

# UEN-TV Health Highlights - November 2021

## Aging

### Growing Bolder

From the garden to the workout room, this series delivers a playbook for active life which appeals to viewers of all ages. Topics include insights on health and well-being, finance, travel and more.

**Tuesdays at 8:30 p.m. beginning November 2**  
**UEN 9.1**



### The Art of Aging Well

Practical tips, real-life success stories and the latest from leading medical experts on aging, while giving older adults the insights and inspiration they need to live healthier, more satisfying lives.

**Friday, November 5 at 8:30 p.m.**  
**UEN 9.1**

### Aging Matters: Aging and the Workplace

Explore what the workforce of tomorrow will look like and what employers need to do now to adapt and prepare for the future.

**Tuesday, November 9 at 8 p.m.**  
**UEN 9.1**

### Aging Matters: Loneliness and Isolation

Decades of research have shown that social isolation and loneliness can be as dangerous to your health as smoking or obesity.

**Tuesday, November 10 at 9 p.m.**  
**UEN 9.1**

## Healthy Living

### Polytrauma Rehab in the VA: Compassionate Care

Dr. Ajit Pai, heads the polytrauma unit. He is dedicated to his patients and is known for advocating new medical techniques, while also weighing heavily the patient's requests.

**Friday, November 12 at 8 p.m.**  
**UEN 9.1**



### Defining Hope

Follow eight patients with life-threatening illness as they make choices about how they want to live, how much medical technology they can accept, what they hope for and how that hope evolves when life is threatened.

**Friday, November 19 at 8 p.m.**  
**UEN 9.1**

### Return: Native American Women Reclaim Foodways for Health and Spirit

Learn of alternative pathways to health and wellness for American Indians and how returning to ancestral food sources can strengthen cultural ties to each other and to one's heritage.

**Tuesday, November 23 at 8 p.m.**  
**UEN 9.1**

### Parent's Survival Guide: Childhood Obesity

The documentary helps parents determine their children's risk for obesity and offers proven, practical strategies for prevention and intervention.

**Tuesday, November 23 at 9 a.m.**  
**UEN 9.1**

## Alzheimer's Awareness

### Alzheimer's: The Caregiver's Perspective

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 the sixth leading cause of U.S. deaths.

**Saturday, November 27 at 8 p.m.**  
**UEN 9.1**



### Alzheimer's: Insulin Resistance and Nutrition

Learn of dramatic new scientific findings regarding its causes, its relationship to poverty and diet and new discoveries by Alzheimer's researchers that hold the promise of reversing and even curing Alzheimer's through diet.

**Friday, November 5 at 8 p.m.**  
**UEN 9.1**

### Too Soon to Forget: The Journey of Younger Onset Alzheimer's

When this disease strikes before the age of 65, it's considered 'younger onset' Alzheimer's. Today, more than 250,000 individuals in the United States are living with Younger Onset Alzheimer's disease.

**Friday, November 26 at 8 p.m.**  
**UEN 9.1**