



The AMIDA CARE View



LIVE WITH
PRIDE!





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“Summer afternoon,
summer afternoon; to me
those have always been the
two most beautiful words
in the English language.”

– Henry James

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Dear Amida Care Members,

Welcome to this special Summer of Pride issue of our magazine. Here you'll find something for everyone – a wide variety of ways to take pleasure and pride in us and to celebrate our heritage, culture, history, and human sexuality.

The word “pride” holds meaning for each one of us, no matter if one is gay or straight, bisexual, a person of color, man, woman or transgender person, young or older. It evokes those sacred feelings of self-worth, self-acceptance, and self-love that are essential to the well-being of all human beings.

I invite you to meditate on what makes you feel good about you. What do you feel is most worth celebrating about your heritage, your community, your life, or your expressions of aliveness?

As New Yorkers, we feel proud of our home, the world's most diverse city. A multicultural hub that functions as a virtual United Nations, NYC also holds pride of place as the cradle of the global gay rights movement.

This summer Amida Care proudly sponsors its first-ever float in Manhattan's LGBTQ Pride march. Please come out and march with us on June 26!

Enjoy yourself proudly and with generosity this summer. We hope to see you at the march!

Abrazos,

Doug Wirth

Doug Wirth, President & CEO

Summer In The City



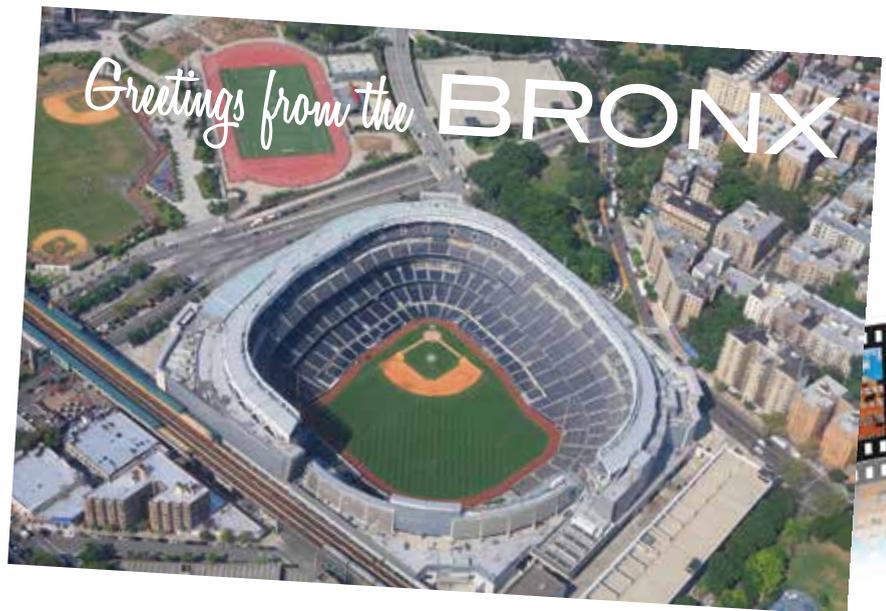
Coney Island, Brooklyn

Summertime, and the living is easy... without jackets, scarves, or gloves! We found tons of fun, free ways to enjoy life in NYC this season. Choose the fun stuff that inspires YOU. For even more ideas, check out our Facebook page at www.facebook.com/AmidaCare

This summer Amida Care is sponsoring our first-ever float in Manhattan's LGBTQ Pride march! The gay rights movement was born in Greenwich Village, so it's THE place to celebrate. Come march with Amida Care starting at noon on Sunday, June 26, at 5th Avenue & 36th Street.

See you there!

SUMMER FUN IN THE BRONX



Art AIDS America Exhibition

See 125+ works by leading artists
in response to the AIDS epidemic.
July 13 - September 25

The Bronx Museum of the Arts
1040 Grand Concourse, Wednesdays
through Sundays, 11 a.m.-6 p.m.

Jump In!

Van Cortlandt Pool
W. 242nd St. & Broadway
11 a.m.-7 p.m.

More choices at:
[www.nycgovparks.org/
facilities/outdoor-pools](http://www.nycgovparks.org/facilities/outdoor-pools)





Bronx Terminal Market's

Free Summer Film Series

610 Gateway Center Boulevard @ 150th Street

Select dates from June through August at sundown (8-8:30 p.m.)

www.bronxterminalmarket.com/pages/events.aspx



The 1.5-mile **John Muir Trail** in Van Cortlandt Park takes you through some of the most beautiful spots in NYC's third-largest park!

