

**BRONX COMMUNITY COLLEGE LIBRARY
SUGGESTED FOR
HLT 90
HEALTH AND AGING**

CODE NO.

TITLE

OUR NATION'S ELDERS: MYTHS AND FACTS

	<u>GROWING OLD IN A NEW AGE (SERIES)</u> – 60 min each, c1993
V2432.1	MYTHS AND REALITIES OF AGING
V2432.2	HOW THE BODY AGES
V2432.3	MAXIMIZING PHYSICAL POTENTIAL OF OLDER ADULTS
V2432.4	LOVE, INTIMACY AND SEXUALITY
V2432.5	LEARNING, MEMORY AND SPEED OF BEHAVIOR
V2432.6	INTELLECT, PERSONALITY AND MENTAL HEALTH
V2432.7	SOCIAL ROLES AND RELATIONSHIPS IN OLD AGE
V2432.8	FAMILY AND INTERGENERATIONAL RELATIONSHIPS
V2432.9	WORK, RETIREMENT AND ECONOMIC STATUS
V2432.10	ILLNESS AND DISABILITY
V2432.11	DYING, DEATH AND BEREAVEMENT
V2432.12	SOCIETAL AND POLITICAL ASPECTS OF AGING
V2432.13	THE FUTURE OF AGING

DVD442 **LIVING OLD: THE MODERN REALITIES OF AGING IN AMERICA** – 60min, c2006

V 2440 **ELDER ABUSE: FIVE CASE STUDIES** – 43 min, c1990
DVD13 **EMOTIONAL SELF-CONTROL: DO YOU HAVE IT** – 22 min, c2002

CREATING ALL-AROUND WELLNESS (SERIES) – 30 min each, c2001
DVD41.1 **PROMOTING HEALTHY BEHAVIOR**
DVD41.5 **ACCEPTING LIFE'S TRANSITIONS** (*This program takes a look at the aging Process from start to finish, defining age from the viewpoints of biology, psychology, society, functionality and the law.*)

DVD41.8 **PRACTICING PROACTIVE CONSUMERISM: HEALTHCARE**
-30min, c2001

BIOLOGIC AGING THEORIES AND LONGEVITY

DIABETES (SERIES) – c2004
V3373.1 **NUTRITION THERAPY, EXERCISE, AND SICK DAY MANAGEMENT** – 26min

BIOLOGIC AGING THEORIES AND LONGEVITY

- DIABETES (SERIES)** – c2004
- V3373.2 **INSULIN AND ORAL ANTIDIABETIC AGENTS** – 28min, c2004
- V3373.3 **NEUROPATHY, NEPHROPATHY, AND RETINOPATHY** – 25min
- V3373.4 **CARDIVASCULAR DISEASE AND THE DIABETIC FOOT** – 23min
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- DVD41.5 **ACCEPTING LIFE’S TRANSITIONS** – 30min, c2001
- DVD 29.1 **TREATING TIME** – 51 min. c2002
- DVD 32.2 **DIGESTIVE SYSTEM: YOUR PERSONAL POWER PLANT** –30min, c1999
- V2889 **NUTRITION AND EXERCISE: FACTS TO LIVE BY** – 20min, c1995
- DVD41.5 **ACCEPTING LIFE’S TRANSITIONS** – 29min, c2001
- V1403.18 **MATURING AND AGING** – 60min, c1989
- V3278 **LIVING LONGER** (*In this documentary film life takes center stage as medical advances spare lives and extended life expectancies – first in the industrialized world and then in emerging nations. Meet the pioneers who fought the war against deadly diseases and learn about new plagues that threaten our future.* – 60min, c1999)

