

MARTHA STEWART
CENTER *for* LIVING
AT MOUNT SINAI



CLASS AND LECTURE SCHEDULE

SPRING *and*
SUMMER 2009

ONGOING CLASSES

All ongoing classes are free to patients. Please call Program Coordinator to register for ongoing classes at 212-241-3040.

SUN	MON	TUES	WED	THURS	FRI	SAT
	YOGA 10:30AM TAI CHI 12:00PM		TAI CHI VITALITY 12:00PM PILATES 1:30PM		BUILDING STRONG BONES 12:15PM	

**YOGA

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

CLASSES: EVERY MONDAY 10:30 AM TO 11:30 AM

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

INSTRUCTOR: DEBORAH QUILTER

**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 TO 1:00 PM

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

INSTRUCTOR: CHIU NG

**TAI CHI VITALITY

New class! Begins May 6th. 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 TO 1:00 PM

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

INSTRUCTOR: LEWIS PALEIAS

**PILATES

This class emphasizes trunk muscle strengthening, teaches stabilization principles and breath awareness for improved postural stability, balance and coordination. The class is taught from sitting to standing positions.

CLASSES: EVERY WEDNESDAY 1:30 PM TO 2:30 PM

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

INSTRUCTOR: ALICIA PRINCIPE

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: EVERY FRIDAY 12:15 PM TO 12:45 PM

(NO CLASS ON 5/15, 6/5 & 7/17)

THE MARTHA STEWART CENTER FOR LIVING

INSTRUCTOR: SIOBHAN SUNDEL, NURSE PRACTITIONER

**The classes with asterisk notations are given in the Annenberg Building, 10th floor, Room 10-30.

SEASONAL CLASSES

All classes are free for patients and materials are provided. **Seats are limited. You must call to register for classes at 212-241-3040.**

INTRODUCTION TO THE RESOURCE ENTITLEMENT ADVOCACY PROGRAM

This program serves the uninsured and underinsured community members and hospital patients who need assistance with entitlement issues such as welfare, Medicaid, Medicare, Family Health Plus, Medicare Part D and Epic.

TUESDAY, MAY 5TH, 12:30 PM TO 1:30 PM

SPEAKER: PENNY SCHWARTZ, D.S.W., L.C.S.W., MOUNT SINAI MEDICAL CENTER, DEPARTMENT OF SOCIAL WORK SERVICES

CAREGIVER EDUCATIONAL SESSION

(Series of four sessions) 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 wanted to learn more about what to expect? Join us for a 4 session program!

WEDNESDAY, MAY 6TH, 13TH, 20TH & 27TH, 12:30 PM TO 1:30 PM

SPEAKER: ELIZABETH FINE, M.S.W., MOUNT SINAI GERIATRIC PSYCHIATRY DEPARTMENT

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

MEMORY FITNESS SESSION

Learn about memory functioning and how to maximize your total brain fitness. Help pave the way to a new generation of memory research studies.

TUESDAY, MAY 12TH, 12:30 PM TO 1:30 PM

SPEAKER: DR. JANE MARTIN, PSYCHOLOGIST, CO-DIRECTOR, NEUROPSYCHOLOGY TESTING AND EVALUATION CENTER AT MOUNT SINAI SCHOOL OF MEDICINE

REFRESHMENTS WILL BE SERVED.

CARING FOR THE CAREGIVER SERIES: STRESS REDUCTION WORKSHOP

(Eight week course) 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.

WEDNESDAY, MAY 13TH, 20TH, 27TH, JUNE 3RD, 10TH, 17TH, 24TH, & JULY 1ST, 6:00 TO 7:30 PM

WITH A SPECIAL RETREAT ON SATURDAY, JUNE 20 FROM 10 TO 2

INSTRUCTORS: JOAN GRIFFITHS-VEGA & PATRICIA A. BLOOM, MD.

MEMORY PROBLEMS

Some older people have little or no change in their memory, but in others forgetfulness can begin to interfere with their daily lives in a noticeable way. This workshop will help alert you of signs of short term memory loss.

TUESDAY, MAY 19TH, 12:00 PM TO 1:00 PM

**LECTURER: SUSAN CHURCH, NEW YORK JUNIOR LEAGUE VOLUNTEER
LUNCH WILL BE SERVED.**

WOMEN AND ISSUES OF AGING SERIES

(Series of four talks) These talks will be discussing issues women face as they age. The series will include lectures, discussions and viewing films related to the topic.

MONDAY, JUNE 8TH, 15TH, 22ND & 29TH, 2:00 PM TO 3:00 PM

LECTURER: PHYLLIS BROWN, M.S.W. REFRESHMENTS WILL BE SERVED.

VASCULAR DISEASE IN ELDERLY WOMEN: DOES GENDER MATTER?

This talk will discuss the prevalence of arterial disease in women, the different patterns of disease, and pertinent gender related differences. It will also cover the diagnosis of arterial disease in women and the treatment of the disease.

