

# KARPAS FALL 2017 CALENDAR OF EVENTS

## 1. Movies\*\*

### Food Choices – Tuesday, October 3<sup>rd</sup>:

Food Choices is a different kind of movie about food. This film takes a broader look and explores the impact that our food choices have not only on our health, but also on the health of our planet as well as on the lives of other living species on earth and shows how everything is intrinsically interconnected. (94 minutes)

### Happy – Tuesday, November 7<sup>th</sup> :

Does money make you happy? Kids and family? Your work? Do we live in a world that values and promotes happiness and well-being? On a journey from the swamps of Louisiana to the slums of Kolkata in search of what really makes people happy and combining real life stories of people from around the world and interviews with the leading scientists in happiness research, HAPPY explores the secrets behind our most valued emotion. (75 minutes)

### Milton's Secret – Tuesday, December 5<sup>th</sup>:

Twelve-year-old Milton Adams (William Ainscough) feels his world is in crisis. With his parents stressing about their careers and finances, and the neighborhood bully tormenting him, he is constantly anxious. But when Milton's optimistic Grandpa (Donald Sutherland) comes to visit, he learns the secret to finding true happiness from a man who has seen the world and who has committed to living life in the now. (88 minutes)

**Time:** All movies begin at 3pm

**Location:** **Bernstein Pavilion**  
**9 Nathan D. Perlman Place**  
**Corner of 16<sup>th</sup> Street between 1<sup>st</sup> & 2<sup>nd</sup> Avenues**  
**Podell Auditorium, Ground Floor**

## 2. Stay in Shape! Join our Walking Club

Take a step in the right direction! Meet at the Mount Sinai Beth Israel entrance lobby on Wednesday afternoons for a heart-healthy walk to help you stay fit and keep your week going strong.

**Ongoing, Wednesdays**

**Time: 12:30-1pm**

**Location: 16<sup>th</sup> Street and 1<sup>st</sup> Avenue (MSBI Lobby)**

## 3. 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, September 12<sup>th</sup>, October 10<sup>th</sup>, November 14<sup>th</sup>, December 12<sup>th</sup>**

**Time: 2-3pm**

**Location: Bernstein Pavilion**

**9 Nathan D. Perlman Place**

**Corner of 16<sup>th</sup> Street between 1<sup>st</sup> & 2<sup>nd</sup> Avenues**

**Podell Open Space, Ground Floor**



## 4. Protect Yourself: Get a FREE Flu Shot\*\*

If you are 18 years or older and have not already received your flu shot this season please come and get vaccinated. For those under the age of 18, please see your pediatrician to get vaccinated.

- ◆ **Wednesday, October 4<sup>th</sup> 11-3pm**
- ◆ **Thursday, October 12<sup>th</sup> 12:30-4:30pm**
- ◆ **Tuesday, October 24<sup>th</sup> 2-6pm**
- ◆ **Thursday, October 26<sup>th</sup> 12-4pm**

**Location: Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)**  
**10 Union Square East at 14<sup>th</sup> Street**  
**Friedman Conference Center, 2<sup>nd</sup> Floor**



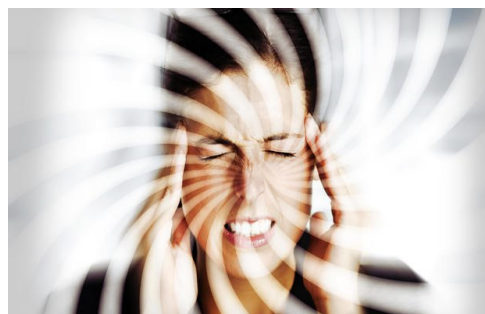
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**\*\* Registration is REQUIRED for events.**

Visit us at [www.KarpasHealth.org](http://www.KarpasHealth.org) or call

(212) 420-4247 for more information or to register.

