COLUMBIA UNIVERSITY Emeritus Professors in Columbia EPIC News

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A Message to EPICureans!

This Tuesday Justin Golub, M.D., M.S., an interesting and energetic Columbia Medical Center otolaryngologist (<u>as you can see from this video</u>) will discuss how hearing loss and brain function may be related - certainly a relevant topic for so many of us. Golub has carried out interesting multiethnic neighborhood studies on hearing loss and dementia. He is also up-to-date on the latest technologies and is happy to talk with attendees individually after the presentation.

Next Wednesday evening I am really looking forward to another EPIC/School for Professional Studies Morningside Gardens community lecture: Phyllis Trible, Baldwin Professor Emerita of Sacred Literature, Union Theological Seminary, will present non-traditional perspectives on the Adam and Eve story. The lecture series is curated by Professor Emerita Jo Shepherd. If you would like to join a few of us for an informal early dinner prior to the meeting, let us know.

No yoga for the next two weeks while our wonderful talented instructor Prof. Emerita Ginny Papaioannou, is away. Yoga will resume on April 26. As always, significant others and friends are welcome.

Have a good day.

Jeanne Mager Stellman, President, EPIC Professor Emerita & Special Lecturer Mailman School of Public Heal

Tuesday, April 10 Does Age-Related Hearing Loss Affect the Brain?

Justin S. Golub, M.D., MS is an otologist/neurotologist, a specialist of the ear and surrounding skull base. He provides both medical and surgical treatment of common disorders as well as rare, complex conditions. One of Dr. Golub's passions is introducing cutting edge treatments to the practice of otology. He is a pioneer in endoscopic ear surgery, directing one of the few training courses in the country on this new minimally invasive technique. He is also one of the first American members of the International Working Group on Endoscopic Ear Surgery. Dr. Golub is actively engaged in clinical and translational research to improve patient care and outcomes.

On April 10, he will be discussing his research investigating associations and effects of agerelated hearing loss on the brain. This includes whether age-related hearing loss may increase the risk of dementia and depression.



12:00 - 1:30 p.m. Faculty House Garden Room 2

Please click here for map

Join us for lunch at Faculty House after the talk, at a reduced EPIC rate.

RSVP

Tuesday, April 24 "Improving Gait and Balance during Walking with Robotics"

Professor Sunil K. Agrawal has developed a highly visible interdisciplinary program in rehabilitation robotics at Columbia University. Through a range of innovative designs of robots and clinical studies, Dr. Agrawal has showed that novel training robots can help humans to relearn, restore, or improve functional movements.

Professor Agrawal will offer a presentation of his research followed by a tour of the The Robotics And Rehabilitation (RoAR) Lab. We will meet in the Seeley W. Mudd building at 12:00 p.m.(exact room to be announced).

Join EPIC for lunch after the tour in the Faculty House Dining Room, at a reduced EPIC rate.



12:00 - 1:30 pm. Seeley W. Mudd Building (Room TBA)

Please click here for map.

RSVP

Annual Reception is May 9



Save the date for the EPIC Annual Reception

Wednesday, May 9, 2018 4:00 - 6:00 p.m.

Faculty House

Invitation to come

EPIC Yoga Spring Schedule

Professor Emerita Virginia Papaioannou, a registered teacher with the Yoga Alliance, continues to lead EPIC Yoga Thursdays in Faculty House in the Spring 2018 semester.

No prior experience is required to join. Yoga can benefit people at all levels of physical training and health, but it is always wise to consult with a physician before undertaking any new exercise regime. Modifications will be offered to any participants with specific limitations arising from recovery from injury, arthritis, limited movement, or other causes.

Two one-hour classes are offered each week.

The 10:00 to 11:00 a.m. class practices breathing techniques and moves through some basic yoga poses, concentrating on alignment, balance, and flexibility. Those with experience move more deeply into the poses.

From 11:15 a.m. to 12:15 p.m., we practice gentle/chair yoga, which is ideal for those of more limited mobility or flexibility. Classes include breathing, stretching, and yoga poses, done either seated in a

chair or standing. No yoga mats are required for this class.

Please see the EPIC events calendar for schedule details.

For more information, see the EPIC website or email Lalla Grimes.

Morningside Gardens Speaker Series Continues April 18

In 2017, EPIC launched the Morningside Gardens Speaker Series in collaboration with Columbia's School of Professional Studies. Coordinated by Professor Emerita Jo Shepherd and Morningside Retirement and Health Services, the series is free and open to the public. Talks take place at 100 LaSalle Street, Room #MC. For more information, please call 212-666-4000 or email ronb@mrhsny.org.

Spring 2018 Program

February 21, 7:00 p.m.

<u>"Yoking Up Yoga"</u> Where does Yoga come from and where is it going? Is Yoga an important part of Hinduism? Some answers to these questions may surprise you. You don't need to be a yogi to find this talk interesting!

Speaker: Frances Pritchett, Professor Emerita of Modern Indic Languages, Department of Middle Eastern, South Asian, and African Studies, Columbia University

March 14, 7:00 p.m.

"Rethinking Rural Healthcare Delivery: A Nigerian Diaspora-Town Union Partnership." Dr. Ferdinand Ofodile will share experience and insights from the Nnobi USA Diaspora Health Group, a path breaking medical mission project in Nnobi, the Nigerian village where he was born. The free health fairs and screening offered by the group in 2016 and 2017 have benefited over 2500 people, hundreds of whom were treated on the spot for malaria, hypertension, and diabetes. The Nnobi project is not only providing much needed health screening, but also developing a model for further Diaspora-Town Union efforts to improve and sustain health in Nigeria, which remains near the bottom of World Health Organization indices.

Speaker: Ferdinand Ofodile, M.D., Clinical Professor Emeritus of Surgery, Columbia University Medical Center

April 18, 7:00 p.m.

"Eve and Adam in the Gardens" For millennia, readers have interpreted the story of Adam and Eve by pandering to him and blaming her for their expulsion from the Garden of Eden (Genesis 2-3). But there are more excellent ways to understand the story. This talk will undercut the traditional reading by exploring anew the story of Eve and Adam as they enter the Gardens of Morningside.

Speaker: Phyllis Trible, Baldwin Professor Emerita of Sacred Literature, Union Theological Seminary

May 16, 7:00 p.m.

"Columbia University on Morningside Heights: The Early Years in Postcard Views" As the title implies, Mr. Susi takes us on a tour of Morningside Heights using vintage postcards he began collecting more than 20 years ago.

Speaker: Michael V. Susi, Assistant Vice President for Academic Affairs, Columbia University; local historian and postcard collector

June 6, 7:00 p.m.

"Engineers in America – Early History" Professor Schwartz chronicles infrastructure development in the United States in the early to mid-1800's, then follows briefly with the development of engineering education in the US concluding with the birth of Columbia's School of Mines in 1864, and the department of Electrical Engineering within it in1892.

Speaker: Mischa Schwartz, Charles Bachelor Professor Emeritus in Electrical Engineering, School of Engineering and Applied Science, Columbia University.