



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!

1 **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

2 **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



Irving D. Karpas, Jr. and Suzanne Toor Karpas

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.

3 **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

4 **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

Attia Miller, Program Planning Manager, Karpas
Health Information Center

FEE: \$10

LOCATION: Karpas Health Information Center

5 **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

6 **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

7 **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

8 **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.

Beth Israel Medical Center

Bernstein Pavilion
Corner of 16th Street and Nathan D. Perlman Place
Between 1st and 2nd Avenues, Podell Auditorium, Ground Floor

Phillips Ambulatory Care Center

10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

9

**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



10

**HEALTHY LIVING WITH CHRONIC CONDITIONS
WORKSHOP**

This six-week workshop, co-sponsored by Emblem-Health, will help you develop the skills needed to take control of your chronic condition and live a happier, healthier life. By attending this workshop you will learn to: manage your chronic condition, communicate with your physician more effectively, manage stress, and more. Space is limited.

**Mondays, May 16, 23, June 6, 13, 20, 27
11 am – 1:30 pm**

LOCATION: Karpas Health Information Center

11

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

12

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



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13 **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



14 **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

15 **ADDICTION: 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

16 **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

17 **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