



The AMIDA CARE View

Money, Money
MONEY!

DISCO PARTY
PHOTOS

SPRING
OUTINGS





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

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

“Behold, my brothers,
the spring has come.
The earth has received
the embraces of the sun,
and we shall soon see
the results of that love!”

— Sitting Bull
Sioux leader

Photographic Image Disclosure

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Follow us on social media:



www.facebook.com/AmidaCare



www.twitter.com/AmidaCareNY
(Twitter handle: @amidacareny)



www.instagram.com/AmidaCare



www.youtube.com/AmidaCare



Dear Amida Care Members,

As spring approaches, this is a great time for setting new goals for self-care. With that in mind, in this issue we offer simple, practical tips for managing your money wisely. You will also find suggestions for staying active by getting out and enjoying life in our city throughout this season and all year long.


At a time of many changes in our city, state, and nation, we want to reassure the entire Amida Care family that we are here for you. We remind you how important it is to understand your rights and maintain your access to health care, with our full support and advocacy every step of the way. All of us have the right to receive care that will enable us to live full lives, and at Amida Care, we will always fight to preserve that right.

In unsettling times, we at Amida Care hold to our deepest values and ideals. We've been advocating for justice, equality, compassion, and love since we were founded more than a dozen years ago, and we pledge to continue these efforts on your behalf. Always consider us a safe place for you to express your concerns and seek helpful resources. Above all, know that we celebrate the value that each of you brings to Amida Care.

Abrazos,

Doug Wirth

Doug Wirth, President & CEO



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

YOUR MONEY AND YOUR LIFE!

SOME HELPFUL TIPS

MAKE MATH YOUR FRIEND

Simple arithmetic can show you how to tighten your budget. For instance, if you buy a cup of coffee every day – even if it costs just \$1 at the bodega – add up how much it costs you in one year. By making instant coffee at home instead, you could start putting part of that \$365 into a rainy-day fund for emergency expenses.



3 EASY MONEY-MANAGEMENT TECHNIQUES



Sticking with these practices for just a few days will give insights into what you're buying and why.

- \$ Think back over the past three days and list every time you spent money, large and small. Just doing this exercise can help you pinpoint ways to save.
- \$ For one week, jot down a record of everything you buy, then review your notes. Notice any changes you could make, no matter how small, to improve your bottom line.
- \$ Wear an "awareness bracelet" or wrap it around your wallet. (Even a rubber band will do!) Each time you spend money, you'll be reminded to ask yourself: Do I really need this?

SET YOUR FINANCIAL GOAL



Decide what you want, and picture it as if it is already a reality. Write it down, believe it, set a deadline, and create a plan. Every day, take an action that brings your goal a step closer. Your goal is all yours – whether it's becoming debt-free, building up your savings, or setting aside enough to buy a new laptop, take a class, or move to a nicer place. Be a pit bull, and don't loosen your grip until you meet your goal!

RAUL BAEZ, Amida Care's Supervisor of Outreach Programs, teaches financial literacy to people incarcerated in New York State. He is willing to help our members with questions on money management. You are welcome to call Raul at **646-757-7687** or email him at **rbaez@amidacareny.org**

CHECK YOUR CHECKING AND SAVINGS ACCOUNTS

Keep only enough in your checking account to pay monthly bills, with a little extra to cover expenses. Your savings account should hold the money that you are saving up for emergencies, so you can access it fast. To avoid paying costly fees at out-of-network ATMs, choose a bank with plenty of branches nearby, and stay on top of how many withdrawals you make. Another way to avoid paying fees on withdrawing money is to use the cash-back option on your debit card at supermarkets or pharmacies.

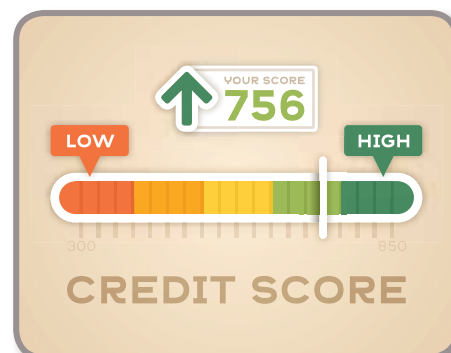


GOOD CREDIT KARMA

Do you know how to properly handle phone calls from debt collectors? Never mention money or repayment in these conversations, which are always recorded. The ONLY thing you should say is: "Please mail me a copy of my original contract and all your contact information. I will follow up with you after I review it."

KEEPING SCORE

Before using your credit card, figure out how long you will need to pay off the total amount. Longer than six months? Then you probably should not make the purchase because you will have to pay too much money in interest fees. And remember: one missed payment brings your credit score down 75 points. It takes two years of on-time payment to get those points back!





