

HOSPITAL
FOR
**SPECIAL
SURGERY**



from
**EDUCATION to
EMPOWERMENT**

PUBLIC AND PATIENT EDUCATION DEPARTMENT



YOUR GUIDE TO
TOTAL HEALTH
AND WELLNESS

SPRING 2012

HOSPITAL
FOR
**SPECIAL
SURGERY**



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Hospital for Special Surgery is a
participating organization of the
Bone and Joint Decade.

Hospital for Special Surgery is an
affiliate of NewYork-Presbyterian
Healthcare System and Weill Cornell
Medical College.

**Public and Patient Education Department
Vision Statement**

Hospital for Special Surgery's Public and Patient Education Department strives to improve the health, mobility and quality of life of the community through innovative programming that promotes awareness, empowerment, overall wellness and musculoskeletal health.

Program Locations

RMEC

Hospital for Special Surgery
Richard L. Menschel Education Center
535 East 70th Street, 2nd Floor
New York, NY
(between York Avenue and FDR Drive)

MG

M Gym (formerly MonQi Fitness
and Method Gym)
201 East 67th Street, 5th Floor
New York, NY
(between 2nd and 3rd Avenue)

PH

Parker House – Education Office
517 East 71st Street, Ground Floor
New York, NY
(between York Avenue and FDR Drive)

WCMC

Weill Cornell Medical College Medical Library
1300 York Avenue
New York, NY
(at East 69th Street)



Hospital for Special Surgery | Education & Academic Affairs
2011 Silver Aster Award Winner for Excellence in Advertising/Medical Marketing.
From Education to Empowerment Spring 2010, Fall 2010, Spring 2011
Patient Education Series



Dietary Supplements: Pros and Cons

With one look at the supplements aisle at the pharmacy you can tell how many options and combinations of vitamins, minerals, herbs and other supplements exist! It can be very confusing. Who should be utilizing these supplements and what are some very important considerations that should be taken into account before heading out to the store? Join us for this invaluable lecture on the advantages and disadvantages of dietary supplements.

Speaker: Deborah McInerney, MS, RD, CDN

Location: RMEC

Fee: FREE

DS S2012	Tuesday, February 14 • 2:30pm – 3:30pm
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Pain Management: An Overview of Your Options

Pain is a complex physiological and emotional experience that can dramatically affect an individual's life in adverse ways. This lecture will explore the wide array of techniques available to manage pain. A discussion of pharmacological as well as alternative approaches will dispel myths and empower you to make more knowledgeable decisions regarding your treatment.

Speaker: Barbara Wukovitz, RN, BSN, BC

Location: RMEC

Fee: FREE

PM S2012	Thursday, March 8 • 4:00pm – 5:00pm
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did you know?

Dietary supplements do not need FDA approval to be manufactured and distributed. This means that it is important to make sure your doctor knows which additional supplements you are taking in order to avoid any serious interactions and complications with your current medications. (*FDA.gov*)



Treating Your Rheumatoid Arthritis: "Treat to Target"

Similar to the way doctors manage illnesses such as diabetes, rheumatologists are now looking to a new approach in treating rheumatoid arthritis (RA), called "Treat to Target." This new strategy stresses the importance of using a standard measure to evaluate disease activity, creating defined treatment goals, and tailoring treatment to the individual patient. Join us to learn more about this treatment approach and how you can become a partner in the process of treating your RA.

Speaker: Allan Gibofsky, MD, JD, FACP, FCLM

Location: RMEC

Fee: FREE

TTT S2012	Tuesday, April 10 • 5:30pm – 6:30pm
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Coordinating Your Healthcare

These days most people see a variety of different doctors and health care professionals to manage their health care needs. As specialized fields of medicine continue to grow, it is imperative that patients make sure that their entire medical team is on the same page. Join us for this discussion on improving communication, organization and coordination of your healthcare team so you can take control of your healthcare.

Speaker: Heather Rehns, LMSW

Location: RMEC

Fee: FREE

CYC S2012	Wednesday, April 18 • 4:00pm – 5:00pm
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Stroke Prevention 101

According to the National Stroke Association, stroke is the third leading cause of death in America and a leading cause of adult disability. Also known as a "brain attack," a stroke occurs when a clot blocks an artery or a blood vessel bursts, interrupting blood flow to an area of the brain. The good news is that up to 80 percent of strokes are preventable! Join us for this lecture in which prevention techniques and invaluable information about strokes will be shared.

Speaker: Dana Leifer, MD

Location: RMEC

Fee: FREE

SP S2012	Thursday, May 3 • 4:00pm – 5:00pm
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Bone Health Seminar

A collaborative program presented by Education & Academic Affairs and the Arthritis Foundation

In New York State, at least three million women and men (age 50 and over) either have osteoporosis or are at significant risk of developing osteoporosis. This one-day program brings together HSS expert clinicians to discuss bone health including the importance of physical activity and nutrition, medication used to maintain bone quality and falls prevention.

Speakers: HSS Faculty

Location: RMEC

Fee: FREE

BHS S2012	Thursday, May 10 • 11:00am – 3:00pm
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Making Healthcare Whole: Integrating Spirituality into Patient Care

Presented by the Pastoral Care Committee

Understanding the interwoven nature of the patient’s different experiences can be integral in improving a patient’s recovery. Join guest lecturer Christina M. Puchalski, MD, Professor at The George Washington University School of Medicine, as she presents educational and clinical strategies in understanding the bio-psychosocial-spiritual needs of patients along with the importance of teamwork in order to promote patient recovery and good health.

