



## Welcome to the Fall Karpas Calendar of Events!

Have you visited us online yet 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. 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 happy and healthy 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).

**King Corn** — MONDAY, SEPTEMBER 9, “*King Corn* is a feature documentary about two friends, one acre of corn, and the subsidized crop that drives our fast-food nation. In the film Ian Cheney and Curt Ellis, with the help of friendly neighbors, genetically modified seeds, and powerful herbicides, plant and grow a bumper crop of America’s most-productive, most-subsidized grain on one acre of Iowa soil. But when they try to follow their pile of corn into the food system, what they find raises troubling questions about how we eat—and how we farm.” (90 minutes) Source: [www.KingCorn.net](http://www.KingCorn.net)

**A Place at the Table** — MONDAY, OCTOBER 7, “50 million people in the U.S. (1 in 4 children) don’t know where their next meal is coming from, despite our having the means to provide nutritious, affordable food for all Americans. The directors examine this issue through the lens of three people who are struggling with food

insecurity. Ultimately, *A Place at the Table* shows us how hunger poses serious economic, social and cultural implications for our nation and how it could be solved once and for all, if the American public decides that making healthy food available and affordable is in the best interest of us all.” (84 minutes) Source: [www.MagPictures.com](http://www.MagPictures.com)

**Vegucated** — MONDAY, NOVEMBER 4, “Part sociological experiment and part adventure comedy, *Vegucated* follows three meat and cheese loving New Yorkers who agree to adopt a vegan diet for six weeks. Lured by tales of weight loss and health regained, they begin to uncover the hidden sides of animal agriculture that makes them wonder whether solutions offered in films like *Food, Inc.* go far enough.” (77 minutes) Source: [www.GetVegucated.com](http://www.GetVegucated.com)

**Hungry for Change** — MONDAY, DECEMBER 2, “*Hungry for Change* exposes shocking secrets about what diets, weight loss and the food industries don’t want you to know about the deceptive strategies designed to keep you coming back for more. Find out what’s keeping you from having the body and health you deserve.” (89 minutes) Source: [www.MagPictures.com](http://www.MagPictures.com)

**TIME: ALL MOVIES BEGIN AT 5:30 PM**

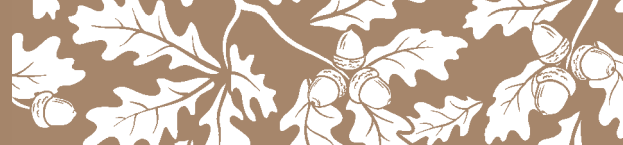
**LOCATION: Bernstein Pavilion, Beth Israel Medical Center**



**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.

**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)



**#2 STAY IN SHAPE! JOIN OUR WALKING CLUB**  
Take a step in the right direction! Meet us at Karpas Health Information Center Wednesday afternoons for a heart-healthy walk to help you stay fit and keep your week going strong.

**ONGOING, WEDNESDAYS, 12:30 – 1 PM**

**LOCATION:** Karpas Health Information Center

**#3 JOURNEY TO JOY MEDITATION**  
De-stress and renew your spirit with meditation.

**ONGOING, THURSDAYS, 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 10, OCTOBER 8,  
NOVEMBER 12, DECEMBER 10, 2 – 3 PM**

**LOCATION:** Karpas Health Information Center

**#5 FLU SHOTS**  
**PROTECT YOURSELF: GET A FREE FLU SHOT**  
If you are 18 years old 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.

**THURSDAY, OCTOBER 10, 10:30 AM – 3 PM**

**THURSDAY, OCTOBER 17, 1:30 – 5:30 PM**

**TUESDAY, OCTOBER 22, 10 AM – 2 PM**

**MONDAY, OCTOBER 28, 1 – 5 PM**

**LOCATION:** Phillips Ambulatory Care Center

**#6 EMERGENCY PREPARATION FOR OLDER ADULTS**  
Join us to learn how to prepare yourself and your older loved ones for an emergency—both during and after.

**WEDNESDAY, SEPTEMBER 25, 2 – 3:30 PM**

**INSTRUCTOR:** Christina Farrell, Deputy Commissioner for External Affairs; Joanne Leefer, Founder ElderCareGiving, [www.joannaleefer.com](http://www.joannaleefer.com); Linda Whitaker, the Assistant Commissioner at New York City Department for the Aging

**LOCATION:** Beth Israel Medical Center

## October

**#7 ARTHRITIS BASICS FOR CHANGE (ABC)**  
Please join the Arthritis Foundation as they discuss the Arthritis Basics for Change (ABC) program, which aims to educate participants on the types of arthritis, ways to prevent and decrease arthritis-related pain and improve functional levels by learning and practicing self-help techniques.

**FRIDAY, OCTOBER 11, 3 – 4:30 PM**

**INSTRUCTOR:** Arthritis Foundation

**LOCATION:** Beth Israel Medical Center

**#8 MOVEMENT DISORDERS: TREATMENT OF TREMOR, PARKINSON'S AND DYSTONIA**  
Movement disorders are neurological conditions that cause abnormal voluntary or involuntary movements, slow or reduced movements. Learn more from Joan Miravite about the different types of movement disorders and treatment options.

**MONDAY, OCTOBER 14, 2 – 3 PM**

**INSTRUCTOR:** Joan Miravite, RN, BSN, MSN, FNP-BC, Nurse Practitioner, Clinical Services Coordinator, Department of Neurology, Center for Movement Disorders, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center



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## Event Locations:

**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)

**#9 ADVOCATING FOR YOURSELF AND OTHERS**

Each year hundreds of thousands of adults over the age of 60 are abused, neglected and exploited and many suffer in silence. Please join Ariella Beer and Beatrice Maloney as they explain how to recognize the warning signs of elder abuse, what the risk factors are, and what you can do to prevent and report the problem. Learn how to become an advocate for others while putting an end to the silence.

