30th Anniversary Edition

It’s our 30th anniversary! To celebrate, we are giving away wellness goodie bags to help you stay healthy and fit. Please stop by the Karpas center during our business hours of 9:30 am to 4:30 pm, Monday through Friday. The final day to pick up your goodie bag is June 27. Limit one per person. Thank you for celebrating with us!

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MOVIE MONDAY

Stay informed! Join the Karpas Health Center staff as we screen documentaries and films that may be important to you and your well-being.

• *Fuel*, Monday, April 11
• *The Future of Food*, Monday, June 13
• *The 11th Hour*, Monday, July 11
• *Simply Raw*, Monday, August 8
• *Food Matters*, Monday, September 19

TIME: 5:30 pm
LOCATION: Beth Israel Medical Center

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BLOOD PRESSURE SCREENING

Are you concerned about your blood pressure? Join us each month as our health educators check your blood pressure and explain to you what your numbers mean.

Tuesdays, April 12, May 10, June 14, July 12, August 9

TIME: 2 – 3 pm
LOCATION: Karpas Health Information Center

Dear Neighbors:

We are delighted to share with you this special *Karpas Calendar of Events*, which commemorates the 30th anniversary of Beth Israel’s Karpas Health Information Center – our well-established and valuable community resource on the corner of 18th Street and First Avenue and the cornerstone of our outreach to our neighboring communities.

We are eternally grateful to the Center’s founders, Beth Israel Trustees Suzanne Toor Karpas and Irving D. Karpas, Jr. In many ways, they are visionaries. They recognized the importance of community-based health education long before it was in fashion. They set in motion the establishment of our health information center, which bears their family name in recognition of their leadership. Most importantly, the programs and other community-based initiatives spearheaded through the Karpas Health Information Center underscore Beth Israel’s commitment to help all New Yorkers become better informed health care consumers.

On a very personal level, I am delighted to count Irv and Suzanne among my dearest friends within the Beth Israel community, and I thank them for all of their support to advance our mission of service.

I hope you enjoy this and all future issues of *The Karpas Calendar of Events*. And remember – We are here to help!

Sincerely,

Harris Nagler, MD
President and CEO, Beth Israel Medical Center

VISIT US ONLINE!

In conjunction with our thirty-year anniversary and our effort to go green, we’ve launched a new Karpas website! Please browse events and REGISTER ONLINE in the comfort of your home at [www.KarpasHealth.org](http://www.KarpasHealth.org).
STAY IN SHAPE! JOIN OUR WALKING CLUB
Take a step in the right direction! Meet us at the Karpas Health Information Center Wednesday afternoons for a heart-healthy walk to help you stay fit and keep your week going strong.

Wednesdays, April 13 through November 16, 12:30 – 1 pm
LOCATION: Karpas Health Information Center

CITY GARDEN: GROW YOUR OWN HERBS
Just because you don’t have a backyard doesn’t mean you can’t have fresh, organic herbs daily. Come create your own indoor herb garden for fresher, healthier cooking.

Friday, April 29, 2:30 – 3:30 pm
INSTRUCTOR: Julie Winslow, MED, CHES, CMT, Director, Karpas Health Information Center, Beth Israel Medical Center
Atitia Miller, Program Planning Manager, Karpas Health Information Center
FEE: $10
LOCATION: Karpas Health Information Center

HEALTHY SKIN: INSIDE AND OUT
To get healthy, glowing skin, you need to consider what you are putting into your body as well as what you put on the outside. Come listen as Dr. Mikhail explains how to make your skin healthy with your diet as well as various external techniques.

Tuesday, May 3, 2 – 3 pm
INSTRUCTOR: Maryann Mikhail, MD, Attending, Department of Dermatology, Beth Israel Medical Center
LOCATION: Phillips Ambulatory Care Center

CHAKRA TAI CHI
Use Tai Chi movement to balance the energy flows through the chakras in this four-class series.

Wednesdays, May 4, 11, 18, 25, 2 – 3 pm
INSTRUCTOR: Donna Gallers, LMT, CHHC, AADP
FEE: $15 for the series
LOCATION: Phillips Ambulatory Care Center

FREE SPRING DAY TUNE UP!
Have your cholesterol, glucose, and blood pressure checked for free and find out your risk factors for diabetes and heart disease. Health counseling, educational materials, a diabetes risk assessment test, and general nutrition information will be provided.

Thursday, May 5, Noon – 4 pm
LOCATION: Phillips Ambulatory Care Center

RELEASE YOUR BACK PAIN
If you focus only on strength and flexibility exercises, aches and pains in your back often return. In this lecture, Richard Sabel will discuss how a blending of Feldenkrais, Tai Chi and Yoga can create new routines and a pain-free back. Participants will be seated in the auditorium and will practice stretches in their seats.