Speaker: Christina M. Puchalski, MD

Locations: RMEC

Fee: Free

ISC S2012	Wednesday, May 23 • 11:00am – 12:00pm
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fast facts

LDL (low-density lipoprotein) cholesterol is commonly called the “bad” cholesterol. It can contribute to the formation of plaque buildup in the arteries, known as atherosclerosis. You can keep your LDL cholesterol low by avoiding foods high in saturated fat, getting regular exercise, maintaining a healthy weight and quitting smoking. (NYP.org)



Yogalates

Yogalates is a popular form of exercise that blends the best of yoga and Pilates. Both techniques combine to help improve stamina and posture while developing a general sense of well-being. In the beginner level class, participants focus on integrating breathing with movements and basic stretching and learn the importance of core muscle strength for better posture. In the intermediate level class, the focus is on elements learned in the beginner level class along with more advanced movement sequences to improve strength and flexibility.

Instructor: Eve Delachartre

Prerequisite: None

Location: RMEC

Fee: \$100/6 sessions; \$85/5 sessions

Beginner Yogalates • Mondays 4:15pm – 5:15pm

BYL1 S2012	5 Mondays: January 23 – February 27 (except February 20)
BYL2 S2012	5 Mondays: March 5 – April 2
BYL3 S2012	6 Mondays: April 16 – May 21
BYL4 S2012	6 Mondays: June 4 – July 16 (except June 25)

Intermediate Yogalates • Mondays 5:30pm – 6:30pm

IYL1 S2012	5 Mondays: January 23 – February 27 (except February 20)
IYL2 S2012	5 Mondays: March 5 – April 2
IYL3 S2012	6 Mondays: April 16 – May 21
IYL4 S2012	6 Mondays: June 4 – July 16 (except June 25)

fast facts

Regular exercise can provide benefits to your health including regulating your blood pressure, preventing diabetes, managing osteoarthritis pain and improving neurocognitive function. The key is to find the right exercise for you. (*American Academy of Family Physicians*)



Pilates Mat Class

Pilates is a series of specific movements designed to strengthen the powerhouse muscles of the abdomen, back and waist (torso). Beginner Pilates focuses on strengthening the core, making movements more fluid and balancing the body, all coupled with focused breathing patterns. Advanced Pilates is recommended for the beginning Pilates mat student who has a clear understanding of the basic fundamentals and exercises, but still needs to work on improving strength and flexibility.

Instructor: Katherine Shapiro, BFA, E-RYT

Prerequisite: None

Location: RMEC

Fee: \$100/6 sessions; \$85/5 sessions

Beginner Pilates Mat Class • Wednesdays 4:15pm – 5:15pm

BPMC1 S2012	6 Wednesdays: January 25 – February 29
BPMC2 S2012	5 Wednesdays: March 7 – April 4
BPMC3 S2012	6 Wednesdays: April 18 – May 30 (except May 16)
BPMC4 S2012	6 Wednesdays: June 6 – July 18 (except July 4)

Advanced Pilates Mat Class • Wednesdays 5:30pm – 6:30pm

APMC1 S2012	6 Wednesdays: January 25 – February 29
APMC2 S2012	5 Wednesdays: March 7 – April 4
APMC3 S2012	6 Wednesdays: April 18 – May 30 (except May 16)
APMC4 S2012	6 Wednesdays: June 6 – July 18 (except July 4)



T'ai Chi Chih®

These simple, rhythmic movements provide benefits including improved balance, strength, flexibility and maintenance of bone mass. Health organizations, including the Arthritis Foundation, advise T'ai Chi for pain relief. The Level I class is designed for participants new to T'ai Chi Chih®. Level II is planned for participants that have an understanding and comfort with the basic movements. Level III will begin to incorporate more advanced styles of T'ai Chi and is specifically designed for those who have completely mastered the previous levels.

Instructor: Carolyn Perkins

Prerequisite: Instructor's permission required to graduate to Level II and Level III

Locations: Level I: RMEC; Level II & III: MG

Fee: \$100/6 sessions; \$85/5 sessions

T'ai Chi Chih® Level 1 • Wednesdays 3:00pm – 4:00pm

TCI1 S2012	6 Wednesdays: January 25 – February 29
TCI2 S2012	5 Wednesdays: March 7 – April 4
TCI3 S2012	5 Wednesdays: April 18 – May 23 (except May 16)
TCI4 S2012	6 Wednesdays: June 13 – July 25 (except July 4)

T'ai Chi Chih® Level II • Tuesdays 2:30pm – 3:30pm

TCII1 S2012	6 Tuesdays: January 24 – February 28
TCII2 S2012	5 Tuesdays: March 6 – April 3
TCII3 S2012	6 Tuesdays: April 17 – May 22

T'ai Chi Chih® Level III • Tuesdays 3:30pm – 4:30pm

TCIII1 S2012	6 Tuesdays: January 24 – February 28
TCIII2 S2012	5 Tuesdays: March 6 – April 3
TCIII3 S2012	6 Tuesdays: April 17 – May 22
TCIII4 S2012	6 Tuesdays: June 12 – July 24 (except July 3) (please note this session is from 3:00pm – 4:00pm)



Gentle Yoga to Ease Arthritis

The slow, controlled, physical movement of yoga can provide pain relief, relax stiff muscles, ease sore joints and help build strength. The movements, poses, stretches and deep breathing relaxation techniques can also begin to increase needed range-of-motion and improve blood circulation. This class is designed to ease participants into gentle stretches from lying, sitting and standing positions. Hands-on correction from the instructor is provided when needed. Movements are modified to meet specific needs.

- Instructor:** Roberta Schine
- Prerequisite:** Physician Consent
- Location:** RMEC
- Fee:** \$85/5 sessions; \$70/4 sessions

Gentle Yoga to Ease Arthritis • Tuesdays 12:30pm – 1:30pm

GYA1 S2012	5 Tuesdays: February 14 – March 13
GYA2 S2012	5 Tuesdays: March 20 – April 24 (except April 10)
GYA3 S2012	5 Tuesdays: May 1 – May 29
GYA4 S2012	4 Tuesdays: June 5 – June 26

did you know?

Hospital for Special Surgery now provides free educational on-demand webinars for our patients and community members. Topics include osteoarthritis, lupus treatments and runner's health. Please visit us at www.hss.edu/pped-webinars for a full catalog of our program offerings.



