

KARPAS SPRING 2018 CALENDAR OF EVENTS

1. Movies**

Resilient Heart – Tuesday, April 3rd:

With heart disease on the rise, cardiologist Valentín Fuster and a team of doctors set out to stem the tide with science, education and early intervention. Their ultimate goal: to promote better heart health worldwide. (73 minutes)

Age of Champions – Tuesday, May 1st:

Age of Champions is a documentary following five competitors who sprint, leap, and swim for gold at the National Senior Olympics. You'll meet a 100-year-old tennis champion, 86-year-old pole vaulter, and rough-and-tumble basketball grandmothers as they triumph over the limitations of age. It's a powerful story to share with the whole family and inspire your loved ones to be healthier, happier, and more active. (72 minutes)

Still Alice – Tuesday, June 5th:

Alice Howland (Julianne Moore), happily married with three grown children, is a renowned linguistics professor who starts to forget words. When she receives a diagnosis of Early-Onset Alzheimer's disease, Alice and her family find their bonds thoroughly tested. Her struggle to stay connected to who she once was is frightening, heartbreaking, and inspiring. (101 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

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: 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, March 13th, April 10th, May 8th, June 12th

Time: 2-3pm

Location: Bernstein Pavilion

9 Nathan D. Perlman Place

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

Podell Open Space, Ground Floor



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Visit us at www.KarpasHealth.org or call

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MARCH

4. Dealing with Sciatica Pain**

The term sciatica is often used incorrectly to explain leg pain, low back pain and other symptoms that many people suffer from. Dr. Spinner, DO will discuss the misconceptions about sciatica pain as well as the cause of sciatica pain, warning signs, and a full range of treatment options.

Friday, March 16th, 2-3pm

Instructor: David Spinner, DO, 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 14th Street

Friedman Conference Center, 2nd Floor



5. Healthy Heart**

The best way to look after your heart is with a healthy lifestyle. Dr. Gowda will discuss the causes and symptoms of an unhealthy heart and how caring for your heart through a healthy diet and regular physical activity, is the secret weapon to preventing heart disease.

Tuesday, March 27th, 2:30-3:30pm

Instructor: Ramesh M. Gowda MD FACC FCCP FSCAI RPVI, Department of Cardiology, Mount Sinai Beth Israel

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

10 Union Square East at 14th Street

Friedman Conference Center, 2nd Floor

6. Integrative Pain Management **

One size does not fit all especially when it comes to pain management. Pain and pain levels are different for everyone. Dr. Danesh will address how Integrative Pain Management can blend traditional treatments from the West with complementary therapies from the East to meet the needs of each patient.

Wednesday, March 28th, 2:30-3:30pm

Instructor: Houman Danesh, MD

Department of Rehabilitation and Physical Medicine, The Mount Sinai Hospital

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

10 Union Square East at 14th Street

Friedman Conference Center, 2nd Floor

7. Dental Implants**

What are dental implants? How do dental implants work? Come hear Dr. Carrao discuss dental implants and tell you everything you need to know about them.

Thursday, March 29th, 1-2pm

Instructor: Vincent Carrao DDS MD FACS

Department of Oral & Maxillofacial Surgery, The Mount Sinai Hospital

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

10 Union Square East at 14th Street

Friedman Conference Center, 2nd Floor

Need a Great Doctor?

Call (866)318-8755



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APRIL

8. How To Get Your End of Life Wishes Respected and Receive Good Quality Care **

Laurie Leonard, Executive Director of End of Life Choices New York, will explain why dying is different today than 100 years ago and how to navigate today's health care system, including getting effective pain treatment, understanding hospice and palliative care, using advance directives, and knowing your treatment options.

Friday, April 6th, 2-3pm

Instructor: Laurie Leonard, MBA, MSW, Executive Director, End of Life Choices New York
Location: Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

9. Iron Anemia & Vitamin Deficiency**

Iron anemia is when blood lacks adequate healthy red blood cells to carry enough oxygen to your body's tissues. Vitamin deficiency has similar effects by reducing the number of healthy red blood cells so the body does not get the oxygen it needs. Both deficiency anemias require attention as they can lead to serious problems. Dr. Cromwell will discuss the causes, symptoms, and treatments for Iron Anemia and Vitamin Deficiency.

Thursday, April 19th, 1:30-2:30pm

Instructor: Caroline Cromwell, MD, Department of Hematology-Oncology, Mount Sinai Beth Israel
Location: Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

MAY

10. Spring Day Tune Up**

Have your cholesterol, glucose, and blood pressure checked at this FREE screening event and find out your risk factors. Vision screenings, health counseling, and educational materials regarding stroke awareness, cancer prevention, and more will be provided.

Thursday, May 10th, 1-4pm

Instructor: Karpas Health, Stroke Program Mount Sinai Beth Israel, New York Eye and Ear Infirmary of Mount Sinai,
Location: Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor



11. Don't Count Exercise Out of Your Budget: Exercising on a Budget**

You do not need an expensive gym membership or extravagant equipment to incorporate exercise into your life. With some resourcefulness you can find ways to exercise for little to no money. The department of Physical Medicine & Rehabilitation will give suggestions to help you exercise on a budget.

Tuesday, May 15th, 2:30-3:30pm

Instructor: Department of Physical Medicine & Rehabilitation, Mount Sinai Beth Israel
Location: Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)
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12. Restorative Breathing/Laugh Therapy**

Join Sharia as she leads the restorative breathing/laugh therapy by engaging you in different breathing and energy generating exercises followed by laughter.

Wednesday, May 16th, 2-3pm

Instructor: Sharia Jones-Bey, Wellness Professional and Martial Artist, Breathing Specialist, Guided Meditation, Certified Laugh Therapy, Certified Infinity Circles, and Personal Trainer

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

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JUNE

13. Why Is Spiritual Health so Important for Your Mental and Physical Health?*

Rabbi Hirschmann will describe how spiritual wellbeing can support physical and mental health and will help participants develop spiritually-supportive practices for themselves.

Friday, June 1st, 1-2pm

Instructor: Rabbi Jo Hirschmann, BCC
Director, Spiritual Care and Education, Mount Sinai Beth Israel

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

10 Union Square East at 14th Street
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14. Cancer Prevention**

Cancer prevention can include maintaining a healthy lifestyle, avoiding exposure to known cancer-causing substances, taking medicines or vaccines and going for screenings that can prevent cancer from developing or detect it as early as possible. Lina Jandorf and Dr. Jamilya Sly will inform you about the different cancer screening tests and why you should consider getting screened.

Thursday, June 7th, 1-2pm

Instructor: Lina H Jandorf, MA, and Jamilya Sly, PhD, Icahn School of Medicine at Mount Sinai

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

10 Union Square East at 14th Street
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15. Protecting Yourself from a Fall**

The risk of falling increases dramatically for adults over the age of 65. While the risk of falling increases with age, it can be prevented by addressing physical, behavioral and environmental factors. Richard will discuss how falls can be prevented through Yoga, Tai Chi & the Feldenkrais Method.

Friday, June 15th, 2-3pm

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

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

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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