Delve Deeper into The Way We Get By
A film by Aron Gaudet

This multi-media resource list, compiled by Debby DeSoer of the Ellensburg Public Library, contains films and other materials related to the issues and themes of aging, volunteerism and war presented in the film The Way We Get By.

On call 24 hours a day for the past five years, a group of senior citizens has made history by greeting nearly 800,000 American troops at a tiny airport in Bangor, Maine. The Way We Get By is an intimate look at three of these greeters as they confront the universal losses that come with aging and rediscover their reason for living. Bill Knight, Jerry Mundy and Joan Gaudet find the strength to overcome their personal battles and transform their lives through service. This inspirational and surprising story shatters the stereotypes of today’s senior citizens as the greeters redefine the meaning of community. A co-production of Dunby Productions and ITVS in association with WBGH and Maine Public Broadcasting Network (MPBN) with funding provided by the Corporation for Public Broadcasting (CPB).

ADULT NONFICTION

Aging and Seniors


Volunteerism


Laying Szakos, Kristin and Joe Szakos. We Make Change: Community Organizers Talk About What They Do, and Why. Nashville, TN: Vanderbilt University Press, 2007. This book provides a comprehensive exploration of the field of community organizing in diverse American neighborhoods. We Make Change includes a discussion of the real challenges of organizing that community leaders face, as well as fourteen in-depth profiles of individuals who are passionately dedicated to making a change.

McMillon, Bill, Doug Cutchins, and Anne Geissinger. Volunteer Vacations: Short-Term Adventures That Will Benefit You and Others. Chicago, IL: Review Press, 2009. This is a book about short-term projects that have the potential of immersing volunteers in different cultures.

Rusin, Jo Bryan. Volunteers Wanted. Magnolia Mansions Press, 1999. This book is a practical guide to finding and keeping good volunteers, this book tells everything from how to find them to how to reward them so they keep coming back.

War and the Military

Best, Suzanna and Cole, Bob. Courage After Fire: Coping Strategies for Troops Returning from Iraq and Afghanistan and Their Families. Berkeley, CA: Ulysses Press, 2005. This book provides soldiers with methods for coping with the psychological repercussions of serving in a war. The authors detail new treatments for veterans who are struggling, and specifically explain how the family and community may provide proper support while rebuilding relationships.


Kingston, Maxine Hong. Veterans of War, Veterans of Peace. Kihei, HI: Koa Books, 2006. For more than fifteen years, National Book Award-winning author Maxine Hong Kingston has led writing-and-meditation workshops for veterans and their families. The contributors to this volume are part of a community of writers working together to heal the trauma of war through art.

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Roche, John D. *The Veterans Survival Guide: How to File and Collect on VA Claims.* Dulles, VA: Potomac Books, 2006. This unique book, written in an accessible self-help style, will be required reading for any veteran or veteran’s dependent who wishes to obtain his or her well-earned benefits and for those officials of veterans’ service organizations who assist veterans with their claims.


**ADULT FICTION**


Mitchell, Terry. *In the Ashes Lie The Eagles.* Charleston, SC: Booksurge Publishing, Inc, 2007. A novel on the war in Iraq told from both sides, this fictional account written by an Australian soldier serving in his second tour of Iraq, is nonetheless factual and elucidates the “plight of those who fight for each other” in modern-day Iraq.


Wharton, Edith. *A Son at the Front.* DeKalb, IL: Northern Illinois University Press, 1995. Wharton tells the story of a painter, John Campton and his son, George, whose lives are overturned by the events of WWI. Because his American parents were visiting France at the time of his birth, George is called to serve in the French army. As the war rages, Campton struggles with the separation from his son, and realizes the value of their relationship.

**NONFICTION FOR YOUNG ADULTS**

Aronson, Marc and Campbell, Patty. *War Is...Soldiers, Survivors and Storytellers Talk About War.* Cambridge, MA: Candlewick, 2009. Aronson and Campbell have collected an array of essays, interviews, blog posts, articles, song lyrics, short stories and letters from people directly involved in war.


Halpin, Mikki. *It’s Your World, if You Don’t Like it, Change It:* Activism for Teenagers. New York, NY: Simon Pulse, 2004. This guide provides comprehensive ideas for making a difference in the community, at school and in the greater world, including the war in Iraq. Each section includes accounts from teens about the challenges and rewards of their activism.