How's My Posture

A collaborative program presented by Education & Academic Affairs and the Department of Rehabilitation

Good posture is important because it helps your body function at top speed. It promotes movement efficiency and endurance and contributes to an overall feeling of well-being. This workshop will discuss how poor posture contributes to lower back pain and how simple modifications can help you feel better. *Space is limited to 25 participants.*

Instructors: Samantha Atlas, PT, DPT; Marla Ranieri, PT, DPT

Prerequisite: Physician Consent

Location: RMEC

Fee: \$15

HMP1 S2012	Monday, February 13 • 1:30pm – 2:30pm
HMP2 S2012	Tuesday, June 12 • 3:00pm – 4:00pm

The Joy of Positive Living

As we go through our daily routines, it often becomes challenging to appreciate the positive aspects of our lives. While the effects of positive thinking are still being researched, it has been shown that a positive outlook on life may lead to increased lifespan, greater immune responses to illness and decreased rates of depression. Learn how to maintain optimism and cope with obstacles that may threaten to bring you down. *Space is limited to 15 participants.*

Instructor: Jan Kliger, MS

Location: RMEC

Fee: \$10

JPL S2012	Thursday, March 1 • 2:00pm – 3:00pm
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Core Stabilization for Women

Core and pelvic stability refers to the ability of the lower back, abdominal, hip and pelvic muscles to properly work in alignment. Strengthening this region can improve your balance and posture, prevent injury, reduce pain and is especially important for women who want to keep active and healthy! Join us for this program that will include a lecture that provides an overview of core and pelvic stability and will be followed by guided instruction of strengthening exercises. Participants must be able to get on and off a mat independently.

Instructor: Victoria Moran, PT, DPT

Location: RMEC

Fee: \$15

CSW S2012	Thursday, March 1 • 4:00pm – 5:30pm
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Movement and Meditation to Ease Chronic Pain

When living with pain, it is easy to find yourself avoiding daily activities, opting to stay still and avoiding unnecessary movement. Unfortunately, not moving your muscles and joints often leads to more pain. Let's get moving! Join us for this gentle class that will utilize the movements of yoga and stretching in addition to breathing awareness and meditation to help ease stiffness, aches and pains.

Instructor: Nancy O'Brien
Prerequisite: Physician Consent
Location: RMEC
Fee: \$70/4 sessions

MMCP S2012	4 Thursdays: April 5 – 26 • 3:00pm – 4:00pm
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Zero-To-Three, Grow With Me: An Overview of Developmental Milestones

A collaborative program presented by Education & Academic Affairs and the Department of Rehabilitation

Join us as we explore the developmental milestones of the first three years of a child's life. This presentation is designed to guide parents and caregivers on a child's normal development. Strategies will be provided to help promote your child's motor and language development utilizing age-appropriate activities/toys. *No childcare services will be provided; please make prior arrangements.*

Speakers: Kristin Flynn, PT, DPT; Lorene C. Janowski, OTR/L, MS; Kerin Kowalski, MA, CCC-SLP
Location: RMEC
Fee: \$10

ZTT S2012	Thursday, April 5 • 6:00pm – 7:30pm
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Starting a Home Fitness Program

This is a collaborative program presented by Education & Academic Affairs and the Department of Rehabilitation

Have you ever thought about starting a fitness program but you're not sure how to begin? This program will focus on the four key elements integral to beginning your fitness regimen: Posture, Balance, Strengthening and Flexibility. After an introductory lecture, you will actively participate in the demonstrations of all exercises. *Space is limited to 10 participants.*

Instructors: Maya Caspi, PT, DPT; Jocelyn Della Valle, PT, DPT
Location: RMEC
Fee: \$15

HFP S2012	Wednesday, May 23 • 4:00pm – 5:30pm
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Caring for Your Elderly Parent

This two-part workshop will discuss common concerns in regard to making important decisions about your parents' well being. Join us for one or both sessions.

Maintaining Independence: As your parents get older, it is important to respect their autonomy and independence. It is also important to make sure that you feel secure knowing that your parents are able to care for themselves properly. Join us for this important discussion on ways to help your parents stay safe and maintain their independent living style.

Taking Your Parents' Care to the Next Level: When do you know when it is time to have a discussion about getting more help for your aging parent? Accessing outside resources will be discussed as well as when independent living may not be safe anymore. Signs and symptoms to look for and how to begin that conversation with your loved ones will be covered in this session.

Instructor: Sarah Waxse, LMSW

Location: RMEC

Fee: \$10/each

Maintaining Independence

CEP1 S2012	Thursday, May 31 • 4:00pm – 5:00pm
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Taking Your Parents' Care to the Next Level

CEP2 S2012	Thursday, June 7 • 4:00pm – 5:00pm
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Osteoporosis Support Group

This program brings together specialized healthcare professionals to educate those diagnosed with osteoporosis about different aspects of the condition. All participants must fill out a health questionnaire with the support group coordinator and submit a physician’s letter indicating a diagnosis of osteoporosis. *Pre-registration is required and is limited to 15 participants.* For more information or to register, please contact Robyn Wiesel, CHES, Program Coordinator, at 212.774.7326 or WieselR@hss.edu.

Scleroderma Support Group

Sponsored by the Scleroderma Foundation Tri-State Chapter and Hospital for Special Surgery Public and Patient Education Department, this support group brings together people living with scleroderma, including family members and friends, to create a network of support and encouragement. This group meets the first Wednesday of each month. For more information about this support group, contact the Scleroderma Foundation Tri-State Chapter at 1.800.867.0885.

Department of Social Work Support & Education Programs

HSS has a variety of support and education programs dedicated to meeting the needs of individuals facing the daily challenges of rheumatic illness. Call the numbers listed below for further information about these programs.

