

## ABOUT THE COPE PROGRAM

The COPE program maintains the New York–Presbyterian philosophy of “*We Put Patients First*” and is dedicated to delivering compassionate quality care. The COPE program was designed as a collaborative model of care with emphasis on establishing an integrated alliance with the medical team, the primary care partner, the patient and the community to ensure optimal management of epilepsy. We employ a continuity of care model of treating the individual, recognizing and attending to the daily and life long struggles inherent in epilepsy. The COPE program’s singular focus is to enhance the quality of life of the individual living with this condition, and to sustain being fully engaged in society and in family life. Chronic conditions necessitate a continuous iterative process of staying informed, involved and feeling empowered to be an active agent of change in one’s overall health. The COPE program offers a combination of health information, education, psychosocial support, peer support, wellness initiatives, access to professionals and community resources.

### COPE Directors

Luydmila Jovine, LCSW  
Senior Social Worker  
Co-Director

Paul Mullin, MD  
Founder  
Co-Director

## LOCATION

All COPE program seminars, workshops and groups are held at:

Weill Cornell Medical College  
Room A-126  
1300 York Avenue (at 69th Street)

### DIRECTIONS

#### By Car

Driving on FDR North take the 61st Street Exit and make a right onto York Avenue.

Driving on FDR South, take the 71st Street Exit and make a left turn onto York Avenue.

#### By Subway

Take the 6 train to the 68th Street/ Lexington Avenue Station. Walk four blocks East or take M66 to York Avenue.

#### By Bus

Via York Avenue, take the M31 to 69th Street.

Via First Avenue, take the M15 to 68th Street, walk one block East to York Avenue.

#### Parking

Valet parking is available on-site at the York Avenue entrance between 69th and 70th Streets. There are no vouchers for parking.

To register for any of the COPE program offerings, or for more information, please call:

Luydmila Jovine, LCSW, BCD  
(212) 746-2471

[www.cornellepilepsy.com](http://www.cornellepilepsy.com)

# COPE

CARE and OUTREACH  
for PEOPLE living with EPILEPSY

The COPE Program  
is  
Offered by the  
Comprehensive Epilepsy  
Centers  
of the  
NewYork–Presbyterian  
Healthcare System



Weill Cornell Medical College



COLUMBIA UNIVERSITY  
IN THE CITY OF NEW YORK

NewYork-Presbyterian  
Lower Manhattan Hospital

## ABOUT THE SEMINAR SERIES

This *free* Patient and Family Support and Education Series is part of the COPE Program. The Seminar Series is designed for the individual living with epilepsy, and their care partner. There are medical, social, behavioral, and emotional concerns for individuals living with epilepsy, at any age. As epilepsy research continues, there is an effort to form a more complete understanding of the source of seizures that would facilitate improved treatment outcomes and ultimately offer a cure. The seminars are an opportunity for the specialists treating individuals with seizures to provide the participants with the latest information in the field of epilepsy, and to address the special concerns of those living with epilepsy in an open forum. In addition to a brief talk by the guest speaker, the seminars will offer an opportunity to share and participate in discussion within a group setting. Our philosophy is that the medical team, the patient and their care partner are working together to treat the condition. The seminars are designed to support the individual living with the condition and those closest to them.

The series is facilitated by Luydmila Jovine, LCSW.

## SCHEDULE FOR SPRING AND SUMMER

### *Better Sleep for a Better Life with Epilepsy.*

Date: Thursday, April 3rd  
Time: 5:30pm - 7:00pm

Carl W. Bazil, MD, Ph.D.  
Caitlin Tynan Doyle Professor of Neurology  
Director, Division of Epilepsy and Sleep  
Columbia University College of Physicians and Surgeons

### *Mindfulness Workshop: Relieving Stress, Finding Joy.*

Date: Thursday, April 24th  
Time: 5:30pm - 7:00pm

Amy Gross, Teacher  
Mindfulness-Based Stress Reduction  
Open Center, NYC

### *What Are Some of the Medical Concerns Unique to Epilepsy, and How Can They Be Treated?*

Date: Thursday, May 29th  
Time: 5:30pm - 7:00pm

Shahin Nouri, MD  
Director, Comprehensive Epilepsy Center  
Vice Chief, Division of Neurology  
New York Methodist Hospital

### *Brain Food 101: How to Eat to Feed the Brain.*

Date: Monday, June 23rd  
Time: 5:30pm - 7:00pm

Drew Ramsey, MD  
Assistant Clinical Professor of Psychiatry  
Columbia University College of Physicians and Surgeons  
Author

## SELF HELP GROUPS

What might be some of your concerns and challenges about living with epilepsy? What inspires you? What helps you to heal? What brings you joy? We will strive to explore opportunities to improve your well-being.

### Peer Support Group

We invite you to come and share your experience of living with epilepsy. This will be a forum for discussion, an opportunity to gather and share information, and to form a connection with others living with epilepsy.

### Artistic Expressions Group

This group will focus on the relationship between creativity and emotions. Come share with others and discover the transformative potential of music.

These groups will be facilitated by a non-professional living with epilepsy and supervised by Luydmila Jovine, LCSW. The groups will be ongoing.

*All seminars will offer the most current and in-depth information available on the topics presented, followed by a facilitated group discussion with the guest speaker.  
Light refreshments will be provided.*