ENTER at Broadway & Mosholu Avenue or Oneida Avenue & Van Cortlandt Park East.

Just one of MANY
**Community
Gardens**
IN THE BRONX

176th Street
Community Garden

WHERE: 110 West 176th
Street at Walton Avenue
in University Heights
Visiting Hours: daily, 8 a.m. - 8 p.m.



More choices at: www.greenthumbnyc.org

BROOKLYN IS THE PLACE TO BE THIS SUMMER!



Take PRIDE!

Brooklyn LGBTQ Pride Festival
Saturday, June 11, 11 a.m.-5 p.m.
5th Avenue between 3rd & 9th Streets
www.brooklynpride.org

On the Waterfront Brooklyn by *Kayak*

WHERE: Between Piers 1 & 2
WHEN: Saturdays, 10 a.m.-3 p.m.
& Thursdays, 5:30-6:45 p.m.
June 4 - August 27
www.bbpoathouse.org





Make a
Splash!

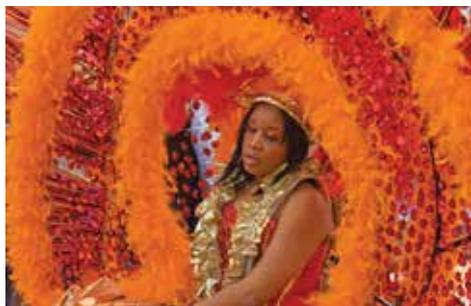
The Mermaid Parade

Saturday, June 18, at 1 p.m., Coney Island

www.coneyisland.com/programs/mermaid-parade

African Arts Festival

Friday, July 1 through
Monday, July 4
Commodore Barry Park
[www.facebook.com/
IAAFestival/](http://www.facebook.com/IAAFestival/)



*West Indian
American Day*
Parade & Carnival

Monday, September 5, at 11 a.m.
Utica Avenue to Grand Army Plaza on Eastern Parkway
www.wiadcacarnival.org

Macy's July 4th
Fireworks show

Monday, July 4, 9 p.m.
Brooklyn Bridge



YOU'LL TAKE MANHATTAN THIS SUMMER!



Take the A Train... to Harlem Week!

Music, film, & other events honoring Harlem's unique diversity.

WHEN: Sunday, July 31 - Saturday, August 27

Details: www.harlemlocal.com/harlem-week/

March with Amida Care for LGBTQ

PRIDE!

WHEN: Sunday, June 26,
noon-6 p.m.

WHERE: 5th Avenue &
36th Street to Christopher
& Greenwich Streets

Visit the Amida Care booth at NYC PrideFest!

WHERE: Hudson Street between
Abingdon Square & West 14th Street

Details: www.nycpride.org/events





Caribbean Power!



Puerto Rican Day Parade

Sunday, June 12, 11 a.m.
5th Avenue from 44th-79th Streets
Details: www.nprdpinc.org



Dominican Day Parade

Sunday, August 14
Starts 11 a.m. @ 6th Avenue
& West 36th Street
www.dominicanparade.org



Surround Yourself with Art Museum Mile Festival

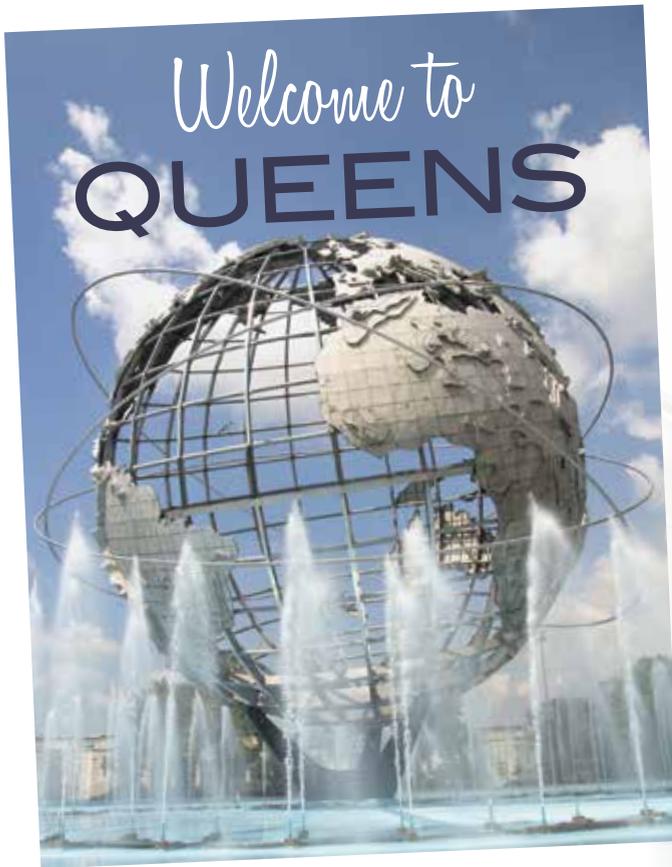
Tuesday, June 14
Get in free at some of
NYC's greatest museums!