Charla de Lupus® (Lupus Chat)866.812.4494 *toll-free*

LANtern® (Lupus Asian Network)866.505.2253 *toll-free*

LupusLine®866.375.1427 *toll-free*

SLE Workshop212.774.7654

Early RA Patient Support and Education Group212.774.7378

Living with RA Support and Education Group:212.774.2539

Myositis Support Group212.774.7623



Don't Let Your Bladder Control You

Urinary incontinence — the loss of bladder control — is a common and often embarrassing problem. Issues can range from occasionally leaking urine when you cough or sneeze to having an urge to urinate that's so sudden and strong you don't get to a bathroom in time. Left untreated, urinary incontinence can lead to skin inflammation, pressure ulcers, urinary tract infections, falls (and fractures), sleep deprivation, social withdrawal, depression and sexual dysfunction. Join Dr. LoFaso to learn more about this condition and how it can be greatly improved so that it interferes less with everyday activities.

Speaker: Veronica LoFaso, MD

Location: RMEC

Fee: FREE

DYB S2012	Tuesday, May 1 • 10:30am – 11:30am
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Cancer Prevention for Older Adults

Cancer strikes people of all ages, but the incidence goes up as one gets older. The good news is that the number of cancer cases and death rates are both going down. No matter what your age, the chances of surviving cancer are better today than before. Join Dr. Lichtman to learn facts and myths about cancer and the older adult, important screenings you should know about and what you can do to ensure a healthier lifestyle.

Speaker: Stuart Lichtman, MD

Location: RMEC

Fee: FREE

COA S2012	Tuesday, May 15 • 10:30am – 11:30am
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Getting a Good Night's Sleep

No matter what your age, sleeping well is essential to your physical health and emotional well-being. As we age, we often experience normal changes in our sleeping patterns. We may become sleepier earlier in the evening, wake up earlier in the morning or feel like we have less deep sleep. However, disturbed sleep, waking up tired every day, waking up a lot in the middle of the night and having difficulty staying awake during sedentary activities, such as watching television, are not a normal part of aging. Join Dr. Ebben to learn what is normal sleep for older adults, to understand the causes of your sleep problems and how to make necessary lifestyle changes.

Speaker: Matthew Ebben, PhD

Location: RMEC

Fee: FREE

GGG S2012	Tuesday, May 22 • 10:30am – 11:30am
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Stretch Yoga for Older Adults

Stretch and tone your body with simple, gentle body movements that will help you feel active, energized and relaxed. Stretch yoga combines gentle stretches from sitting and standing positions (during the last 20 minutes you will have a choice of sitting or lying down); breathing techniques for relaxation and stress reduction; and visualization and concentration skills to help develop an awareness and sensitivity of your personal energy. *Space is limited to 15 participants.*

Instructor: Katherine Shapiro, BFA, E-RYT

Prerequisite: Physician Consent

Location: MG

Fee: \$100/6 sessions

Stretch Yoga for Older Adults • Wednesdays 12:15pm – 1:15pm

SYOA1 S2012	6 Wednesdays: January 11, 18, 25, February 1, 8, 15
SYOA2 S2012	6 Wednesdays: February 29, March 7, 14, 21, 28, April 4
SYOA3 S2012	6 Wednesdays: April 18, 25, May 2, 9, 16, 23
SYOA4 S2012	6 Wednesdays: June 6, 13, 20, 27, July 11, 18 (no class July 4)

Dance for Fitness & Fun

Learn ballroom dancing while improving balance with our professional dance instructor/dance therapist. This is a gentle dance class that is specifically designed for adults 65 and older. The class will begin with a fun warm-up session that is done while both standing and sitting. You will leave each week able to step out to a different dance including the tango, merengue, rumba and waltz. Studies have shown that dance maintains cardiovascular fitness, enhances emotional well-being, strengthens weight-bearing bones and slows loss of bone mass. No previous dance experience necessary. *Space is limited to 10 participants.*

Instructor: Oleg Trebunski

Prerequisite: None

Location: RMEC

Fee: \$85/5 sessions

Dance for Fitness & Fun • Mondays 10:30am – 11:30am

DFF1 S2012	5 Mondays: March 5, 12, 19, 26, April 2
DFF2 S2012	5 Mondays: April 30, May 7, 14, 21, June 4 (no class May 28)



Better Balance for Older Adults

This course will consist of unique exercises selected for individuals who would like to increase their balance control and decrease the risk of falls. This program incorporates a set of slow, simple movements adapted from a variety of Eastern modalities including yoga, T'ai Chi Chih® and QiGong. Chairs will be provided to hold for balance, if needed. *Space is limited to 10 participants.*

Instructor: Carolyn Perkins

Prerequisite: Physician Consent

Location: RMEC

Fee: \$70/4 sessions

BB S2012	4 Wednesdays: April 18, 25, May 2 & 9 • 1:45pm – 2:45pm
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did you know?

Being physically active on a regular basis is one of the healthiest things you can do for yourself and can have a direct impact on your everyday life. The benefits include helping you to stay strong and fit enough to perform your daily activities, getting around more easily and maintaining your independence. (*NIHSeniorHealth.org*)



Stronger Bones for Older Adults

This class is for patients with osteopenia, osteoporosis or for those would like to learn which exercises to perform for optimal bone health. Come join us to learn how HSS focuses on five key areas (posture, flexibility, strength, weight bearing and balance), all equally important in helping people with osteopenia and osteoporosis to lead healthier lives. Participants will be expected to independently transfer to and from the floor mats. *Space is limited to 10 participants.*

Instructor: Hagit Rajter, PT, MPT

Prerequisite: Physician Consent

Location: RMEC

Fee: \$20/2 sessions

SBOA S2012	2 Tuesdays: March 6 & 13 • 11:30am – 12:30pm
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Health Information on the Web: Just a Click Away

This hands-on workshop is designed to help you make sense of health information on the Internet. Using a computer provided during class, you will learn the following: getting started (World Wide Web basics); introduction to reliable consumer health information; sources on the Internet (e.g., tips for healthy living, doctor's credentials, hospital and drug information); and how to discuss the information you find online with your doctor. *Space is limited to 10 participants.*

