



The  AMIDA CARE View



Warm and Cozy  
**WINTER**

**LESS SALT**

HEP C  
**CURED**



**Main Office**

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Fax: (646) 786-1801

**YOU CAN ALWAYS CALL MEMBER  
SERVICES AT: 1-800-556-0689**

**OR VISIT US ONLINE AT:  
[www.amidacareny.org](http://www.amidacareny.org)**

“One kind word can warm  
three winter months.”

— Japanese proverb

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For other news and articles,  
visit: [www.amidacareny.org/  
amidacare-view.htm](http://www.amidacareny.org/amidacare-view.htm)

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Dear Amida Care Members,

With the NEW YEAR well under way, this issue comes to you with our WARMEST WISHES for WELLNESS and JOY in 2017!

Winter warmth and comfort is our theme for this issue – filled with ideas to support self-care as well as ways to connect with others. To savor the comfort and coziness of winter in New York, you might start by chilling out at home (alone or with friends), or taking a warm shower/bath, or sipping healthy beverages like hot tea with lemon or warm cocoa. Focusing first on you, in body-mind-spirit, is an awesome way to get ready for healthy, friendly connections with friends and loved ones.

In all seasons, day or night, anytime is the right time to reach out for help when needed. Call Amida Care’s dedicated behavioral health support team at **866-664-7142**.

As spring comes closer, it’s also a good time to cultivate HOPE in the face of life’s challenges. 2017 holds great promise for our nation to ACT UP, SPEAK OUT, and BE HEARD. As you’ve seen from Amida Care’s recent special publication, New York State leads the nation in the drive to **End the AIDS Epidemic** by 2020. Our Governor and Mayor are both committed to this goal – dependable leadership we need.

Take heart in knowing that you’re part of the Amida Care family and a Wellness Community. We’re proud to work for you by advocating for this vital mission. Above all, we are here for you, ever ready to go above and beyond!

Abrazos,

*Doug Wirth*

Doug Wirth, President & CEO

# SAY **NO** TO THE WINTER BLUES

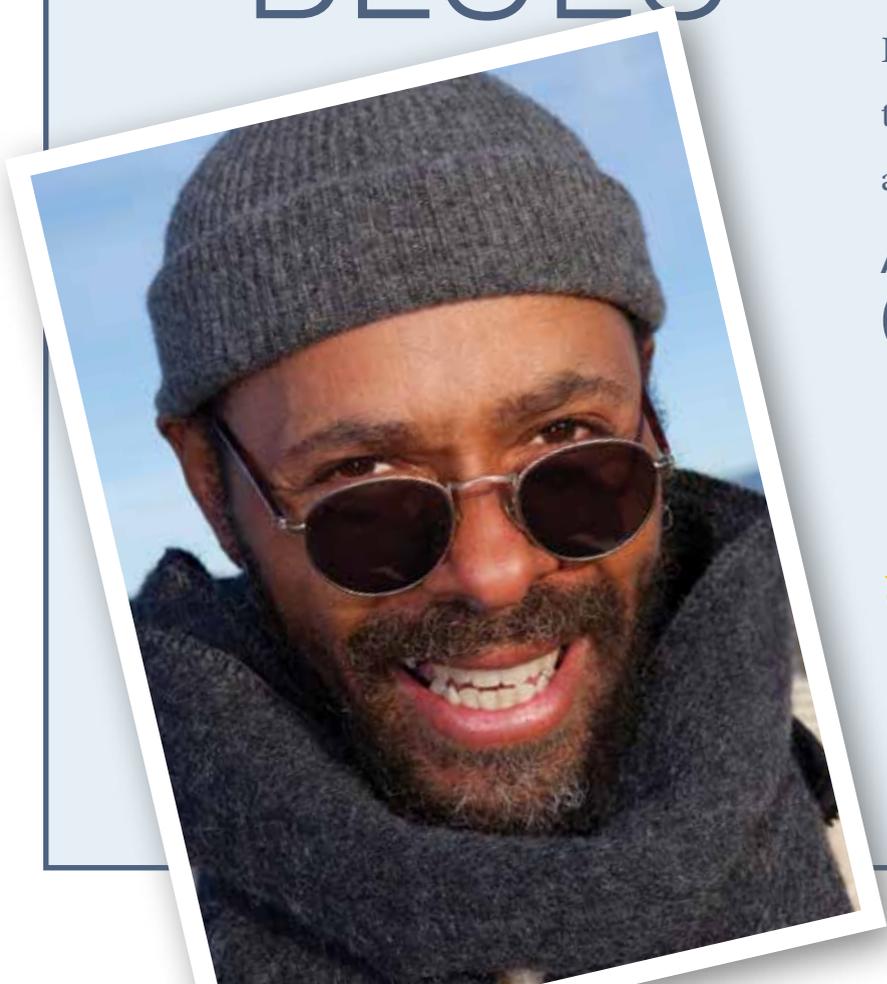
It's very common to experience stress or feel low during the winter months. It can affect your mood and hurt your health.

