

MARTHA STEWART  
CENTER *for* LIVING  
AT MOUNT SINAI



CLASS AND LECTURE SCHEDULE

FALL *and*  
WINTER 2011

## ONGOING CLASSES FOR PATIENTS

All classes are free for patients.

Materials are also provided. Seating is limited.

All Ongoing classes are held in the Annenberg Building.

You must call 212-241-3040 to register for all classes.

**\*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
<b>YOGA</b> <b>10:30 AM</b> <b>TAI CHI</b> <b>12:00 PM</b>		<b>TAI CHI</b> <b>VITALITY</b> <b>12:00 PM</b>		

The Center will be closed on Monday, September 5th for Labor Day, Thursday, November 24th for Thanksgiving & Monday, December 26th for Christmas.

### PREVENT THE FLU!

Influenza vaccines will be available beginning October 3rd. Make sure you ask for the flu shot when you visit your doctor this fall. Call the Practice at 212-659-8552 to schedule a nurse or doctor visit for the influenza vaccine.

### PREVENGA LA GRÍPE O INFLUENZA!

Se tendrá vacunas contra la gripe o influenza a partir del 3 de octubre. Este otoño, pida la vacuna contra la gripe cuando vea a su médico o llame al número 212-659-8552 para hacer una cita con su médico o enfermera para que le de la vacuna contra la gripe!

### \*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 TO 1:00 PM.**

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

**INSTRUCTOR: LEWIS PALEIAS.**

REGISTER FOR CLASSES AT 212 241 3040

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## SEASONAL CLASSES

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

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### ASK THE DOCTOR SERIES: RHEUMATOID ARTHRITIS

This talk will discuss what rheumatoid arthritis is and teach you ways to cope with it. The Ask the Doctor Series is a forum which encourages patients and/or caregivers to ask questions and have a discussion with their doctors.

**TUESDAY, SEPTEMBER 6TH. 12:00 TO 1:00 PM.**

**SPEAKER: LESLIE KERR, M.D., RHEUMATOLOGIST**

### \*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 Yorkers on their feet for the past six years!

**A 12-WEEK COURSE BEGINS WEDNESDAY, SEPTEMBER 14TH.**

**FROM 10:15 AM TO 11:30 PM.**

**ROOM: ICAHN BUILDING, 1425 MADISON AVENUE, GROUND FLOOR, SEMINAR ROOM.**

**INSTRUCTORS: CELESTE CARLUCCI, FITNESS INSTRUCTOR AND JULIE KARDACHI, OCCUPATIONAL THERAPIST.**

**The Martha Stewart Center for Living  
is now on Facebook**

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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, SEPTEMBER 14TH & 28TH, OCTOBER 12TH & 26TH, NOVEMBER 9TH & 23RD & DECEMBER 7TH. 12:00 PM TO 1:30 PM.**

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

### STRESS REDUCTION WORKSHOP

Simple meditation-based techniques have been used by many people to reduce all kinds of stress, from family, financial, or job stress to the stress of dealing with chronic illness, anxiety, or pain. If you have ever wanted to try meditation or learn more about how to reduce stress in order to decrease physical or psychological symptoms, improve your enjoyment of life, or just improve your coping skills, now is the time! This workshop will explore some of the science of stress and how it can be damaging, and will teach simple-to-learn techniques to reduce it. Call to register, as space is limited. The workshops will be very similar, but it is possible to attend both, using the second one to reinforce skills learned in the first.

**WEDNESDAY, SEPTEMBER 14TH & DECEMBER 7TH.**

**2:00 TO 4:00 PM.**

**LEADER: PATRICIA A. BLOOM, M.D., GERIATRICIAN, COFFEY GERIATRICS.**

**VISIT US ON FACEBOOK!**

## FOR INDIVIDUALS WITH MEMORY LOSS & CAREGIVERS: STRATEGIES FOR ENGAGING WITH ART

Individuals with dementia and their family or professional caregivers are invited to participate in an interactive workshop on methods for engaging with art, led by educators from The Museum of Modern Art. All attendees will participate in a group discussion about works of art from the Museum's collection, and caregivers will receive training on strategies for leading conversations about art, either in a Museum setting or in the home.

**THIS IS A THREE-PART COURSE. THE FIRST TWO SESSIONS WILL BE HELD AT THE MARTHA STEWART CENTER FOR LIVING ON MONDAY SEPTEMBER 19TH AND MONDAY, SEPTEMBER 26TH, 1:00 TO 2:00 PM. THE LAST SESSION WILL BE A PRIVATE, GUIDED TOUR AT THE MUSEUM OF MODERN ART ON TUESDAY, OCTOBER 4TH, 11:10 AM TO 12:10 PM.**

**INSTRUCTORS: LAUREL HUMBLE & MERYL SCHWARTZ, THE MUSEUM OF MODERN ART.**

**PLEASE CONTACT ELIZABETH FINE TO REGISTER FOR THIS PROGRAM AT 212-659-9230.**

## PLANNING AND PAYING FOR LONG-TERM CARE

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

**WEDNESDAY, SEPTEMBER 28TH, 1:30 PM TO 2:30 PM.**

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

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## EVERYTHING YOU WANTED TO KNOW ABOUT MEMORY PROBLEMS BUT FORGOT TO ASK

If you or someone you know is having "senior moments" a bit too often, this class can provide useful information about memory issues and what you can do about them. We'll talk about how we change as our memory changes and how to determine the severity of those changes. Finally we'll discuss ways to address (and combat) memory loss including community resources, programs, and medications.