THE BODY AND ITS AGE CHANGES – PHYSICAL ACTIVITY

- V2889 **NUTRITION & EXERCISE: FACTS TO LIVE BY** – 20min, c1995
- V2432.3 **MAXIMIZING PHYSICAL POTENTIAL OF OLDER ADULTS** – 60min. c1993
- DVD41.5 **ACCEPTING LIFE’S TRANSITIONS** – 30min, c2001
- DVD 150 **COLON CANCER: POWER OF PREVENTION** – 24min, c2003
- DVD33.3 **LIVING WITH TODAY’S MALADIES**
(*This program examines symptoms and risk factors associated with a wide variety of maladies as well as the stresses of modern living.*)
- 29 min, c2001

NUTRITION

- DVD498 **NUTRITION BASICS: ABC’S OF EATING RIGHT** – 21min, c1996
- V3326 **SPECIAL NUTRITION PROBLEMS OF THE ELDERLY** – 19min, c1997
- V2889 **NUTRITION AND EXERCISE: FACTS TO LIVE BY** – 20min, c1995

INSIDE TRACT (SERIES) –51min each, c2003

- DVD23.1 **WE ARE WHAT WE EAT**
- DVD23.2 **SYSTEM BREAKDOWN**
- DVD23.3 **THE CHOICE IS OURS**

NUTRITION

- DVD14 **UNDERSTANDING EATING DISORDERS** – 27min, c2003
- DVD32.2 **DIGESTIVE SYSTEM: YOUR POWER PLANT** – 30min, c1999

ELEMENTS OF HUMAN NUTRITION

- DVD 508.1 **FATS** - 21min, c2009
- DVD 508.2 **VITAMINS** - 51min, c2009
- DVD 508.3 **MINERALS** - 27min, c2009
- DVD 508.4 **WATER** - 30min, c2009

SEXUALITY

V2494

SEXUALITY AND AGING – 59min, c1987

MENTAL HEALTH AND ILLNESS

DVD29.1

BEATING TIME (SERIES) – 51min. each, c2002

DVD29.2

TREATING TIME

MINDING TIME

(This program demonstrates through case studies how the aging process affects body and mind, and how diagnostic procedures and holistic therapies are helping extend life expectancy.)

DVD38.4

A GUIDE TO DISABILITIES: OVERCOMING MENTAL IMPAIRMENT – 32min, c2003

DVD112

ALZHEIMER'S: A TRUE STORY – 75min, c1999

DVD468.1

THE ALZHEIMER'S PROJECT (SERIES) - c2009

THE MEMORY LOSS TAPES/CAREGIVERS/GRANPA, DO YOU KNOW WHO I AM? - 175min

DVD468.2

MOMENTUM IN SCIENCE (PARTS 1&2) - 120min

DVD468.3

MOMENTUM IN SCIENCE:

THE SUPPLEMENTARY (SERIES) - 238min

- Understanding and attacking Alzheimer's
- How far we have come in Alzheimer's research
- Identifying mild cognitive impairment
- Advances in brain imaging
- Looking into the future of Alzheimer's
- The connection between insulin and Alzheimer's
- Inflammation, the immune system, and Alzheimer's
- Cognitive research: what the religious orders study is revealing about Alzheimer's
- Searching for an Alzheimer's cure: The story of Flurizan
- The pulse of drug development

V2432.10

ILLNESS AND DISABILITY – 60min, c1993

MENTAL HEALTH AND ILLNESS

V2432.6

INTELLECT, PERSONALITY, AND MENTAL HEALTH
– 60min, c1993

V2440

ELDER ABUSE: FIVE CASE STUDIES – 43min, c1990

V1404.2

ALZHEIMER'S DISEASE (*The Brain, 2nd Edition, program 19*) -7min, c1997

V2304

ALZHEIMER'S DISEASE: INSIDE LOOKING OUT –20min, c1983

CHRONIC ILLNESS, ACUTE ILLNESS AND ACCIDENTS

DIABETES (SERIES) – 30min each, c2004

- V3373.1 NUTRITION THERAPY, EXERCISE AND SICK DAY MANAGEMENT
V3373.2 INSULIN AND ORAL ANTIDIABETIC AGENTS
V3373.3 NEUROPATHY, NEPHROPATHY, AND RETINOPATHY
V3373.4 CARDIOVASCULAR DISEASE AND THE DIABETIC FOOT

DVD38.3 OVERCOMING PROBLEMS WITH SPEECH, HEARING, AND VISION – 40min, c2003

DVD38.4 OVERCOMING MENTAL IMPAIRMENT – 32min, c2003

COPING WITH ILLNESS (SERIES) - 30min each, c2001

DVD33.1 **REDUCING THE RISKS OF CARDIOVASCULAR DISEASE**
(This program begins with a concise overview of how the heart and circulatory system function and why a healthy heart is important to overall bodily health.)