## **AMIDA CARE CAN HELP!**

Your behavioral health benefits include treatment for depression, stress, and alcohol and substance use issues.

Call our dedicated Amida Care Behavioral Health phone line to find out about services available to you.

**AMIDA CARE BEHAVIORAL HEALTH**  
**(866) 664-7142**





# Warm and Cozy

In winter, and all year round, finding peace can sometimes feel challenging. That's why the comforts of self-care and the joys of connecting with friends and loved ones are essential during this and every season. Whether you're sensing a post-holiday slump or savoring the pleasures of hibernation, here are some tips to stay healthy and well this winter.



## Take a Soak!

Water heals. Warm bath or shower water can help relax us or lull us to sleep. About 60% of our body weight is water. A main ingredient in our blood, it helps bring oxygen and nutrients to our organs. In the words of an ancient Chinese philosopher: *"Nothing is softer or more flexible than water, yet nothing can resist it."*

## Warm Your Body and Soul

*Our need for water changes with the seasons. Indoor heating in winter can dry us out, and not drinking enough water can make us feel tired. Winter colds also cause dehydration. So soothe yourself – and your guests – and wash down your comfort food with these comforting, cold-weather drink recipes.*

### *Caramelized White or Dark Chocolate*

4 ounces chocolate, white or dark  
6 ounces milk  
2 ounces cream

Optional: pinch of salt, cinnamon stick or vanilla bean

Preheat oven to 300 degrees. Roast chocolate in the oven in ceramic or glass baking dish for half an hour, stirring every 10 minutes. Meanwhile, bring milk and cream to simmer on the stove. To jazz it up, add a cinnamon stick or vanilla bean. When ready, scrape the chocolate into the hot milk mixture. Whisk until smooth and season with salt. (makes two 6-ounce servings)

### *Winter Lemonade*

1 fresh lemon  
1 tablespoon honey  
1 cinnamon stick

Microwave a cup of water for 3 minutes. Cut thick slice of lemon and skewer on cinnamon stick. Stir honey into hot water before adding lemon/cinnamon stick. Let steep for 5 minutes. Want a refill? Add more hot water and steep for 5 minutes.



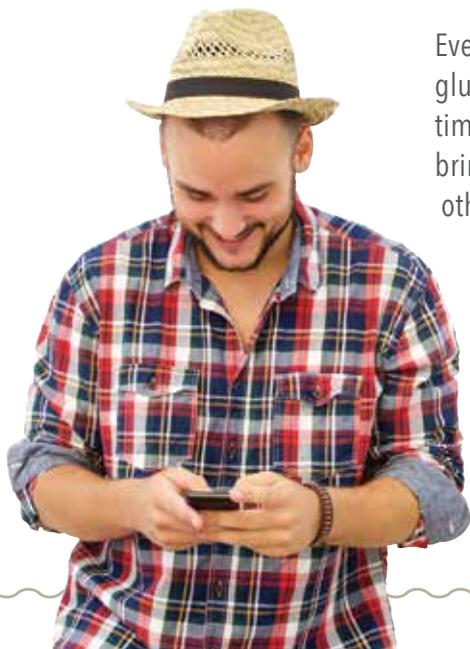
## STAY CONNECTED

### Call for Help If Needed

Feeling down or depressed – or feeling ready to get help and support for substance use? At any time, day or night, our members are welcome to call Amida Care Behavioral Health at **866-664-7142**.