WHEN: 6-9 p.m.
WHERE: 5th Avenue from 82nd-105th Streets
Details: www.museummilefestival.org

Harlem LGBTQ PRIDE!

WHERE: Jackie Robinson Park
WHEN: Saturday, June 25
noon-6 p.m.
Details: www.harlempride.org





Take a Dip

at Fort Totten Park Pool
338 Story Avenue, Bayside
11 a.m.-7 p.m.

More choices at:
[www.nycgovparks.org/
facilities/outdoor-pools](http://www.nycgovparks.org/facilities/outdoor-pools)



Queens PRIDE March & Festival

Sunday, June 5

1:30-6 p.m.

37th Avenue from
89th Street to 75th Street
Jackson Heights

www.queenspride.org





Summer Solstice Celebration

Celebrate the year's longest day with Afro-Brazilian drumming, art-making workshops, and face painting.

Tuesday, June 21, 5 p.m.–dusk,

Socrates Sculpture Park, Long Island City

www.socratessculpturepark.org/program/solstice/



The Hong Kong Dragon Boat Festival
Saturday, August 6 & Sunday, August 7
Flushing Meadows Park
www.hkdbf-ny.org/

Just one of MANY Community Gardens

**Edgemere Farm at Beach 45th Street,
Far Rockaway**

WHERE: 378 Beach 45th Street

Visiting Hours: Tuesday through Thursday
10 a.m.- 6 p.m.; Saturdays, 1-6 p.m.

More choices at:

www.greenthumbnyc.org



OUT ON THE ISLAND



AMIDA CARE is proud to be the presenting sponsor of this year's...

STATEN ISLAND PRIDE FESTIVAL

WHEN: July 9-16

Main Event: July 16

11:30 a.m.-5 p.m.

Snug Harbor Cultural
Center & Botanical Garden

Full Calendar: www.pridecentersi.org/pridefest-events/

Follow the Greenbelt Yellow Trail!

Summer hikers favor the Yellow Trail among six major paths through SI's Greenbelt. Spot bald eagles soaring overhead near Moses' Mountain. Feast your eyes on acres of purple willow in Basket Willow Swamp, planted in the 1800s.

Start at Greenbelt Nature Center
700 Rockland Avenue





South Beach, SI

Our Miami!

WHERE: Lower New York Bay
from Fort Wadsworth to Miller
Field, Midland Beach

For more information:
[www.visitstatenisland.com/
parks/south-beach/](http://www.visitstatenisland.com/parks/south-beach/)

Green Thumb?

Just one of MANY Community Gardens IN STATEN ISLAND

Bountiful Harvest Farm

WHERE: 31 Tompkins Circle @ Fiedler
& Tompkins Avenues

Visiting Hours: Tuesdays, Wednesdays,
Saturdays: 7 a.m.-1 p.m.

More choices at:
www.greenthumbnyc.org



Go Jump in the Pool!

Lyons Pool

Pier 6 & Victory Boulevard
11 a.m.-7 p.m.

More choices at:
www.nycgovparks.org/facilities/outdoor-pools

Summer of Fun

CITYWIDE!

Dig In!

June is NYC's Green Thumb Garden Month

Love that healing feeling of growing your own plants or veggies? 600+ community gardens have sprouted up citywide. Stop by during "open hours." Want to pitch in? Tools provided free. For gardens in your zip code: www.greenthumbnyc.org or call 212-602-5300 (Mon.-Fri., 9 a.m.-5 p.m.).