DVD33.2 **DEALING WITH CANCER**
(After introducing a broad topic of cancer, this program narrows its focus to scrutinize breast, cervical prostate, testicular, lung and skin cancers. Symptoms and steps to reduce the risk of contracting these diseases is identified.)

DVD33.3 **LIVING WITH TODAY’S MALADIES**
(This program examines symptoms and risk factors associated with a wide variety of maladies as well as the stresses of modern living.)

DVD150 **COLON CANCER: THE POWER OF PREVENTION** *(One of the most deadly forms of cancer is also one of the most preventable. -24min, c2003)*

PREVENTION AND HEALTH PROMOTION

MEDICAL CARE& LONG TERM CARE

V2688 **BEFORE I DIE: MEDICAL CARE AND PERSONAL CHOICES**
-60min, c1997

V3500.1 **GUIDE TO LONG TERM CARE INSURANCE with Phyllis Shelton**
-57min, c2003

PREVENTION AND HEALTH PROMOTION

DVD41.8 **PRACTICING PROACTIVE CONSUMERISM:** *(This program seeks to demystify the complexities of America’s health care system by offering information on healthcare organization, types of health insurance, common legal and ethical considerations, your rights as a health care consumer as well as definitions of essential medical terminology.) -30min, c2001*

DYING, DEATH & GRIEF

- DEATH: A PERSONAL UNDERSTANDING (SERIES)** – 30min each, c1998
- V2805.1 WHAT IS DEATH?
 - V2805.2 THE DYING PERSON
 - V2805.3 FACING MORTALITY
 - V2805.4 THE DEATHBED
 - V2805.5 FEAR OF DEATH AND DYING
 - V2805.6 SUDDEN DEATH
 - V2805.7 A CHILD'S VIEW OF DEATH
 - V2805.8 GRIEF AND BEREAVEMENT
 - V2805.9 DEATH RITUALS
 - V2805.10 THE GOOD DEATH

- ON OUR OWN TERMS: MOYERS ON DYING (SERIES)** – 90min each, c2000
- DVD481.1 LIVING WITH DYING
 - DVD481.2 A DIFFERENT KIND OF CARE
 - DVD481.3 A DEATH OF ONE'S OWN
 - DVD481.4 A TIME TO CHANGE

- V2432.11 **DYING, DEATH & BEREAVEMENT** – 60min, c1993
- V2303 **THE KEVORKIAN FILE** – 56min, c1994

- V2308 **THE WAY WE DIE** (*Over the years, death has come to embody failure for health care providers, putting them in an impossible position medically, and hindering them from opening up to the needs of their dying patients as human beings who are in the final stage of life.*) – 25min, c1998

OTHER SUGGESTED PROGRAMS

- A GUIDE TO DISABILITIES (SERIES)** – c2003
- DVD38.1 **OVERCOMING PROBLEMS WITH LOCOMOTION** – 32min
 - DVD38.2 **OVERCOMING PROBLEMS WITH BLADDER, BOWELS, AND SWALLOWING** – 27min
 - DVD38.3 **OVERCOMING PROBLEMS WITH SPEECH, HEARING, AND VISION** - 40min
 - DVD38.4 **OVERCOMING MENTAL IMPAIRMENT** – 32min
 - DVD190.3 **THE AGING BRAIN THROUGH MANY LIVES**
(*The Secret Life of the Brain Series*) – 120min, c2001