Instructor: TBD

Location: WCMC

Fee: \$10

HIW1 S2012	Thursday, May 3 • 10:00am – 12:00pm
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Exercises for Older Adults With Osteoarthritis

Osteoarthritis occurs more frequently as we age. Exercise for osteoarthritis has been shown to strengthen the muscular support around the affected joints, prevent the joints from “freezing up” and improve and maintain joint mobility. This workshop will demonstrate how to exercise safely and effectively while living with osteoarthritis. *Space is limited to 30 participants.*

Instructors: Mike Khair, MD; Benjamin Ricciardi, MD; Patrick Schottel, MD

Fee: Free

Location: RMEC

EOA S2012	Tuesday, May 8 • 10:30am – 12:00pm
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19th Annual National Senior Health & Fitness Day

Join Hospital for Special Surgery for this special day celebrating keeping older Americans healthy and fit! Events include health lectures on nutrition and falls prevention, workshops on dance instruction (no previous experience needed) and chair exercises. Light refreshments will be provided. *Space is limited to the first 50 registrants.*

Instructors: HSS Faculty

Prerequisite: Physician Consent (to participate in the dance and chair exercises)

Location: RMEC

Fee: \$5

SHF S2012	Wednesday, May 30 • 10:00am – 1:00pm
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did you know?

Exercise is one of the best treatments for osteoarthritis. Exercise can improve mood and outlook, decrease pain and assist in maintaining a healthy weight. The amount and form of exercise will depend on which joints are involved, how stable and/or how swollen the joint is and whether a joint replacement has already been done. Ask your doctor or physical therapist what exercises are best for you. (NIHSeniorHealth.org)



Exercises for Older Adults with Osteoporosis

Fifty-five percent of people ages 50 and older are diagnosed with osteoporosis. You can make your bones stronger and denser by making them work through weight-bearing and resistance exercises. In this workshop, you will learn how bones develop through all stages of life and will be coached on how to exercise safely. *Space is limited to 30 participants.*

Instructors: Peter Sculco, MD; Durham Weeks, MD; Phillip Williams, MD

Fee: Free

Location: RMEC

EOP S2012	Tuesday, June 5 • 10:30am – 12:00pm
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Healing Through Art

Art can play a powerful role in healing, relaxing and relieving stress. Join us for a workshop where you will be engaged in an art activity while experiencing how this process can relieve stress and promote creative energy. Each participant will leave with their own creation. No previous experience necessary. *Space is limited to 20 participants.*

Instructor: Robin Glazer, The Creative Center: Arts in Healthcare

Prerequisite: None

Location: RMEC

Fee: \$5

HTA S2012	Wednesday, June 6 • 10:00am – 11:30am
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fast facts

Osteoporosis is commonly called a “silent disease.” Often, breaking a bone is the first clue you have osteoporosis. Some people learn that they have osteoporosis after they lose height from one or more broken bones in the spine. Moreover, these broken bones can occur without any noticeable pain. (NOF.org)



Chair and Low-Impact Exercises

This class is for individuals seeking aerobic exercise while having fun and protecting painful or arthritic joints. This class will include strengthening activities for both the upper and lower body, which can be performed either sitting in a chair or standing. *Space is limited to 20 participants.*

Instructors: Danielle Edwards, PT, DPT; Marla Ranieri, PT, DPT

Prerequisite: Physician Consent

Location: RMEC

Fee: \$20/2 sessions

CLI S2012	2 Tuesdays: June 12 & 19 • 10:30am – 11:30am
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fast facts

Falls and fractures are not an inevitable part of growing older. Many falls result from personal or lifestyle factors that can be changed such as safety hazards in the person's home or community environment. Certain medications can cause side effects such as dizziness, confusion and sleepiness that increase a person's risk of falling. Some medications don't work well together and may cause problems that lead to falls. If you think your medicines are causing problems, be sure to talk with your doctor about your risk of falls from medications. Don't stop taking them unless you talk with your doctor first. (NIHSeniorHealth.org)



Samantha Atlas, PT, DPT, is a staff physical therapist in the Department of Rehabilitation at Hospital for Special Surgery (HSS).

Maya Caspi, PT, DPT, received her doctoral degree in physical therapy from New York University and is a clinical instructor for physical therapy students at HSS.

Eve Delachartre started practicing yoga more than 35 years ago in the style of Sri Krishnamacharya. She studied South Indian dance for three years as part of a cultural exchange scholarship. She is certified in Prana Yoga and Integrative Yoga Therapy and began private and group Yoga instruction in 1994 in New York.

Jocelyn Della Valle, PT, DPT, is a staff physical therapist at HSS. She received her doctorate of physical therapy from Seton Hall University. Her clinical interests include orthopedics and dance injury care and prevention.

Matthew R. Ebben, PhD, obtained his PhD in psychology at the City University of New York in 2004. While at the City University, Dr. Ebben completed an internship in sleep medicine at the New York Methodist Hospital. He subsequently came to Weill Cornell Medical College to complete a post-doctoral fellowship in sleep medicine in the Department of Neurology and Neuroscience. He is now an Assistant Professor in the Department of Neurology and Neuroscience and is a licensed psychologist, Diplomate of the American Board of Sleep Medicine and holds a certification in Behavioral Sleep Medicine. Research interests include insomnia, chronobiology and behavioral sleep medicine.

Danielle Edwards, PT, DPT, received her clinical doctorate in physical therapy from Northeastern University. She is an advanced clinician in the acute care department at HSS. She is a primary investigator in the collaboration of Hunter College research and the coordinator for the Northeastern University cooperative education program.

Kristin Flynn, PT, DPT, is a physical therapist at HSS who has experience in developmental delay, early intervention, torticollis, cerebral palsy and multiple orthopedic diagnoses. She also has experience in working with children with disabilities during hippotherapy. Kristin's special interests include Neuro-Developmental Treatment (NDT) and involvement in community programs for children.