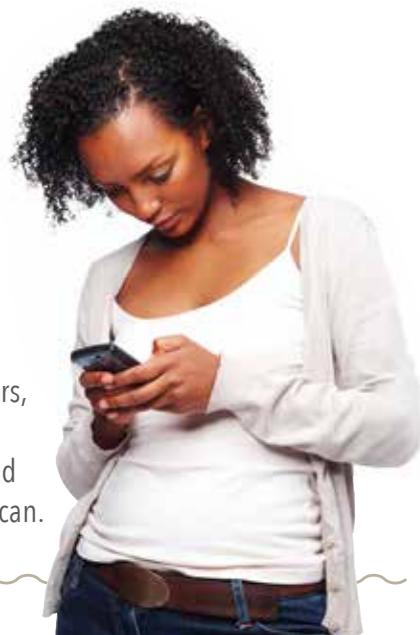


### “Tech Neck” and Other Online Hazards



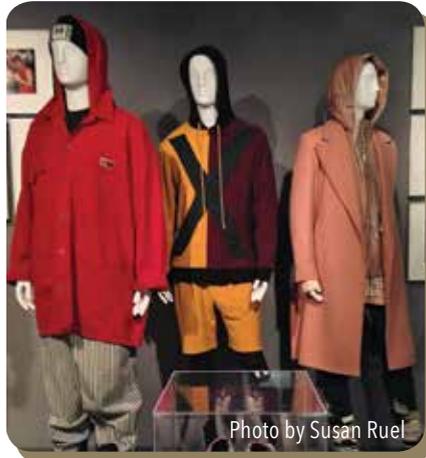
Everywhere you look, New Yorkers are glued to their cell phones. But too much time online can actually **disconnect** us, bringing on isolation, depression, and other health issues, like “tech neck.”

Tilting the head forward at even a 15-degree angle to look down at a phone or computer puts about 27 pounds of stress on the neck. This can lead to pain in the shoulders, back, and even the knees! Remind yourself to look up, look around, and do some stretching as often as you can.



# Winter Outings

The joys of winter coziness are undeniable, but it's just as important to get up off the couch and out of the house. Just a short walk can lift the spirits and yield some needed sunlight and vitamin D. While you're out there, check out these exciting FREE shows around town:



## ***Black Fashion Designers***

Creations by 60+ designers of color are showcased through May 16. The Museum at FIT (Fashion Institute of Technology): Seventh Avenue at W. 27th Street, Manhattan. For hours and details: [www.fitnyc.edu](http://www.fitnyc.edu)



## ***Love in Venice***

Strange and luxurious art and artifacts from 500 years of Venetian history are on display through Aug. 27 at The New York Public Library, 476 Fifth Avenue at 42nd Street, Manhattan. For more info: [www.nypl.org](http://www.nypl.org)

## ***Cooper Hewitt Smithsonian Design Museum***

Housed in the 64-room Andrew Carnegie Mansion at 2 E. 91st Street off Fifth Avenue in Manhattan, this is the nation's only museum devoted exclusively to design. Admission is FREE Saturdays from 6-9 p.m., [www.cooperhewitt.org](http://www.cooperhewitt.org)





# WARNING!

## HIGH SALT CONTENT

Salty, slippery sidewalks are not the only things to watch out for this winter! As NYC Department of Health reminds us, we all need to **“look before we eat.”**

High sodium (or salt) content in foods we eat every day can send our blood pressures soaring and even bring on heart disease or a stroke. **The total daily recommended limit for sodium is 2,300 mg.** So read those food labels and watch your salt intake this season and all year round.

### CLEMENT SAVADOGO

*Amida Care Quality Control Specialist*

**“Your salt intake can affect blood pressure and heart health. Some foods – like bagels – don’t taste salty but are still high in sodium. Read food labels, using the sodium Daily Value (DV) as a tool: 5% DV is low, and 20% DV is high. Remember: eating two servings means double the sodium.”**

*Clement joined our diverse staff in 2014 and has worked with members on healthy eating and chronic disease management. Born in Africa, Clement speaks French and English and learned Russian while studying in Europe and Asia. He has served as an HIV-prevention volunteer in Harlem and teaches math at LaGuardia Community College.*



### JEROME STUKES

*Member Advisory Council (MAC) member*

**“My mother had high blood pressure, and it affects everyone in my family except me. I’ve kept salt out of my kitchen since I was 25! I cook everything from soul food to baked ziti. To keep dishes tasty, I substitute spices like oregano or sage. I only use unsalted butter.”**

*A Bronx resident, Jerome joined Amida Care more than six years ago and became a MAC member in 2013. He loves to cook healthy foods and lately started growing herbs like thyme at home, so he can season with fresh ingredients. He loves going to movies, but never puts salt on popcorn!*



# CHOOSING YOUR PHARMACY

Amida Care recently expanded our network by adding more than 300 Walgreens/Duane Reade pharmacies, conveniently located across all five boroughs of NYC.

