

KARPAS FALL 2018 CALENDAR OF EVENTS

1. Movies**

GMO OMG – Tuesday, October 2nd:

Director Jeremy Seifert investigates how loss of seed diversity and corresponding laboratory assisted genetic alteration of food affects his young children, the health of our planet, and freedom of choice everywhere. GMO OMG follows one family's struggle to live and eat without participating in an unhealthy, unjust, and destructive food system. (90 minutes)

Young at Heart – Tuesday, November 6th:

Get ready to rock out with the most entertaining "golden oldies" you will ever meet, a fun-loving senior citizens choir called Young at Heart. To prepare for a show in their hometown that is only weeks away, the seniors must learn new songs even while hard of hearing! Climaxing in a triumphant performance that will leave you cheering, their inspiring story celebrates the unbreakable bonds of friendship and the life-affirming power of music! (107 minutes)

Wasted! The Story of Food Waste – Tuesday, December 4th:

Wasted! The Story of Food Waste aims to change the way people buy, cook, recycle and eat food. Through the eyes of chefs audiences will see how the world's most influential chefs make the most of every kind of food, transforming what most people consider scraps into incredible dishes that create a more secure food system. WASTED! exposes the criminality of food waste and how it directly contributes to climate change and shows us how each of us can make small changes to solve one of the greatest problems of the 21st Century. (95 minutes)

Time: All movies begin at 3pm

Location: **Bernstein Pavilion**

9 Nathan D. Perlman Place

Corner of 16th Street between 1st & 2nd Avenues

Podell Auditorium, Ground Floor



**Mount
Sinai
Beth Israel**

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

Visit us at www.KarpasHealth.org or call

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

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 (No Walks October and November)

Time: 12:30-1pm

Location: 16th Street and 1st 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 11th, October 9th, November 13th, and December 11th

Time: 2-3pm

Location: Bernstein Pavilion

9 Nathan D. Perlman Place

Corner of 16th Street between 1st & 2nd 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.

♦ **Monday, October 1st, 11-3pm**

♦ **Monday, October 8th, 12:30-4:30pm**

♦ **Wednesday, October 17th, 2:30-6:30pm**

♦ **Tuesday, October 30th, 11-3pm**

Location: Mount Sinai Downtown Union Square

10 Union Square East at 14th Street

Friedman Conference Center, 2nd Floor

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SEPTEMBER



5. When is Forgetfulness Not Just An Aging Issue? **

Many people are concerned about becoming more forgetful as they age and worry if it is the first sign of Alzheimer's disease. Come hear Dr. Ramos address when forgetfulness is normal as well as when to get help.

Thursday, September 13th, 2-3pm

Instructor: Harry L. Ramos MD, MBA,
Departments of Neurology, Department of Geriatrics & Palliative Medicine, Mount Sinai Beth Israel

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

6. Understanding the Thyroid's Impact on Your Health **

Your thyroid influences nearly every cell in your body. It regulates your metabolism and weight along with your energy levels. When your thyroid levels are out of balance so are you. Come hear Dr. Brito address how too much or too little hormone secretion from this gland can mean trouble for your overall health and well-being.

Friday, September 14th, 2-3pm

Instructor: Maria del Pilar Brito, MD, ECNU
Director, Thyroid Center at Mount Sinai Union Square, Department of Endocrinology, Diabetes and Bone Diseases, Mount Sinai Beth Israel

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

7. Avoiding Common Foot Problems **

Come learn from Dr. Catalano about common foot and ankle ailments and how to alleviate them. Dr. Catalano will show you the steps to keeping your feet happy and healthy for future walks around New York City.

Friday, September 21st, 2-3pm

Instructor: Jasmine Catalano, MD, Department of Orthopedics, Mount Sinai Hospital Beth Israel

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

NOVEMBER

8. Advocating for Yourself as You Age **

The NYC Commission on Human Rights educates the public about the protection of NYC Human Rights Law and encourage dialogue, understanding, and respect among New York City's many communities. Come listen to Ryan present steps on how to be your own advocate against ageism, sexism, racism, and disabilities.

Monday, November 5th, 1-2pm

Instructor: Ryan DuBois, Associate Human Rights Specialist, NYC Commission on Human Rights

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Need a Great Doctor?

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9. Understanding Medicare in 2019 **

The 2019 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 2019 from Eric Hausman. He will provide the latest information on Medicare Part A and Part B, Medigap insurance, Medicare Advantage, Medicare Part D, EPIC and the Medicare Savings Programs.

Thursday, November 8th, 2:30-4:30pm

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

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

DECEMBER

10. Prostate Cancer Awareness**

Prostate cancer is one of the most common cancers among men, but can often be treated successfully. If you or a loved one has prostate cancer come hear Dr. Jayaratna present about the risk factors, symptoms, how prostate cancer is found, and how it can be treated.

Thursday, December 6th, 3-4pm

Instructor: Isuru S. Jayaratna, MD, Department of Urology, Mount Sinai Beth Israel

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

11. Pelvic Floor Awareness (LECTURE ONLY)**

The muscles within the lower part of the pelvis form the pelvic floor, and support vital body functions including the genitourinary system, digestion and breathing. Richard will discuss the importance of these muscles, and will offer techniques that promote more efficient breathing, improve bladder control, and ease back, hip, pelvic pain.

Monday, December 10th, 2-3:30pm

Instructor: Richard Sabel, OTR, MA, MPH, GCFP, Department of Occupational Therapy, SUNY Downstate Medical Center

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

12. Restless Leg Syndrome**

Have you experienced throbbing, pulling, or creeping sensations in your legs? Do you find it hard to be still and have to keep moving your legs? Come hear Joan discuss restless leg syndrome and how it can be treated.

Thursday, December 13th, 1-2pm

Instructor: Joan Miravite, MSN, BSN, RN, FNP-BC, Department of Neurology, Mount Sinai Beth Israel

Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
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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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