TUESDAY, JUNE 9TH, 12:00 PM TO 1:00 PM

**SPEAKER: ANGELA VOYOUKA, M.D., DIVISION OF VASCULAR SURGERY
AT MOUNT SINAI SCHOOL OF MEDICINE**

MEMORY FITNESS SESSION & MEMORY SCREENING

Learn about memory functioning and how to maximize your total brain fitness. Help pave the way to a new generation of memory research studies. Following the session, free memory screenings will be offered.

WEDNESDAY, JUNE 17TH

2:30 PM TO 3:30 PM MEMORY FITNESS TALK

3:30 PM TO 4:30 PM FREE MEMORY SCREENINGS

SPEAKER: DR. JANE MARTIN, PSYCHOLOGIST, CO-DIRECTOR, NEUROPSYCHOLOGY TESTING AND EVALUATION CENTER AT MOUNT SINAI SCHOOL OF MEDICINE. REFRESHMENTS WILL BE SERVED.

CRAFTING CORNER – BUTTON JEWELRY

Button Necklace and Button Bouquet Pin

Button jewelry is all the rage right now! Learn to make an easy knotted necklace, and a charming floral pin. These classes involve basic manual skills, such as stringing, tying knots and wrapping.

WEDNESDAY, JULY 1ST & 8TH, 10:00 AM TO 12:00 PM

INSTRUCTOR: DIANE SCHNECK, ELDER CRAFTSMEN

WHAT GOES UP, SHOULD COME DOWN – HYPERTENSION

This lecture will briefly describe the statistics on hypertension, the causes of hypertension, medications used to treat it and lifestyle modification to improve hypertension.

TUESDAY, JULY 14TH, 12:00 PM TO 1:00 PM

LECTURER: SIOBHAN SUNDEL, NURSE PRACTITIONER, COFFEY GERIATRICS ASSOCIATES. REFRESHMENTS WILL BE SERVED.

CRAFTING CORNER – GREETING CARDS

Make two easy but elegant greeting cards. Embossed metal cards are sophisticated, but as easy as writing your name. Fabric flower cards use very simple sewing and glued embellishments to create fanciful floral greetings. These classes involve basic writing and tracing skills, very simple sewing, cutting and gluing.

WEDNESDAY, JULY 15TH & 22ND, 10:00 AM TO 12:00 PM

INSTRUCTOR: DIANE SCHNECK, ELDER CRAFTSMEN

MEMORY FITNESS SESSION & MEMORY SCREENING

Learn about memory functioning and how to maximize your total brain fitness. Help pave the way to a new generation of memory research studies. Following the session free memory screenings will be offered.

**WEDNESDAY, JULY 15TH, 2:30 PM TO 3:30 PM MEMORY FITNESS TALK,
3:30 PM TO 4:30 PM MEMORY FITNESS SCREENINGS**

**SPEAKER: DR. JANE MARTIN, PSYCHOLOGIST, CO-DIRECTOR,
NEUROPSYCHOLOGY TESTING AND EVALUATION CENTER AT MOUNT SINAI
SCHOOL OF MEDICINE. REFRESHMENTS WILL BE SERVED.**

BINGO

Have fun, eat some snacks and have the chance to win some great health supportive prizes: walking kits, yoga mats, yoga for older adults DVD's!

WEDNESDAY, AUGUST 5TH, 2:00 PM TO 3:00 PM

HOW CAN I PAY FOR MY FUTURE CARE COSTS?

This will be a discussion on long-term care insurance, as well as information about other long-term care benefit programs.

WEDNESDAY, AUGUST 19TH, 12:00 PM

**SPEAKER: AMY BERNSTEIN, HIICAP DIRECTOR HEALTH INSURANCE
INFORMATION COUNSELING ASSISTANCE PROGRAM – NYC DEPARTMENT
FOR THE AGING**

MINDFUL MEDITATION FOR PATIENTS

**(TUITION IS \$400; TUITION ASSISTANCE IS AVAILABLE FOR THOSE WHO
CANNOT PAY THE FULL AMOUNT, SO THERE ARE NO FINANCIAL BARRIERS
TO PARTICIPATION.)**

“Mindfulness Based Stress Reduction” is a technique developed over 25 years ago at the University of Massachusetts and taught at many leading medical centers around the world. It 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, respiratory problems, gastrointestinal problems, cancer, and many other types of chronic illness. The course is highly participatory, and requires commitment!

**CLASSES ARE 2 1/2 HOURS ONCE A WEEK FOR EIGHT WEEKS AND ONE FOUR-
HOUR SATURDAY SESSION. PARTICIPANTS ARE ASKED TO PRACTICE AT HOME
FOR 20 TO 30 MINUTES PER DAY. CALL INSTRUCTOR PATRICIA BLOOM, MD TO
JOIN THIS CLASS AT 212-241-1782.**