



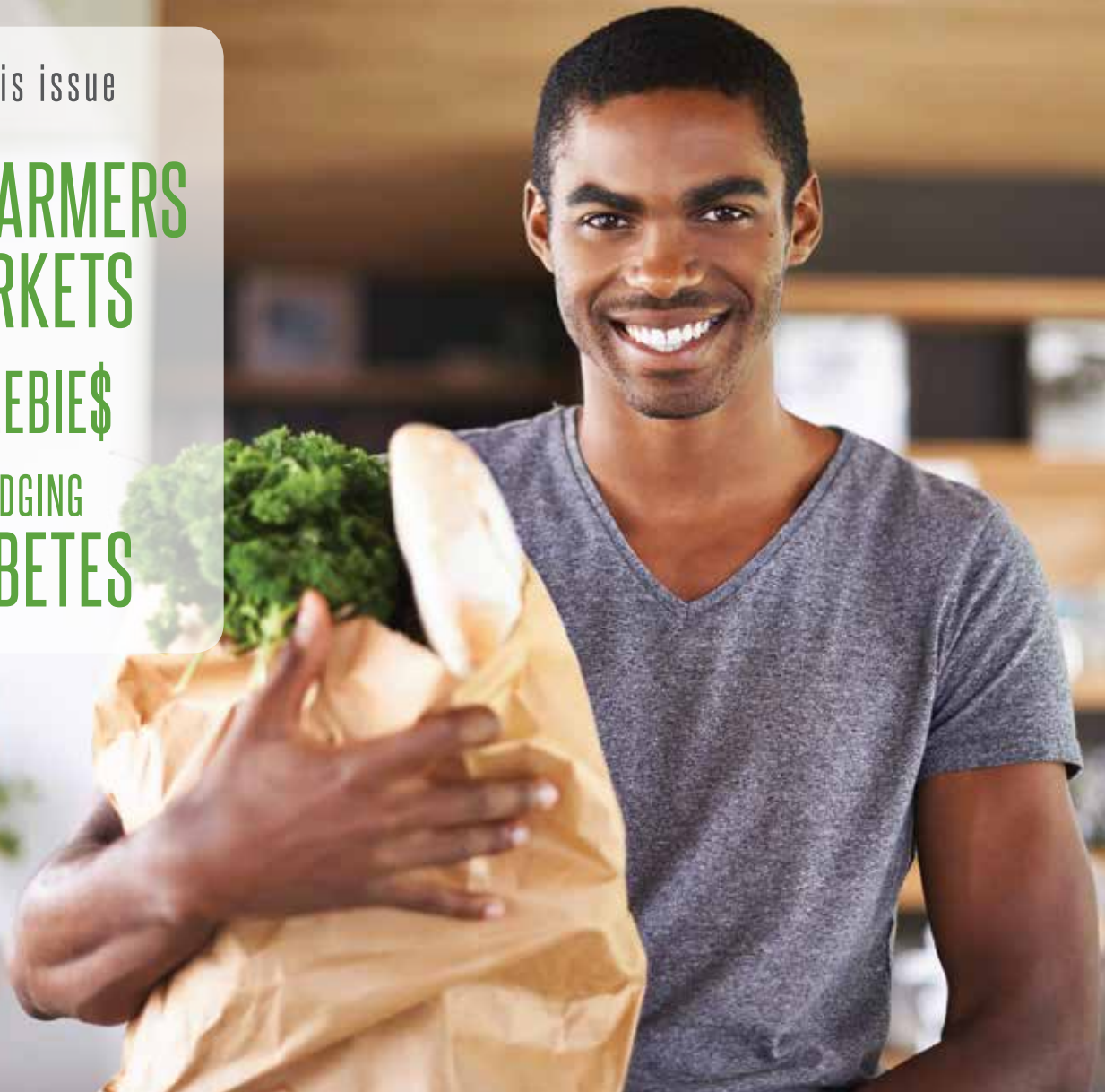
The AMIDA CARE View

in this issue

NYC FARMERS
MARKETS

FREEBIE\$

DODGING
DIABETES





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

**OR VISIT US ONLINE AT:
www.amidacareny.org**

"You can cut all
the flowers, but you
cannot keep the
Spring from coming."

