



The AMIDA CARE View



in this issue

NYC WALKS!

UNDETECTABLE

PATHS TO

WELLNESS



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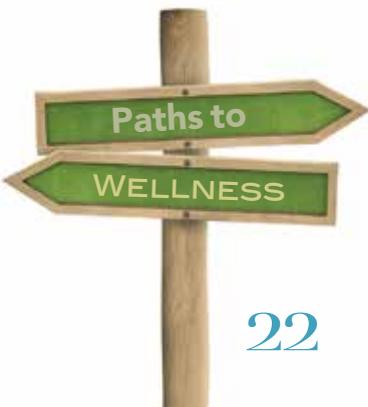
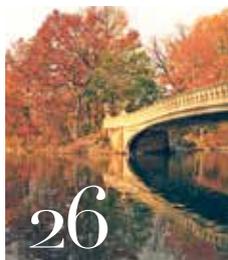
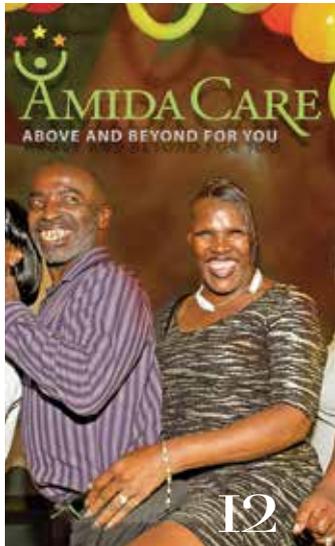
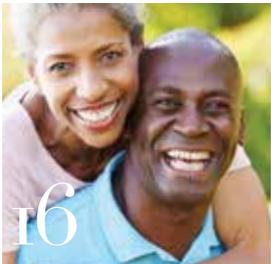
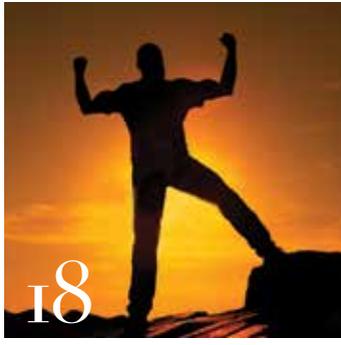
"Life starts all over again when it gets crisp in the Fall."

– F. Scott Fitzgerald

Photographic Image Disclosure

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Dear Amida Care Members,

Fall is an ideal time to take stock of our lives and think about what matters most. As we cultivate an “attitude of gratitude” and count our blessings, YOU, our members, are at the top of our gratitude list.



Also high on this list are our home city and state. We ♥ NY! Classic songs have been written about the beauties of autumn in New York. Introducing our cover-story package with **Let’s Hear It For New York**, we invite you to savor

the gifts of the season by strolling through the leaves and enjoying our great metropolis to the fullest.

If Virginia is for lovers, New York is for walkers. Year after year, we are rated the nation’s No. 1 walking city. Our cover story picks up this theme on **Page 4**, as **Walk This Way** maps out some short, healthy jaunts in all five boroughs. Have fun and stay active while you explore the riches of NYC – from the Brooklyn Bridge and the hip-hop legacy of the Bronx to the Queens Jazz Trail and the Revolutionary War history of Staten Island.

On **Page 8**, when it comes to critical issues, **Black Lives Matter** tackles racism, police brutality against people of color, and other forms of injustice that are grabbing headlines and stirring our hearts and minds these days.

During this season of thanksgiving, we also give thanks for and celebrate the **50th Anniversary of Medicaid and Medicare**. Turn to **Page 10** to read about this landmark legislation – with all that it has accomplished by protecting and funding health care for our Amida Care members and millions more people across the country.

Finally, be sure to check out our Wellness articles, offering suggestions on how to **Quit Smoking: This Time Could Be It** on **Page 16**. **Paths to Wellness** on **Page 22** provides ideas on traditional and holistic ways to take better care of ourselves – and that, too, is something to be thankful for!

We hope you enjoy this Fall issue and that you take pleasure in this beautiful season!

Abrazos,

Doug Wirth

Doug Wirth
President & CEO



Let's Hear It For New York

In Fall, nature takes its course, even in NYC. Leaves turn red or gold and drift down to earth. Apples and pumpkins pile up in farmers' markets. Cool breezes start to blow, with a breath of winter on the way. Autumn in New York – and nationwide – is traditionally a season for giving thanks, so it feels like the right time to invite our Amida Care members to cultivate an “attitude of gratitude.”

Here in the Big Apple, we can still savor natural wonders such as the changing of the seasons. We have many reasons to be thankful, including the fact that our home is often called the world’s greatest city.

As we make lists of things to be grateful for this Fall, let’s appreciate all that NYC has to offer: from our 28,000 acres of beautiful parkland and world-class cultural riches to our long, proud history of activism – with the wellness opportunities it has helped us achieve. NYC boasts one of the best Medicaid health systems in the nation. To quote the hit song “Empire State of Mind” by Jay-Z and Alicia Keys: “Let’s hear it for New York.”

“In New York, concrete jungle where dreams are made of…”

There’s nothing you can’t do. Now you’re in New York.

These streets will make you feel brand new. The lights will inspire you.

