

MARTHA STEWART  
CENTER *for* LIVING  
AT MOUNT SINAI



CLASS AND LECTURE SCHEDULE

SPRING *and*  
SUMMER 2011

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## ONGOING CLASSES

All classes are free for patients and caregivers.  
Materials are also provided. Seating is limited.  
You must call 212-241-3040 to register for all classes.

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**\* All classes are held at the Martha Stewart Center for Living except for the \*Yoga, \*Tai Chi, \*Tai Chi Vitality, and \*Fall Prevention exercise classes. See these classes for location.**

MON	TUE	WED	THUR	FRI
YOGA 10:30 AM TAI CHI 12:00 PM		TAI CHI VITALITY 12:00 PM	MEDITATION 9:00 AM	

The Center will be closed on Monday, May 30th for Memorial Day & Monday, July 4th for Independence Day.

### \*YOGA

Chair Yoga: This class incorporates seated Yoga poses with standing and walking practice to improve agility, gait, balance and coordination. This class is advanced/intermediate and is appropriate for people who can sit, stand and walk without difficulty.

**CLASSES: EVERY MONDAY, 10:30 AM – 11:30 AM.**

**INSTRUCTOR: DEBORAH QUILTER.**

**ROOM: ANNENBERG BUILDING, 10TH FLOOR, ROOM 10-30.**

**THIS CLASS IS CURRENTLY FULL.**

**PLEASE CALL 212-241-3040 TO BE PUT ON THE WAITING LIST.**

### \*TAI CHI

This class is entirely done standing, while participants have slow, fluid range of motion movements, following the instructors lead. The movements improve balance and coordination.

**CLASSES: EVERY MONDAY, 12:00 PM – 1:00 PM.**

**ROOM: ANNENBERG BUILDING, 10TH FLOOR, ROOM 10-30.**

**INSTRUCTOR: CHIU NG.**

### \*TAI CHI VITALITY

Chair Tai Chi: Using relaxed and graceful movements, Tai Chi develops stability, strengthens body and mind and promotes general health. Qigong triggers the body's innate ability to heal itself. Everyone will learn easy pressure point techniques to help alleviate many common problems, including pain, depression and anxiety.

**CLASSES: EVERY WEDNESDAY, 12:00 PM – 1:00 PM.**

**ROOM: ANNENBERG BUILDING, 10TH FLOOR, ROOM 10-30.**

**INSTRUCTOR: LEWIS PALEIAS.**

### MEDITATION SESSIONS

No meditation experience necessary. All levels of meditators are welcome. Sessions will be lead by Patricia Bloom and occasional guests.

**CLASSES: EVERY THURSDAY, 9:00 AM – 10:00 AM.**

**ROOM: THE MARTHA STEWART CENTER FOR LIVING,  
CONFERENCE ROOM.**

**The Martha Stewart Center for Living  
is now on Facebook**  
For news and events at the Center find us on Facebook!

**REGISTER FOR CLASSES AT 212 241 3040**

**THE MARTHA STEWART CENTER FOR LIVING IS NOW ON FACEBOOK**

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## SEASONAL CLASSES

All classes are free for patients and materials are provided. Seating is limited.

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### SIMPLE EXERCISES FOR BUILDING STRONG BONES

This class is taught with 1lb. or 2lb. hand weights (depending on comfort level), while participants remain seated and work on upper body muscles. There are also some stretching exercises which include the lower body, but are done seated.

**CLASSES: MAY 13TH & MAY 27TH. 12:15PM TO 12:45 PM.**

**ROOM: THE MARTHA STEWART CENTER FOR LIVING, CONFERENCE ROOM. INSTRUCTORS: SIOBHAN SUNDEL, NURSE PRACTITIONER, AND MYRIAM CARTAGENA, MED. CLINICAL ASSOC.**

### A DIRT OF D VITAMINS

40% of the U.S. Population is Vitamin D deficient. Might you be at risk? D will also stand for delicious when you sample our vitamin D rich taste treats.

**TUESDAY, MAY 3RD, 10:00 TO 11:30 AM. FACILITATOR: AMANDA PARRISH-BLOCK, NEW YORK JUNIOR LEAGUE VOLUNTEER. REFRESHMENTS SERVED.**

### \*FALL PREVENTION PROGRAM

#### FALL STOP...MOVE STRONG (12-SESSION PROGRAM)

This 12-session program includes exercise and education which is designed to help improve strength, flexibility, balance and confidence, and to reduce your risk for falls. The program has been successful in helping keep New Yorker's on their feet for the past six years!

