

COMMUNITY CALENDAR OF EVENTS FEBRUARY 2012

15

HARLEM HEART HEALTHY EATING PROGRAM

Free blood pressure and cholesterol screening

LECTURE: Heart Disease of Underserved Minorities

SPEAKER: Jagat Narula, MD, PhD

DATE: Wednesday, February 15

TIME: 5 - 7 pm

LOCATION: Adam Clayton Powell, Jr. State Office Building
163 West 125th Street
Art Gallery - Second Floor
To learn more, call 212-241-3271

16

COMMUNITY ROUNDTABLE Lunch & Lecture: Mental Health

SPEAKER: Craig Katz, MD

DATE: Thursday, February 16

TIME: Noon - 2 pm

LOCATION: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Annenberg Building, Board Room - Fifth Floor
Lunch served. Registration required.
Call 212-659-9085

28

THE MOUNT SINAI COMMUNITY ADVISORY BOARD Community Advisory Board meeting Open to the Public

DATE: Tuesday, February 28

TIME: 5:30 - 7 pm

LOCATION: The Mount Sinai Medical Center
1468 Madison Avenue @ 100th Street
Annenberg Building, Board Room - Fifth Floor
Call 212-659-9094



Breast Cancer Support Groups

Join the Drop-in Cancer Support Group

DATE: Mondays, February 6, 13, 27

TIME: 5:30 - 7 pm

Join the Spanish-speaking Cancer Support Group

DATE: Thursdays, February 9, 23

TIME: 11 am - 1 pm

For bilingual patients

Lean On Me Caregivers Support Group

DATE: Wednesday, February 16

TIME: 6 - 8 pm

Young Women Connect Support Group - Women 40 years old and under

DATE: Thursday, February 23

TIME: 6 - 7:30 pm

LOCATION: Breast Health Resource Program
16 East 98th Street, 1B (Bell #30)

Yoga and You

Yoga for Breast Cancer Survivors

DATE: Wednesdays, February 1, 8, 15, 22, 29

TIME: 6 - 7:15 pm

LOCATION: Call 212-987-3063 for location.

Talking about Cancer, Together

DATES /TIMES:

Tuesday, February 7, 11 am - 1 pm

Thursday, February 9, 6 - 8 pm

LOCATION: Dubin Breast Center
The Mount Sinai Medical Center
1176 Fifth Avenue

Community Breast Health Education and Screening Program

DATE: Monday, February 13

TIME: Noon - 3 pm

LOCATION: Settlement Health
212 East 106th Street, between
Second and Third Avenues - Third Floor
Patients must arrive by 1 pm

**Registration is required for all breast cancer programs.
For information, call 212-987-3063**

KEEP YOUR NUMBERS IN CHECK

FACTOR	GOAL
Total Cholesterol	Less than 200 mg/dL
LDL ("Bad") Cholesterol	LDL Cholesterol Goals Vary. OPTIMAL: Less than 100 mg/dL NEAR OPTIMAL/ABOVE OPTIMAL: 100 - 129 mg/dL BORDERLINE HIGH: 130 -159 mg/dL HIGH: 160 - 189 mg/dL VERY HIGH: 190 mg/dL or higher
HDL ("Good") Cholesterol	50 mg/dL or higher
Triglycerides	<150 mg/dL
Blood Pressure	<120/80 mmHg
Fasting Glucose	<100 mg/dL
Body Mass Index (BMI)	<25 kg/m ²
Waist Circumference	<35 inches
Exercise	Minimum of 30 minutes most days, if not all days of the week

* "<" MEANS "LESS THAN"



The Lilian and Benjamin Hertzberg Palliative Care Institute



WHAT IS PALLIATIVE CARE?

Palliative care helps provide the best possible quality of life for patients and their families during a serious illness. Palliative care teams help treat symptoms, such as pain, make sure that patients and families are fully informed about their treatment choices, and help patients and families receive the care that they want and need inside and outside of the hospital. Palliative care is not the same as hospice; it provides medical treatment at all stages of illness and is provided at the same time as curative treatments.

THE HERTZBERG PALLIATIVE CARE INSTITUTE

The Hertzberg Palliative Care Institute is a national leader in the effort to improve health care for people facing serious illness. The Hertzberg Palliative Care Institute has a multidisciplinary team of physicians, nurses, social workers, chaplains, doulas or volunteer companions, and massage and yoga therapists that provide care for patients in the hospital and in the outpatient practice at the Martha Stewart Center for Living.

THE WIENER FAMILY PALLIATIVE CARE UNIT

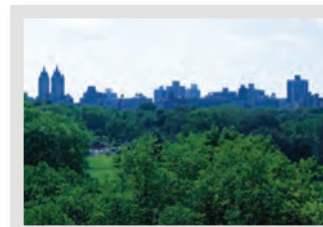
Mount Sinai continues to be a pioneer in palliative care, and recently opened Manhattan's first palliative care inpatient unit. The Wiener Family Palliative Care Unit provides high quality compassionate care for patients and families facing serious illness. Family and friends are a welcome part of the patient's care team. Located on the sixth floor of the Klingenstein Pavilion, the unit features eight private patient rooms and two patient rooms for more extensive monitoring. The amenities for patients and their families include:

- comfortable living room-style area for families;
- kitchen, bathroom, and sleeper chairs for families;
- library with wireless internet access;
- quiet room for family discussions with clinical staff;
- unrestricted visiting hours;
- overnight accommodations for family members.

The Wiener Family Palliative Care Unit offers beauty, quiet, light, privacy and a trained clinical staff to meet the needs of our patients and families which are important to the healing process. Mount Sinai's Palliative Care team is focused on ensuring that:

- you receive expert treatment for pain and other symptoms;
- you receive information about your treatment choices and your doctor's opinions so that you stay in control of your care;
- you and your family have the right plan for leaving the hospital;
- you have support in your emotional, spiritual, and practical needs.

The specialized unit gives patients and families a safe haven within Mount Sinai to regain control, regroup, and partner with our team to develop a safe and supportive plan for leaving the hospital.



We work with you to ensure that these plans not only address your medical needs but your physical, emotional, and spiritual needs as well.



➡ For more information about The Wiener Family Palliative Care Unit or The Hertzberg Palliative Care Institute, Klingenstein Pavilion, Sixth Floor, 1176 Fifth Avenue, please contact us at 212-241-1446