Let’s hear it for New York, New York, New York…”

*“Empire State of Mind”
by Jay-Z & Alicia Keys*

Walk This *Way*

As you stroll through autumn leaves this Fall, one way to cultivate an “attitude of gratitude” is to get out and explore this world-famous place we call home. Health experts agree that New Yorkers don’t just talk the talk, we walk the walk. Each year, *Prevention* magazine and the American Podiatric Medical Association rank NYC at or near the top of their list of “best walking cities” in the nation. In general, NYC dwellers are ahead of the curve when it comes to getting out and about. This fact is especially reassuring these days, since it’s now being said: “Sitting is the new smoking” – a warning about the health risks of not staying active.

In Fall, when the Big Apple stops baking in the summer heat, it’s an ideal time to put on your walking shoes and join the movement! Whether you are just out for a stroll or walking your dog, it’s hard not to find a walkable neighborhood in NYC. No matter where you live, autumn in New York is a great season to go walking and explore some of the historic spots listed on the pages that follow.

When the Big Apple stops baking in the summer heat, it’s an ideal time to put on your walking shoes and join the movement!





Straight Out of Brooklyn!

Nothing says Brooklyn like the iconic Brooklyn Bridge, completed in 1883. Every day, New Yorkers and tourists alike set out on foot to cross this steel-wire suspension bridge. What a view of our city's skyline, harbor, the Statue of Liberty, and more!

To take a half-hour walk across the bridge, start at Brooklyn's High Street subway station (A & C lines) or Manhattan's Brooklyn Bridge stop (4, 5, 6, J, & Z lines) and follow the signs. Stroll high above the East River on this mile-long pedestrian walkway, and feel inspired by some lines from great American poet **Walt Whitman** (an LGBT icon). In *Crossing Brooklyn Ferry*, he wrote some of his most beautiful verses about this waterway (see at right).

Many notable authors have come from Brooklyn – from Haitian-American writer **Edwidge Danticat** (*Breath, Eyes, Memory, Krik? Krak!*) in East Flatbush and African-American novelist **Richard Wright** (*Black Boy, Native Son*) in Fort Greene to Truman Capote (*In Cold Blood*) in Brooklyn Heights. TV comedy writer **Larry David** (*Seinfeld* and *Curb Your Enthusiasm*) credits his childhood in Brighton Beach for his uniquely Brooklyn brand of humor.

**“Just as you feel when you
look on the river and sky,
so I felt;**

**Just as any of you is one
of a living crowd, I was
one of a crowd;**

**Just as you are refresh'd
by the gladness of the
river and the bright flow,
I was refresh'd;**

**Just as you stand and
lean on the rail, yet hurry
with the swift current, I
stood, yet was hurried...”**
from “*Crossing Brooklyn Ferry*”

– Walt Whitman



Adam by Fernando Botero



Saurien by Alexander Calder

Photos by Susan Ruel



Moonbird by Joan Miró

Free Art in Manhattan

Museum Without Walls

Midtown boasts lots of free “public art” – even on 57th Street, now known as “Billionaire’s Row” for its high-rise towers and soaring real estate prices. Yet at the Art Students League on this same street, struggling artists and art-world legends have worked side by side in the studios since 1875.

- One of the school’s famous graduates, **Alexander Calder**, created *Saurien*, a huge orange sculpture on public view at the corner of Madison Avenue and 57th Street.
- Steps away, at 5th Avenue near 58th Street, you’ll find “*Moonbird*,” a bronze masterpiece by Spanish artist **Joan Miró**. For more works by Miró, visit the Museum of Modern Art, nearby, at 11 West 53rd St. It’s free on Fridays from 4-8 p.m.
- Around the corner at 6th Avenue and 55th Street, you’ll spot **Robert Indiana’s** Pop Art *LOVE* sculpture – created in 1970, during the “hippie” era of love beads and the “Summer of Love.”
- Go west toward the Time Warner Center at 8th Avenue and 59th Street. In the lobby you’ll find 12-foot statues of *Adam and Eve* by Colombian artist **Fernando Botero**.



Across the street at 2 Columbus Circle, visit the **Museum of Art and Design**. On Thursdays from 6-9 p.m., admission is “pay-what-you-will.” Outside, you’re at the gateway to Central Park, with 30 statues – not to mention the autumn leaves of 19,600+ trees, in all their glory.



Queens Jazz Trail

Queens has been home to the jazz community since 1923, when pianist Clarence Williams moved to Jamaica. Scores of musical innovators followed, from Billie Holiday and Louis Armstrong to Ella Fitzgerald, Charles Mingus, and many more. Take a walk through music history this Fall, and find landmark addresses that were once home to giants of jazz:

- In **CORONA**, stop by the **Louis Armstrong House Museum** at 34-56 107th Street. Free admission to first-floor exhibits and the Japanese garden. **Dizzy Gillespie**, another great trumpeter, lived a block away. Head south on 107th Street, turn right onto 37th Avenue, then right at 106th Street. Dizzy lived at 34-68 106th Street.
- In **ST. ALBANS**, you'll find bandleader **Count Basie's** home at 174-27 Adelaide Road. Walk southwest and turn right at Marne Place. Two minutes away in **JAMAICA** is 173-19 Sayres Avenue, where pianist "**Fats**" **Waller** once resided.

