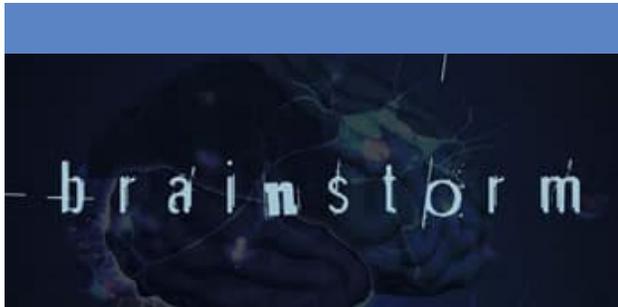


UEN-TV Monthly Health Highlights - November 2019



Alzheimer's: The Caregiver's Perspective



Friday, November 1 at 8 p.m.

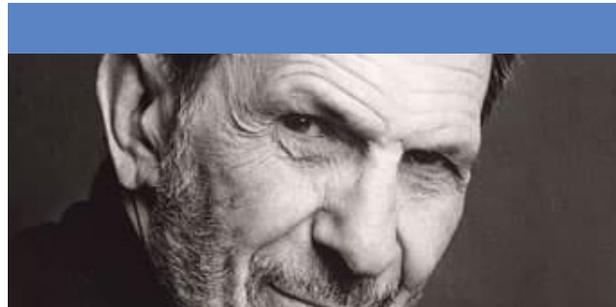
According to the Alzheimer's Association, more than 15 million family members and friends provided 18.1 billion hours of unpaid care in 2015 to those with Alzheimer's and dementia. Alzheimer's is more than memory loss; it affects many generations and is the sixth leading cause of death in the United States. In the film, caretakers share their diverse experiences of caring for loved ones in the world of dementia - from diagnosis to saying the long goodbye. A variety of caregivers, family members and many others explain how they creatively navigate the frustrations, sorrows, and complications of caring for a loved one who can no longer function safely on their own.

Brainstorm



Saturday, November 2 at 9 p.m.

A TV news reporter must confront her epilepsy after being fired over a seizure. Stacia Kalinoski pursues brain surgery and documents her journey as a way to raise awareness about the brain disorder that affects 1 in 26 people.



Healthy Minds with Dr. Jeffrey Borenstein



Fridays at 8 p.m. beginning November 8

One in five people has a diagnosable mental disorder. For many families, the fear and shame associated with a diagnosis of mental illness can lead to isolation and suffering in silence. The series aims to educate the public about psychiatric conditions which affect so many people. The series humanizes mental health conditions through inspiring personal stories and interviews with leading researchers and experts, who provide the latest information about diagnosis and treatment.

Remembering Leonard Nimoy



Saturday, November 16 at 8 p.m.

An intimate journey into Leonard Nimoy's personal life. Featuring stories from his childhood growing up in Boston, his early career in Hollywood, his big break out role on the *Star Trek* series, highlights from his remarkable career- to the remaining years of his life battling chronic obstructive pulmonary disease (COPD). The film features interviews with Leonard's closest family members who share poignant stories and special memories. This memorable documentary also includes never-seen-before home videos and photos.



Stories of the Mind



Fridays at 8:30 p.m. beginning November 8

Diverse Americans share personal stories of mental health and wellness, to enlighten and inspire. In the first program, comedians know a thing or two about mental health and they're not afraid to talk about it, as they prepare for the Cracking Up Comedy Competition.

Return: Native American Women Reclaim Foodways for Health and Spirit



Saturday, November 23 at 9 p.m.

The documentary features the charismatic Roxanne Swentzell from Santa Clara Pueblo in New Mexico, whose Pueblo Food Experience project is transforming lives in her community. Her efforts to reclaim ancient foodways are echoed across the continent by Tlingit, Muckleshoot, Oglala Sioux, Menominee and Seneca women who share Roxanne's passion and drive. Through personal, character-based storytelling, *RETURN* offers examples of alternative pathways to health and wellness for American Indians and demonstrates how returning to ancestral food sources can strengthen cultural ties to each other and to one's heritage.