

# KARPAS SPRING 2017 CALENDAR OF EVENTS

## 1. Movies\*\*

### **Food Chains – Tuesday, April 4<sup>th</sup>:**

A powerful and shocking picture about what feeds our country. This powerful true story of one small group of workers overcoming corporate greed to end slavery and abuse in America's fields will inspire you to demand your food be fair! (83 minutes)

### **Minimalism: A Documentary About the Important Things – Tuesday, May 2<sup>nd</sup>:**

How might your life be better with less? “*Minimalism: A Documentary About the Important Things*” examines the many degrees of minimalism by taking the audience inside the lives of minimalists from all walks of life whom are striving to live a meaningful life with less. (79 minutes)

### **Fat, Sick, & Nearly Dead 2 – Tuesday, June 6<sup>th</sup>:**

What began as the story of one man, is now a story about millions. Since more than 20 million people have saw part 1 Joe realized there is still a lot for him to learn about becoming healthy and staying that way. “*Fat, Sick & Nearly Dead 2*” taps into the positive change that is sweeping the world when it comes to what we eat. As Joe sets out to learn how to be healthy in an unhealthy world, he talks to a wide range of experts, follows up with folks from the first film, and connects with new people along the way. Each one helps Joe learn that healthy eating is only one aspect of living a healthy life. (95 minutes)

**Time:** All movies begin at 3pm

**Location:** **Bernstein Pavilion**  
**9 Nathan D. Perlman Place**  
**Corner of 16<sup>th</sup> Street between 1<sup>st</sup> & 2<sup>nd</sup> 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: 16<sup>th</sup> Street and 1<sup>st</sup> 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 14<sup>th</sup>, April 11<sup>th</sup>, May 9<sup>th</sup>, June 13<sup>th</sup>**

**Time: 2-3pm**

**Location: Bernstein Pavilion**  
**9 Nathan D. Perlman Place**  
**Corner of 16<sup>th</sup> Street between 1<sup>st</sup> & 2<sup>nd</sup> Avenues**  
**Podell Open Space, Ground Floor**



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

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(212) 420-4247 for more information or to register.

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## APRIL

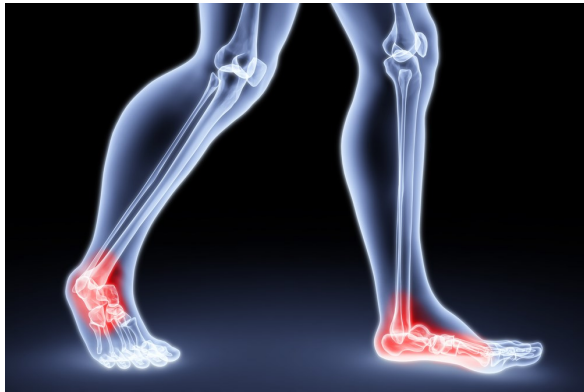
### 4. Foot and Ankle Pain\*\*

Spring has arrived but are you not able to enjoy the outdoor season because of foot and ankle pain? This pain could signal the presence of many conditions. Dr. Catalano will talk about the conditions that might bring on foot and ankle pain as well as how to prevent and treat the pain.

**Thursday, April 27<sup>th</sup>, 2-3pm**

**Instructor:** Jasmine M. Catalano, DPM,  
Department of Podiatry, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square  
(formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor



## MAY

### 5. Spring Day Tune Up\*\*

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

**Friday, May 5<sup>th</sup>, 1-4pm**

**Instructor:** Karpas Health, Touching Hearts at Home, Stroke Program Mount Sinai Beth Israel, Village Care, New York Eye and Ear Infirmary of Mount Sinai, American Heart Association

**Location:** Mount Sinai Downtown Union Square  
(formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
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### 6. Dealing with Arthritis Pain\*\*

With arthritis comes joint pain and stiffness. It can be frustrating and upsetting to live with a pain you can not effectively manage. Dr. Disla will address the steps you can take with your healthcare provider to develop a pain management plan that will bring you relief.

**Wednesday, May 10<sup>th</sup>, 1-2pm**

**Instructor:** Eddys Disla, MD,  
Department of Internal Medicine, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square  
(formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

### 7. Voice and Swallowing Issues\*\*

Difficulty swallowing is a common outcome of medical conditions and surgeries that affect the head and neck, and can also be associated with aging. Voices can take on a different pitch and tone as the larynx changes as we age. Dr. Mori will address how voice and swallowing issues can be treated to improve one's quality of life.

**Tuesday, May 16<sup>th</sup>, 2:30-3:30pm**

**Instructor:** Matthew C Mori, MD, Department of Otolaryngology, New York Eye and Ear Infirmary of Mount Sinai and Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square  
(formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

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## 8. Vein Disease: Causes, Symptoms and Management\*\*:

The veins in your body play an important role in circulation, carrying blood from various parts of your body back to your heart. Yet, as people age, problems can develop in the veins that can cause a variety of complications. Early symptoms may seem minor, but they can become more serious if they are not treated. Dr. Aybar will talk about the causes and symptoms of Vein Disease and address treatment options and management of the disease.

**Wednesday, May 17<sup>th</sup>, 2-3pm**

**Instructor:** Luis Aybar, MD,  
Department of Internal Medicine, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

## 9. Migraines: Triggers, Causes and Treatment\*\*

Everyone either knows someone who suffers from migraines or struggles with migraines themselves. A majority of people do not realize how serious and debilitating a migraine can be and how it is not just a bad headache. Dr. Sheikh will discuss what is a migraine, causes and triggers, and the different ways to treat it, including natural vs medications.

**Friday, May 19<sup>th</sup>, 1:30-2:30pm**

**Instructor:** Huma Sheikh, MD,  
Department of Neurology, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

## JUNE

## 10. Eye Health and Aging\*\*

Cataracts, glaucoma, macular degeneration and diabetic retinopathy are four main causes of vision loss as we age. Dr. Banik will discuss causes, symptoms, prevention and treatment options for each.

**Friday, June 9<sup>th</sup>, 2:30-3:30pm**

**Instructor:** Rudrani Banik, MD,  
Department of Ophthalmology, 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 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

## 11. True or False: Nutrition Fads\*\*

Diet, exercise and nutrition are hot topics these days. With a surplus of information available, it can be confusing to navigate fact from fiction and hard to gain a sustainable nutrition plan. Jessica will discuss the steps to eating healthy and making sure you are receiving the nutrients necessary for optimal health and long-term success, while busting a few myths along the way.

**Thursday, June 15<sup>th</sup>, 1-2pm**

**Instructor:** Jessica Laifer, MS, RDN,  
Department of Clinical Nutrition, Mount Sinai Beth Israel

**Location:** Mount Sinai Downtown Union Square (formerly Phillips Ambulatory Care Center)  
10 Union Square East at 14<sup>th</sup> Street  
Friedman Conference Center, 2<sup>nd</sup> Floor

## *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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