

# UEN-TV Monthly Health Highlights - May 2020



## Chef Darren: The Challenge of Profound Deafness



Friday, May 1 at 8 p.m.

Born profoundly deaf, Darren Weiss was a frustrated child. Darren ultimately learned to speak and became a father, a teacher and the chef of his own trend-setting Los Angeles restaurant.

## Insecta: Science that Stings



Monday, May 4 at 8:30 p.m.

Insect scientists explore the painful stings and the fascinating science behind a variety of bugs as they study the often unseen world surrounding us.

## A Spark of Nerve



Monday, May 4 at 9 p.m.

Dr. Susan E. Mackinnon is restoring movement to limbs that many doctors believe to be permanently paralyzed.

## Into the Light



Tuesday, May 5 at 9 p.m.

A Marine returning from Afghanistan with psychological injuries meets a therapist who is confronting her own family's struggles with mental illness.



## Before Stage Four: Confronting Early Psychosis



Friday, May 8 at 8 p.m.

Featured are ground-breaking brain studies from the University of Pittsburgh that could one day predict a young person's vulnerability to psychosis so that families can intervene "Before Stage Four."

## Growing Old Gambling



Saturday, May 9 at 8:30 p.m.

Personal stories and expert guidance shed light on the growth of problem gambling for Baby Boomers.

## The Celiac Project



Saturday, May 15 at 8 p.m.

The documentary is about life before and after the diagnosis of celiac disease.

## Stella and Co: A Romantic Musical Comedy Documentary about Aging



Tuesday, May 12 at 9 p.m.

Upon spending time with Stella and her friends - all charismatic people in their 80s, 90s and 100s - it's quite clear that seniors have much to offer and have earned a central role in our society.



## Revolutionizing Dementia Care



Thursday, May 14 at 9 p.m.

People living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations.

## Aging Matters: Loneliness and Isolation



Friday, May 15 at 8 p.m.

Characteristics linked to social isolation and health risks associated with loneliness are examined.

## Dancing to Happiness with Darcy Bussell



Sunday, May 17 at 8 p.m.

The former principal dancer for the Royal Ballet seeks to understand the impact dancing has on emotional well-being.

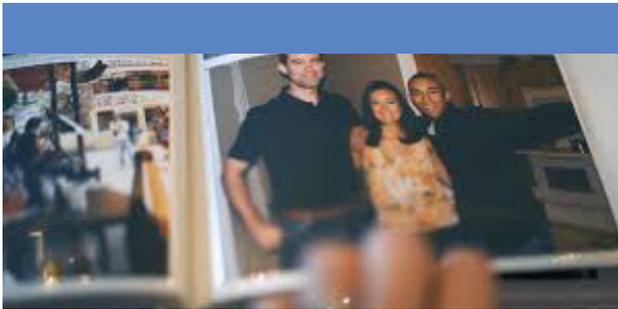
## Waking Up to Wildfires



Monday, May 18 at 8:30 p.m.

The program explores the ongoing experiences of first responders, fire survivors and mental health professionals still dealing with the aftermath of the 2017 Northern California wildfires

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## Speaking Grief

Tuesday, May 19 at 9 p.m.



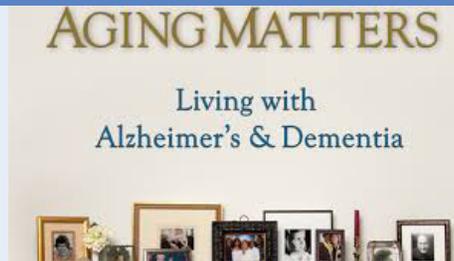
The film interviews grieving families from across the U.S., whose losses range from stillbirth to suicide, to address common misconceptions about grief. Through candid personal stories and conversations with experts in the grief field, the film also presents ideas for how family and friends can better support each other through loss.

## Kids in Crisis

Friday, May 22 at 8 p.m.



This documentary follows four young people as they navigate various mental health challenges. They have endured assault, bullying, incarceration and discrimination. Some thought about suicide. But through the pain they found support from family, friends and strangers and strength within themselves. They're sharing their stories to let others know they're not alone and that healing is possible.



## Living with Alzheimer's and Dementia

Tuesday, May 26 at 9 p.m.



An estimated five million people in the U.S. are living with some form of dementia. By 2050, barring any major scientific breakthroughs, the number of people living with dementia is expected to balloon to nearly 14 million. This program explores the effects these diseases have on individuals, families and communities.

## Crazy

Thursday, May 28 at 9 p.m.



The documentary follows Eric, a diagnosed schizophrenic, as he faces a critical choice - whether to comply with traditional mental health treatment or follow his own path to wellness.



## Uncertainty: Why We're So Anxious about Anxiety

Friday, May 29 at 8 p.m.



People living with dementia can still enjoy full and meaningful lives based on their abilities, not their limitations. Anxiety disorders are the most common mental illness in the U.S., affecting 40 million adults in the United States age 18 and older every year. This translates to about one person in every five. For adolescents, the numbers are even higher, about one in every three youths between the ages of 13-18. What is anxiety? And what can be done about it? This program presents an open discussion that addresses these questions and more, in an effort to heighten awareness, increase understanding, provide resources, and offer hope to those whose lives have been impacted by this mental health condition.