

MARTHA STEWART
CENTER *for* LIVING
AT MOUNT SINAI



CLASS AND LECTURE SCHEDULE

FALL *and*
WINTER 2009

ONGOING CLASSES

All ongoing classes are free to patients.

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

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



**MOVE STRONG – FALL PREVENTION PROGRAM

Eight session program including exercise and education 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 5 years!

CLASSES BEGIN FRIDAY, OCTOBER 9TH FROM 10:30 AM TO 11:30 AM
(NO CLASS ON FRIDAY, NOV. 27TH)
ROOM: ANNENBERG BUILDING, 10TH FLOOR, ROOM 10-30
INSTRUCTOR: CELESTE CARLUCCI, FITNESS INSTRUCTOR AND
JULIE KARDACHI, OCCUPATIONAL THERAPIST

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

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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

THE MARTHA STEWART CENTER FOR LIVING. INSTRUCTORS: SIOBHAN SUNDEL, NURSE PRACTITIONER; MYRIAM CARTAGENA, MEDICAL CLINICAL ASSOCIATE; WILLIAM DOVIW, MEDICAL CLINICAL ASSOCIATE

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

COMMON YOGA QUESTIONS

Here are some common questions people ask the Instructor, Deborah Quilter, about taking the senior Yoga class at the Martha Stewart Center for Living:

1. Do I need to be flexible?

No. One of the greatest misconceptions about Yoga is that you need to be young and flexible to practice this ancient healing art. If you practice regularly, you will become stronger and more supple.

2. I saw some pictures of difficult Yoga poses, will we be doing those?

We don't do extreme postures in this class. You can get many benefits from simple, easy, comfortable poses. Yoga should not be painful.

3. Will I need to get up and down from the floor?

The Yoga class is done seated in chairs, standing and walking.

4. What if I get tired and can't keep up?

You can sit down and rest whenever you need to.

SEASONAL CLASSES

All classes are free for patients and materials are provided.
Seats are limited.

MINDFUL MEDITATION FOR PATIENTS

(Eight-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!

WEDNESDAYS, SEPTEMBER 30, OCTOBER 7, 14, 21, 28,

NOVEMBER 4, 11 AND 18TH. 2:00 PM TO 4:30 PM

SATURDAY, NOVEMBER 7 FROM 10:00 AM TO 2:00 PM

PARTICIPANTS PRACTICE AT HOME FOR 30 TO 45 MINUTES PER DAY.

CALL INSTRUCTOR PATRICIA BLOOM, MD TO JOIN THIS CLASS AT 212-241-1782.

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

ASK THE DOCTOR SERIES:

PREVENTING FALLS AMONG OLDER ADULTS

This talk will discuss the prevalence and risk factors for falls in older adults and review effective methods of preventing falls.

TUESDAY, SEPTEMBER 15TH, 12:00 PM TO 1:00 PM

SPEAKER: DR. SARA BRADLEY, ASSOCIATE DIRECTOR,

MARTHA STEWART CENTER FOR LIVING

REFRESHMENTS WILL BE SERVED.

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CARING FOR THE CAREGIVER: CAREGIVER EDUCATIONAL SESSIONS

(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 wanting to learn more about what to expect? Join us for a 4 session program!

**WEDNESDAYS, SEPTEMBER 16, 23, 30TH & OCTOBER 7TH
12 PM TO 1:30 PM**

SPEAKER: ELIZABETH FINE, L.C.S.W. MOUNT SINAI GERIATRIC PSYCHIATRY DEPARTMENT. CALL DIRECTLY TO REGISTER FOR THIS: 212-659-9230

CARING FOR THE CAREGIVER: 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.

**WEDNESDAYS, SEPTEMBER 30TH, OCTOBER 7, 14, 21 & 28TH,
NOVEMBER 4, 11 & 18TH. 6:00 PM TO 7:30 PM. WITH A SPECIAL
RETREAT ON SATURDAY, NOVEMBER 7TH FROM 10:00 AM TO 2:00 PM.
INSTRUCTORS: JOAN GRIFFITHS-VEGA & PATRICIA A. BLOOM, M.D.**

ASK THE DOCTOR SERIES: DIABETES AND NUTRITION

This talk will discuss the basics of diabetes, the risks of having diabetes and different nutritional strategies and life-style modifications to reduce the risk of developing diabetes.

TUESDAY, OCTOBER 6TH, 12:30 PM TO 1:30 PM

**SPEAKER: DR. PHILIP RABITO, ENDOCRINOLOGIST
MOUNT SINAI MEDICAL CENTER. REFRESHMENTS WILL BE SERVED.**

CRAFTING CORNER – DESIGNER PILL BOXES

Design your own pillbox or use to store something else precious. This box will be so lovely you won't mind taking your pills.

**TUESDAY, OCTOBER 13TH, 10:00 AM TO 12:00 PM
INSTRUCTOR: NEW YORK JUNIOR LEAGUE VOLUNTEER**

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, OCTOBER 14TH

2:00 PM TO 3:00 PM MEMORY FITNESS TALK

3:00 PM TO 4:00 PM MEMORY SCREENINGS

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

SENIOR LUNCH DISCUSSION GROUP – AMAZING GRAYS

This discussion topic is for women and will begin with a short video titled "Amazing Grays" which will show older adults who do not see growing older as something to fear or resist, instead they welcome aging. The Amazing Grays challenge current stereotypes and prejudices and offer a refreshing vision of aging. A group discussion will follow the video and will give participants an opportunity to share their thoughts and experiences.