Walk It Off!

Our Urban Park Rangers have scoured NYC's 30,000 acres of parkland to map out easy summer hikes. From Inwood Hill Park to Tulip Tree Trail, finding short, sweet hikes is no sweat! Go to: www.nycgovparks.org/events/hiking

Chill Out!

During heat waves, visit a cooling center if you're without air conditioning or at risk for heat-related illness. To find one nearby, call 311 (TTY: 212-504-4115) or go to www.NYC.gov/oem



- **Free outdoor pools open June 29!**
Details at www.nycgovparks.org/facilities/outdoor-pools
- **Just want a sprinkler?** NYC has 100,000+ fire hydrants. Get a spray cap at your local firehouse or ask a firefighter to open a hydrant on your block!



Dance to the Music!

Groove at Central Park's **SummerStage** and all over town! Listings: www.cityparksfoundation.org/summerstage. Or dig the sounds of **Summer on the Hudson**, May to August in Manhattan's Riverside Park, West 59th -153rd Streets. Details: www.nycgovparks.org/events/summer_on_the_hudson



ZZZ IS FOR ZIKA!

Summer is a fun time filled with lots of outdoor activities, but certain health risks are higher. Spending more time outside can leave us vulnerable to sunburn or bug bites. This season, people want to know about the risks of catching the Zika virus from mosquito bites or unprotected sex. Here in NYC, we are paying close attention to alerts from our local Department of Health.

Remember to ask your doctor about the latest news on avoiding Zika virus. To date, there has been mostly good news in the United States. As this magazine goes to press, the Centers for Disease Control and Prevention (CDC) report that all cases of Zika virus being treated here have been the result of travel abroad or to U.S. territories. Nations reporting high levels of Zika virus are located in the Caribbean, Central and South America, and some Pacific islands.

Worldwide, the most common symptoms of Zika virus disease include fever, rash, red eyes, and joint pains. Many people do not even get diagnosed because the symptoms are so mild. They recover with regular care at home.

Reasons for caution: Babies born to women who get infected with Zika virus during pregnancy can have

complications, including brain damage and unusually small heads. It is very important for women who are pregnant to avoid getting infected with the Zika virus.

No vaccine is available, so prevention is the best policy:

Avoid mosquito bites. The types of mosquitoes that can carry Zika virus are most active during daytime. Protect your skin with an insect repellent registered with the EPA (Environmental Protection Agency). To check the status of your repellent, go online to www.epa.gov/insect-repellents. This EPA website also gives information on a pesticide called "permethrin" that can be applied only to your clothing, NOT to your skin.

Limit travel – especially during pregnancy – to countries with high levels of Zika virus.

Practice safer sex. The Zika virus can be transmitted sexually. Use condoms during sex with someone who may be infected (especially men who recently traveled to countries with Zika infections). The Zika virus lasts longer in semen than in blood, but no one yet knows just how long.

For late-breaking CDC updates about the Zika virus this summer, go online to www.cdc.gov/zika

MEMBER
SPOTLIGHT



Monique Mackey

Giving Back

A Proud Transgender Woman Graduates From Our WIN Program

Bronx resident Monique Mackey “went to the head of the class” as one of nine Amida Care members to graduate from our WIN (Workforce Initiative Network) program this spring.

Monique was chosen to speak at the March 21 graduation from this seven-week job-training program.

“I couldn’t find acceptance in a judgmental, hostile world, so I found it within,” Monique said at the graduation. “Today I stand before you as a proud, self-assured transgender woman.”

Monique shared the story of her life, since her birth to a drug user with HIV. Adopted in infancy, Monique moved to Seattle with her new parents.

“I grew up with a prejudiced, abusive father and a mother who found more interest in drugs and alcohol than me,” she said.

Monique’s HIV-positive status wasn’t diagnosed until age 12, when she came down with pneumocystis pneumonia (PCP). Four years later, Monique started coming to terms with her identity as a transgender woman.

Monique joined Amida Care in 2013, the year she married her husband – who is also a member. She appreciates getting hormone therapy through our special needs plan. A role model of treatment adherence, Monique has been “undetectable,” or virally suppressed, for more than seven years.

