



## Welcome to the Fall Karpas Calendar of Events!

Have you visited us online yet? Visit Karpas Health online at [www.KarpasHealth.org](http://www.KarpasHealth.org) to browse events and sign up for classes as soon as they are posted. Check back regularly for updated health information, links to resources, and tips to keep you healthy and active. And, as always, feel free to visit us at our storefront for health information and brochures. We are located at 311 First Avenue on the corner of 18<sup>TH</sup> Street. Have a healthy and happy fall!

### September

#### 1 MOVIE MONDAY

Stay informed! Join the Karpas Health Information Center staff as we screen documentaries and films that may be important to you and your well-being. For more information about the films visit us online at [www.KarpasHealth.org](http://www.KarpasHealth.org).

- ***Fat, Sick, and Nearly Dead – Monday, September 10***

An inspiring documentary about Joe Cross who is 100 pounds overweight. Doctors and conventional medicines are unable to help long-term so Joe turns to the only option left, the body's ability to heal itself. He trades in the junk food and turns to juicing; vowing only to drink fresh fruit and vegetable juice for the next 60 days with the one goal to get off his pills and achieve a balanced lifestyle. (97 minutes)

- ***National Geographic: The Human Footprint – Monday, October 1***

Take this unique journey through life and learn how much waste you will produce, the amount of fuel you'll consume and how much you've got to pack in during your 2,475,526,000 seconds on earth. (90 minutes)

- ***National Geographic: Stress - Portrait of a Killer – Monday, November 5***

Take the time to watch Stanford University's neurobiologist Robert Sapolsky as he tries to improve our

understanding of stress. Follow him over three decades of scientific discoveries in the field and in the lab to prove that stress is not a state of mind, but something measurable and dangerous. (50 minutes)

- ***National Geographic: Incredible Human Machine – Monday, December 3***

Take an exciting tour of the human body—from the inside out—to uncover the incredible everyday workings of the human machine. National Geographic provides an unparalleled picture of the inner workings and extreme capabilities of the human body. (90 minutes)

ALL MOVIES BEGIN AT 5:30 PM

LOCATION: Bernstein Pavilion,  
Beth Israel Medical Center

#### 2 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.

EVERY WEDNESDAY, 12:30-1 PM

LOCATION: Karpas Health Information Center

## Visit Us Online!

Stay up-to-date by checking out our new events and registering online in the comfort of your home at [www.KarpasHealth.org](http://www.KarpasHealth.org).



### 3 JOURNEY TO JOY MEDITATION

De-stress and renew your spirit with meditation.

EVERY THURSDAY, 2 – 3:30 PM

INSTRUCTOR: Joan Goldstein, author,  
“The Joy Within: A Beginner’s Guide to Meditation”  
[www.JoyOfMeditation.net](http://www.JoyOfMeditation.net)

LOCATION: Karpas Health Information Center

FEE: \$5 per class



### 4 BLOOD PRESSURE SCREENING

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

TUESDAYS, SEPTEMBER 11, OCTOBER 9, NOVEMBER 13,  
DECEMBER 11

TIME: 2 – 3 PM

LOCATION: Karpas Health Information Center

### 5 PROTECT YOURSELF: GET A FREE FLU SHOT

If you are 18 years or older and haven’t already received your flu shot please come and get vaccinated this season. For those under the age of 18, please speak with your pediatrician to get the vaccine.

MONDAY, OCTOBER 1, 12:30 PM – 4:30 PM

FRIDAY, OCTOBER 12, 10:30 AM – 3 PM

WEDNESDAY, OCTOBER 17, 10 AM – 2 PM

WEDNESDAY, OCTOBER 24, 1 PM – 5 PM

LOCATION: Phillips Ambulatory Care Center

### 6 RISK REDUCTION FOR HEART DISEASE

Join us, as Dr. Furman discusses how to reduce your risk for heart disease. She will provide tips on how to stay healthy and improve the health of your heart.

