

# Vital Living Forum Shows



The *Vital Living Forum* is an hour-long talk show that highlights local services, resources and opportunities for older adults living in Central Florida. The show airs in Orange County on Orange TV (Bright House 488/AT&T U-Verse 99/Comcast 9). You can watch Orange TV anytime, anywhere in the world at [www.orangetvfl.net](http://www.orangetvfl.net).

Below are direct links to *Vital Living Forum* shows by topic. To view one, simply click on a show title and it will play from the Orange TV website.

## Medical

### **General Medical**

- Adverse Medication Interactions
- Depression in the Elderly
- Geriatric Medicine Fellows (Florida Hospital)
- Medication & Memory Loss – with Dr. Lori Daeillo
- Melding Traditional Medicine with Complementary Therapies
- The Latest in Cancer Research

### **Brain Health & Dementia**

- Brain Health – with Dr. Paul Nussbaum
- Understanding the Behavioral Issues that Accompany Dementia
- Young Onset Dementia
- Parkinson's Treatment – 10 Secrets to a Happier Life - with Dr. Michael Okun

### **Managing Your Health**

- Community Inclusion (Disability)
- Developing a Care Plan
- Falls Prevention - Part 1
- Falls Prevention - Part 2
- My Mother, Your Mother – with Dr. Dennis McCullough

### **Hospital & End-of-Life**

- Encouraging End-of-Life Discussions
- A Good Death
- Life's Final Journey (Part 1)
- Life's Final Journey (Part 2)
- Managing a Medical Crisis
- Patient Care in a Hospital Setting

## Elder-Friendly Communities

- Aging Matters: Connecting with Media
- Building Strong Communities
- Community Planning for an Aging Population
- Conversations on LGBT and Aging
- Creating Strong Communities (Neighbors Network)
- Impact and Opportunities of an Aging
- Life Stories from Central Florida Elders

## Housing & Transportation

- Aging in Place
- Long Term Care Facilities
- Relocating & Downsizing

## Life Topics

- Divorce After 50: Legal Process (part 1)
- Divorce After 50: Emotional Process (part 2)
- Elder Abuse
- Employment After 50
- Guardianships for Older Adults

## Positive Aging

- Fitness After 50
- Life Stories: Opal Shields
- Life Stories: Charlotte Chambers
- Life Stories: Chester Barber
- Life Stories: Ida White
- The Quest for Faith

# Active Lifestyles Magazine Shows

*Active Lifestyles Magazine* is a 5-minute interview with expert guests on topics of interest to ages 50+. The show airs in Orange County on Orange TV (Bright House 488/AT&T U-Verse 99/Comcast 9). You can watch this show anytime, anywhere in the world at [www.orangetvfl.net](http://www.orangetvfl.net).



Below are links to *Active Lifestyles Magazine* shows by topic. To view, simply click on the name of the show and it will play from the Orange TV website.

## Active Aging

### Exercise

- Gentle Yoga with Foot Exercises
- Laughter Yoga

### Personal Enrichment

- Apps for Seniors
- Developing a Managed Care Plan
- Elder Ambassador Program
- Finding Meaning in Life
- Lifelong Learning Opportunities
- Smart Phone Apps for Seniors
- Stone Circle
- Technology for Seniors
- Volunteering for ITN Orlando
- Women Reinventing Themselves
- Writing Your Life Story

## Care Management

- Enrich Your Caregiving Journey
- Home Companion Services
- How Do Caregivers Learn to Give Care
- Non-Verbal Communication Cues

## Conversations

- Compassionate Friends
- Discussing Taboo Topics
- Reaching Out to a Friend Who Has Lost a Loved One
- Loss of a Pet and Pet Cemeteries

## Legal & Financial

- Disability Insurance Policies
- Final Tax Legislation – What Does this Mean to Me
- Investing in today's low interest rate environment
- Is there a need for life insurance when I retire?

## Legal & Financial *(continued)*

- Leaving a Legacy for Your Pet
- Long-Term Care Policies
- Medicaid Asset Protection Trusts
- Myths About Retirement Distribution Planning
- Obtaining Custody of Grandchildren
- Reducing Out-of-Pocket Medical Expenses
- Special Needs Populations
- What to Know About Your Parents' Finances
- Warning Signs That Parents' Finances are Off Track
- What is Guardianship?
- Special Needs Populations
- What to Know About Your Parents' Finances
- Warning Signs That Parents' Finances are Off Track
- What is Guardianship

## Medical

### Brain Health & Dementia

- Alzheimer Research (2010)
- Alzheimer Research (2012)
- Dangerous Behaviors in Dementia Patients
- Different Types of Dementia
- Feeding Tubes in Patients with Advanced Dementia
- Florida Brain Bank
- Memory Testing
- Mild Cognitive Impairment (Worried Well)
- Wandering in Dementia
- What is Delirium?