– Pablo Neruda

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SPRING 2016 VOL. 30

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"Veggie" out with good nutrition and taste the freshest produce!

PLUS: Fun Facts about Healthy Foods



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Dear Amida Care Members,

While Mother Nature awakens all around us this Spring, the news and information in this latest issue of **The Amida Care View** can have you feeling, thinking, and looking alive, vibrant, and healthy.

As this new season of growth and renewal unfolds, healthy self-care is as important as ever. Like plants, each one of us is in a constant state of change and growth. Feeding our bodies and minds well is a crucial part of this cycle of life.

Speaking of healthy self-care, our members told us that you'd like to have a more flexible **Healthy Rewards** card that's easier to use. We heard you! By now some members have already received the new **Healthy Rewards Visa** cards we started mailing out earlier this year.

Please take care of your new Visa card. All your earned rewards will automatically be added to it. When you're not using it, leave it safely at home with other important documents. Be sure to keep the PIN number confidential.



Protect your card like you protect your cash. Then you can keep on enjoying the **Healthy Rewards** that *you have earned* by taking good care of yourself.

Thank you for choosing Amida Care. We go ABOVE AND BEYOND FOR YOU, so you can LIVE YOUR LIFE to the fullest!

Abrazos,

Doug Wirth

Doug Wirth, President & CEO

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

Food For Your BODY & MIND

There's more to springtime than rain showers and flowers. At this time of new beginnings, the earliest fruits and veggies start sprouting. Soon they appear in farmers' markets and store shelves across the city.

To find munchies that will best nourish body and mind, check out our list of farmers' markets in your area. Why not visit one soon? Free samples are often available, so have a taste! You could bring your own shopping bag to help protect the environment.





Get Fresh!

NYC Farmers Markets

BROOKLYN

Borough Hall Greenmarket

When: Tuesdays, Thursdays,
& Saturdays, 8 a.m.-5 p.m.

Where: *Court Street &
Montague Street*

BRONX

Bronx Borough Hall
Greenmarket

When: Tuesdays, 8 a.m.-4 p.m.
from June 7 until November 22

Where: *161st Street &
Grand Concourse*

MANHATTAN

Inwood Greenmarket

When: Saturdays, 8 a.m.-3 p.m.

Where: *Isham & Cooper Streets*

QUEENS

Jackson Heights Greenmarket

When: Sundays, 8 a.m.-2 p.m.

Where: *34th Avenue & 78th Street*

STATEN ISLAND

Saint George Greenmarket

When: Saturdays,
9 a.m.-2 p.m.

Where: *St. Mark's Place
& Hyatt Street*

For a complete list of NYC farmers' markets, go to:
www.grownyc.org/greenmarket/ourmarkets

Using Food Stamps/EBT

All the farmers' markets listed here – and more than 40 others – accept food stamps/EBT (electronic benefit transfer). Go first to the Market Information Tent. There you can swipe your card for tokens, to use as cash.

Have tokens left over after you shop? Get a refund on your EBT card, or save them for your next trip. They don't expire! For more details: www.grownyc.org/greenmarket/ebt/howtouse



To apply for food stamps/EBT, go online at www.nyc.gov/accessnyc or call 718-557-1399.



Avocados

are a perfect food for people with diabetes. They're low in sugar and sodium and contain almost no starch.

Kale

is called a "superfood" because it's packed with vitamins, minerals, and other nutrients.



Guavas

have nearly four times more vitamin C than oranges!



Frozen vegetables

are good. They're usually picked and frozen at their peak ripeness, so they're nutritious, too!

Get creative!

Mix and match these ingredients to design your own healthy meals. You'll find easy recipes and more on our Facebook page at www.facebook.com/AmidaCare



Food Facts



Store-bought juices
are way too sugary,
so I make my own.



