

Miami International Film Festival's GEMS showcase runs this weekend

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The mini-festival, presented by Miami Dade College, runs Oct. 22-25

All movies will be screened at the Tower Theater in Little Havana

Tickets are \$13 (\$10 for Film Society members)

The Argentine box-office smash *The Clan* is one of the highlights of this weekend's GEMS showcase, a series of screenings of upcoming and noteworthy films presented by Miami Dade College's Miami International Film Festival.

Here is the complete schedule of movies, which will screen Oct. 22-25 at the Tower Theater, 1508 SW Eighth St. Tickets are \$13 (\$10 for Film Society members). For info, visit www.miamifilmfestival.com or call 1-844-565-6433.

THURSDAY OCT. 22

7:45 p.m.: *Brooklyn*: Saoirse Ronan stars as a young woman who must choose between love in New York or family in Ireland during the 1950s.

FRIDAY OCT. 23

7 p.m.: *Havana Motor Club*: A documentary look at the unlikely drag-racing culture, using restored classic American cars, in post-Revolution Cuba.

7:15 p.m. *Mia Madre*: Nanni Moretti (*The Son's Room*, *Caro Diario*) wrote and directed this drama about a filmmaker dealing with the loss of her mother.

9:15 p.m. *The Club*: Chilean director Pablo Larraín's indictment of the Catholic Church's handling of moral failings within the institution.

9:30 p.m. *Embrace of the Serpent*: Director Ciro Guerra travels deep into the wilds of the Amazon jungle to tell the story of the search for a sacred healing plant, shot in luminous black-and-white.

SATURDAY OCT. 24

11:45 a.m. *The Clan*: The stranger-than-fiction true story of a man who forced his family to participate in kidnappings in 1980s Argentina ([review here](#))

Noon: *A Tribute to James Horner*: A master class tribute to the late composer James Horner (*Titanic*, *The 33*), hosted by Miami-based composer Carlos Rafael Rivera (*A Walk Among the Tombstones*).

1 p.m. *Havana Motor Club* (see above)

2 p.m. *My Golden Days*: The great Arnaud Desplechin (*A Christmas Tale*, *Kings & Queen*) directs this drama about an anthropologist (Mathieu Amalric) revisiting his turbulent youth.

3:45 p.m. *Yona*: Nir Bergman directs this biopic of the nonconformist Yona Wallach, who challenged Tel-Aviv's male-dominated, chauvinistic political and poetry circles in the 1960s.

4:30 p.m.: *It's Now or Never*: A box office smash in its native Spain, this comedy details the chaotic events that transpire as two families prepare for a wedding.

6:30 p.m. *Krishna*: Writer-director Trey Edward Shults channels John Cassavetes with this story of a young woman who reunites with her estranged relatives to celebrate Thanksgiving.

6:45 p.m. *The Clan*: (see above) ([review here](#))

9 p.m. *Youth*: Michael Caine, Harvey Keitel, Rachel Weisz, Paul Dano and Jane Fonda star in Paolo Sorrentino's Fellini-tinged exploration of the emotional and intellectual differences between youth and old age

9:30 p.m. *A Perfect Day*: Spanish director Fernando León de Aranoa makes his English-language debut with this look at 24 hours in the lives of two veteran humanitarian aid workers (Benicio del Toro and Tim Robbins) in the waning days of the 1995 Balkan War.

SUNDAY OCT. 25

Noon: *Yona* (see above)

12:30 p.m. *It's Now or Never* (see above)

2:30 p.m. *Embrace of the Serpent* (see above)

2:45 p.m. *The Assassin*: Hsiao-hsien Hou won the Best Director award at the Cannes Film Festival for this story of a 10-year-old girl in 9th century China, Nie Yinniang is abducted by a nun who transforms her into an impressive warrior in ninth-century China and sends her home with orders to kill the man to whom she was promised to marry.

6 p.m. *The 33*: An international rescue effort to save 33 Chilean miners trapped 2,300 feet underground for 69 days in the Copiapó mine riveted over a billion people in 2010. Director Patricia Riggen recreates the details of the catastrophe with a cast that includes Antonio Banderas, Juliette Binoche and Rodrigo Santoro.

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Let's have a heart-to-heart about caring for someone with severe aortic stenosis

If you are caring for someone with severe aortic stenosis, you may have your hands full. People who suffer from severe aortic stenosis may experience symptoms that make even the most basic activities of daily life difficult to perform. Things the person you care for used to enjoy, like running errands with you, or going for walks in the afternoon, may now seem like too much for them.



The Basics: Symptoms & Risk Factors

Common symptoms of aortic stenosis the person you care for may experience include:

- Chest pain
- Fatigue
- Shortness of breath
- Lightheadedness, feeling dizzy, and/or fainting
- Difficulty when exercising

Major risk factors associated with aortic valve disease include:

- Increasing age
- High blood pressure
- High cholesterol
- Smoking

If the person you are caring for is experiencing any of these symptoms, but has not been told they have aortic stenosis, contact their doctor right away. They need an evaluation to determine the cause of their symptoms.

Know the Treatment Options

Treatment for aortic stenosis depends on how far the disease has progressed. If the stenosis is mild, medication may be prescribed to help regulate the heartbeat and prevent blood clots. However, as the severity of stenosis progresses, the doctor may recommend replacing the diseased aortic valve.

Fortunately, there are more treatment options than ever before when it comes to aortic valve replacement. The typical and most common treatment is open-heart surgery to replace the disease heart valve. This may or may not be an option for the person you care for if they are deemed to be high risk or too sick for open-heart surgery. A less invasive procedure called transcatheter aortic valve replacement, or TAVR, may be recommended.

The Scoop on TAVR

TAVR is for people who have been diagnosed with severe aortic stenosis and who are high-risk or too sick for open heart surgery. This less invasive procedure allows a new valve to be inserted within the diseased aortic valve through use of a catheter.

Ways You Can Help

If the person you care for has severe aortic stenosis, and has been recommended for surgery, you can help them by:

- **Tracking their symptoms:** Keep an eye on the symptoms of aortic stenosis (chest pain, fatigue, shortness of breath, lightheadedness, difficulty with exercise). Are they worsening? If so, it's time to encourage them to see their doctor.
- **Being a voice of reason:** If the person you care for has severe aortic stenosis, and is experiencing symptoms or their symptoms are getting worse, encourage them to see a doctor and consider treatment.
- **Attending appointments:** It will help if you hear the doctor's evaluation first-hand.
- **Talking about the treatment plan:** If the person you care for has severe aortic stenosis, and is experiencing symptoms or their symptoms are getting worse, encourage them to see a doctor and consider treatment.
- **Considering a second opinion:** Discuss the doctor's recommendation, and weigh the pros and cons together.
- **Taking care of yourself:** Caring for yourself is as important as caring for the person you care for. Make sure you take the occasional afternoon or evening off to relax and recharge.

For additional information on the TAVR procedure, visit Newheartvalve.com. There you can download free resources, which can help you introduce this treatment procedure to the person you care for.

For more support as a caregiver, please visit the National Alliance for Caregiving at caregiving.org. They offer information, resources, and support for caregivers throughout the U.S.

For more information on aortic stenosis, including free resources that can help you learn more, please visit NewHeartValve.com.

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