Allan Gibofsky, MD, JD, FACP, FCLM, has conducted extensive research on systemic lupus erythematosus and rheumatoid arthritis. He is an Attending Physician at HSS and Professor of Clinical Medicine and Public Health at Weill Cornell Medical College.



Robin Glazer is The Creative Center's Director. She has been with The Center since 1994 when she met co-founder Adrienne Assail at a coffee shop, where they sat past midnight, brainstorming about a place where people with chronic illness could come and make art together. A cancer survivor and mother of five, Robin is a painter, printmaker and a former art teacher in the NYC schools. Her idea of a successful day is getting yet another person to "see like an artist."

Lorene C. Janowski, OTR/L, MS, is a pediatric occupational therapist at HSS who has experience in school-based, sensory gym and early intervention settings as well as a background in Sensory Integration (SI) and Neuro-Developmental Treatment (NDT). She loves aquatic therapy and works with children/adults with disabilities in the pool setting. Lorene also has experience with children/adults for wheelchair seating and positioning. She is the primary occupational therapist for the ALS/Neuromuscular Clinic at HSS.

Mike Khair, MD, is a third-year orthopedic resident at HSS. He attended Bowdoin College where he graduated with majors in chemistry and philosophy. Prior to starting medical school, he spent two years studying health policy and biomedical ethics as a research assistant at the Hastings Center in Garrison, New York. He received his medical degree from Case Western Reserve University in 2009.

Jan Kliger, MS, is a gerontologist and recreational therapist with over 10 years of experience conducting creative group therapy and workshops for all ages. Jan has been funded by the National Institutes of Health under the direction of New York-Presbyterian Hospital and Weill Cornell Medical College and has presented evidence-based health and wellness programs in senior centers throughout New York.

Kerin Kowalski, MA, CCC-SLP, is an ASHA-certified speech language pathologist with 15 years of experience in the areas of speech, language, voice and swallowing. She has worked with early intervention, school-aged children, adults and geriatrics in a variety of settings including outpatient centers, hospitals, schools and home-based programs. She currently works full-time as an advanced clinician in speech language pathology at HSS in the Pediatric Rehabilitation Department.

Dana Leifer, MD, graduated from Harvard College summa cum laude and received his MD cum laude from Harvard Medical School. He also received an M.Phil. in biochemistry from Cambridge University as a Fulbright Scholar. In 2005, Dr. Leifer joined Weill Cornell Medical College as Director of the Stroke and Neuroscience Step-Down Unit and Director of the Neurovascular Ultrasound Laboratory.



Stuart Lichtman, MD, is an Attending Physician at Memorial Sloan-Kettering Cancer Center. For the past 20 years, he has been actively involved in treating older patients with cancer and is currently the Chair of the 65+ Clinical Geriatrics Group which is developing institutional guidelines and research for effective and respectful multidisciplinary care for older adults.

Veronica LoFaso, MD, is an Associate Professor of Clinical Medicine at Weill Cornell Medical College. She is part of a large geriatrics practice at the Irving Sherwood Wright Center on Aging and teaches at Weill Cornell Medical College. Dr. LoFaso is the Director of Medical Student Education for the Division of Geriatrics.

Deborah McInerney, MS, RD, CDN, has been working as a nutritionist at HSS for almost 10 years with both the inpatient and outpatient population as well as in the Center for Skeletal Dysplasia. She has given a variety of lectures ranging from weight management and healthy eating to nutrition in relation to rheumatoid arthritis, osteoarthritis and systemic lupus erythematosus.

Victoria Moran, PT, DPT, received her doctorate in physical therapy from Touro College in 2006. She completed a sports residency at HSS and has worked with patients suffering from sports injuries, adults undergoing joint arthroplasty, and at the HSS Integrative Care Center. She also has an interest in core stabilization within all populations.

Nancy O'Brien is a certified yoga instructor specializing in therapeutic and restorative practices and credits yoga with her ongoing recovery from serious illness. She has developed wellness and yoga programming in senior centers, hospitals and clinics and is certified by the Arthritis Foundation. The former *New York Daily News* editor writes on integrative health topics for *Yoga Journal* and *Yoga Therapy Today*.

Carolyn Perkins is a certified T'ai Chi Chih® instructor, a graduate of the Swedish Institute and a certified Ingham Reflexologist with extensive training in a variety of healing methods. In 1998 Carolyn studied Qigong Healing with a world famous master at a hospital in Beijing. She became an accredited teacher of T'ai Chi Chih® in 1995 and has subsequently studied other forms of T'ai Chi under masters in Australia, China and the U.S. She is also the originator of a unique form of balance movements (called Chi Balance) based on T'ai Chi and Qigong.

Christina M. Puchalski, MD, is the Executive Director of the George Washington Institute for Spirituality and Health and a Professor of Medicine and Health Sciences at The George Washington University School of Medicine, where she has pioneered novel and effective educational and clinical strategies to address the spiritual concerns common in patients facing illness.



Hagit Rajter, PT, MPT, is an advanced clinician at the Joint Mobility Center at HSS specializing in outpatient spine rehabilitation. Hagit is a Schroth Scoliosis Therapist and a certified McKenzie Therapist who received her masters of physical therapy degree from Hunter College. She is currently enrolled in the doctorate physical therapy degree program at the University of St. Augustine, Fla.

Marla Ranieri, PT, DPT, is a staff physical therapist at HSS. She received her doctor of physical therapy degree from Columbia University and her bachelor's degree in human biology from Stanford University. She was a national and international gymnast who continued her career as a scholarship athlete through college. Marla's clinical interests include sports rehabilitation, osteoporosis and movement re-education.

Heather Rehns, LMSW, has been at HSS since 2010, where she works closely with specific surgeons and medical teams to offer patients the complete interdisciplinary experience. Her focus includes the provision of information and coordination of patient's discharge needs while also providing supportive counseling prior to, during and following a patient's admission.