For more information, visit www.ephemerapress.com/queens-jazz-trail.html



Staten Island's Revolutionary Role

- Explore Staten Island's amazing Revolutionary War history. In 1776, Lord Howe – commander-in-chief of British forces in North America – made this area the headquarters from which his 20,000+ troops attacked the army of General George Washington and captured NYC.
- On your walks around Staten Island this Fall, why not take a trip back in time? Stroll through the colonial-era **Historic Richmond Town Museum**, located at 441 Clark Avenue. This living history museum covers several acres and is open free every Friday from 1-5 p.m.

Enjoy!



The Bronx: Home of HIP HOP

The Bronx gave birth to hip hop, a musical style that also led to the invention of break dancing. Hip hop is said to have started at a 1973 party hosted by DJ Kool Herc at 1520 Sedgwick Avenue. Like the Bronx itself, hip hop culture shows African-American and Puerto Rican influences. Graffiti – a hip hop art form spray-painted on Bronx buildings and bridges – has won worldwide acclaim in the art world.

- Moonwalk to the **Bronx Museum of the Arts** at 1040 Grand Concourse, showcasing Keith Haring etchings, Tats Cru murals, graffiti, and other works by local artists. Admission is free on Thursdays through Sundays, 11 a.m. - 6 p.m. – and until 8 o'clock on Fridays.
- If you're closer to **Hunts Point**, check out the warehouses on Drake Street near Spofford Avenue – an ideal spot to view graffiti murals.
- Watch "The Bronx Is Burning" online: first exhibit of the virtual **Universal Hip Hop Museum** debuting this Fall at www.uhbm.org.



From Ferguson and Charleston to Baltimore and across the country, we at Amida Care have been closely following the national conversation about racism and related issues of police brutality; mass incarceration; inequality in health care, economics, and education; and other forms of injustice affecting people of color.

Many of these issues profoundly affect our Amida Care members – especially with regard to health care. At left are just a few of the troubling statistics that show why these issues are causing an outcry.

At Amida Care, we join the chorus of voices rising in support of justice for people of color and equal treatment for all, and we encourage an ongoing conversation about the importance of racial, social, health, and economic justice.

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

* This information and more is available at www.blacklivesmatter.com

** Source: U.S. Centers for Disease Control and Prevention (CDC), www.cdc.gov/hiv/statistics/basics/atagance.html

**28
Hours**

"Every 28 hours, a black man, woman, or child is murdered by police or vigilante law enforcement."*

25%

"An estimated 25 percent of black American women live in poverty – more than in any other ethnic group."*

**MORE
THAN**

2 to 1

"The infant mortality rate for black mothers is more than double that of whites."*

44%

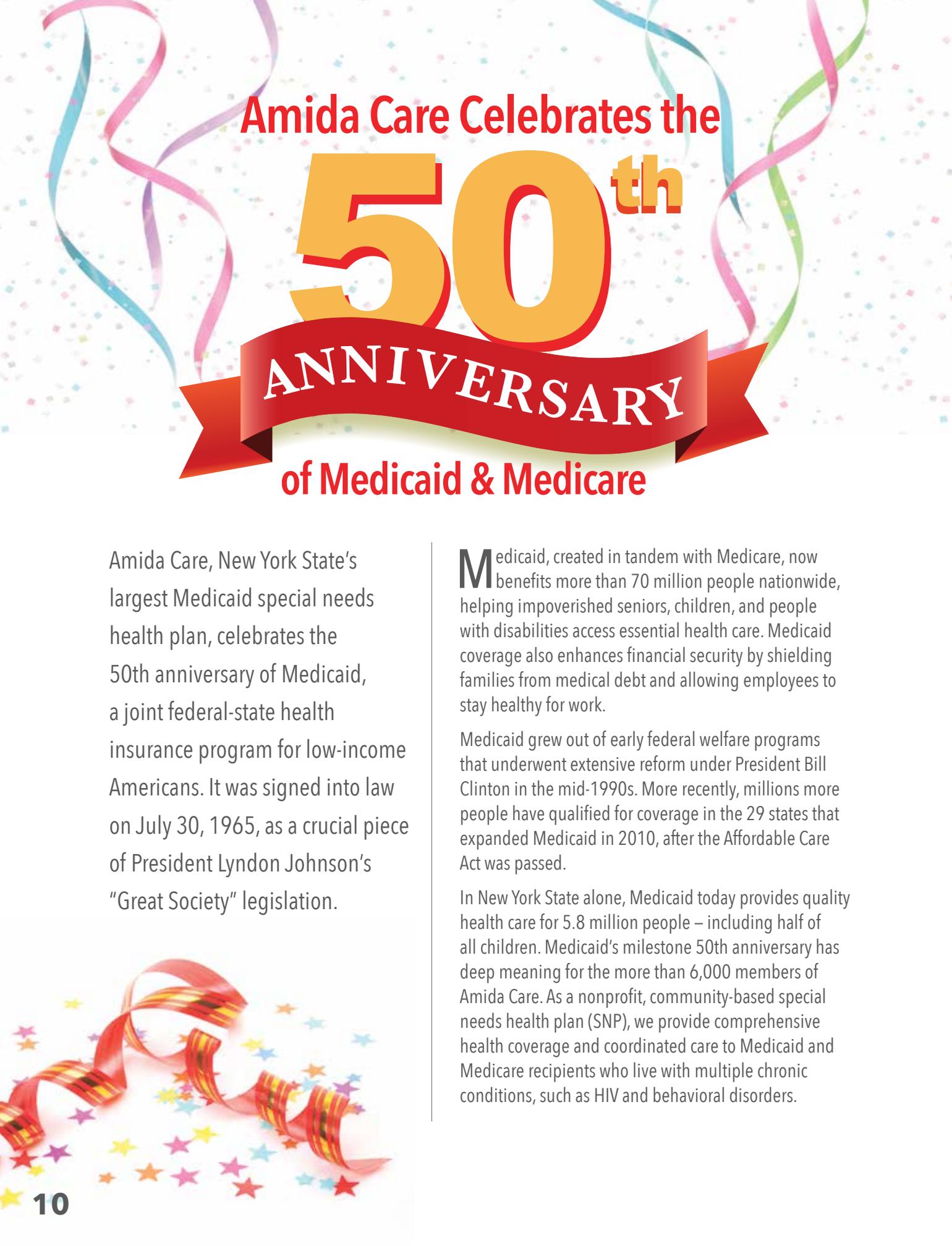
"African Americans represent approximately 12 percent of the U.S. population, yet they account for an estimated 44 percent of new HIV infections – and 41 percent of people living with HIV."**