**A 12-WEEK COURSE BEGINS WEDNESDAY, MAY 4TH, 10:15 AM – 11:30 AM. ROOM: ICAHN BUILDING, 1425 MADISON AVENUE, GROUND FLOOR, SEMINAR ROOM. INSTRUCTORS: CELESTE CARLUCCI, FITNESS INSTRUCTOR AND JULIE KARDACHI, OCCUPATIONAL THERAPIST.**

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### CARING FOR THE CAREGIVER:

#### CAREGIVER BI-MONTHLY SUPPORT GROUP

*Are you a caregiver? Anyone who cares about a patient or who cares for a patient is a caregiver. You could be a son, daughter, relative, home health aide or a friend.*

Are you feeling overwhelmed by someone whose memory is not what it used to be? Do you miss the person he/she once was? Experiencing symptoms of fatigue, sadness and/or resentment or just wanting to learn more about what to expect? Share your worries, concerns and thoughts at this monthly support group.

**WEDNESDAY, MAY 4TH & 18TH, JUNE 1ST, 15TH & 29TH, JULY 13TH & 27TH, AUGUST 10TH & 24TH, 12:00 PM – 1:30 PM.**

**LEADER: ELIZABETH FINE, L.C.S.W. MT. SINAI GERIATRIC PSYCHIATRY DEPT. CALL DIRECTLY TO REGISTER FOR THIS: 212-659-9230.**

### CARING FOR THE CAREGIVER:

#### STRESS REDUCTION COURSE (8-WEEK COURSE)

*Are you a caregiver? Anyone who cares about a patient or who cares for a patient is a caregiver. You could be a son, daughter, relative, home health aide or a friend.*

Mindfulness Based Stress Reduction is a simple meditation-based practice developed at the University of Massachusetts 30 years ago, and widely used in medical centers across the country and around the world. It has been shown to be helpful for people with many different stress-related illnesses, and has been adapted for this course to be particularly relevant for caregivers.

**THIS IS AN 8-WEEK COURSE AND BEGINS ON MAY 4TH.**

**SESSIONS HELD ON WEDNESDAYS, 6:00 PM – 7:30 PM.**

**INSTRUCTORS: JOAN GRIFFITHS-VEGA & PATRICIA A. BLOOM, M.D.**

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**MINDFUL MEDITATION FOR PATIENTS  
(8-WEEK COURSE)**

Mindfulness Based Stress Reduction has enabled thousands of people to experience decreases in physical and psychological symptoms, reduction in pain or a greater ability to deal with pain, greater enjoyment of life, and improved ability to cope with stress. People participate for many reasons, including family or job stress, heart disease, anxiety, pain and many other types of chronic illness. The course is highly participatory, and requires commitment! Participants practice at home for 45-60 minutes per day.

**THIS 8-WEEK COURSE IS OFFERED ON THURSDAYS,  
2:00 PM – 4:30 PM.**

**BEGINS MAY 5TH. CALL INSTRUCTOR PATRICIA BLOOM, MD TO JOIN  
THIS CLASS AT 212-241-1782.**

**\*\*TUITION IS \$400; TUITION ASSISTANCE IS AVAILABLE.**

**SENIOR LUNCH DISCUSSION GROUP –  
SENIOR-FRIENDLY NEW YORK**

Participants will hear about and share places to go around New York that are senior-friendly and affordable.

**TUESDAY, MAY 24TH, 11:00 AM – 12:00 PM.**

**FACILITATOR: CAROL BLAYDON, NEW YORK JUNIOR LEAGUE  
VOLUNTEER. LUNCH SERVED.**

**ASK THE DOCTOR SERIES:**

**PREVENTION & SCREENING FOR OLDER ADULTS**

This talk will discuss the recommended screening tests for older adults, as well as other treatments and health behaviors that have been shown to contribute to healthy aging. The Ask the Doctor Series is a forum which encourages patients and/or caregivers to ask questions and have a discussion with their doctors.

**WEDNESDAY, MAY 25TH, 12:00 PM – 1:00 PM.**

**SPEAKER: PATRICIA BLOOM, MD, GERIATRICIAN AT THE COFFEY  
GERIATRICS PRACTICE.**

**CARING FOR THE CAREGIVER:**

**CAREGIVER EDUCATIONAL SESSIONS**

*Are you a caregiver? Anyone who cares about a patient or who cares for a patient is a caregiver. You could be a son, daughter, relative, home health aide or a friend.*

The A to Z's of caring for a loved one with memory problems. This group is designed for the person caring for a loved one with memory problems. We will discuss the nature, causes and treatments available for those experiencing memory problems. We will learn about the resources available to maximize quality of life and plan for the future needs of both the caregiver and the care receiver.

**WEDNESDAY, JUNE 8TH & 22ND AND JULY 6TH & 20TH,  
12:00 PM – 1:30 PM.**

**LEADER: ELIZABETH FINE, L.C.S.W. MOUNT SINAI GERIATRIC  
PSYCHIATRY DEPARTMENT.**

**CALL DIRECTLY TO REGISTER FOR THIS: 212-659-9230.**

ASK THE DOCTOR SERIES:  
UNDERSTANDING MEMORY LOSS  
FOR PATIENTS & CAREGIVERS

*Are you a caregiver? Anyone who cares about a patient or who cares for a patient is a caregiver. You could be a son, daughter, relative, home health aide or a friend.*

This session will discuss the challenges facing a caregiver of a patient with memory loss. We will go over strategies on how to overcome these challenges, including strategies for changing the environment, changing behaviors and the medications that are available. The Ask the Doctor Series is a forum which encourages patients and/or caregivers to ask questions and have a discussion with their doctors.