Benjamin Ricciardi, MD, is a third-year orthopedic resident at HSS. He attended Colby College in Waterville, Maine where he majored in economics. After his undergraduate career he completed one year of research on in vivo fracture healing with Dr. Mathias Bostrom at HSS. Dr. Ricciardi attended Cornell University where he received his medical degree.

Roberta Schine is a certified Kripalu Yoga instructor who has been practicing yoga and meditation since 1986. In addition to her classes at HSS, Roberta teaches yoga and meditation for people with a variety of medical conditions at Beth Israel Hospital, St. Luke's-Roosevelt Hospital, SHARE and The Jewish Community Center.

Patrick Schottel, MD, is a third-year orthopedic resident at HSS. As an undergraduate, he attended Princeton University and was a member of the varsity football and track teams. He subsequently earned his medical degree from Georgetown University School of Medicine.

Peter Sculco, MD, is a third-year orthopedic resident at HSS. He majored in art history and neuroscience at Princeton University. He attended the Columbia University College of Physicians and Surgeons where he received his medical degree.



Katherine Shapiro, BFA, E-RYT, has a BFA in dance, is an E-RYT 500, and is Pilates-certified. She has over 20 years teaching experience and teaches both privately and in studios in New York City and the Hamptons, including YogaWorks and One Ocean Yoga at The Ross School.

Oleg Trebunski is a professional dance coach and instructor. Oleg teaches dance instruction and dance therapy for seniors and the disabled at the Church on the Hill Older Adults Program, as well as ballroom and Latin dance to children and adults in programs throughout Manhattan and Westchester counties. Oleg has coached both of his daughters to great acclaim: One daughter placed second in U.S. Professional American Ballroom and another daughter is one of the professional dancers on ABC's hit show "Dancing with the Stars."

Durham Weeks, MD, is a third-year orthopedic resident at HSS. He attended Duke University for his undergraduate studies in neuroscience. He went on to receive his medical degree at Vanderbilt University.

Phillip Williams, MD, is a third-year orthopedic resident at HSS. As an undergraduate at Yale University, he studied political science and ran on the varsity track team. After graduation he worked on Wall Street for a year before deciding to pursue medicine. Dr. Williams completed a one-year post-baccalaureate pre-med program and spent a year doing research at Johns Hopkins before entering Harvard Medical School.

Sarah Waxse, LCSW, is currently a social worker and is the coordinator of the Caregivers Service at New York-Presbyterian Hospital. The Caregivers Service is a free program for family caregivers of older adults. Sarah develops and facilitates programs that address the myriad and often complex issues related to aging and the challenges and concerns of family caregivers.

Barbara Wukovitz, RN, BSN, BC, is the Director of Pain Services in the Department of Anesthesiology at HSS. In addition to her clinical work, Barbara is active in clinical research in the area of acute pain and has published many articles in peer review journals.



For program information, contact: Dana Sperber, Public and Patient Education Program Coordinator. **212.606.1613**

Linda Roberts, LCSW, Greenberg Academy for Successful Aging Program Coordinator. **212.774.7041**

For registration inquiries, contact: Huijuan (Jane) Huang, MPA, Program Coordinator, Program Registrar. **212.774.2793**

Payment Please register by mail using the attached registration form or online at www.hss.edu/pped. No registrations will be accepted over the telephone. Mail registration form and payment to: Hospital for Special Surgery, Education & Academic Affairs, 535 East 70th Street, New York, NY 10021.

We accept personal checks (made payable to Hospital for Special Surgery), Visa, MasterCard, American Express and money orders. PLEASE DO NOT MAIL CASH.

Registration Please register early to secure your place in the program. Space is limited. If you are a returning program participant, you must register to begin a new series. PLEASE NOTE: Registration for programs with a fee will not be processed unless accompanied by payment.

Confirmation Confirmation notices for programs will be sent 10 days before the start of the program. To ensure that you receive a confirmation letter, have your registration form postmarked and sent at least two weeks prior to the program start date. If you do not receive a confirmation letter one week before the start of the program, please call 212.774.2793 to confirm your registration.

Physician Consent Physician consent is required for the following programs: Gentle Yoga to Ease Arthritis; How's My Posture; Movement and Meditation to Ease Chronic Pain; Stretch Yoga for Older Adults; Better Balance for Older Adults; Stronger Bones for Older Adults; Chair and Low Impact Exercises; and the 19th Annual National Senior Health & Fitness Day. PLEASE NOTE: Physician consent expires after one year. A physician's consent is required if back-to-back registration occurs.

Missed Classes We are no longer offering make-up classes. If you register for a multi-session class and are unable to attend all sessions, no make-up classes will be offered.

Refunds and Credits A handling fee of \$20 is deducted for all cancellations. A refund or credit is available if you cancel up to one week before the program begins. No refunds or credits will be given if you do not attend an event without giving prior notice. If you start a multi-session class and decide not to continue, no credit or refund will be given. There are no refunds or credits for one-time workshops should you decide not to attend.

Program Cancellation Hospital for Special Surgery's Education & Academic Affairs reserves the right to cancel any program. Registrants will be notified by phone within 24 hours prior to the event. Full refunds or credits will be issued.

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Method of Payment (check one): Visa MC AMEX Money Order Check

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Please complete all sides of registration form, detach and return with payment in an envelope.