DODGING DIABETES

by Miguel Angel San Antonio Santos
Amida Care member since 2010

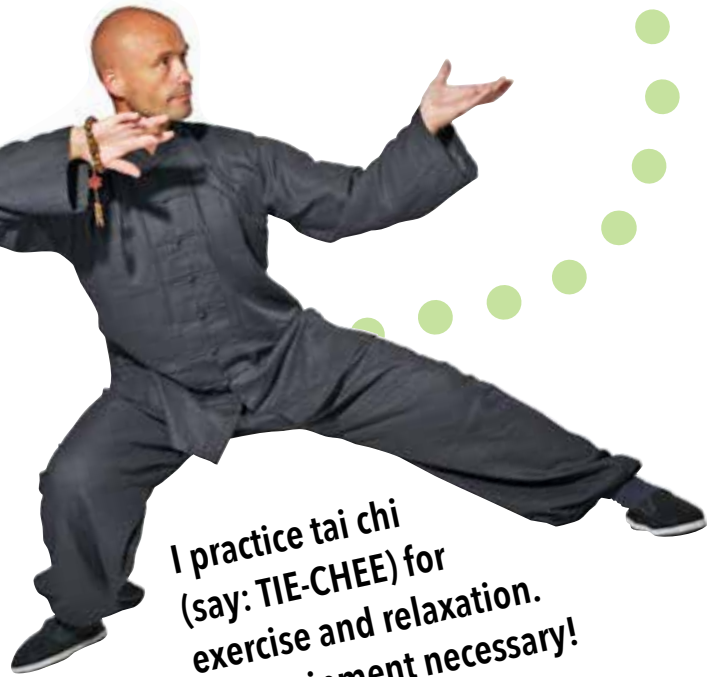
Two years ago, I found out I was pre-diabetic. My doctor is also my partner in health. Together, we created a strategy to lower my blood sugar and help me avoid developing diabetes.

Diabetes runs in my family. I knew I'd better act fast to take care of myself. I learned A LOT about diabetes prevention and turned things around by **changing my diet, getting more exercise, and practicing relaxation**. These days, my blood glucose level is under control.

I USED TO CRAVE RICE AND BEANS



Now, as an occasional treat, I eat quinoa (say: KEEN-WAH) with black beans because they're lower in carbs than other beans.



I practice tai chi (say: TIE-CHEE) for exercise and relaxation. No equipment necessary!



Serving size matters! Less is more.



For more tips and recipes, go to www.diabetes.org



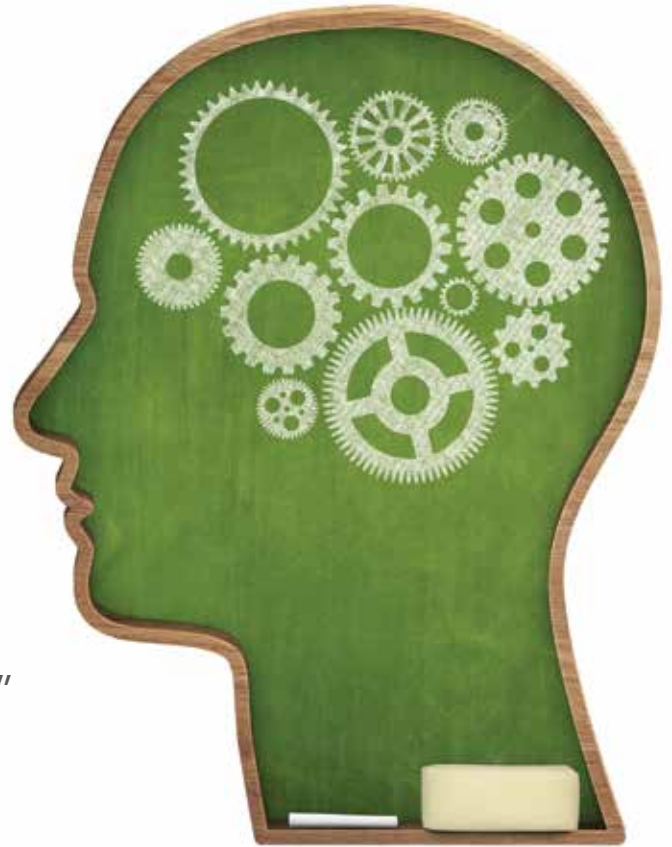
I learned how to make sense of food labels. Now I avoid high levels of sugar and carbs.

Use It or Lose It

EXERCISING YOUR MIND

As the old saying goes, we all strive for a “sound mind in a sound body.” Our brains need exercise, just like our “abs” and “pecs” do.

Here are some fun ways to flex those mental muscles!



Crosswords and Puzzles

Remember, most free newspapers in NYC offer crossword puzzles and other playful brain workouts.

