

The Martha Stewart Center for Living serves to promote and facilitate access to health care resources for older adults and to enhance the public perception of aging. Through the Martha Stewart Center for Living, patients and their caregivers will have access to programs and resources appropriate for their needs and interests. These may include medical care, healthy living activities, educational programs, caregiver support and community referrals through the most up-to-date technologies and evidence-based information.



Office Hours

9am to 5pm, Monday through Friday

Location

1440 Madison Avenue (at 99th Street)
The Mount Sinai Medical Center
New York, NY 10029

For appointments or more information
call 212-659-8552

Insurance

While some physicians accept a range of major insurance carriers, acceptance varies from physician to physician. Please have your insurance information available when making an appointment to ensure that your care is covered.

MARTHA STEWART
CENTER *for* LIVING
AT MOUNT SINAI





CLINICAL CARE

The Phyllis and Lee Coffey Geriatrics Practice at the Martha Stewart Center for Living is a primary care practice that specializes in caring for older adults with complex health problems such as osteoporosis, delirium, falls, frailty, memory loss, incontinence, and medication management, in addition to common health challenges such as diabetes, heart disease, and hypertension. Emphasis is placed on health promotion and disease prevention. Healthy older adults also benefit from preventive geriatric care. Patients establish a “medical home” to receive primary care that is comprehensive, coordinated, compassionate, accessible, family-centered, and culturally effective. The care team includes a physician specializing in geriatric medicine, nurse practitioners, registered nurses, social workers, and medical assistants who work together to deliver comprehensive care. On-site physician specialties such as cardiology, rheumatology, gastroenterology, endocrinology, and psychiatry are consulted as needed. If you already have a primary care physician but would like the opinions of a geriatric comprehensive practice, members of the practice are available to consult with your doctor.



Palliative care consultation services, provided through the Lillian and Benjamin Hertzberg Palliative Care Institute at Mount Sinai, are available for patients with active, progressive, serious or advanced illnesses. Palliative care aims to improve quality of life, optimize function, and assist with decision making for patients and families while the patient is receiving appropriate medical treatment. The interdisciplinary team focuses on intensive symptoms management, enhancement of function, promotion of physical and psychological comfort, as well as the provision of psychosocial, spiritual and emotional support for the patient and family.

HEALTHY LIVING ACTIVITIES/ INTEGRATIVE MEDICINE

There is already substantial and growing demand by patients to participate directly in their own healing and health maintenance. Patients of the Coffey Geriatrics Practice can participate in activities such as mindfulness-based stress reduction, yoga, tai chi, and nutrition programs.

EDUCATION

The Center for Living is proud to support the education of practicing and future physicians, patients, caregivers, and the community. Physicians at all levels of training come to the Center to observe and learn about expert care for older adults. Additionally, patients and their caregivers are encouraged to actively explore information regarding specific diseases, healthy living, community and hospital resources, and self-care through multi-media resources. The physicians at the Martha Stewart Center for Living are also committed to supporting community education through community talks, screening, and health fairs.

SUPPORT

The Center social workers are a valuable source for information on hospital and community resources. Working with your care team, a social worker can offer guidance on entitlements and advance directives, as well as on managing stress associated with caring for family members. They can also refer to and coordinate additional support services.

A REPUTATION FOR EXCELLENCE AND INNOVATION

Every attending physician in the Martha Stewart Center for Living is a member of the staff of The Mount Sinai Hospital and of the faculty of the Mount Sinai School of Medicine. Mount Sinai geriatricians are currently studying the neurobiology of aging, innovative educational initiatives, dementia, management of pain and delirium and ways to improve the quality and scope of care for hospitalized patients near end of life and for their families.