**WEDNESDAY, OCTOBER 23, 1:30 – 2:30 PM**

**INSTRUCTOR:** Ariella Beer, MSW, Manhattan LEAP Social Worker; Jewish Association for Services for the Aged (JASA); Beatrice Maloney, LCSW-R, Supervisor, Geriatric Services Department of Social Work and Homecare, Beth Israel Medical Center

**LOCATION:** Beth Israel Medical Center

**#11 HEART MATH**

Science has shown that the heart communicates with the body and brain on various levels. This inspired a study of Heart Math, the relationship between the vibrations of the human heart and the vibration of the earth itself. Come hear Joan Goldstein discuss how Heart Math could help us care for the heart in a new way.

**WEDNESDAY, OCTOBER 30, 2 – 3 PM**

**INSTRUCTOR:** Joan Goldstein, author of "The Joy Within: A Beginner's Guide to Meditation"

**LOCATION:** Beth Israel Medical Center

*November*

**#12 HYPNOSIS FOR STRESS MANAGEMENT AND RELAXATION**

Hypnosis can be used to help you gain control over undesired behaviors or to help you cope with anxiety, pain, and stress. Please join Nancy Bourque as she discusses how hypnosis can lead to relaxation and help to manage stress.

**TUESDAY, NOVEMBER 5, 2 – 3 PM**

**INSTRUCTOR:** Nancy Bourque, LCSW, Oncology Social Worker, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

**#13 A CHIROPRACTOR COULD HELP**

Chiropractors treat problems that affect the alignment of the muscles and bones in the body. Come hear Dr. Cooper speak about chiropractic treatments and natural approaches to health, such as lifestyle changes, nutrition and exercise.

**FRIDAY, NOVEMBER 8, 2:30 – 3:30 PM**

**INSTRUCTOR:** Brandon Cooper, DC, Continuum Center for Health and Healing

**LOCATION:** Phillips Ambulatory Care Center

*Need a Great Doctor?*  
Call 866.318.8755



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

**Bernstein Pavilion at Beth Israel Medical Center**  
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



## #14 HOW TO LIVE WITH URINARY INCONTINENCE

Urinary incontinence—the loss of bladder control—is a common and often embarrassing problem.

Richard Sabel will talk about the causes, symptoms, treatments and how to live a full life while learning to deal with urinary incontinence.

**FRIDAY, NOVEMBER 15, 3 – 4:30 PM**

**INSTRUCTOR:** Richard Sabel, OTR, MA, MPH, GCFP, Clinical Assistant Professor in Occupational Therapy, SUNY Downstate Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## #16 HEART FAILURE

The term “heart failure” doesn't mean that your heart has stopped or is about to stop working. However, heart failure is a serious condition that requires medical care. Learn more from Dr. Shinnar about the different types of heart failure, causes, symptoms, treatment, and prevention.

**TUESDAY, NOVEMBER 26, 3 – 4 PM**

**INSTRUCTOR:** Meir Shinnar, MD, PhD, Director of Heart Failure Program, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## #15 PROCESSED FOODS VS. WHOLE FOODS: WHY IS ONE BETTER FOR YOUR HEALTH?

What are considered processed foods? What are considered whole foods? Why is one better than the other? Does one really help increase energy and strength? Mary Beth Augustine will answer these questions and explain the benefits of one versus the other.

**WEDNESDAY, NOVEMBER 20, 1 – 2 PM**

**INSTRUCTOR:** Mary Beth Augustine, RD, CDN, Senior Integrative Medicine Nutritionist, Continuum Center for Health and Healing

**LOCATION:** Phillips Ambulatory Care Center

## December

## #17 WINTER SKIN

As fall fades into blustery winter, it's time to think about changing your skincare routine. Dr. Weinberg will discuss how to prepare for the colder months, while establishing a routine that will leave you with flawless skin this winter.

**FRIDAY, DECEMBER 6, 3 – 4 PM**

**INSTRUCTOR:** Jeffrey Weinberg, MD, Department of Dermatology, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

## #18 PAIN MANAGEMENT FOR CHRONIC PAIN

Pain management is important for ongoing pain control, especially if you suffer from long-term or chronic pain. Please join Dr. Gittleman as she discusses treatments to help relieve chronic pain.

**WEDNESDAY, DECEMBER 11, 1 – 2 PM**

**INSTRUCTOR:** Madeline Gittleman, PsyD, MEd, Department of Pain Medicine and Palliative Care, Beth Israel Medical Center

**LOCATION:** Phillips Ambulatory Care Center

### Stay Off Smoking Support Group (SOS)

EVERY WEDNESDAY NIGHT FROM 6 – 7 PM

**LOCATION:** Phillips Ambulatory Care Center, 2<sup>nd</sup> Floor, Friedman Conference Center, Conference Room #2

FOR MORE INFORMATION,  
PLEASE CALL 212.844.1349



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## Thank You to Our Gracious Donors!

THE KARPAS HEALTH INFORMATION CENTER continues to flourish due to the pioneering spirit, generosity and ongoing leadership of Suzanne Toor Karpas and the late Irving D. Karpas, Jr. A special thank you to Roger and Kelly Ziegler for their continuous support and generosity to the Karpas Health Information Center and ensuring programs and events are brought to the community to promote healthy living.