

KARPAS FALL 2015 CALENDAR OF EVENTS

1. Movies with Karpas**

I AM – Tuesday, October 6th:

I AM is the story of successful Hollywood director, Tom Shadyac, who experienced a life threatening head injury and his ensuing journey to try and answer two very basic questions: “What’s wrong with our world?” and “What can we do about it?” Tom visits some of today’s great minds, including authors, poets, teachers, religious leaders, and scientists searching for the fundamental problem that causes all of the other problems, while also reflecting on his own life choices of excess, greed and eventual healing. (78 minutes)

Spinning Plates - Tuesday, November 3rd:

The story of three restaurants and the people who make them what they are. These restaurants include: a cutting-edge restaurant named the seventh-best in the world whose chef must battle a life-threatening obstacle to pursue his passion; a 150-year-old family restaurant still standing only because of the unbreakable bond with its community; and a Mexican restaurant whose owners are risking everything just to survive and provide for their young daughter. Spinning Plates share the unforgettable stories of family, legacy, passion and survival coming together to reveal how meaningful food can be and the power it has to connect us to one another. (93 minutes)

Cyber-Seniors - Tuesday, December 1st:

A funny, poignant film the whole family will enjoy. Whether you are a tech-savvy youth, a tech-adverse senior citizen, or someone in between, you will laugh and cry along with the characters of this very entertaining film. (74 minutes)

Time: All movies begin at 3pm

Location: **Bernstein Pavilion**

2. Stay in Shape! Join Our Walking

Take a step in the right direction! Meet at the Karpas Health Information Center on Wednesday afternoons for a heart-healthy walk through fall leaves to help you stay fit and focused throughout the day.

Ongoing, Wednesdays

Time: 12:30-1pm

Location: 311 First Avenue at 18th Street

Karpas Health Information
Center is located at
311 First Avenue at 18th St

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, October 13th, November 17th,
December 8th**

Time: 2-3pm

Location: **Bernstein Pavilion**



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

Visit us at www.KarpasHealth.org or call (212) 420-4247 for more information or to register.

Event Locations:

Phillips Ambulatory Care Center:
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Fl

Bernstein Pavilion:
9 Nathan D. Perlman Place
Podell Auditorium, Ground Fl
Corner of 16th Street
between 1st and 2nd Avenues

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OCTOBER

4. Protect Yourself: Get a FREE Flu Shot**

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

- ❖ Thursday, October 1st 12:30-4:30pm
- ❖ Wednesday, October 14th 1-4pm
- ❖ Monday, October 19th 11:30-3pm
- ❖ Wednesday, October 28th 2:30-6:30pm

Location: **Phillips Ambulatory Care Center**



SEPTEMBER

5. Fibromyalgia: Diagnosis and Treatment**

Fibromyalgia is a chronic condition that can cause extensive pain all over the body, however with treatment most people with fibromyalgia are able to work and do their regular activities. Dr. Natelson will speak on how Fibromyalgia is diagnosed and the ways it can be treated in order to function better throughout the day.

Tuesday, September 29th, 2-3pm

Instructor: Benjamin H. Natelson, MD, Pain & Fatigue Study Center, Mount Sinai Beth Israel

Location: **Phillips Ambulatory Care Center**

**Need a Great Doctor?
Call (800) MD-SINAI**

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6. Colon Cancer Awareness**

Colon cancer can begin as benign polyps, but over time some of these polyps can become cancerous. Please come out to hear Dr. Bernstein discuss the benefits of being screened for colon cancer, ways to prevent it, and treatment options.

Thursday, October 15th, 3:30-4:30pm

Instructor: Brett B. Bernstein, MD, Director of Endoscopy, Division of Digestive Diseases, Department of Medicine, Mount Sinai Beth Israel

Location: **Phillips Ambulatory Care Center**

NOVEMBER

7. Understanding Medicare in 2016**

2016 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 2016 from Eric Hausman. He will provide the latest information on Medicare Part A and Part B, Medigap insurance, Medicare Advantage, Medicare Part D and EPIC and the Medicare Savings Programs.

Thursday, November 5th, 3-4:30pm

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

Location: **Phillips Ambulatory Care Center**

8. Do You Have Chronic Low Back Pain?*

If you have lower back pain, you are not alone. Men and women are equally affected by low back pain. Come hear Dr. Hinke explain the causes and prevention of chronic back pain as well as the possible non-surgical treatment options.

Thursday, November 12th, 2:30-3:30pm

Instructor: Christine Hinke, MD, Department of Physical Medicine and Rehabilitation, Mount Sinai Beth Israel

Location: **Phillips Ambulatory Care Center**

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DECEMBER

9. What is Keeping You Awake**

Do you have trouble staying asleep through the night? Snoring is a common form of obstructive sleep apnea, and can sometimes leave you sleepy and have difficulty concentrating during the day. Come hear Dr. Chernobilsky talk about the causes for Obstructive Sleep Apnea and the treatments to help you sleep well.

Thursday, November 19th, 4-5pm

Instructor: Boris Chernobilsky, MD, Director, Department of Otolaryngology, Head and Neck Surgery, Mount Sinai Beth Israel

Location: [Phillips Ambulatory Care Center](#)

10. Finding and Evaluating Online Health**

Finding accurate, reliable health information online can be a daunting task even for the most tech-savvy person. Millions of consumers use health information websites every day. Some of these sites have information that is reliable and up to date, but others do not. How can you tell the reliable information from the not so reliable? Robin Milford will discuss tips & tricks to find trustworthy, credible health information online.

Friday, November 20th, 2-3pm

Instructor: Robin Milford, MLIS, Public Services Manager, The Levy Library, Icahn School of Medicine at Mount Sinai

Location: [Phillips Ambulatory Care Center](#)

11. How to Prepare for a Scheduled Hospital Visit **

Do you know what to expect while you are in the hospital? Being hospitalized, whether planned or unexpected, is stressful. Caroline and Christine will discuss how to reduce stress, properly prepare yourself beforehand, stress and anxiety management during your stay, and planning for your needs after you leave the hospital. Having this knowledge and knowing your options can help you take an active role in your recovery.

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

Instructor: Caroline E. Ortiz, RN, MSN, MPH, Center for Health and Healing and Christine Gilchrist, RN, MSN, MPH, NC, Center for Health and Healing

Location: [Phillips Ambulatory Care Center](#)

12. How to Deal With the Loss of a Loved One**

Losing someone you love and care deeply about is very painful. You may experience difficult emotions and it may feel like the sadness will never go away. Please join us as Miriam Herscher speaks about the healthy ways to cope with the loss of a loved one.

Tuesday, December 15th, 3-4pm

Instructor: Miriam Herscher, Chaplain, LMSW, Shira Ruskay Center, The Jewish Board

Location: [Phillips Ambulatory Care Center](#)

Stay Off Smoking Support Group (SOS)

Meets Every Wednesday from 6-7pm

Phillips Ambulatory Care Center, 2nd Fl

Friedman Conference Center, Conference Rm #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 the late Irving D. Karpas, Jr.

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