Turning 65 Soon?

Be Sure to Enroll in Medicare!

Happy birthday to our Amida Care members who were born in 1952 and will turn 65 this year! At age 65, you become eligible for Medicare. We want to encourage every Amida Care member who is eligible for Medicare to apply for it – about three months before your 65th birthday. At about that time, you should receive a letter in the mail that will tell you how to enroll in Medicare.

Signing up for Medicare is very important because under new policies, your Medicaid coverage could end when you turn 65, but Medicare will continue to cover you. Just a reminder: Amida Care currently does not offer Medicare products.

If you will be celebrating your 65th birthday in less than three months and have not yet received a letter from Medicare, please call **1-800-MEDICARE (1-800-633-4227)**, or **TTY: 1-877-486-2048**. They can advise you on how to complete your enrollment paperwork. If you prefer, go online at www.medicare.gov for more information.

Are you an Amida Care member?

Was your HIV detectable the last time you had blood work?

Do you regularly fill prescriptions for treatment (ARVs)?

You may be eligible to participate in a research project about your health.

Participants will receive \$50 for participating in an in-depth interview.

To find out if you are eligible, please call **646-774-6903** or email ToccoJa@nyspi.columbia.edu



Spring Outings

Places to Go, People to See

It's time to spring into action! Are you up for celebrating the 150th anniversary of Prospect Park – or meeting the hottest new authors at free public readings? Here are some ideas to get you out there having fun this spring:

BRONX

Take a quick trip to Havana when you visit the Bronx Museum of the Arts. Through July 3rd, “Wild Noise/ Ruido Salvaje” showcases 60+ works by Cuban artists from the 1970s until today.



Also on view: “Reflecting on the Familiar,” a huge, seven-part painting of the Bronx by artist Daniel Hauben, who grew up in Kingsbridge Heights. Go to: www.bronxmuseum.org

MANHATTAN

At 7 p.m. on many weekday evenings, Barnes & Noble bookstores host free public readings and Q & A sessions with notable new authors. Check listings under Stores and Events at www.bn.com

- Union Square (33 West 17th Street at Union Square)
- Upper West Side (2289 Broadway at 82nd Street)
- Upper East Side (150 East 86th Street)





BROOKLYN

Not to be outdone, Brooklyn got the same designers who had created Manhattan's Central Park to build Prospect Park back in the 1860s. This year, all are welcome to mark its 150th birthday by enjoying everything from basketball or bird watching to fishing and free concerts. For details: www.prospectpark.org

QUEENS

Visit Jamaica Center for Arts & Learning, at 161-04 Jamaica Ave. Through May 30th, see "The Genius of Geoffrey Holder," a special exhibition on the late, great Trinidad-born actor, choreographer, and designer. For more: www.jcal.org



**THE GENIUS OF
GEOFFREY HOLDER**



STATEN ISLAND

Get in free all year at Snug Harbor Cultural Center and Botanical Garden and other SI landmarks with your IDNYC card. Available to all New Yorkers, this card serves as an official, widely accepted ID. It also entitles you to free, yearlong membership at zoos, museums, gardens, and other special spots in all five boroughs. Call 311 or go to: www.nyc.gov/idnyc



Talk to your doctor about...



Quitting Smoking

If you are trying to kick the habit, Amida Care can help. There's more to quitting than just not lighting up. Most people try more than once before they reach their goal.

Recently, Amida Care made it easier for members to obtain medications that help with smoking cessation. Interested? On your next visit, speak to your Primary Care Provider (PCP) about whether a smoking cessation prescription would be right for you. The two types include:

- **nicotine replacements** to take the place of the chemical in cigarettes that causes addiction, or
- **medications** that cut down on cravings to smoke. They help you focus on other things in life.

Either type can make quitting easier on your body and mind. Using both types of prescriptions together has been found to greatly increase the success rate of those who try to stop smoking. Options to discuss with your doctor include nicotine replacement patches, gum, lozenges, nasal sprays, or inhalers. Or you could try the medications Chantix or Bupropion.

Other ways to get more information include calling the New York State Smokers' Quitline at **1-866-NY-QUITS (1-866-697-8487)** or calling Amida Care at **646-757-7609** to speak with Manny Sese. He will guide you through the enrollment/intake process.

A lot of support is here to help you quit. We want to see you make it to the finish line and stop smoking for good. Reach out today!



Naloxone

prevents opioid overdoses

Opioids – controlled substances like oxycodone, Vicodin, or Percocet – are often prescribed as painkillers.

When taking opioids, there is always a risk of overdosing – so it's a good idea to be prepared.