Many offer pharmacists who specialize in HIV and provide confidential medication consultations. They are committed to working with our members to ensure a smooth transition and help support your therapy goals.

At Amida Care, the choice is yours. No matter which of our network pharmacies you pick, here are some qualities to look for:



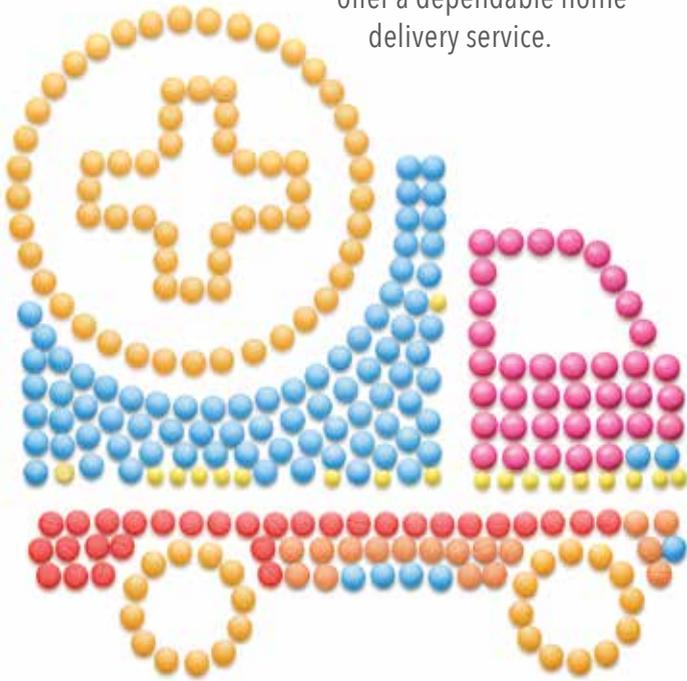
**CARE** Find a pharmacy staff with whom you can build a good relationship – professionals who show care in providing the medications you need. They will answer your questions, be aware of your prescription history, and identify drug interactions that another pharmacy might not notice.

## CONVENIENCE

Whether you want a pharmacy located closer to your home or your doctor's office, be sure that it is easily accessible any time of day or in any kind of weather. Some stay open 24 hours, 7 days a week.



**DELIVERY SERVICE** There may be times when you simply cannot get to even the most conveniently located pharmacy, so it's important that your pharmacy offer a dependable home delivery service.



**HONESTY** No pharmacy should offer you money or other incentives in exchange for NOT taking your medication. Don't go to pharmacies that engage in fraudulent activities. **They are breaking the law.** Don't be an accomplice. To find out more, read **WATCH OUT FOR PHARMACY FRAUD** below.



You can't go wrong by choosing Walgreens/Duane Reade, a leading national pharmacy network. They offer the high-quality, personalized service that Amida Care members have come to expect. An array of enhancements is also available, including:

- a mobile app
- refill reminders via text messages or other mediums, and

- an electronically linked network, with the option to fill prescriptions at 8,000+ Walgreens pharmacies nationwide.

No matter which pharmacy you pick, make it one you can stick with for the long haul. Consistency is important. Talk this decision over with your Primary Care Provider and get his or her viewpoint.

**Choose wisely, and be well!**

## Watch Out for Pharmacy Fraud

Amida Care asks you to stay alert to the signs that a pharmacy may be attempting to engage in illegal activities:

- Changing your prescriptions to add more refills than your doctor requested;
- Dispensing medications that were not prescribed by your doctor;
- Offering money or other items in exchange for NOT supplying your medications;
- Providing fewer tablets in your pill bottle than the number stated on the label;
- Refusing to transfer prescriptions to another pharmacy; or
- Refusing to supply your medication – even with prior approval – because of payment or for some other reason.

**To report signs of fraud, please call the Amida Care Compliance Hotline at (888) 394-2285.**

# VACCINATIONS Aren't Just for Babies!

Want a New Year's resolution that you can easily keep? Here's one to put on your 2017 to-do list. The next time you visit your Primary Care Provider (PCP), ask about vaccines to protect your health. When your appointment is over, you can check something off your list as DONE!