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## SEPTEMBER

### 5. Stress Management\*\*

Stress affects each of us in different ways. You may have physical signs (such as tense or sore muscles), emotional signs (such as feeling helpless or depressed or both). Over time, chronic stress can lead to serious health problems; however with some guidance you can develop a plan to start reducing your stress levels. Taking steps to manage stress has a double benefit and the actions you take will help you feel less stressed and more in control of your life. Dr. Lantz will discuss the cause, symptoms, as well as the healthy habits that can protect you from the harmful effects of stress and giving you a greater sense of well-being.

**Thursday, September 28<sup>th</sup>, 2:30-3:30pm**

**Instructor:** Melinda Lantz, MD,  
Department of Psychiatry,  
Mount Sinai Beth Israel

**Location:** **Mount Sinai Downtown Union Square**  
**(formerly Phillips Ambulatory Care Center)**  
**10 Union Square East at 14<sup>th</sup> Street**  
**Friedman Conference Center, 2<sup>nd</sup> Floor**

**Need a Great Doctor?**

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**(1-800- 637-4624)**



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## NOVEMBER

### 6. Vertigo\*\*

Vertigo is a sensation of feeling off balance to the point of having dizzy spells or that the world around you is spinning. Dr. Deegan will talk about the causes and symptoms of Vertigo and address the treatment options and management.

**Monday, November 13<sup>th</sup>, 1-2pm**

**Instructor:** Erin Deegan, MD,  
Department of Neurology,  
Mount Sinai Beth Israel

**Location:** **Mount Sinai Downtown Union Square**  
**(formerly Phillips Ambulatory Care Center)**  
**10 Union Square East at 14<sup>th</sup> Street**  
**Friedman Conference Center, 2<sup>nd</sup> Floor**

### 7. Ageism and its Effects on Older Adults\*\*

Interactions, encounters, and viewpoints of older adults matter and can have positive or negative effects. Alice Fisher will address how negative labels and having optimistic attitudes can help make life better as you get older. Join Alice as she discusses how to empower yourself and/or loved ones during the aging process.

**Thursday, November 16<sup>th</sup> 1-2pm**

**Instructor:** Alice Fisher, MA., M.S.W.,  
The Radical Age Movement

**Location:** **Mount Sinai Downtown Union Square**  
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## 8. Neck Pain\*\*

Many people have occasional neck pain or stiffness. In many cases, it's due to poor posture, or normal wear and tear. Dr. Monaghan will talk about the conditions that might bring on neck pain as well as how to prevent and treat the pain.

**Monday, November 20<sup>th</sup>, 1-2pm**

**Instructor:** Niall Monaghan, MD, Department of Anesthesiology, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)

10 Union Square East at 14<sup>th</sup> Street

Friedman Conference Center, 2<sup>nd</sup> Floor

## 9. Understanding Medicare in 2018\*\*

The 2018 year is around the corner which may mean you need to make changes to your Medicare plan. Come hear the latest about choices and costs in Medicare for 2018 from Eric Hausman. He will provide the latest information on Medicare Part A and Part B, Medigap insurance, Medicare Advantage, Medicare Part D and EPIC and the Medicare Savings Programs.

**Tuesday, November 21<sup>st</sup>, 2-3:30pm**

**Instructor:** Eric Hausman, Outreach Coordinator, Department for the Aging (DFTA)

**Location:** Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)

10 Union Square East at 14<sup>th</sup> Street

Friedman Conference Center, 2<sup>nd</sup> Floor



## DECEMBER

## 10. Sprains and Strains Prevention Talk\*\*

Sprains and strains are common orthopedic injuries, but can be prevented. Dr. Miranda-Comas will discuss how regular stretching and strengthening exercises can help to minimize your risk of sprains and strains.

**Friday, December 8<sup>th</sup>, 2-3pm**

**Instructor:** Gerardo Miranda-Comas, MD, FAAPMR, RMSK, Department of Rehabilitation and Physical Medicine, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)

10 Union Square East at 14<sup>th</sup> Street

Friedman Conference Center, 2<sup>nd</sup> Floor

*Thank You to Our Gracious Donors!*

*Karpas Health continues to flourish due to the pioneering spirit, generosity and ongoing leadership of Suzanne Toor Karpas and the late Irving D. Karpas, Jr.*



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