Talk to your doctor or pharmacist about how to save lives by getting naloxone (**say: nahl-OX-own**) and learning how to use it. Naloxone may be taken by nose and can reverse the effects of an opioid overdose, so keep it handy in your first aid kit.

Visit www.nyc.gov to learn how to spot the signs of an opioid overdose. If you suspect someone is having an overdose, the first thing to do is to call 911. For a free DVD about opioid overdose prevention, call 311.

For more information on naloxone and to access a complete list of pharmacies and community-based programs that offer naloxone for free, go to www.nyc.gov/naloxone.

**NALOXONE
saves lives!**

HELP US TO HELP YOU!

FILL OUT YOUR RHIO CONSENT FORM TODAY

RHIOs are Regional Healthcare Information Organizations that protect the confidentiality of your health care data while also safely sharing it with your doctor and specialists. Amida Care members belong to two RHIOs – **Bronx RHIO** and **Healthix** – that together cover all five boroughs of New York City.

We want to remind our members to fill out and submit your RHIO consent form as soon as you can. If you re-enrolled in Amida Care after a break in membership, you will need to fill out a new RHIO form.

Please go to our website at www.amidacareny.org to download and print out a RHIO consent form in English or Spanish. After you fill out and sign your form, give it to an Amida Care representative or mail it to us at: Amida Care, 234 West 35th St., New York, NY 10001.

Signing a RHIO consent form will keep you from having to repeat some lab tests, and it will also provide every doctor and specialist you visit with an up-to-date

list of your medications and test results. Your RHIO will notify Amida Care if you visit an emergency room or are admitted to or discharged from a hospital.

So help us to help you! Visit our website at www.amidacareny.org to download and fill out your RHIO consent form. If you have any questions, call Member Services at 800-556-0689.



Coping with **GRIEF** and **LOSS**



Losing someone or something you love – a relationship, a job, one's health, or even a cherished dream – can feel overwhelming and bring up a wide range of painful emotions. Feeling like this sadness may never end is a normal reaction to significant loss. There is no right or wrong way to grieve, but there are healthy ways to cope with pain that can renew your spirit and help you to move on.

Dr. Elizabeth Kübler-Ross, a pioneering expert on grief and loss, once said: "You have a choice. You

can suffer now, or you can suffer more later." She noted that "denial" of pain doesn't make it go away. It simply delays healing. Acknowledging one's feeling of loss is important. You could share a photo, plant a tree, or just sit quietly to journal, meditate, or talk with a trusted person about your loss.

If you're struggling to cope with loss or grief, don't hesitate to reach out to Amida Care Behavioral Health at **866-664-7142**. We're here for you!



FUN AND DANCE

**HIP HOP
BACHATA
SALSA &
CARIBBEAN
DANCING**



MEDITATION

New Beginnings

LIVE YOUR LIFE WELLNESS EVENTS

MEDITATION: New Beginnings

At our Live Your Life events in January, Nafisa Shah helped Amida Care members usher in a new year of peace and prosperity by leading exercises in deep breathing, guided imagery, and other types of meditation.

FUN AND DANCE

In March, our members moved and grooved to the beats of salsa, bachata, hip hop, and other kinds of Caribbean music at Amida Care's monthly Live Your Life gatherings across New York City. These wellness events teach members how to stay healthy while enjoying themselves at the same time.

Follow **Amida Care** on social media



For up-to-date information:

Like us on Facebook at www.facebook.com/AmidaCare

Follow us on Twitter at www.twitter.com/AmidaCareNY; Twitter handle: @amidacareny

Follow us on Instagram at www.instagram.com/AmidaCare



DISCO

Friday Night Fever
Winter Life Celebration





"Friday Night Fever" sizzled on February 24th as a record turnout of 300+ Amida Care members took to the dance floor of the PennTop Ballroom in Manhattan's landmark Hotel Pennsylvania, high above Herald Square. Afro wigs, bell-bottom pants, dashikis, and polyester were on parade, as partygoers decked themselves out in vintage disco fashions from the '70's and '80's. Our 2017 Winter Life Celebration was a night to remember!



NOTICE OF NON-DISCRIMINATION

AMIDA CARE COMPLIES WITH FEDERAL CIVIL RIGHTS LAWS. AMIDA CARE DOES NOT EXCLUDE PEOPLE OR TREAT THEM DIFFERENTLY BECAUSE OF RACE, COLOR, NATIONAL ORIGIN, AGE, DISABILITY, OR SEX. AMIDA CARE PROVIDES THE FOLLOWING:

- 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 has 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

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
אויפֿמערקזאָם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט 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



ZEN
IN THE CITY

**“Spring is a good time to
reach for the skies.”**

- Susana R.

**“La primavera es un buen
tiempo para alcanzar
los cielos”.**