**MONDAY, OCTOBER 3RD, 12:00 TO 1:30.**

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

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

## CRAFTING WELLNESS THROUGH CREATIVITY: CREATE YOUR OWN CARDS

A colorful way to brighten a day. Use eyelet, cut-outs, stickers, ribbons and more to create the perfect card.

**TUESDAY, OCTOBER 4TH, 11:00 AM TO 12:00 PM.**

**LEADER: ALEXIS BELLADONNA, NEW YORK JUNIOR LEAGUE.**

## 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.

**TUESDAY, OCTOBER 4TH, 12:00 TO 1:00 PM.**

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

**REGISTER FOR CLASSES AT 212 241 3040**

**VISIT US ON FACEBOOK!**

**CARING FOR THE CAREGIVER:  
STRESS REDUCTION COURSE**

*Am I 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 EIGHT-WEEK COURSE AND BEGINS ON OCTOBER 5TH.**

**SESSIONS HELD ON WEDNESDAYS 6:00 TO 7:30 P.M.**

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

**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.

**BINGO!**

Have the opportunity to win various healthy living prizes while having fun!

**TUESDAY, OCTOBER 11TH, 11:00AM TO 12:00PM.**

**LEADER: ALEXIS BELLADONNA, NEW YORK JUNIOR LEAGUE .**

**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.

**TUESDAY, OCTOBER 11TH, 12:00 TO 1:00 PM.**

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

**ASK-THE-SOCIAL WORKER:**

**WHAT IS YOUR MEDICARE IQ?**

Medicare is a wonderful insurance for seniors that can seem confusing and overwhelming when you really need it. Empower yourself and learn more about what is offered under Medicare benefit, from our very own Martha Stewart Center for Living Social Worker!

**WEDNESDAY, OCTOBER 12TH, 1:30 TO 2:30PM.**

**SPEAKER: SHEILA BARTON, L.C.S.W., COFFEY GERIATRICS PRACTICE.**

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## FOR INDIVIDUALS WITH MEMORY LOSS & CAREGIVERS: STRATEGIES FOR ENGAGING WITH ART

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**THIS IS A THREE-PART COURSE. THE FIRST TWO SESSIONS WILL BE HELD AT THE MARTHA STEWART CENTER FOR LIVING ON MONDAY, OCTOBER 17TH AND MONDAY, OCTOBER 24TH, 1:00 TO 2:00 PM. THE LAST SESSION WILL BE A PRIVATE, GUIDED TOUR AT THE MUSEUM OF MODERN ART ON TUESDAY, NOVEMBER 1ST, 11:10 AM TO 12:10 PM.**

**INSTRUCTORS: LAUREL HUMBLE & MERYL SCHWARTZ,  
THE MUSEUM OF MODERN ART.**

**PLEASE CONTACT ELIZABETH FINE TO REGISTER FOR THIS PROGRAM AT 212-659-9230.**

## SENIOR LUNCH DISCUSSION GROUP: SPIRITUALITY – WISDOM, COURAGE & CHANGING ATTITUDES

How do our attitudes change with the years? What type of connections mean the most to us now? What are we no longer finding interesting or desirable? How do we experience courage and understand our own wisdom? What would we like to leave for future generations? And what does spirituality mean?

**TUESDAY, OCTOBER 18TH, 12:00 TO 1:00 PM.**

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

**LUNCH WILL BE SERVED.**

## EVERYTHING YOU WANTED TO KNOW ABOUT MEMORY PROBLEMS BUT FORGOT TO ASK

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**WEDNESDAY, OCTOBER 19TH, 12:00 TO 1:30.**

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

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

## CARING FOR THE CAREGIVER: RELAX & RESTORE YOURSELF

A rejuvenating workshop for busy caregivers. To be of maximum help to our loved ones, we also need to take time out to take care of ourselves. Simple lifestyle changes can often make a huge difference in reducing daily stress and tension. In this workshop you will learn simple and easy, everyday techniques to relax mind and body. Hands-on Mindful Massage Therapy with Guided Meditation will also be available to participants. Space is limited. Please register early.