A WIN program success story, Monique landed a new job with Amida Care. In April she started working part-time as a Community Health Outreach Worker, helping to ensure that Amida Care members get the support they need.

“Today I am a better person because of the WIN program. I can pursue my life’s mission to help others until they’re able to help themselves,” she said.

Congratulations to Monique and to all of our WIN graduates!



To find out if you are eligible for WIN and how to apply, send an email to WIN@amidacareny.org or call 646-757-7618.

Lee Garr & Our “Urban Warriors”

Q: Lee, please talk about your work here so far.

A: I joined five years ago this June and have worn lots of hats, starting in the field as a health navigator. I went on to become supervisor, manager, and then director of outreach programs.

Since February 2015, I've been director of integrated care, working mostly with our clinical teams of 30 staff, including nurses. We help members stay in care, get support, and overcome obstacles that affect their health and wellness.

My colleagues give me much more than I could ever give them. They rock! Our members know this. In some ways, we function as “urban warriors.”

At Amida Care, I most appreciate the freedom to be myself: openly gay and proud. Our members sense this freedom – and it helps us connect. They can tell I'm real.

Q: Please share your experience working with a member.

A: I made home visits to John (not his real name), a member in his 50s who was lost to care. He had diabetes and injuries from a bus accident. An African-American from the South, John distrusted the medical profession.

It took John some time to let me into his apartment! We bonded over the fact we're both from North Carolina. He called me “youngster.”



We worked on John's trust issues and his fear of doctors. I accompanied him to appointments. One day John said, “Youngster, I don't need your help anymore. Thanks to you I can do this on my own now.” I felt very proud of him!

Our members keep me going. So many are success stories of resilience and strength.

Q: What's next on the horizon here at work?

A: Lately we've been using the concept of “population health.” Instead of just looking at illnesses in the individual person, we're thinking about how to treat whole communities. It's a revolutionary concept.

Follow **Amida Care** on Social Media



Like us on
Facebook



Please "like" us on Facebook at www.facebook.com/AmidaCare, and follow us on Twitter at www.twitter.com/AmidaCareNY; Twitter handle: @amidacareny and Instagram at www.instagram.com/AmidaCare



Our President & CEO

Doug Wirth

**accepts a Gay City News
2016 LGBT Impact Award**

for extraordinary contributions to the LGBTQ community. The first-ever Impact Awards event took place March 3 at Brooklyn's Grand Prospect Hall.



**JOINS CLINICAL TRIAL
FOR NEW HIV TREATMENT**

HIV is still a major global health issue. But worldwide, not many new drugs are being developed to treat it. Meanwhile, some patients are becoming resistant to antiretroviral medications.



We are pleased to report that Amida Care is participating with **ACRIA (AIDS Community Research Initiative of America)** in a clinical trial of a new experimental HIV treatment. It's an antibody called "humanized monoclonal antibody to CCR5" that works by blocking the entry of HIV into the CD4 cell. It already has been used by more than 140 people with HIV in FDA-approved clinical trials.

If proven effective, this antibody would help suppress the viral loads of people with HIV. In other words, the amount of HIV in their blood would be too low to be detected. Those with low viral loads are less likely to pass the HIV virus to others.

This clinical trial is open to New Yorkers with HIV, including Amida Care members. For more information, please contact ACRIA Clinical Trials by emailing them at info@acria.org or phoning them at **212-924-3934, extension 134**.

WIN

Program Graduates



Shown here at the AIDS Service Center NYC are five of the Amida Care members who on March 21 completed our seven-week Workforce Initiative Network (WIN) job-training program. Congratulations to all! We are so proud of you.

Your vote is your voice. Don't be silent.

VOTE



For many of us, the national political environment has turned openly hostile and prejudicial. Some powerful candidates and national leaders have legitimized racism, homophobia, sexism, and intolerance, redefining them as mainstream American values.

We are at a major political and social crossroads. The results of this coming election have the potential to shape how we will be governed, to affect our civil rights, to impact economic opportunities, to change our access to health care coverage, and to redefine the nation's concept of justice.

