



Lower Manhattan
Health Care Coalition
presents the



EXHIBITORS & ACTIVITIES SUNDAY, JUNE 14, 2009

Welcome to the *50 & Beyond Community Expo!* We have many activities including performances, fitness classes, seminars and a variety of exhibitors, so be sure to take it all in and enjoy the day. Don't forget to sign up for your chance to win a raffle prize too!

Everything at the Expo is located on the ground floor and is completely accessible. All exhibitors are located in the Cafeteria; fitness classes are in the Gym (directly next to the Cafeteria); performances are in the Auditorium (next door to the gym); and seminars are located in Room 120. Rest Rooms are located directly across from the Cafeteria.

Exhibitors (Location: Cafeteria)

Americare: Learn about the services they provide.

Assemblyman Sheldon Silver: Learn about the services they provide.

Beth Israel Continuum Health Partners, Inc.: Learn about the services they provide.

Bialystoker Center for Nursing and Rehabilitation: Safety in the home and preventing falls.

Community Service Society, Retired & Senior Volunteer Program: Benefits of volunteering.

Comprehensive Care Management: Learn about the services they provide.

Donna Gallers and Jennifer Carter, Health Counselors: Conversations to address health concerns, weight, energy level, overall health and well-being.

Dr. Chen's Acupuncture Clinic: Chair Massage.

Educational Alliance CO-OP Village NORC: Learn about programs and see a demonstration of a new invention, the Pepper Roaster, created by a CO-OP resident.

Educational Alliance, Optimal Life and Health Club: Learn about the services they provide.

Educational Alliance, Project H.E.L.P.: Learn about the services they provide.

Gouverneur Healthcare Service: Learn about the services they provide.

Gouverneur Healthcare Service: Podiatric and depression screenings.

Grand Spa: Mini-facials and skin care advice.

Grand Street Settlement B.E.S.T. NORC Program: Learn about the services they provide.

Health Plus: Learn about Medicare programs, booth workshops on Diabetes, asthma and other services.

Henry Street Settlement: Learn about the services they provide.

MTA Metro Card Mobile Sales: Sign up for mobile sales.

New York Downtown Hospital: Blood pressure screening.

NYU Hospital for Joint Diseases: Bone density screening.

ReServe: Learn about volunteer opportunities.

Robert Dancziger, CPA: Taxes and financial planning.

Ryan Nena Community Health Center: Women's health information table.

SA Acupuncture: Sample acupuncture & acupressure (Meridian Massage) treatments.

Social Security Administration: Ask your questions about Social Security.

Synergy Wellness NY: Chair massage & nutritionist.

The Office of the State Comptroller: How to find unclaimed funds from the state.

United Jewish Council of the East Side: Come play Wii bowling, golf, boxing and tennis.

United Jewish Council of the East Side: Learn about the services they provide.

United Jewish Council of the East Side: Career counseling, resume review, and job seeking advice.

University Settlement: Learn about the services they provide.

Visiting Neighbors: Learn about the services they provide.

Vitamin Shoppe: Learn about a healthy approach to life with supplements.

Visiting Nurse Service Choice: Learn about the services they provide.

More Exhibitors on Essex Street

Center for Hearing and Communication: Hearing screenings in a sound-treated test van by a NYS licensed audiologist.

Ryan Nena Community Health Center: HIV testing & health information

Approximate waiting time for both shuttle vans 15- 20 minutes depending on traffic conditions.

**United Jewish Council of the East Side Van
"50 & Beyond Community Expo"
Shuttle Route
Look for the Expo sign on the side of the van.**

Pick up and drop off

#1 - 473 FDR Drive (on Grand Street facing West) by drive way.

#2 – Columbia Street bus stop.

#3 - Willet Street bus stop.

#4 – Pitt Street bus stop.

#5 – Clinton Street bus stop.

#6 – Essex Street off Grand Street bus stop.

#7 – Essex Street off Delancey Street bus stop.

#8 – Essex Street off Rivington Street bus stop.

#9 – 166 Essex Street PS 20.

The van makes all return stops.

**Henry Street Settlement Good Companions Van
Shuttle Route
Look for the Expo posters on the side of the van.**

#1- 334 Madison Street (Good Companion Senior Center).

#2- 56 Madison Street of Montgomery Street.

#3 - Gouverneur Hospital between Clinton and Rutgers Streets.

#4 – Intersection of Madison Street and Rutgers Street.