TUESDAY, OCTOBER 20TH, 12:00 PM TO 1:00 PM

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

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CRAFTING CORNER – CREATIVE COLLAGED BOOKMARKS

Assorted decorative papers, ribbons and other embellishments combine to make artful bookmarks. You'll make several, to keep and to share as an easy gift. (Basic gluing and cutting skills).

WEDNESDAY, OCTOBER 28TH, 10:00 AM TO 12:00 PM
INSTRUCTOR: DIANE SCHNECK, ELDER CRAFTSMEN

ASK THE DOCTOR SERIES: RHEUMATOID ARTHRITIS

This talk will discuss what rheumatoid arthritis is and teach you ways to cope with it.

TUESDAY, NOVEMBER 3RD, 12:00 PM TO 1:00 PM
SPEAKER: DR. LESLIE KERR, RHEUMATOLOGIST
MOUNT SINAI MEDICAL CENTER
REFRESHMENTS WILL BE SERVED.

CRAFTING CORNER – ELEGANT FALL WREATH

Make a beautiful wreath (you won't believe it's made from a brown paper bag!) embellished with silk flowers and leaves in rich, autumn colors. (Average skills required).

WEDNESDAY, NOVEMBER 4TH, 10:00 AM TO 12:00PM
INSTRUCTOR: DIANE SCHNECK, ELDER CRAFTSMEN

WOMEN AND ISSUES OF AGING SERIES

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

MONDAY, NOVEMBER 9TH, 16TH, 23RD & 30TH
1:00 PM TO 2:00 PM
LECTURER: PHYLLIS BROWN, M.S.W.
REFRESHMENTS WILL BE SERVED.

CRAFTING CORNER – CRAFTY APRON

Come create an apron that is both unique and functional. We will iron on some stylish animal appliqués and do some minimal stitching.

TUESDAY, NOVEMBER 10TH, 10:00 AM TO 12:00 PM
INSTRUCTOR: NEW YORK JUNIOR LEAGUE VOLUNTEER

SENIOR LUNCH DISCUSSION GROUP – YOU AND YOUR PHYSICIAN: PARTNERS IN HEALTHCARE

This discussion will begin with a short video which will help older adults take a more active role in their healthcare. It demonstrates how to develop better communication with one's doctor(s), and shows what to do before, during and after a doctor's visit. A group discussion will follow the video and will give participants an opportunity to share their thoughts and experiences.

TUESDAY, NOVEMBER 17TH, 12:00 PM TO 1:00 PM
FACILITATOR: SUSAN CHURCH, NEW YORK JUNIOR LEAGUE VOLUNTEER
LUNCH WILL BE SERVED.

ASK THE DOCTOR SERIES: INTEGRATIVE MEDICINE

There is growing interest in the many different integrative health modalities, also referred to as Complementary and Alternative Medicine (CAM). This talk will discuss CAM and give evidence to support the use of some of the modalities, as well some of the cautions of unproven modalities. We will also discuss the integrative health options offered at our Center (Yoga, tai chi, Pilates, mindfulness meditation).

WEDNESDAY, DECEMBER 2ND, 12:00 PM TO 1:00 PM
SPEAKER: DR. PATRICIA BLOOM, GERIATRICIAN
MOUNT SINAI MEDICAL CENTER. REFRESHMENTS WILL BE SERVED.

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CRAFTING CORNER – HOLIDAY TOPIARY

Bring out your festive side with a gorgeous mini topiary. Artfully arrange faux fruit or boxwood atop an urn. Great to keep or give as a present!

TUESDAY, DECEMBER 8TH, 10:00 AM TO 12:00 PM
INSTRUCTOR: NEW YORK JUNIOR LEAGUE VOLUNTEER

CRAFTING CORNER – FABRIC SNOW PEOPLE

Sew a cute little stuffed snowman (or snow woman!). the sewing is very easy, and their faces are drawn with permanent pen. (Basic manual and sewing skills).

WEDNESDAY, DECEMBER 9TH, 10:00 AM TO 12:00PM
INSTRUCTOR: DIANE SCHNECK, ELDER CRAFTSMEN

SENIOR LUNCH DISCUSSION GROUP – PREPARING DIRECTIVES AND ORGANIZING YOUR LIFE

This discussion will begin with a short video “Who Gets Grandma’s Yellow Pie Plate?” which discusses what to do with your things if downsizing or when preparing your directives. A group discussion will follow the video and will give participants an opportunity to share their thoughts and experiences.

TUESDAY, DECEMBER 15TH, 12:00 PM TO 1:00 PM
FACILITATOR: SUSAN CHURCH, NEW YORK JUNIOR LEAGUE VOLUNTEER
LUNCH WILL BE SERVED.

CRAFTING CORNER – HOLIDAY YARN CARDS AND RIBBON CARD HOLDER

Create easy holiday greeting cards with a little yarn and glue – then make a very easy holiday card holder from wide ribbon. These two crafts are inspired by Martha Stewart’s

designs and will start your holidays off in style! (Basic cutting and gluing skills).

WEDNESDAY, DECEMBER 16TH, 10:00 AM TO 12:00 PM
INSTRUCTOR: DIANE SCHNECK, ELDER CRAFTSMEN

All classes are free for patients and materials are provided.

***All classes are held at the Martha Stewart Center for Living except for Yoga, tai chi and Pilates. They are held in the Annenberg Building, 10th Floor, Room 10-30.*

NEW – COMING FALL 2009

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 from Coffey Geriatrics and the Mount Sinai Caregiver and Professional Partnership Program (CAPP) will consult with you, and we will also provide you with free access to electronic resources in our new Caregiver Resource Room. Contact Gina DiLorenzo at 212-241-3040 for more information.

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