Vaccines that prevent pneumonia are worth special mention. Two different vaccines are used to prevent pneumonia, and most Amida Care members can benefit from both of them. For the best protection, these vaccines are given on a schedule. Ask your PCP which one is next for you.

And if you haven't gotten a flu vaccine yet this season, it's not too late to speak to your doctor about getting one.

The best time to get preventive care is when we are already feeling healthy and well. To keep on feeling good in 2017, let Amida Care help you take care of YOU!

*Ask your PCP  
about getting the  
best pneumonia  
protection for you!*



# Follow **Amida Care** on social media



Like us on  
**Facebook**



For up-to-date information:

Like us on Facebook at [www.facebook.com/AmidaCare](http://www.facebook.com/AmidaCare)

Follow us on Twitter at [www.twitter.com/AmidaCareNY](http://www.twitter.com/AmidaCareNY); Twitter handle: @amidacareny

Follow us on Instagram at [www.instagram.com/AmidaCare](http://www.instagram.com/AmidaCare)

Together  
we can achieve an  
AIDS-free New York by 2020.

For more information about the End the AIDS Epidemic (EtE) initiative, please use the following link:  
[www.amidacareny.org/amidacare-view.htm](http://www.amidacareny.org/amidacare-view.htm)



Carlos N. Molina © 2016



## Smoking Cessation Intervention Research for Women Living with HIV

This research study is being conducted at the University of Massachusetts Boston.

You can participate in this research without leaving your home.

You will receive individual counseling via either telephone-voice or telephone-video call and nicotine patches for 8 weeks at no cost to you.

You will also receive VISA gift cards worth \$205 when you complete five data assessments as part of the research.

**Please Call Us Now!**

Tel: Sun Kim 617-287-6831, 201-388-2656 or

Sabreen Darwish 781-492-7096

e-mail: [sun.kim@umb.edu](mailto:sun.kim@umb.edu) or

[Sabreen.Darwish001@umb.edu](mailto:Sabreen.Darwish001@umb.edu)



## Know Your Status and Get Cured!

Among people with HIV, 25 to 30 percent are co-infected with hepatitis C (known as Hep C), a condition that more than triples their risks of liver disease, liver failure, and death. However, a recent report from NYC Department of Health shows new cases of Hep C infection declining, thanks in part to newly developed drug regimens.

Amida Care has provided this new Hep C treatment to hundreds of our members so far, and over 90 percent of those who completed the regimen have been cured.

If you have not been tested for Hep C, speak to your Primary Care Physician about doing so. Get early treatment if needed, to improve your health and live your life Hep C free!

there is a  cure

# Our Latest Awards

★ The New York State Department of Health recognized Amida Care's **Health Services Hepatitis C team** with a **Commissioner's Special Recognition Award** on World AIDS Day in December. Congratulations to our team, honored for leadership in promoting improvements in HIV health, LGBT health, substance user health, and youth sexual health – as well as prevention and treatment of Hep C.

★ Kudos to **Lee Garr**, our Director of Integrated Care, for being chosen to receive the **World AIDS Day Community Leadership Award** from Bridging Access to Care.

★ Congrats, also, to 2016 grantees of the Amida Care Fund at Stonewall Community Foundation: the HEAT Program, Pride For Youth, Sylvia Rivera Law Project, and the Translatina Network for their outstanding work to address HIV/AIDS in LGBTQ communities in NYC.