Learn a New Skill

Learning new skills helps keep our minds agile. Want to try speaking a new language? Luckily, “there’s an app for that,” and it’s free! Go online to www.duolingo.com, or download the free **DUOLINGO** app on your smartphone.



Chess, Scrabble, Dominoes

Playing chess, word, number, and memory games is fun and helps us stay mentally sharp.



S U D O K U

			3
		2	
	3	1	
	1	3	4

The rules: Numbers 1 through 4 must be filled in, in each row, column, and box. Each number can only appear once!

See page 13 for both puzzle solutions.

C R O S S W O R D

1	2	3	4	5
6				
7				

Across

1. Body of water
6. Painkiller
7. Measuring instrument in water

Down

1. To lift something
2. Illinois
3. Blood vessels
4. Battery-operated car
5. Fashion of the past

Free on the Internet

Cyberspace is full of great brain games. Some of our favorites are:

www.websudoku.com

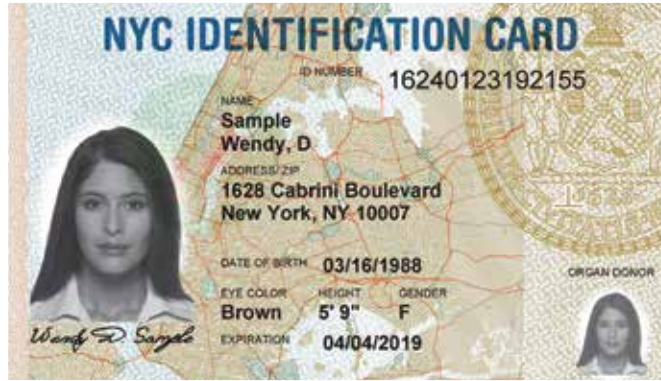
www.metro.us

www.aarp.org/health/brain-health/brain_games/



Want to learn English?

New York Public Library offers free classes. For more information, ask at your local branch or email: esol@nypl.org.



IDNYC, our city's new free identification card, serves as an official, broadly accepted form of ID.

Get "Freebies" with NYC ID

If you don't have your IDNYC card yet, you're missing out! This year even more benefits have been added for all New Yorkers who get this new identification card.

Just one of the perks that come with this card is "a year's FREE admission to 50 NYC museums, zoos, and other fun places across the five boroughs," like:

- Metropolitan Museum of Art
- Bronx Zoo
- New York Aquarium (Coney Island)
- The botanical garden in all 5 boroughs
- El Museo del Barrio
- Brooklyn Museum
- Museum of Modern Art
- Staten Island Zoo
- Studio Museum of Harlem
- Flushing Town Hall
- American Museum of Natural History
- Brooklyn Academy of Music
- Guggenheim Museum
- Museum of the Moving Image (Queens)
- Staten Island Museum

To get your IDNYC card and start enjoying all the perks, call 311 or visit www.nyc.gov/idnyc. It's fast and easy!

We **can't** END AIDS
without the
Black & Latino
Communities



AMIDA CARE
ABOVE AND BEYOND FOR YOU



DEBORAH STEER

Team Spirit & Commitment

An Amida Care staff member since 2014, Deborah Steer has received our Employee Recognition Award for her hard work and team spirit. Colleagues say that Deborah is humble about her skills and never expects praise for a job well done. In her role as Care Coordinator, she is "reliable, caring, resourceful, and dedicated to our members."

Deborah and her Integrated Care Team offer invaluable support to our members. She helps them find translators or get escorts to medical appointments. She works with those being discharged from the hospital to help them make arrangements to get adequate meals

and have their medications picked up. In one case, a member lost his desperately needed medical supplies. To his great relief, Deborah helped get his supplies back.

A registered nurse, Deborah is certified in wound care, as well as hospice and palliative care. She has many years of experience with HIV and the homeless. Born in Belize, Deborah lives in Harlem and has two adult children.

We salute Deborah on her Employee Recognition Award and for going above and beyond for Amida Care members!

Our HOME Program Help Is Available!

Amida Care's Homeless Outreach, Management, and Empowerment (HOME) program assists our members who are homeless or at risk of homelessness and connects them to vital health and social services. To contact us, call **844-704-HOME (4663)** or send us an email at: **HOME@amidacareny.org**



"I was living in a shelter... Amida Care helped me with housing issues. Now, instead of worrying about having a roof over my head, I'm focused on going back to school. I am starting a whole new chapter in my life!"

