of service) ... help other people with theirs."</p>
<p>60. CUT TO: Interview - Teresa</p> <p>03:09:12:xx</p>	<p>TERESA (SOT)</p> <p>"Tell us about the rewards."</p>
<p>CUT TO: Interview - Judy</p> <p>02:07:07:xx - 02:07:40:xx</p>	<p>JUDY (SOT)</p> <p>"It's thrilling... (on this earth to experience life) ...that's what it's all about."</p>
<p>61. CUT TO: Set - Teresa</p>	<p>TERESA</p> <p>You can learn more about the Gestalt techniques Judy recommends in these books and tapes.</p> <p>Technology that manages your</p>

	home finances and finding a good contractor when we return.
62. COMMERCIALS	
63. CUT TO: Set - Teresa	<p>TERESA</p> <p>Welcome back. Are you still balancing your checkbook the low-tech way. Here's Bob O'Donnell with the latest and greatest technology for home finances.</p>
64. CUT TO: INT BOB'S OFFICE - DAY BOB O'DONNELL at desk CG: "Bob O'Donnell" INTERCUT Screen Capture	<p>BOB O'DONNELL (SOT)</p> <p>(Quicken - ~01:30)</p>
65. CUT TO: Set - Teresa	<p>TERESA</p> <p>Speaking of keeping track of your money, heard any good contractor horror stories lately? Here's Bruce Williams with advice on how to avoid them.</p>
66. CUT TO: INT BRUCE'S OFFICE - DAY CG: "Bruce Williams" SERIES OF SHOTS: Contractor	<p>BRUCE WILLIAMS (SOT)</p> <p>(Contractors - ~01:30)</p>

ECU Bid Homeowner with contractor	
67. CUT TO: Set - Teresa	TERESA No more excuses - schedule that new roof. Thanks, Bruce. And thank <i>you</i> for joining us. We hope you've found today's show helpful in meeting the challenges in your life. I'm Teresa Richardson. We'll see you next time.
68. CUT TO GRAPHIC	TERESA (V.O.) Reach us on-line at KICU dot com. Click on "Meeting the Challenge," then click on today's topic.
FYI - List of Resources	(THEME MUSIC)
CREDITS	(MUSIC CONTINUES)
FADE TO BLACK	(MUSIC OUT)