**WEDNESDAY, JUNE 15TH, 11:00 TO 12:00 PM.**

**SPEAKER: EILEEN CALLAHAN, M.D., GERIATRICIAN AT THE COFFEY GERIATRICS PRACTICE. REFRESHMENTS SERVED.**

ASK THE DOCTOR SERIES:  
HEARING LOSS: HOW TO AVOID IT &  
WHAT TO DO IF IT HAPPENS

Hearing loss is common, especially as you age. While you can't reverse hearing loss, Debra Fried will discuss ways to prevent it and to minimize its effects. The Ask the Doctor Series is a forum which encourages patients and/or caregivers to ask questions and have a discussion with their doctors.

**JULY 12TH, 12:00 TO 1:00 PM.**

**SPEAKER: DEBRA FRIED, M.S., DEPARTMENT OF OTOLARYNGOLOGY, AUDIOLOGIST**

FOR CAREGIVERS & PATIENTS:  
PLANNING AND PAYING FOR LONG-TERM CARE

This talk is for patients and/or caregivers and it will discuss the financial considerations of long term care.

**WEDNESDAY, JULY 27TH, 1:30 PM TO 2:30 PM.**

**SPEAKER: MARTIN PETROFF, ATTORNEY AT LAW**

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ASK THE DOCTOR SERIES:  
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**TUESDAY, AUGUST 9TH, 12:00 TO 1:00 PM.**

**SPEAKER: EILEEN CALLAHAN, M.D., GERIATRICIAN AT THE COFFEY GERIATRICS PRACTICE. REFRESHMENTS SERVED.**

PET THERAPY AT THE MARTHA STEWART  
CENTER FOR LIVING

We would like to introduce you to our newest Volunteer, Joaquin. Joaquin is a Cocker Spaniel, who will be working with his owner Diane Maguire, to comfort our patients while they are waiting for their doctor. Joaquin is a hypo-allergenic dog. Therefore, those who are allergic to dogs will not have a reaction to Joaquin. Joaquin and his owner Diane are certified through the Good Dog Foundation and working with the Mount Sinai Volunteer Department Pet Assisted Therapy Program.

**JOAQUIN AND DIANE WILL BE AT THE CENTER EVERY OTHER FRIDAY FROM 11:00 AM – 12:00 PM AND WILL BE MAKING THEIR ROUNDS EVERY TWO WEEKS THEREAFTER.**

THE MARTHA STEWART CENTER FOR LIVING IS NOW ON FACEBOOK

## COMPREHENSIVE CAREGIVERS RESOURCE PROGRAM

*Are you a family member, a companion or a paid caregiver caring for a person with dementia? Do you have questions? Don't know where to go for answers? Or not know what questions to ask?*

We want to help. This new program will provide you with personalized guidance, helping you through the maze of resources available to you. Our social workers at Coffey Geriatrics will consult with you. Call 212-241-9263.

## MATURE FITNESS: TAKING THE FIRST STEP

*REPRINTED FROM MATURE FITNESS BY PERMISSION OF THE AMERICAN SENIOR FITNESS ASSOCIATION (800) 243-1478.*

### **What is the secret to a satisfying retirement?**

Most gerontologists agree that in addition to doing something that is both mentally and emotionally rewarding, following a sensible and regular physical exercise program is the key. If exercise were packed into a pill, it would be one of the most widely prescribed medicines in the world!

### **I haven't exercised in years. Isn't it too late to start now?**

Today, social class and ethnic background does not preclude a person from enjoying and succeeding in sports or physical activity, neither should a person's age.

Middle-aged persons should keep in mind that a fit 70-year-old who has remained active can be as strong as an unfit 30-year-old. In fact, an active person will decline physiologically only about ½ percent per year compared to an inactive person who will decline by about 2 percent.

### **How many minutes per week should I exercise?**

The optimal amount of time varies among individuals. It is dependant upon many factors such as type of activity, intensity level and your goals and abilities.

Some interesting findings have surfaced from research conducted in recent years which suggests that more than 300 minutes of vigorous exercise per week may be counter-productive for many participants. Of course, there are various possible explanations for this. The bottom line is: More is not always necessarily better. Everything in moderation is the key to good health.

### **How can I stick with my fitness program?**

Most persons who drop out of exercise programs do so because they are not having fun. People will repeat those activities that are enjoyable.

Remember, the benefits of regular exercise may not show up overnight like plastic surgery. But if you really pay attention, you will see some changes very quickly!

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