DS S2012	Dietary Supplements: Pros and Cons	<input type="checkbox"/> 2/14	FREE
PM S2012	Pain Management	<input type="checkbox"/> 3/8	FREE
TTT S2012	Treating Your Rheumatoid Arthritis: "Treat to Target"	<input type="checkbox"/> 4/10	FREE
CYC S2012	Coordinating Your Care	<input type="checkbox"/> 4/18	FREE
SP S2012	Stroke Prevention 101	<input type="checkbox"/> 5/3	FREE
BHS S2012	Bone Health Seminar	<input type="checkbox"/> 5/10	FREE
ISC 2012	Making Healthcare Whole: Integrating Spirituality into Patient Care	<input type="checkbox"/> 5/23	FREE
Beginner Yogalates			
<input type="checkbox"/> BYL1 S2012	1/23 – 2/27	\$85	<input type="checkbox"/> BYL2 S2012 3/5 – 4/2 \$85
<input type="checkbox"/> BYL3 S2012	4/16 -5/21	\$100	<input type="checkbox"/> BYL4 S2012 6/4 -7/16 \$100
Intermediate Yogalates			
<input type="checkbox"/> IYL1 S2012	1/23 – 2/27	\$85	<input type="checkbox"/> IYL2 S2012 3/5 – 4/2 \$85
<input type="checkbox"/> IYL3 S2012	4/16 -5/21	\$100	<input type="checkbox"/> IYL4 S2012 6/4 -7/16 \$100
Beginner Pilates Mat Class			
<input type="checkbox"/> BPMC1 S2012	1/25 – 2/29	\$100	<input type="checkbox"/> BPMC2 S2012 3/7 – 4/4 \$85
<input type="checkbox"/> BPMC3 S2012	4/18 – 5/30	\$100	<input type="checkbox"/> BPMC4 S2012 6/6 – 7/18 \$100
Advanced Pilates Mat Class			
<input type="checkbox"/> APMC1 S2012	1/25 – 2/29	\$100	<input type="checkbox"/> APMC2 S2012 3/7 – 4/4 \$85
<input type="checkbox"/> APMC3 S2012	4/18 – 5/30	\$100	<input type="checkbox"/> APMC4 S2012 6/6 – 7/18 \$100
T'ai Chi Chih® Level I			
<input type="checkbox"/> TC1 S2012	1/25 -2/29	\$100	<input type="checkbox"/> TC2 S2012 3/7 – 4/4 \$85
<input type="checkbox"/> TC3 S2012	4/18 – 5/23	\$85	<input type="checkbox"/> TC4 S2012 6/13 – 7/25 \$100
T'ai Chi Chih® Level II			
<input type="checkbox"/> TCII1 S2012	1/24 – 2/28	\$100	<input type="checkbox"/> TCII2 S2012 3/6 – 4/3 \$85
<input type="checkbox"/> TCII3 S2012	4/17 – 5/22	\$100	<input type="checkbox"/> TCII3 S2012 4/17 – 5/22 \$100
T'ai Chi Chih® Level III			
<input type="checkbox"/> TCIII1 S2012	1/24 – 2/28	\$100	<input type="checkbox"/> TCIII2 S2012 3/6 – 4/3 \$85
<input type="checkbox"/> TCIII3 S2012	4/17 – 5/22	\$100	<input type="checkbox"/> TCIII4 S2012 6/12 – 7/24 \$100
Gentle Yoga to Ease Arthritis			
<input type="checkbox"/> GYA1 S2012	2/14 – 3/13	\$85	<input type="checkbox"/> GYA2 S2012 3/20 – 4/24 \$85

<input type="checkbox"/> GYA3 S2012	5/1 – 5/29	\$85	<input type="checkbox"/> GYA4 S2012	6/5 – 6/26	\$70
How's My Posture					
<input type="checkbox"/> HMP1 S2012	2/13	\$15	<input type="checkbox"/> HMP2 S2012	6/12	\$15
JPL S2012	The Joy of Positive Living			<input type="checkbox"/> 3/1	\$10
CSW S2012	Core Stabilization for Women			<input type="checkbox"/> 3/1	\$15
MMCP S2012	Movement and Meditation to Ease Chronic Pain			<input type="checkbox"/> 4/5 – 4/26	\$70
ZTT S2012	Zero-To-Three Grow With Me			<input type="checkbox"/> 4/5	\$10
HFP S2012	Starting a Home Fitness Program			<input type="checkbox"/> 5/23	\$15
CEP1 S2012	Caring for Your Elderly Parent: Maintaining Independence			<input type="checkbox"/> 5/31	\$10
CEP2 S2012	Caring for Your Elderly Parent: The Next Level			<input type="checkbox"/> 6/7	\$10
DYB S2012	Don't Let Your Bladder Control You			<input type="checkbox"/> 5/1	FREE
COA S2012	Cancer Prevention for Older Adults			<input type="checkbox"/> 5/15	FREE
GGs S2012	Getting a Good Night's Sleep			<input type="checkbox"/> 5/22	FREE
Stretch Yoga for Older Adults					
<input type="checkbox"/> SYOA1 S2012	1/11 – 2/15	\$100	<input type="checkbox"/> SYOA2 S2012	2/29 – 4/4	\$100
<input type="checkbox"/> SYOA3 S2012	4/18 – 5/23	\$100	<input type="checkbox"/> SYOA4 S2012	6/6 – 7/18	\$100
Dance for Fitness & Fun					
<input type="checkbox"/> DFF1 S2012	3/5 – 4/2	\$85	<input type="checkbox"/> DFF2 S2012	4/30 – 6/4	\$85
BB S2012	Better Balance for Older Adults			<input type="checkbox"/> 4/18 – 5/9	\$70
SBOA S2012	Stronger Bones for Older Adults			<input type="checkbox"/> 3/6 & 3/13	\$20
HIW1 S2012	Health Information on the Web			<input type="checkbox"/> 5/3	\$10
EOA S2012	Exercises for Older Adults with Osteoarthritis			<input type="checkbox"/> 5/8	FREE
SHF S2012	19th Annual National Senior Health & Fitness Day			<input type="checkbox"/> 5/30	\$5
EOP S2012	Exercises for Older Adults with Osteoporosis			<input type="checkbox"/> 6/5	FREE
HTA S2012	Healing Through Art			<input type="checkbox"/> 6/6	\$5
CLI S2012	Chair & Low-Impact Exercises			<input type="checkbox"/> 6/12 & 6/19	\$20

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