IT'S FLU SEASON!

Remember to call your PCP and schedule your flu shot. Vaccination is the BEST way to protect yourself against the flu.



Amida Care Celebrates the

50th

ANNIVERSARY

of Medicaid & Medicare

Amida Care, New York State's largest Medicaid special needs health plan, celebrates the 50th anniversary of Medicaid, a joint federal-state health insurance program for low-income Americans. It was signed into law on July 30, 1965, as a crucial piece of President Lyndon Johnson's "Great Society" legislation.

Medicaid, created in tandem with Medicare, now benefits more than 70 million people nationwide, helping impoverished seniors, children, and people with disabilities access essential health care. Medicaid coverage also enhances financial security by shielding families from medical debt and allowing employees to stay healthy for work.

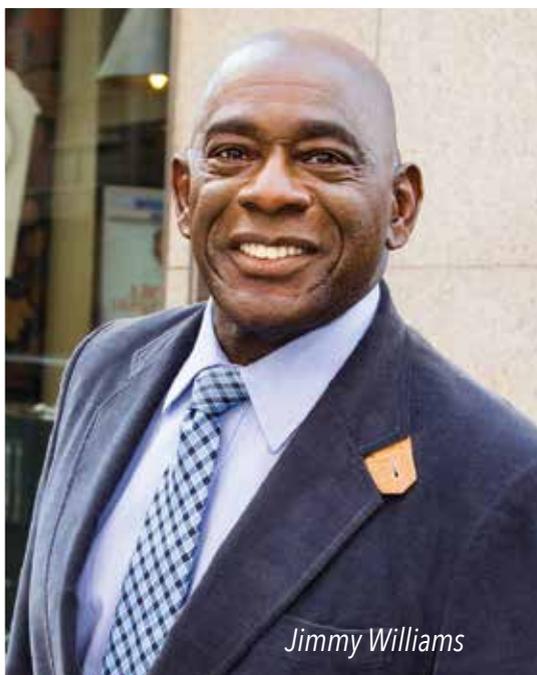
Medicaid grew out of early federal welfare programs that underwent extensive reform under President Bill Clinton in the mid-1990s. More recently, millions more people have qualified for coverage in the 29 states that expanded Medicaid in 2010, after the Affordable Care Act was passed.

In New York State alone, Medicaid today provides quality health care for 5.8 million people – including half of all children. Medicaid's milestone 50th anniversary has deep meaning for the more than 6,000 members of Amida Care. As a nonprofit, community-based special needs health plan (SNP), we provide comprehensive health coverage and coordinated care to Medicaid and Medicare recipients who live with multiple chronic conditions, such as HIV and behavioral disorders.

In fact, the flexibility of Medicaid's design helped make it possible to develop and establish SNPs like Amida Care – which, in turn, enabled fast, nimble responses to the AIDS epidemic. From our point of view, a key measure of Medicaid's effectiveness has been how it works with our Amida Care model of care to help members achieve impressive health outcomes. Some 91 percent of our members are engaged in regular care. A recent study of about half our members showed that 73 percent maintain "viral suppression." This means that the amount of HIV in their blood is too low to be detected, and therefore cannot be spread to others. Raising rates of viral suppression is a major goal of New York State's Blueprint to End the AIDS Epidemic by 2020.

Just one example of someone whose life has changed for the better as a result of Medicaid and our SNP model of care is **Jimmy Williams**, who joined Amida Care in 2003 as one of our earliest members and credits us with saving his life. In 2011 Jimmy turned 65 and aged out of Medicaid. He is among several of our members who advocated for Amida Care's expanding to include Medicare Advantage plans – which we started adding to our offerings in 2014. Jimmy celebrates another birthday in October. We'd like to wish him – and Medicaid – many happy returns!