THURSDAY, SEPTEMBER 13, 2 - 3 PM

INSTRUCTOR: Margaret Furman, MD, MPH, FACC,  
Director of Preventive Cardiology and Cardiac  
Rehabilitation, Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

### 7 HEALTH BENEFITS WITH AROMATHERAPY

Aromatherapy is one of the oldest alternative therapies that dates back thousands of years and still continues to be used today. Scent, the most enduring of our senses, is powerful in healing the mind and the body. Learn how to use essential oils effectively and safely for self-care and management of chronic conditions and stress.

THURSDAY, SEPTEMBER 20, 3 – 4 PM

INSTRUCTOR: Aurora Ocampo, RN, Continuum  
Center for Health and Healing,  
Beth Israel Medical Center

LOCATION: Phillips Ambulatory Care Center

### 8 BONE HEALTH: TREASURE YOUR BONES (LECTURE ONLY)

Learn about osteoporosis and osteopenia. Jyothi Larson, a registered yoga teacher, will present on the importance of progressive exercise, strengthening and posture awareness.

MONDAY, SEPTEMBER 24, 3 – 4 PM

INSTRUCTOR: Jyothi Larson, RYT, CPT  
Certified Yoga Therapist, Certified Personal Trainer

LOCATION: Phillips Ambulatory Care Center



**Registration is REQUIRED for all events.**  
**Visit us at [www.KarpasHealth.org](http://www.KarpasHealth.org) or call 212.420.4247 for more information or to register.**

#### PROGRAM LOCATIONS

## Beth Israel Medical Center

Bernstein Pavilion

Corner of 16<sup>th</sup> Street and Nathan D. Perlman Place between 1<sup>st</sup> and 2<sup>nd</sup> Avenues  
Podell Auditorium, Ground Floor

## October

### 9 **PREVENTING FALLS IN THE FALL (AND ALL YEAR LONG)**

Falls are a major cause of disability among older adults. Dr. Lovenvirth will discuss risk factors for falls and how to protect yourself.

**THURSDAY, OCTOBER 11, 3:30 – 4:30 PM**

**INSTRUCTOR:** Wendi Lovenvirth, DO; Director, Beth Israel Senior Health House Calls Program, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

### 10 **PULSATING ELECTRO-MAGNETIC FREQUENCIES (PEMFs) AND YOUR HEALTH**

Everyday your body encounters unwanted frequencies, which come from cell phones, microwaves and almost anything that has an on/off switch. Learn more about PEMFs and how they counteract with negative frequencies as well as their benefits toward our health. Adeline will explain exactly what PEMFs are and how they help as another modality in the healing process.

**THURSDAY, OCTOBER 18, 3 – 4 PM**

**INSTRUCTOR:** Adeline Notario, LMT

**LOCATION:** Phillips Ambulatory Care Center

### 11 **FOOD AND MEDICATION INTERACTION**

Some foods and medications can be harmful to your health if taken together. Join Dr. Wong as she discusses the importance of taking your medication properly and knowing what foods have a negative interaction with your medication.

**TUESDAY, OCTOBER 23, 1 – 2 PM**

**INSTRUCTOR:** Sally S. Wong, PhD, RD, CDN, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

### 12 **HEALTHY RELATIONSHIPS**

Please join Dr. Cohen as she presents on the signs of healthy and unhealthy relationships. Dr. Cohen will also discuss how healthy relationships benefit your overall health.

**TUESDAY, OCTOBER 30, 3:30 – 4:30 PM**

**INSTRUCTOR:** Lisa J. Cohen, PhD, Professor of Clinical Psychiatry, Director of Research for Psychology and Psychiatry, Beth Israel Medical Center,

**LOCATION:** Bernstein Pavilion, Beth Israel Medical Center

## November

### 13 **TRAINING YOUR DOG & HEALING YOURSELF**

Today's best animal trainers make use of the science of learning and implementing positive reinforcement. Instructors from The School for the Dogs will feature an explanation and demo of how to use different techniques with your dog. The School for the Dogs and the Beth Israel Pet Therapy Program will discuss the positive role your pet can play in your life and in the healing process.