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## Active Lifestyles Magazine Shows (cont.)

Below are *Active Lifestyles Magazine* shows by topic. To view, simply click on the show title and it will play from the Orange TV website.



### Medical

#### ***Diseases & Illnesses***

- Deep Vein Thrombosis
- Depression
- Diverticular Disease
- Gout 101
- Hypertension in the Elderly
- Normal Pressure Hydrocephalus
- Osteoporosis, Management of
- Osteoporosis, Prevention of
- Parkinson's - Benefits of Dance
- Peripheral Artery Disease
- STDs in Older Adults

#### ***End of Life***

- Do Not Resuscitate (DNRs) Orders
- Five Wishes
- In-Patient Hospice Wing
- Palliative Care & Hospice Services- common myths

#### ***Health Conditions***

- Aging Changes in Bones, Muscles, Joints
- Aging Changes in the Lungs
- Benign Paroxysmal Positional Vertigo
- Cataracts
- Charles Bonnet Syndrome & Other (Benign) Hallucinations
- Cold Hands and Feet
- Dizziness
- Easy Bruising in the Elderly
- Frailty in the Elderly
- Spider Veins
- Sun Downing
- Tinnitus
- Urinary Tract Infections in the Elderly

#### ***Major Medical***

- Bed Sores (aka: Pressure Sores)
- Joint Replacement Surgery
- Mature Mind Clinic

#### ***Major Medical (cont.)***

- Medical Emergencies
- Post-Op Recover Tips
- Preventing Readmission to Hospital
- Reducing Burden of Health Care System on Elders
- Resistant Bacteria- aka "Super Bugs"
- Buying Medical Equipment
- Competitive Bids for Medical Supplies
- Compression Stockings

#### ***Medication Management***

- Flu Shots
- How Safe are Drugs that Inhibit Stomach Acid
- Medication Management for Older Adults
- Nursing Home Medications

#### ***Preventative Care***

- Dental Care for the Long Term Care Patient
- Exercises to Reduce Back Pain
- How to Communicate with Your Doctor
- How to Determine Which Tests You Should Run
- Medicare Annual Election Process
- Physical Therapist, Selection of
- Physical Therapy - Medicare Benefits
- Preventing Medical Errors
- Taking Care of My Health Program
- What Your Mouth Can Tell You About Your Health
- Your Immune System
- Putting Your Thoughts to Rest So You Can Sleep
- Restless Leg Syndrome & Related Sleep Disorders
- Sleep Apnea

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## Active Lifestyles Magazine Shows (cont.)

Below are *Active Lifestyles Magazine* shows by topic. To view, simply click on the show title and it will play from the Orange TV website.



### Transportation & Housing

- Access Lynx
- De-Cluttering or Distressing Your Home
- Estate Sales
- Getting the Best Care in a Residential Facility
- Giving Up the Car Keys
- ITN Orlando
- Neighbors Network
- Pricing Residential Care Facilities
- Subsidized Senior Housing
- Physicians' Role in Identifying the Impaired Driver

### Personal Safety

- City of Winter Park Police Department
- Consumer Fraud
- Fraud Prevention Resource Guide PSA
- I.D. Theft
- Maitland Fire Department - Falls Prevention
- Rollins College STARS Program
- Seniors vs. Crime
- Service Animals During Emergency
- Special Needs Registry

### Services

#### ***Benefits, Services & Support***

- Accessing the Senior Services Network - English
- Accessing the Senior Services Network - Spanish
- Elder Helpline PSA
- Florida Telecommunications Relay
- Food Bank Program
- One Senior Place
- Reverse Mortgages

#### ***Benefits, Services & Support (cont.)***

- Social Security - Compassionate Allowances
- Social Security Appeals Process
- Social Security Online

#### ***Veterans Benefits***

- New Vietnam Vets Related Disabilities
- Nursing Home Assistance - Vets / Widows
- Re-Opening Previously Denied VA Benefits Claims
- Service Connected Dependent Issues
- VA - ALS / Lou Gehrig's Disease Presumptive
- VA Combat Tax Incentive for Property Taxes
- VA Healthcare
- VA Presumptive Benefits
- Veteran Widow's Benefits

*Active Lifestyles Magazine* is produced in partnership by the Orange County Office and Commission on Aging and Orange TV (Bright House 488/AT&T U-Verse 99/Comcast 9).