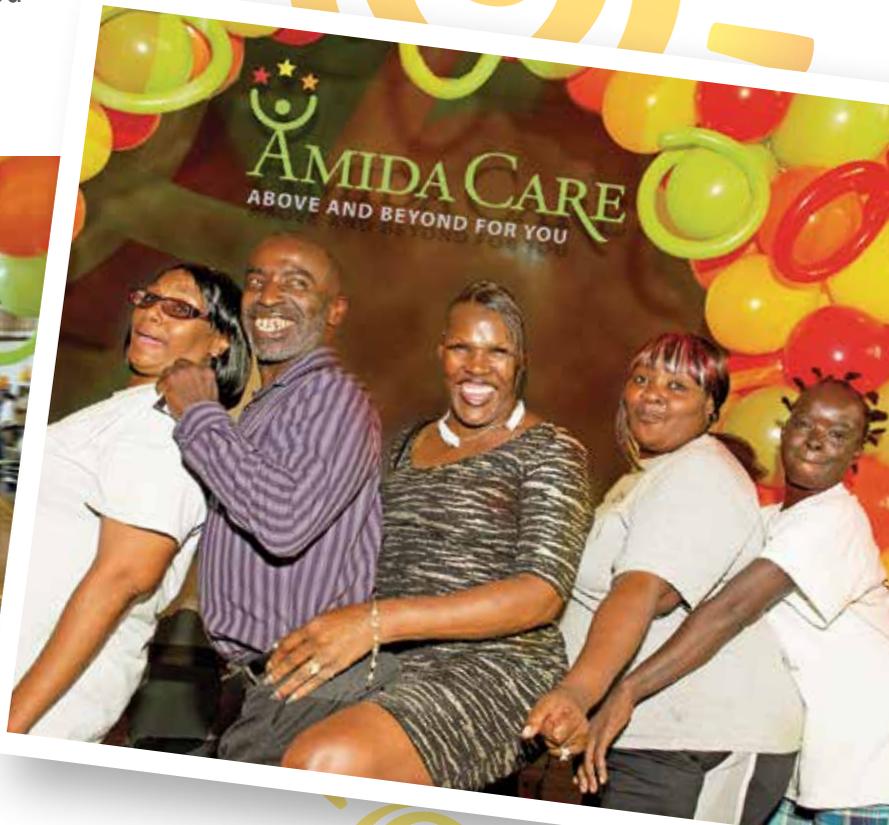
Jimmy Williams is among several of our members who advocated for Amida Care's expanding to include Medicare Advantage plans.



The photo above, taken on July 30, 1965, shows President Lyndon Johnson signing Medicare and Medicaid into law. At right, former President Harry Truman, then 81, received the first Medicare card and became the program's first beneficiary.

Summer Celebration

Nearly 300 members turned up and partied down at Harlem's famed Alhambra Ballroom, where Amida Care hosted our largest-ever Summer Celebration on Tuesday, August 18. The historic hall, where music legends including Billie Holiday and blues singer Bessie Smith once performed, was the scene of funky dancing, a sit-down dinner, and lots of fun and togetherness. Our staff joined members from across all five boroughs for an evening of summer festivities.



FAMILY & Friends DAY

July 2015



Bingo, basketball,
and dance contests
livened up Amida Care's
Family and Friends
"Live Your Life"
events in July.



Bingo, basketball, and dance contests livened up Amida Care's Family and Friends "Live Your Life" events in July. Parents brought their kids along for an afternoon of summer fun and refreshments at these special events held in the Bronx, Brooklyn, Manhattan, and Queens. At least 50 members and their guests took part in the Bronx celebration, where attendees ranged from brand-new members like Francisco Martinez to Amida Care "veterans" who were among the first to join us back in 2003!

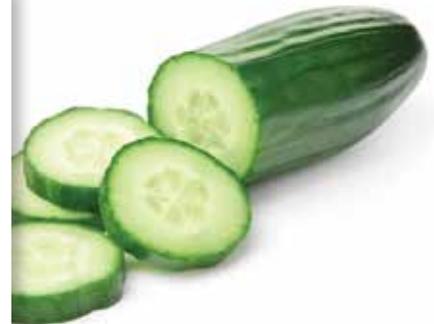


FOOD FOR LIFE



June 2015

More than 100 Amida Care members and guests paid plenty of compliments to Chef McDuff at “Food for Life” events held in Brooklyn, Bronx, Queens, and Manhattan for our June 2015 Live Your Life celebrations. Chef McDuff (shown above with Brooklyn member Wendell, at left), taught us how to prepare spicy guacamole dip – with yogurt parfaits made with fresh fruit and granola for dessert.



Amida Care Takes Part in **AIDS Walk** New York 2015



This year marked the 30th anniversary of the AIDS Walk – the world’s largest AIDS fundraiser – which since its inception in the 1980s has raised more than \$140 million to combat HIV and AIDS. On May 17, a team of Amida Care members and staff participated in AIDS Walk New York, a 10K walk that began and ended up in Manhattan’s Central Park. Joining about 30,000 other walkers this year, our team carried a banner proclaiming Amida Care’s support for our state’s pioneering initiative to End the AIDS Epidemic in New York by 2020.

