1. Movies
Cooked: Fire – (59 minutes)
Monday, April 6th:
Assisted by local Australian hunters and a barbecue pit master, Michael Pollan demonstrates how fire shaped human gastronomy, and evaluates our duty to the animals we eat.

Cooked: Water – (50 minutes)
Tuesday, May 5th:
Michael Pollan explores kitchens of India for a lesson in the usefulness of pot cooking and assesses the consequences of eating highly processed food.

Cooked: Air – (53 minutes)
Tuesday, June 2nd:
Visit food labs and Moroccan fields as Michael Pollan explores the science of bread-making and the nature of gluten.

Cooked: Earth – (52 minutes)
Tuesday, July 14th:
Learn how microbes assist in turning raw ingredients into delicacies like chocolate and cheese as Michael Pollan learns the mysterious process of fermentation.

Time: All movies begin at 3:30pm
Location: Bernstein Pavilion
9 Nathan D. Perlman Place
Corner of 16th Street between 1st & 2nd Avenues
Podell Auditorium, Ground Floor

2. Stay in Shape! Join Walking Our 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: 16th Street and 1st 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 what your numbers mean.

Tuesdays, March 10th, April 14th, May 12th, June 9th, July 14th
Time: 2-3pm
Location: Bernstein Pavilion
9 Nathan D. Perlman Place
Corner of 16th Street between 1st & 2nd Avenues
Podell Open Space, Ground Floor

** Registration is MANDATORY for ALL events.
Visit us at www.KarpasHealth.org or call (212) 420-4247 for more information or to register.
4. How to Be Chronologically Gifted: Aging Well (Healthy Aging Series)

Aging is not an option, but handling the aging process with a healthy mix of acceptance and passion is possible. Dr. Fogel will discuss healthy aging and ways to enjoy growing older. She will address exercise, diet, vitamins and prevention while aging well.

Tuesday, March 24th, 2-3pm
Instructor: Joyce F. Fogel, MD, FACP, AGSF, Department of Geriatrics and Palliative Medicine, Mount Sinai Beth Israel
Location: Mount Sinai Downtown Union Square 10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

5. Seasonal Allergies

Spring season is here as well as itchy, watery eyes and sneezing, but do you really know why your body is acting in such a manner? Dr. Naik will discuss the cause, symptoms, and treatments for seasonal allergies.

Friday, April 17th, 1-2pm
Instructor: Roshni Naik MD, Department of Medicine and Department of Pediatrics, Mount Sinai Health System, Division of Pulmonary, Critical Care and Sleep Medicine, Department of Medicine, Mount Sinai Health System
Location: Mount Sinai Downtown Union Square 10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

6. Safety First: Medication Management (Healthy Aging Series)

When taken as prescribed, medications can help manage or treat medical conditions but taking them the wrong way or mixing certain drugs can be dangerous. Please join us for a talk on medication safety by the geriatrics clinical pharmacy resident, Dr. Selwaness.

Friday, May 1st, 1:30-2:30pm
Instructor: Martina Selwaness, PharmD, Ambulatory Care Pharmacy, Icahn School of Medicine at Mount Sinai
Location: Mount Sinai Downtown Union Square 10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

7. Advance Directives: Making your Healthcare Wishes Known and Honored

You can help make your care as effective as possible when you are well informed, participate in treatment decisions, communicate openly with your doctor and other health professionals. Join Miguel Arenas as he reviews your rights and responsibilities as a patient and explains the process of putting together an advance directive. He will guide you through the process of appointing a health care proxy and putting together a living will.

Monday, May 4th, 1:30-2:30pm
Instructor: Miguel Arenas, MS, CPXP, BCPA, Senior Director of the Patient Representative & Language Services Department, Mount Sinai Downtown & Mount Sinai Brooklyn
Location: Mount Sinai Downtown Union Square 10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

Need a Great Doctor?
Call (866)318-8755

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8. Spring Day Tune Up
Have your cholesterol, glucose, and blood pressure checked at this FREE health screening event. Health counseling and other helpful educational materials will be provided. Bright Health will be there to answer questions about their insurance. The U.S Census Bureau will provide assistance in filling out the Census form as well as information about rent freezing policies and protocols for seniors.

Thursday, May 14th, 1-4pm
Instructor: Karpas Health, Ambulatory Care Pharmacy, Icahn School of Medicine at Mount Sinai, NYC Department of Finance, U.S. Census Bureau, Bright Health Insurance
Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

9. Medication Review with a Pharmacist
(Healthy Aging Series)
Do you have questions about your medications? Bring all your medications including your over the counter medications, supplements and vitamins for a full review with a pharmacist. Bring expired medication to disposed of and be destroyed.

*Controlled substances and needles will not be accepted for disposal.

Friday, May 15th, 1-3pm
Instructor: Martina Selwaness, PharmD & Cerris Chung, PharmD, Ambulatory Care Pharmacy, Icahn School of Medicine at Mount Sinai
Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

JUNE

10. Sexuality and Aging
(Healthy Aging Series)
Normal aging causes physical changes in both men and women. These changes sometimes affect the ability to have and enjoy sex. Dr. Barbara Chubak will discuss which aspects of sexual health are likely to change as you age and how you and your partner can adapt.

Monday, June 8th, 1-2pm
Instructor: Barbara M Chubak, MD, Department of Urology, Icahn School of Medicine at Mount Sinai
Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

11. S is not only for Summer or Sun but also Safety. Let’s talk about it!
(Healthy Aging Series)
Summer time can be an exciting time for everyone and also a time to be aware of one’s safety. As we age, we are vulnerable to certain health threats. Dr. Rodriguez will talk about ways to prepare for the upcoming hot summer season and guide us to identify urgent situations that may need prompt medical attention.

Tuesday, June 23rd, 12-1pm
Instructor: Vanessa Rodriguez, MD, Department of Geriatrics and Palliative Medicine, The Mount Sinai Hospital
Location: Mount Sinai Downtown Union Square
10 Union Square East at 14th Street
Friedman Conference Center, 2nd Floor

Thank you to our founders Suzanne Toor Karpas and her late husband Irving D. Karpas Jr.!

Karpas Health has flourished through the years due to her pioneering leadership and generosity.

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KARPAS SPRING 2020 CALENDAR OF EVENTS

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Special thanks to the presenting providers and the Martha Stewart Center for Living at Mount Sinai – Union Square for being part of the Healthy Aging Series

Martha Stewart Center for Living at Mount Sinai – Union Square
10 Union Square East, Suite 3G
(212) 463-0101