**WEDNESDAY, OCTOBER 26TH, 2:00 TO 3:00 PM.**

**SPEAKER: JD ELDER, LMT, MASSAGE THERAPY PROGRAM  
COORDINATOR, BROOKDALE DEPARTMENT OF GERIATRICS AND  
PALLIATIVE MEDICINE, MOUNT SINAI SCHOOL OF MEDICINE.**

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**CRAFTING WELLNESS THROUGH CREATIVITY:  
ANANDAMALI, “BLISSFUL GARLANDS”  
JEWELRY DESIGN**

For thousands of years strands of beads have stood for decoration, prayer and self-expression. Come make your own anandamali meaningful bead jewelry.

**TUESDAY, NOVEMBER 1ST, 11:00AM TO 12:00PM.**

**LEADER: ALEXIS BELLADONNA, NEW YORK JUNIOR LEAGUE.**

**BINGO!**

Have the opportunity to win various healthy living prizes while having fun!

**TUESDAY, NOVEMBER 8TH, 11:00AM TO 12:00PM.**

**LEADER: ALEXIS BELLADONNA, NEW YORK JUNIOR LEAGUE.**

**USING THE POWER OF YOUR MIND TO WORK  
WITH CHRONIC PAIN**

Chronic pain from any cause, including chronic emotional pain, can cause a major decrease in quality of life. This workshop will teach easy-to-learn techniques, based on training the mind, which have been proven to reduce the experience of pain.

Please call to register, as space is limited for this class.

**WEDNESDAY, NOVEMBER 9TH, 2:00 TO 4:00PM.**

**SPEAKER: PATRICIA A. BLOOM, M.D., GERIATRICIAN,  
COFFEY GERIATRICS.**

**SENIOR LUNCH DISCUSSION GROUP: HOLIDAYS –  
EXPLORING THE JOYS & THE CHALLENGES**

This talk will discuss celebrating this time of year and what the holidays mean to different people. We will share stories about what holidays were like with our family. And while the holidays can be a joyous time of year, there are also challenges – what are these challenges? We'll discuss how we can feel joyful even with our changing situations.

**TUESDAY, NOVEMBER 22ND, 12:00 TO 1:00 PM.**

**FACILITATOR: CAROL BLAYDON, NEW YORK JUNIOR LEAGUE**

**VOLUNTEER. LUNCH WILL BE SERVED.**

**PLANNING AND PAYING FOR LONG-TERM CARE**

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

**WEDNESDAY, NOVEMBER 23RD, 1:30 PM TO 2:30 PM**

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

**ASK THE DOCTOR SERIES: OSTEOPOROSIS**

As people age, their bones begin to thin and lose strength. Most people are not aware of their bone loss until a bone is broken. This workshop will discuss the warning signs of bone loss.

**DECEMBER 6TH, 12:00 TO 1:00 PM.**

**SPEAKER: FLORIDA OLIVIERI, M.D., GERIATRICIAN AT THE COFFEY  
GERIATRICS PRACTICE.**

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## CRAFTING WELLNESS THROUGH CREATIVITY: CUPCAKE DECORATING

Creative Cupcakes – celebrate the holidays and decorate cupcakes!

**TUESDAY, DECEMBER 13TH, 11:00AM TO 12:00PM.**

**LEADER: ALEXIS BELLADONNA, NEW YORK JUNIOR LEAGUE.**

### 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.**

## TIPS ON PROPER BREATHING

*BY DR. PATRICIA BLOOM*

Breath is the essence of life! There are many advantages to breathing in a way that fully expands the lungs: more and better delivery of oxygen to all the tissues and organs of the body, strengthening the muscles of respiration so that less effort is needed to breath, and even calming of the nervous system. We tend to breathe short, shallow breaths when we are under stress; if we can pay attention to those moments, pause to focus on the breath and fully expand the lungs, breathing becomes slower and more efficient, and the body's stress response is diminished.

This controlled, efficient breathing is sometimes called diaphragmatic breathing, or “belly breathing.” Try this exercise:

- 1. Sit upright in a chair with your spine erect but not stiff, and consciously relax the other parts of your body: face, neck, shoulders, arms, chest and abdomen, legs and feet. If a particular part of your body feels tense or stiff, imagine you are breathing into that area, and imagine that the outgoing breath is draining away some of the tension.**
- 2. Place one hand lightly on your chest wall and the other lightly on your abdomen, or belly.**
- 3. As you breathe in, draw breath all the way down into your abdomen, so that the hand on the belly is pushed outward, as if the belly were a little balloon inflating. (You are not really drawing the air into the belly, but you are fully inflating the lungs, so that the diaphragm descends into the abdominal cavity, pushing the contents of the abdomen outward.)**
- 4. As you breathe out, the abdominal wall will collapse back towards the spine, like a balloon deflating. The hand on your chest wall should move only very slightly if at all.**

This technique may take some time to perfect, so don't get discouraged! Once you learn how to do it, practice it several times a day, especially when you feel tense and stressed.

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