Since its inception in 1985, the AIDS Walk has raised more than \$140 million to combat HIV and AIDS.

Our HOME Program Stands Ready to Go **Above and Beyond For You!**



ABOVE: In 2015 Amida Care has donated hundreds of clothing items and messenger bags to NYC’s Coalition for the Homeless, which daily serves at least 1,000 people living on our city’s streets.

Amida Care Members:
Are you homeless, on the street, or about to be evicted?
We can help.

Contact our HOME Program toll-free at
844-704-HOME (4663)
or email us at
HOME@amidacareny.org

Quit Smoking

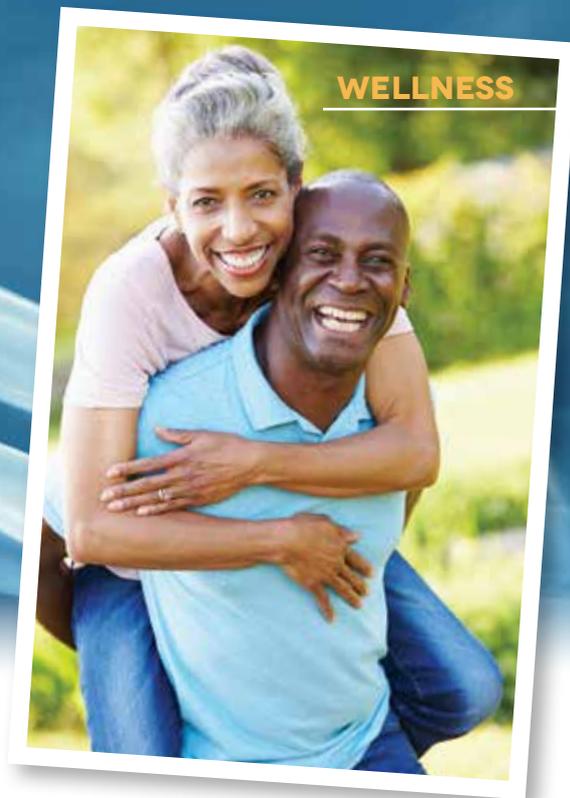
This Time Could Be IT!

Sometimes making a change can be hard – even when it's for the best. If you have ever moved to a great new place to live, you probably felt happiness mixed with the stress of actually packing up and moving. Becoming an ex-smoker can feel the same way.

It's exciting to think about being smoke-free, even just considering the money you will save. In NYC, a pack-a-day habit costs almost \$5,300 a year. An even steeper price? Smoking is the leading cause of death in the United States and kills more than 480,000 Americans a year, according to the New York Smokers QUITLINE at www.nysmokefree.com.

But as you work on quitting, challenges come up along the way. Thankfully, just as friends and family help us carry a box or two when we move, they can also give support when we quit smoking. And Amida Care is committed to giving support to all our members who want to kick the habit.

Maybe you have already succeeded in quitting for a while – at least once or twice. Try to remember how you did it. Each time a smoker quits is a bit different, but maybe the strategies that worked for you in the past will help you again this time around. Every time you quit, you learn something new; for instance:



- how it feels to be smoke-free for a while;
- where you find support; and
- what triggers you to light up again.

You can benefit from all the research about "smoking cessation" – a fancy phrase that means "to stop smoking." With help from Amida Care and your doctor, you can quit by using two approaches that worked for many former smokers: 1) nicotine replacement, and 2) cravings reduction.

Nicotine replacement means wearing a patch or chewing gum to wean yourself away from nicotine and the 7,000 other chemicals found in tobacco smoke. And getting support to reduce your cravings will help you resist temptation and pave the way for success.

Remember, quitting can be tough, but each step brings you closer to your goal. The rewards are well worth it! Interested in learning more? Amida Care partners with New York State's QUITLINE to help our members kick the habit. To find out what to expect and for guidance with the enrollment process, call Amida Care's Manny Sese at 646-757-7609.



Log On for Support with **HIV or Hep C!**

Have you heard about Rango, a members-only website for people with Medicaid or Medicare who are HIV-positive and may also have the Hepatitis C virus?

Those who register for the Rango program can:

- Participate anonymously in online chat forums with others who understand what they're going through;
- Take part in virtual advice sessions with Health Coaches;
- Sign up for medication reminders through text messaging, and more!

Join Rango by calling (212) 337-5777 or emailing info@rango.net. You'll receive \$40 a month toward your phone bill, since you may use your phone more heavily as a Rango member.

One of Rango's most popular features is its anonymous online forum, available 24 hours a day, seven days a week – whenever you need questions answered or feel like sharing challenges, stories, or resources with community members.

Since you are identified by a user name instead of your real name, and by a cartoon avatar instead of a profile picture, you can feel more comfortable talking about

personal experiences and fears without worrying about maintaining your privacy.

As many as 30 percent of people living with HIV in the United States have also tested positive for the Hepatitis C virus (HCV). Whether you're managing both the HIV and Hep C viruses or protecting yourself from co-infection, Rango tools can help you stay on track with your health.