Monday, May 9, 2 – 4 pm
INSTRUCTOR: Richard Sabel, MA, MPH, OTR, GCFP, Clinical Assistant Professor in Occupational Therapy, SUNY Downstate Medical Center
LOCATION: Beth Israel Medical Center

Registration is REQUIRED for all events.
Visit us at www.KarpasHealth.org or call (212) 420-4247 for more information or to register.
ASK THE EYE DOCTOR: COMMON EYE PROBLEMS
Most of us wear glasses or contacts and struggle with the same common eye problems. Come ask Dr. Wisnicki about glaucoma, cataracts, macular degeneration, dry eye, strabismus, and other eye concerns.

Thursday, May 12, 2 – 3 pm

INSTRUCTOR: H. Jay Wisnicki, MD, Medical Director, Union Square Eye Care, www.usqeyecare.com

LOCATION: Phillips Ambulatory Care Center

MIGRAINES: PREVENTION AND TREATMENT
Learn how to prevent debilitating migraine headaches in adults and children, and how to treat them once they strike with Dr. Ashina and Dr. Molofsky.

Tuesday, May 17, 2:30 – 3:30 pm

INSTRUCTOR: Walter J. Molofsky, MD, Chief, Pediatric Neurology, Beth Israel Medical Center
Sait Ashina, MD, Director of Headache Program, Department of Pain Medicine and Palliative Care, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

MEDITATION FOR STRESS RELIEF
Did you know meditation can reduce stress, anxiety, and depression? Come learn how your body can benefit from meditation with Dr. Ehrlich, and learn how to practice meditation with Chodo Campbell.

Friday, May 20, 2 – 3:30 pm

INSTRUCTOR: Martin H. Ehrlich, MD, MPH, Medical Director, Continuum Center for Health and Healing, Department of Medicine, Beth Israel Medical Center
Chodo Campbell, HHC, Co-Founder and Co-Executive Director of the New York Zen Center for Contemplative Care

LOCATION: Phillips Ambulatory Care Center
MEDITATE YOUR STRESS AWAY IN TIME FOR SUMMER
You don’t need to be at the beach to relax; come learn to meditate with Chodo Campbell in this four-class series.
Tuesdays, May 24, 31, June 7, June 14
6 – 7:30 pm
INSTRUCTOR: Chodo Campbell, HHC, Co-Founder and Co-Executive Director of the New York Zen Center for Contemplative Care
FEE: $15 for the series
LOCATION: Karpas Health Information Center

STAY OFF SMOKING SUPPORT GROUP (SOS)
Every Wednesday night from 6-7 pm
Phillips Ambulatory Care Center, 2nd Floor, Friedman Conference Center, Conference Room # 2
For more information, please call (212) 844-1349

KEEP YOUR TEETH HEALTHY AND YOUR SMILE BRIGHT
The health of your teeth affects your ability to eat as well as the confidence of your smile. Dr. Okay will discuss common dental problems, proper dental care, dental prosthetics, and the best ways to keep you smiling for years to come.
Tuesday, June 7, 2:30 – 3:30 pm
INSTRUCTOR: Devin J. Okay, DDS, Director, Prosthodontics and Maxillofacial Surgery, Beth Israel Medical Center
LOCATION: Phillips Ambulatory Care Center

ADDITION: A COMMON & TREATABLE PROBLEM
From cigarettes to prescription drugs, some people struggle with different types of addiction everyday. Dr. Salsitz will discuss how to control and treat addiction with specific steps to break free and move forward with your life.
Thursday, June 9, 2 - 3 pm
INSTRUCTOR: Edwin A. Salsitz, MD, Attending, Department of Medicine, Beth Israel Medical Center
LOCATION: Phillips Ambulatory Care Center

MEMORY TOOLS & TIPS
Many people worry about losing memory as they age. Julie Winslow will provide you with tips and strategies to manage memory loss and keep your mind sharp.
Wednesday, June 15, 2 - 3 pm
INSTRUCTOR: Julie Winslow, MED, CHES, CMT, Director, Karpas Health Information Center, Beth Israel Medical Center
LOCATION: Phillips Ambulatory Care Center

THE IMPORTANCE OF LOW-IMPACT EXERCISES FOR YOUR HEALTH
Exercise remains important as you age, but it is necessary to protect your joints and find low-impact ways to build muscle and work your heart. Join us as Dr. Gotlin explains how to get a well-rounded and low-impact workout. (Lecture only)
Tuesday, June 21, 3:30 – 4:30 pm
INSTRUCTOR: Robert S. Gotlin, DO, Director, Orthopedic and Sports Rehabilitation, Department of Orthopedic Surgery, Beth Israel Medical Center
LOCATION: Phillips Ambulatory Care Center

Check Out Our New Website!
Visit www.KarpasHealth.org to browse and register for events with a click of a button.

Karpas Health Information Center
311 First Avenue at 18th Street
New York, NY 10003
(212) 420-4247