– Gloria, an Amida Care member

Answer Key for
"Use It or Lose It"
puzzles on page 9

R	I	V	E	R
A	L	E	V	E
I		I		T
S	O	N	A	R
E		S		O

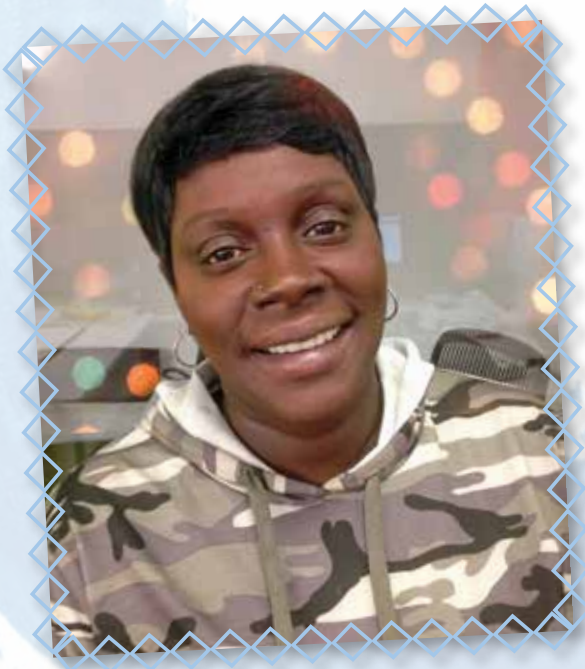
1	2	4	3
3	4	2	1
4	3	1	2
2	1	3	4

WIN!



"My aim is to become a peer navigator. WIN is teaching me the skills to be the best peer I can be..."

Michelle, WIN participant



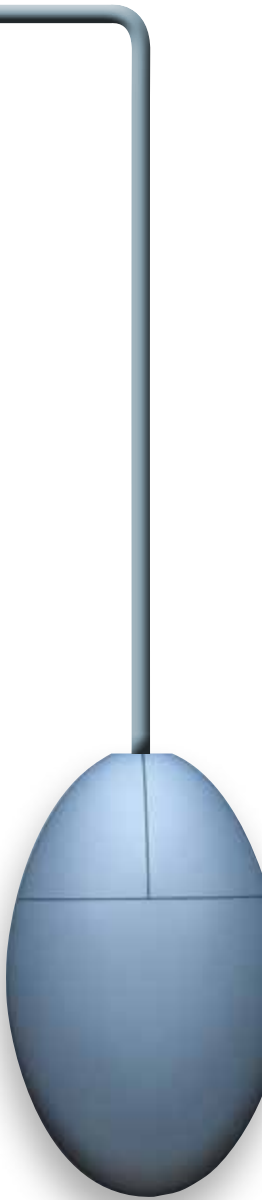
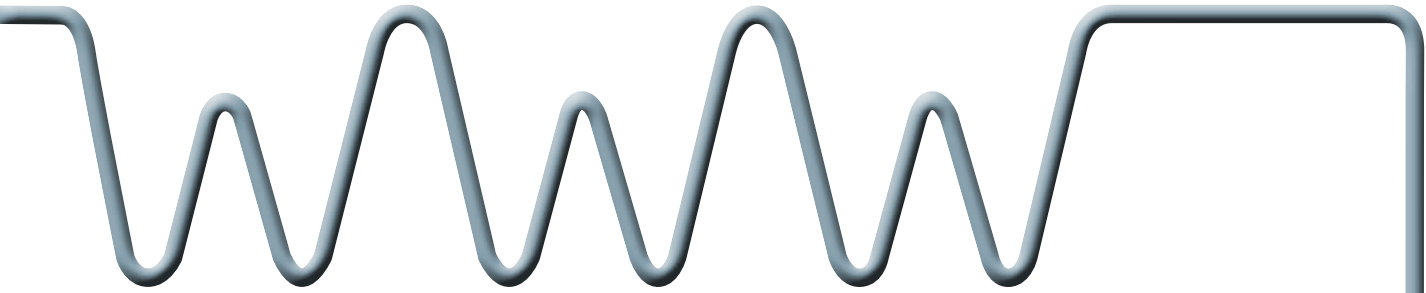
"The WIN program gave me the confidence and the skills to re-enter the workforce."