Need help interpreting your HCV test results? Want emotional support dealing with the side effects of HCV treatment? Feeling confused about how to get insurance coverage for HCV treatment? Rango offers all this and more – whether you're using your cell phone on the go or relaxing with your laptop at night.

You are not alone. Accessing your community online makes it easier than ever to learn how to help yourself and lend support to others. Log on for your health!

Join Rango by calling (212) 337-5777 or emailing info@rango.net. You'll receive \$40 a month toward your phone bill, since you may use your phone more heavily as a Rango member.

Funding for Rango was made possible by grant 1C1CMS331353-0 from CMS. The views expressed in publications do not necessarily reflect the official policies of the Department of Health and Human Services, nor does mention of trade names, commercial practices, or organizations imply endorsement by the U.S. Government.



Undetectable

Lowering Viral Loads for Excellent Health

Amidia Care is committed to helping ALL our members who have HIV reach viral suppression – in other words, to be “undetectable.” This simply means that the amount of HIV in their blood is too low to be detected. People who become undetectable – or have low viral loads – are less likely to pass the HIV virus to others.

How to Become Undetectable?

If you have HIV:

- 1) Take antiretroviral (ARV) medications exactly as prescribed, and
- 2) Contact your doctor to schedule a blood test to measure your viral load and find out whether you have become undetectable.

All Amida Care members can benefit from these suggestions:

Talk to Your Doctor

- Be honest with your doctor about your treatment challenges; your doctor knows your medications best and can offer helpful ideas.
- Think about the last few times you missed a dose of medication and try to spot a pattern in how you went off track. You are your own best detective to find solutions.
- Ask your doctor whether simplifying your treatment or dosage will work for you.

On the Road?

Keep Your Meds in Your Purse or Carry-on Bag

- When traveling, keep your medications close at hand by bringing them along in your purse or carry-on bag. You and your medicine will reach your destination, even if your luggage gets lost or misplaced.
- Carry a daily dose in your knapsack or purse, in case you forget to take your medication before you leave the house for the day – or for an overnight visit.

**For more suggestions,
see "Remember to
Remember" on page 21.**

Tips for Hep Treatment



If you are being treated for Hepatitis C (called “Hep C,” for short), this information is for you. You’ve probably heard how important it is to take medication exactly as prescribed. When it comes to Hep C, this is especially true!

Your best chance of being cured is to take EVERY dose of your medication – so taking 100 percent of your Hep C medicine should be your goal. Directly following this article, be sure to check out “**Remember to Remember!**” on Page 21 to ensure that you set yourself up for success by arranging daily reminders to take your medicine and refill your prescription. That way, you’ll never miss a dose!

Here are some additional suggestions from Amida Care on how to make your Hep C treatment most effective:

- **Know your team** – Treatment of Hep C infections usually involves teamwork. Remember that you, too, are a member of your team! Amida Care doctors, nurses, case managers, and Front Desk staff also belong to your team. If your doctor is not a Hep C specialist, he or she will work with one of our Hep C experts on your plan of care, so you get the best treatment available.
- **Learn about your medications** – Your medicine might be all in one pill or in several. You need to know exactly how and when to take them.

How? Should your pills be taken with food or extra water?

When? At the same time as other medications you take – or at a different time?

- **Making appointments in advance keeps you on track** – While you’re in the doctor’s office, get help setting up your next appointment. Remember: don’t leave your appointment without scheduling the next one.
- **Contact your doctor or the specialist in charge of your Hep C treatment** – If you find yourself in any of these situations:

You are having a side effect;

You only have a few tablets left, and the pharmacy does not have your refill ready;

You are unsure about the next step of your treatment.

Amida Care understands that our members fare better when you have support. These suggestions offer ways to get more support for your treatment. You can always call us with your questions and concerns. We are here to help.

For more information about Hepatitis C treatment, please contact Member Services by calling

1-800-556-0689.

Your best chance of being cured is to take **EVERY** dose of your medication.

Remember to Remember!

Taking and Refilling Your Medications

Daily Reminders to Take Your Meds

These strategies may help you take your doses daily, even when you are busy:

- Do you already have a pill-taking system that works for you? For instance, many people find it helpful to use reminder pillboxes, labeled with the day of the week or even with the month and date.
- Set reminder alarms on your cell phone or your alarm clock.
- Is there anything that you tend to do at the same time every day – like drinking coffee or watching your favorite TV show? Take your meds then, too!
- Some pharmacies offer phone reminder services. Ask about this on your next visit. If you join the online Rango community, as described in the article on Page 17, they also offer medication reminders to members. Just email Rango at info@rango.net or call (212) 337-5777 to join.

Arrange for Timely Refills

These strategies may help you refill your prescriptions right on time – and never run out before getting your refills!

- When you receive your prescription, you will be advised on how to get your medication. Some doctors' offices get medications delivered, so they can give them out to Amida Care members at appointments. Otherwise, you will be told which pharmacy to go to, to pick up your medicine.
- Stay aware of how many pills you have left – and that your supply will soon be running low.
- Most drugstores will contact you a day or two before your prescription is due to be refilled. Also, the same services that call or text you with reminders to take your medications will also alert you that it is time to refill your prescriptions. To receive these services, described above, join the Rango online community by emailing info@rango.net.