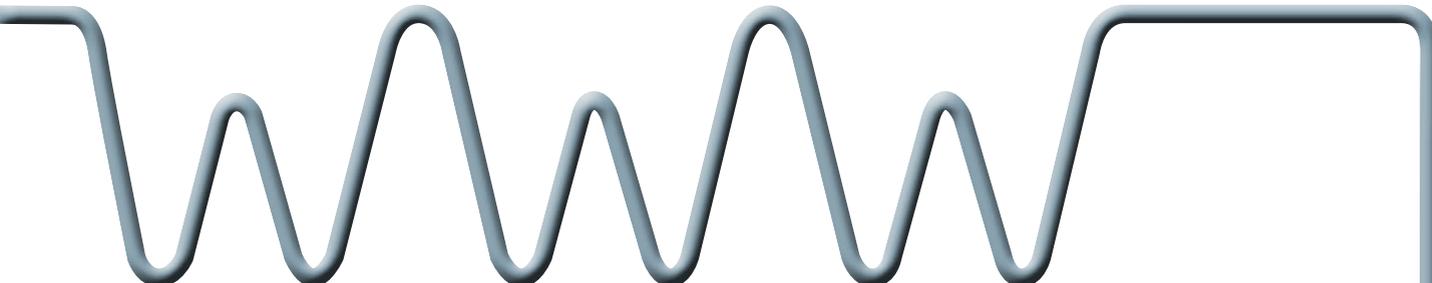


## LIVE YOUR LIFE WELLNESS EVENTS



At holiday time in December, our Live Your Life wellness events across four NYC boroughs featured **Afro-Caribbean song and dance**. A musical performance by *Pleneros de Trastalleres* enlivened the party, while Nafisa Shariff led a centering meditation and dance moves.





**NEED TO RE-ENROLL  
IN AMIDA CARE'S  
MEDICAID PLAN?  
NOW JUST GO ONLINE!**

Since January 15, 2016, Amida Care's **Special Needs Health Plan (SNP)** has been listed on the **New York State of Health (NYSoH)** website. This means that now you can re-enroll quickly and easily if your membership in Amida Care's **Live Life Plus Medicaid SNP** gets interrupted by recertification or for any other reason. Medicaid-eligible health care consumers can enroll online on the NYSoH website.

Our Medicaid SNP, the state's largest, is designed to meet the special health care needs of New Yorkers living with HIV and other chronic conditions or experiencing homelessness.

To enroll, just call **855-355-5777**  
or go online to re-enroll at  
**[www.nystateofhealth.ny.gov](http://www.nystateofhealth.ny.gov)**



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- Free aids and services to people with disabilities to help you communicate with us, such as:
  - Qualified sign language interpreters
  - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose first language is not English, such as:
  - Qualified interpreters
  - Information written in other languages

If you need these services, call Amida Care at **1-800-556-0689**. For TTY/TDD services, call **TTY: 711**. If you believe that Amida Care has not given you these services or treated you differently because of race, color, national origin, age, disability, or sex, you can file a grievance with Amida Care by:

- **Mail:** 14 Penn Plaza, 2nd Floor New York, NY 10122
- **Phone:** **1-800-556-0689** (for TTY/TDD services, call TTY: 711)
- **Fax:** **1-646-786-1802**
- **In person:** 234 West 35th Street, New York, NY 10001
- **Email:** [info@amidacareny.org](mailto:info@amidacareny.org)

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by:

- **Web:** Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- **Mail:** U.S. Department of Health and Human Services  
200 Independence Avenue SW, Room 509F, HHH Building  
Washington, DC 20201  
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>
- **Phone:** **1-800-368-1019** (TTY/TDD **800-537-7697**)



## LANGUAGE ASSISTANCE

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-784-8891 (TTY: 1-800-662-1220).	English
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-784-8891 (TTY: 1-800-662-1220).	Spanish
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-784-8891 (TTY: 1-800-662-1220)。	Chinese
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-784-8891 (رقم هاتف الصم والبكم: 1-800-662-1220).	Arabic
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-784-8891 (TTY: 1-800-662-1220) 번으로 전화해 주십시오.	Korean
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-784-8891 (телетайп: 1-800-662-1220).	Russian
ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-855-784-8891 (TTY: 1-800-662-1220).	Italian
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-784-8891 (ATS : 1-800-662-1220).	French
ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-855-784-8891 (TTY: 1-800-662-1220).	French Creole
אויפּמערקזאַם: אויב איר רעדט אידיש, זענען פאַרהאַן פאַר אייך שפּראַך הילף סערוויסעס פּרײַ פּון אפּצאַל. רופּט 1-855-784-8891 (TTY: 1-800-662-1220).	Yiddish
UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-784-8891 (TTY: 1-800-662-1220).	Polish
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-784-8891 (TTY: 1-800-662-1220).	Tagalog
লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নি:খরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন ১-৮৫৫-৭৮৪-৮৮৯১ (TTY: ১-৮০০-৬৬২-১২২০)।	Bengali
KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-855-784-8891 (TTY: 1-800-662-1220).	Albanian
ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-855-784-8891 (TTY: 1-800-662-1220).	Greek
خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-855-784-8891 (TTY: 1-800-662-1220)۔	Urdu



“A friend is a hand that is always holding yours, no matter how close or far apart you may be.”

-Anonymous

“Un amigo es una mano que siempre sujeta la tuya, no importa cuán cerca o lejos puedas estar”.



ZEN  
IN THE CITY