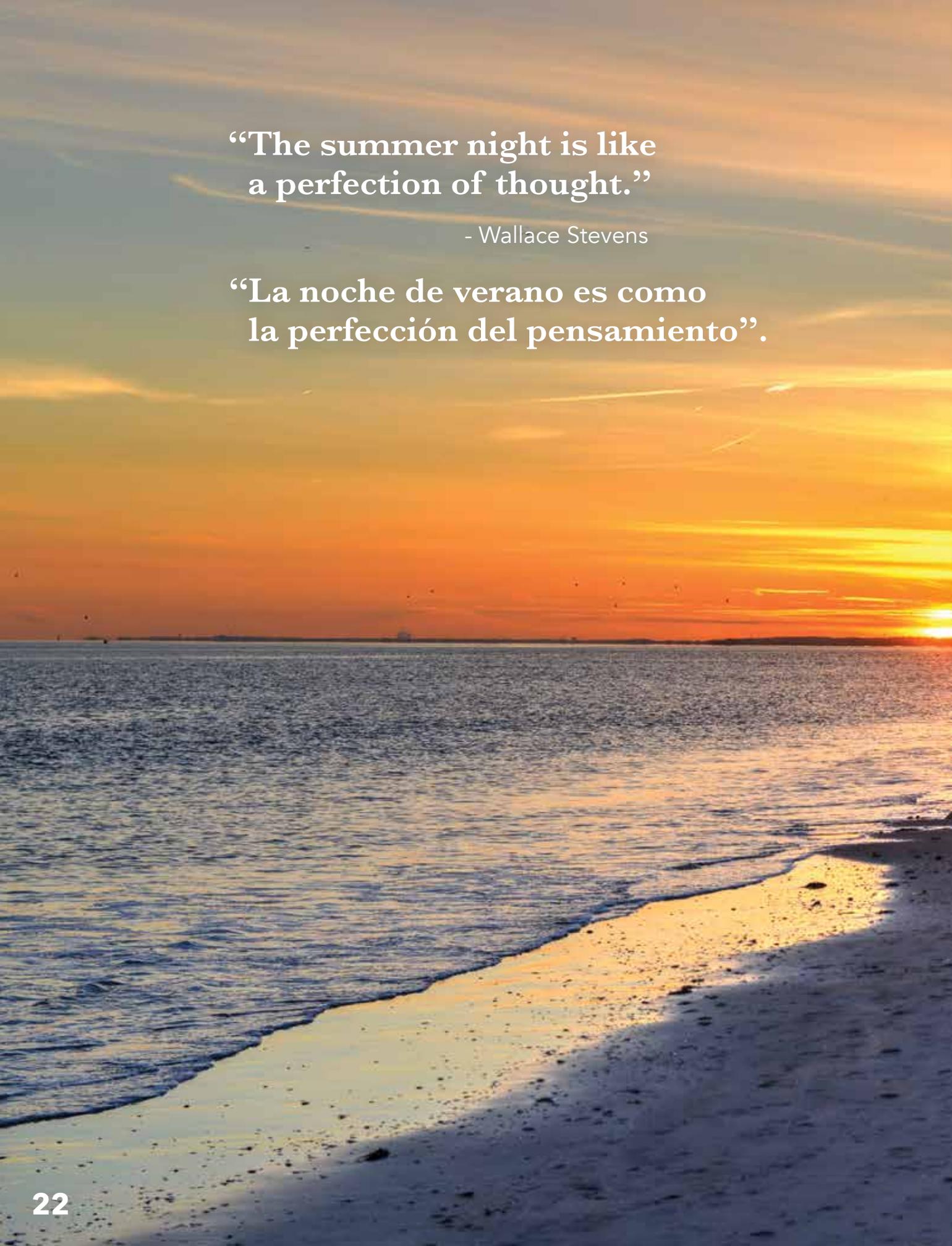
On November 8, 2016, let your voice be heard. **VOTE!**

Register to vote.

If you haven't already registered to vote, be sure to do so. For more information, visit www.vote.nyc.ny.us or call the Board of Elections of the City of New York at **866-VOTE-NYC (TTY 212-487-5496)**. On the website, you can also check on your polling place, get an absentee ballot, or find answers to other questions you may have.

"The vote is the most powerful instrument ever devised by man for breaking down injustice and destroying the terrible walls which imprison men because they are different from other men [and women]."

– President Lyndon B. Johnson



“The summer night is like
a perfection of thought.”

- Wallace Stevens

“La noche de verano es como
la perfección del pensamiento”.



ZEN
IN THE CITY

BRIGHTON BEACH