Paths to

WELLNESS

Traditional and Holistic Paths to Better Health

Each of us strives to take care of ourselves as best we can. Working toward wellness helps us enjoy life more fully in every dimension: physically, emotionally, and spiritually. A wide range of holistic strategies supports our journey toward health and wholeness. Daily and sometimes even moment by moment, we can renew our commitment to stay on the path to wellness.

In addition to faithfully taking all medications that our doctors prescribe, we can pursue wellness through traditional approaches like moderate exercise and sound nutrition. Holistic paths to wellness include prayer and meditation, acupuncture, or reiki and other types of massage. The more options we have, the better! Here are a variety of traditional and alternative paths to consider. Practice some or all of them – and add your own.



Inviting a friend to walk is a fun way to stay motivated.

Exercise: Walking Counts

Your doctor has probably encouraged you to exercise – to prevent or control diabetes and heart disease, protect your bones, and have a positive effect on your emotional state. As a safe, simple form of exercise, walking deserves more respect! Just put on comfortable shoes and step outside. In good weather, walking on a sidewalk or a trail can be a healthy pastime. Inviting a friend is a fun way to stay motivated. In winter, sidewalks can turn slippery. Why not walk indoors in hallways or at a mall? Climbing stairs is another great way to exercise. If your building has an elevator, try getting off a floor or two before your stop so you can walk the rest of the way. For suggested walks to take in NYC this Fall, check out **Walk This Way** on Page 4 of this issue.



Nutrition: Go Nuts!

We try to eat three well-balanced meals a day, but when the urge to snack comes up, have some nuts. People who eat nuts a few times a week are more likely to lose weight and less likely to get diabetes and certain cancers. Nuts are high in protein and contain lots of nutrients. For best results, eat no more than two ounces of raw, unsalted or dry-roasted nuts. Walnuts, almonds, or pistachios (in the shells) are your best bets. Cracking the shells slows you down and guards against overeating.

Acupuncture

This ancient healing art is a key element of traditional Chinese medicine that has become more popular in the United States in recent years. A practitioner



places very thin needles at certain points on your body. Be sure that these needles are kept clean and sterile or – better yet – disposed of after every use. Treatments must be repeated over time to yield lasting benefits. Acupuncture can be helpful in treating pain or nausea without medication and is often used in combination with Western medicine.

Acupuncture can be helpful in treating pain or nausea without medication.

Massage

First ask your doctor if massage is right for you, and be sure to select a licensed massage therapist. More conventional massage therapies focus on vigorously touching the body. These methods include acupressure – similar to acupuncture, but without needles – Swedish massage, or “deep tissue” massage. Those who practice *reiki*, *qigong*, or forms of therapeutic touch therapy simply place their hands above the area being treated – in the belief that they are manipulating your body’s energy.



THANKS

Gratitude

Practice an “attitude of gratitude” during this season of thanksgiving and all year round. Those who give thanks regularly are more likely to improve their health, sleep better, and feel connected to others. Try keeping a daily “gratitude journal” to write down the things that make you feel grateful.



Prayer & Meditation

Gratitude can also be a key part of your approach to prayer and meditation. One New Age author wrote that prayer means talking to the Divine, while meditation involves staying silent to allow the Divine to speak. In various religious traditions, prayer may be sung, danced, sculpted, or carried out while preparing food. The more intently you focus on singing, dancing, or another activity, the more you’ll quiet your mind and begin meditating, as well.

Alpha Workshops

Creating Beauty

Changing Lives

Free Decorative Arts Training

Amida Care members are warmly invited to apply for free training in the decorative arts by professional artists at the beautiful Alpha Workshops Studio School.

This tuition-free training program is offered to individuals who are HIV-positive and want to learn the tricks of the trade in a professional art studio. Alpha Workshops is located in Manhattan's Chelsea neighborhood. **See below for details on how to apply.**

A 10-week introductory class teaches the basics of color matching, glazing, faux-wood and marble finishes, block and stencil printing, and gold leafing. The school supplies all tools and materials. Lunch stipends and Metro card reimbursements are also provided.

Students learn faux finishing techniques that use paints and similar materials to make ordinary surfaces look like wood, marble, gold, silver, or polished plaster.

Alpha Workshops' motto is "Creating Beauty, Changing Lives," and many graduates agree. Established in 1995, the school has enriched the lives of more than 400 participants. Best of all, graduates have learned techniques that enable them to pursue their own careers in the lucrative field of decorative arts.

TO APPLY:

- Email **Randi** at randi@alphaworkshops.org or call her at 646-692-8091 to make an appointment; or
- Visit in person any Tuesday from 10 a.m.-4 p.m. at Alpha Workshops Studio School on the 2nd floor at 245 West 29th Street (between 7th and 8th Avenues), in Manhattan.





“For one minute, walk outside, stand there in silence,
look up at the sky, and contemplate how amazing life is.”

– Anonymous

“Por un minuto, camina afuera, parado allí en silencio,
mira hacia el cielo y contempla cuán maravillosa es la vida”.



ZEN IN THE CITY

CENTRAL PARK, MANHATTAN