JoAnn, WIN graduate

Are you ready to get back to work?

If so, apply to take part in Amida Care's **Workforce Initiative Network**. WIN is a seven-week vocational training program that helps our members build marketable job skills. Although we can't make any promises, some WIN graduates may even receive part-time job placements!

This program is free to all Amida Care members who are eligible to apply and then selected to take part. To find out if you are eligible for WIN and learn how to apply, call **646-757-7618** or send an email message to: WIN@amidacareny.org



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

Since January 15, 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 re-certification or for any other reason. Another great result of Amida Care's being listed on the NYSoH website is that Medicaid-eligible health care consumers can enroll online.

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

*Remember to
Talk to Your
Doctor about...*



Cancer Screenings

You Could Earn Healthy Rewards



Even when you're feeling fine, having certain cancer screenings done can benefit your health AND your wallet! Both male and female Amida Care members could earn **Healthy Rewards** dollars for getting anal pap tests and colonoscopies to check for colorectal cancers. Women should also have mammograms and cervical pap smears. If these cancer screenings detect early warning signs, that could make treatment easier or more effective.

Ask your doctor when you are due to take these tests. Find out whether your screenings can be done during a routine visit, or if you'll need a referral to another physician.

*Once you're tested, rewards are usually processed in about a month and will appear on your **Healthy Rewards** VISA card. Be sure to keep and protect your card!*



Quitting Smoking

Kicking the habit can be hard, but the rewards are worth it. Get your doctor involved, and consider adding Amida Care to your support team, too. We have partnered with New York State Smokers' Quitline to help our members who want to kick the habit. Call us at **(646) 757-7609** and ask for **Manny Sese**. He will guide you through the enrollment process. You may also call **311** or **(866) NY-QUITS** (1-866-697-8487).

Breathing Easier with COPD

COPD (Chronic Obstructive Pulmonary Disease) describes several medical conditions that make breathing difficult. This diagnosis often follows a chest x-ray or a special lung test called "spirometry," which takes about 15 minutes to complete.

If you have COPD, here are some key steps to take:

- Ask your doctor and health care team exactly how to use your medications;
- Make your choice of hospital known. When a severe episode takes place, you may be hospitalized for your own safety;
- If you are hospitalized, fill all your prescriptions immediately after discharge, then keep your meds close at hand in your home. Sometimes it's hard to get to a pharmacy, so it's best to be prepared.

If a friend or relative has COPD, make sure they keep a current supply of all their medications available at home. And never smoke around a loved one with COPD. Smoke of any kind can make it hard for them to breathe!



SPRING
2016

Amida Care's "Live Your Life" Events



December: Sacred West African Dance

Clad all in white, master teacher and choreographer Nafisa Sharriff helped Amida Care members usher in New Year 2016 with traditional Sacred West African dance and a guided meditation. These December sessions of our monthly "Live Your Life" wellness event took place in Brooklyn, Bronx, Queens, and Manhattan, to the beat of drums played by Edward Jones.





Movimiento
con Ritmo
"Movement with Rhythm"



Our First Public "Live Your Life" Event

Free and open to all, Amida Care's first community-wide wellness workshop was held in the Bronx on Jan. 27. This Latin dance "Live Your Life" event called *Movimiento con Ritmo*, or "Movement with Rhythm," was made possible in part by support from NYC Council Member Ritchie Torres.

Winter Life Celebration

LOVE *fest!*





The turnout topped 200, with a record number of Amida Care members coming out to party down at our **Winter Life Celebration 2016**. We had a blast (alcohol-free), moving and grooving to the DJ's booty-shaking music. It being February, red Valentine hearts adorned the dance floor at 1199 SEIU Ballroom in Manhattan.



“As we emerge into a new cycle of light, I grow by the light of the sun toward positive change and creative expression.” - Susana R.

“A medida que emergemos hacia un nuevo ciclo de luz, voy creciendo por la luz del sol hacia un cambio positivo y la expresión creativa”.

ZEN
IN THE CITY

NY BOTANICAL GARDEN