Smithson, Ryan. *Ghosts of War: The True Story of a 19-Year-Old GI.* New York, NY: HarperCollins, 2009. The author experienced the events of 9/11 while in high school, and decides to enlist in the army upon graduation. Ghost of War is one GI’s experience of the Iraq war, his questions and conclusions while enlisted, and his experience upon his return to civilian life in the U.S.


FICTION FOR YOUNG ADULTS

Mason, Bobbie Ann. In Country: A Novel. New York, NY: Harper Perennial, 2005. 17-year-old Sam Hughes’ life was changed forever when her father was killed in the Vietnam War. Living in rural Kentucky with her uncle Emmett, a veteran who suffers from exposure to Agent Orange, Sam struggles to lead a normal teenage life. Frustrated by her family’s reluctance to share the events of the war, Sam seeks insight into a traumatic past to which she is inextricably linked.


Remarque, Erich Maria. All Quiet On the Western Front. New York, NY: Ballantine Books, 1987. During World War I, Paul Baumer enthusiastically enlists with his classmates in the German army. However, Paul is soon exposed to the hate that pits generations against one another. As he fights for his life, he commits himself to combating this hatred.

Yumoto, Kazumi. The Friends. New York, NY: Farrar, Straus and Giroux, 2005. Three twelve-year-old boys form a friendship based on their shared fascination with death. The group begins to spy on a solitary elderly man in their village who, initially angered by their intrusiveness, becomes revitalized by their interest in him. They soon begin to help him with chores, and discover an intergenerational relationship that allows them to accept their fear of dying.

BOOKS FOR CHILDREN


Wilson, Nancy Hope. Old People, Frogs, and Albert. New York, NY: Farrar, Straus and Giroux, 1999. Albert is uncomfortable with the elderly, and fears passing the friendly residents of the Pine Manor Nursing Home on his way home from school. However, he rethinks his judgment of the older generation when Mr. Spear, his reading tutor, has a stroke and is placed in Pine Manor. Albert’s grandmother sends him a book on frogs, which inspires him to develop his literacy and confront his anxiety about reading. Albert races to the nursing home to share his new ability with Mr. Spear.

FILMS/DOCUMENTARIES

Band of Brothers. Produced by HBO, 2002. TRT: 705 min. Band of Brothers follows a company of airborne infantry—Easy Company—from boot camp through the end of WWII.

Brothers at War. Directed by Jake Rademacher. Samuel Goldwyn Films, 2009. TRT: 110 min. Determined to understand his brothers’ experiences fighting in Iraq, Director Jake Rademacher risks his life and embeds with four combat units. Brothers at War provides an intimate look into the lives of deployed soldiers and the profound impact that their service has on the loved ones at home. http://www.brothersatwarmovie.com

In Their Boots. Directed by Amanda Spain. Brave New Foundation, 2008. This series explores the ways in which American soldiers and their families have been affected by the wars in Iraq and Afghanistan. Host Tina Malave interviews military families, veterans, and service members in communities around the country. http://www.intheirboots.com

Stop Loss. Directed by Kimberly Peirce. Paramount/MTV, 2008. TRT: 111 min. Kimberly Peirce’s follow-up to Boys Don’t Cry is another issue-driven look at its era: Stop-Loss hinges on U.S. military policy allowing Iraq War soldiers to be returned to combat even after their official hitches are up. www.amazon.com

Wild Strawberries. Directed by Ingmar Bergman. Svensk Filmindustri, 1959. TRT: 91 min. Bergman tells the story of a disillusioned elderly physician who travels to Lund to receive an honorary award after 50 years of medical practice. During his travels he is repeatedly affected by dreams and hallucinations that reveal his fears about dying. Reflecting on his misguided acts, the physician reunites with his family and asks for forgiveness. www.amazon.com

Young@Heart. Directed by Sally George and Stephen Walker. 20th Century Fox, 2008. TRT: 107 min. Young@Heart is about a group of singing senior citizens as they prepare for and then perform a concert with a repertoire consisting of songs by the likes of Coldplay, Sonic Youth and James Brown. www.amazon.com