**FRIDAY, NOVEMBER 2, 5 – 6:30 PM**

**INSTRUCTORS:** Annie and Kate, School for the Dogs, [www.SchoolForTheDogs.com](http://www.SchoolForTheDogs.com)

Terry Williams, Director of Volunteer Services, Beth Israel Medical Center

Beth Neuman and "Forest" the therapy dog, Pet Therapy Program, Beth Israel Medical Center

**LOCATION:** Bernstein Pavillion, Beth Israel Medical Center



**Registration is REQUIRED for all events.**

## Karpas Health Information Center

311 First Avenue at 18<sup>th</sup> Street, New York, NY 10003  
Phone: 212.420.4247 | Email: [info@KarpasHealth.org](mailto:info@KarpasHealth.org)

## Phillips Ambulatory Care Center

10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor



## 14 **THE DO'S AND DON'T'S OF DIETARY SUPPLEMENTS**

Dietary supplements are taken by most Americans to enhance health. Dietary supplements are considered food by law but their manufacturing is not overseen by the FDA. Dr. Newman will describe which supplements have been found to be effective, which have not and how to safely take them.

**TUESDAY, NOVEMBER 6, 3 – 4 PM**

**INSTRUCTOR:** Lisa Newman, MD, Department of Medicine, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 15 **HEALTHY HOLIDAY EATING FOR DIABETICS**

Come learn how to enjoy eating during the holidays while managing your diabetes. Get tips for holiday eating and healthy cooking.

**WEDNESDAY, NOVEMBER 14, 2 – 3 PM**

**INSTRUCTOR:** Lynn Polmanteer MS, RD, CDN, CDE, Gerald J. Friedman Diabetes Institute, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 16 **PARATHYROID DISEASE AND ADRENAL MASSES**

Over activity of the parathyroid glands results in high calcium levels. Adrenal masses are encountered in up to 8% of the elderly population. Many patients are asymptomatic and unaware that they harbor the condition. Dr. Marti will discuss the incidence of these diseases in the elderly population, how they affect the body, required testing, and whether observation or treatment should be pursued.

**FRIDAY, NOVEMBER 16, 2 – 3 PM**

**INSTRUCTOR:** Jennifer Marti, MD, Department of Surgery, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## 17 **ROTATOR CUFF PAIN: WHAT IS IT AND WHAT CAN I DO ABOUT IT?**

Dr. Compito will teach you how to take care of your shoulders and explain the common causes of rotator cuff pain and how it can be treated.

**MONDAY, NOVEMBER 19, 3 – 4 PM**

**INSTRUCTOR:** Catherine Compito, MD, Department of Orthopaedics & Sports Medicine, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## *December*

## 18 **MUSIC THERAPY IN THE TREATMENT OF ASTHMA AND COPD: APPROACHES FOR CHILDREN AND ADULTS**

Music can play a very important role in the healing process. Learn from Joanne Loewy how music therapy along with traditional medical treatment can make a difference for children, teens and adults with asthma or Chronic Obstructive Pulmonary Disease (COPD).

**TUESDAY, DECEMBER 4, 3 – 4 PM**

**INSTRUCTOR:** Joanne Loewy, DA, LCAT, MT-BC, Director of the Louis Armstrong Center for Music and Medicine, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

**Stay Off Smoking Support Group (SOS)**  
**EVERY WEDNESDAY NIGHT FROM 6 – 7 PM**  
Phillips Ambulatory Care Center, 2<sup>nd</sup> Floor,  
Friedman Conference Center, Room 2  
**For more information, please call 212.844.1349**



## *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 Irving D. Karpas, Jr. The recent passing of Irv Karpas this spring has saddened the Beth Israel community. He was always giving, caring and loving toward his community, and family. He will be missed immensely. If you would like to honor Irv Karpas, you may do so by sending any cards or donations to: Karpas Health Information Center, 311 First Avenue, New York, NY 10003.