#5- Intersection of Madison Street and Pike Street.

#6 - Intersection of Pike and East Broadway.

#7 – Intersection of Allen and Orchard Street.

#8- 166 Essex Street PS 20.

#9 – Stanton Street and Norfolk Street.

#10 – Stanton Street and Ridge Street.

#11 – Ridge Street and Broome Street

#12- Madison Street and Montgomery Street.

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**Dr. Yael Respler to speak
on Marital Communication at
“50 & Beyond Community Expo”
on Sunday, June 14, 2009**

Thirty renowned organizations to present exhibits on lifestyle issues for older adults

New York City, June 5, 2009 – Noted psychotherapist and newspaper columnist Dr. Yael Respler will be one of the speakers at the “50 & Beyond Community Expo” presented by the Lower Manhattan Health Care Coalition (LMHCC) on Sunday, June 14, 2009.

Dr. Respler, who specializes in dealing with stress, marital issues, and parenting conflicts, will deliver a speech on the topic of “Marital Communication, Spouse Appreciation” from 2:30 p.m. to 3:30 p.m. at P.S. 20, located at 166 Essex Street, between Houston and Stanton Streets in New York City. The Expo will be presented from 11 a.m. to 4 p.m. Admission is free.

Dr. Respler is presently in private practice in Brooklyn. She has lectured extensively throughout the United States, Canada, and Switzerland. In addition to writing a column for the *Jewish Press*, she hosts a psychology radio show during the summer. She has released a DVD/video/CD-Rom for young children and toddlers, and an audio cassette on creative parenting. A certified hypnotherapist (smoking cessation, phobias, etc), she currently leads groups for married women to promote a psychologically healthy home environment.

In addition to Dr. Respler’s speech, there will be many other seminars, screenings, and exhibitors at the Expo. “A first-time ever event, the Expo is designed to address the full spectrum of significant lifestyle issues confronting adults who are fifty plus, not only their medical needs,” said Leonard Blank, Executive Director of the LMHCC, who created the idea for the Expo. “I envision the Expo as a multifaceted event, providing innovative information and important services for older adults. It will feature exciting presentations, entertainment, and exhibitors.”

(more)

The renowned exhibitors will include: Beth Israel Medical Center, New York Downtown Hospital, Americare, Educational Alliance, Gouverneur Healthcare Services, Health Plus, Social Security Administration, Synergy Wellness, Bialystoker Center and many more.

Seminars will cover topics including stress management, financial planning, volunteering, sleeping well without medication, healthy aging, diabetes management, and eating for energy. Career counseling and fitness demonstrations will provide additional benefits at the Expo.

“The wide range of information and screenings offered at the Expo highlight our commitment to empower people over 50 to improve the quality of their lives,” said Joel Kaplan, President of the LMHCC. “The scope of the Expo is comprehensive, and attendees will be provided with state-of-the-art information to enhance the body, mind, and spirit. In addition, I thank Assembly Speaker Sheldon Silver for his support.”

Traditional screenings available include blood pressure, hearing tests, and bone density scans. HIV testing will be offered as well. In addition, participants will have the option of fitness activities including a 30-minute Body Regeneration workshop designed to promote greater range of motion and ease in the joints. Yoga and core strength demonstration workshops will also be available.

A series of performances will balance the lifestyle information. Entertainment will be provided by the City Hall Senior Center Dancers, Grand Street Settlement Dancers, Educational Alliance Dancers, and a classical pianist from the Bialystoker Center for Nursing and Rehabilitation, as well as performances by a professional storyteller and magician.

Raffle items to be awarded include memberships, tours, and classes. The organizations participating in providing some of these items include the Tenement Museum, Lower East Side Jewish Conservancy, Synergy Wellness, CO-OP Village NORC, University Settlement, and the Educational Alliance.

The LMHCC and Henry Street Settlement will provide free shuttle bus service from various destinations in the Lower East Side. Refreshments will be served at the Expo.

For more information on the “50 & Beyond Community Expo,” contact Leonard Blank at 212-233-6037 or rablenblank@aol.com; or Jodi White at 212-374-4100, ext. 114 or jodiwh@yahoo.com

The Lower Manhattan Health Care Coalition’s mission is to significantly improve the access of all New Yorkers to quality health care. We strive to assist underserved populations to navigate the obstacles that they may encounter when obtaining the medical and/or mental health care they need and deserve. ###