



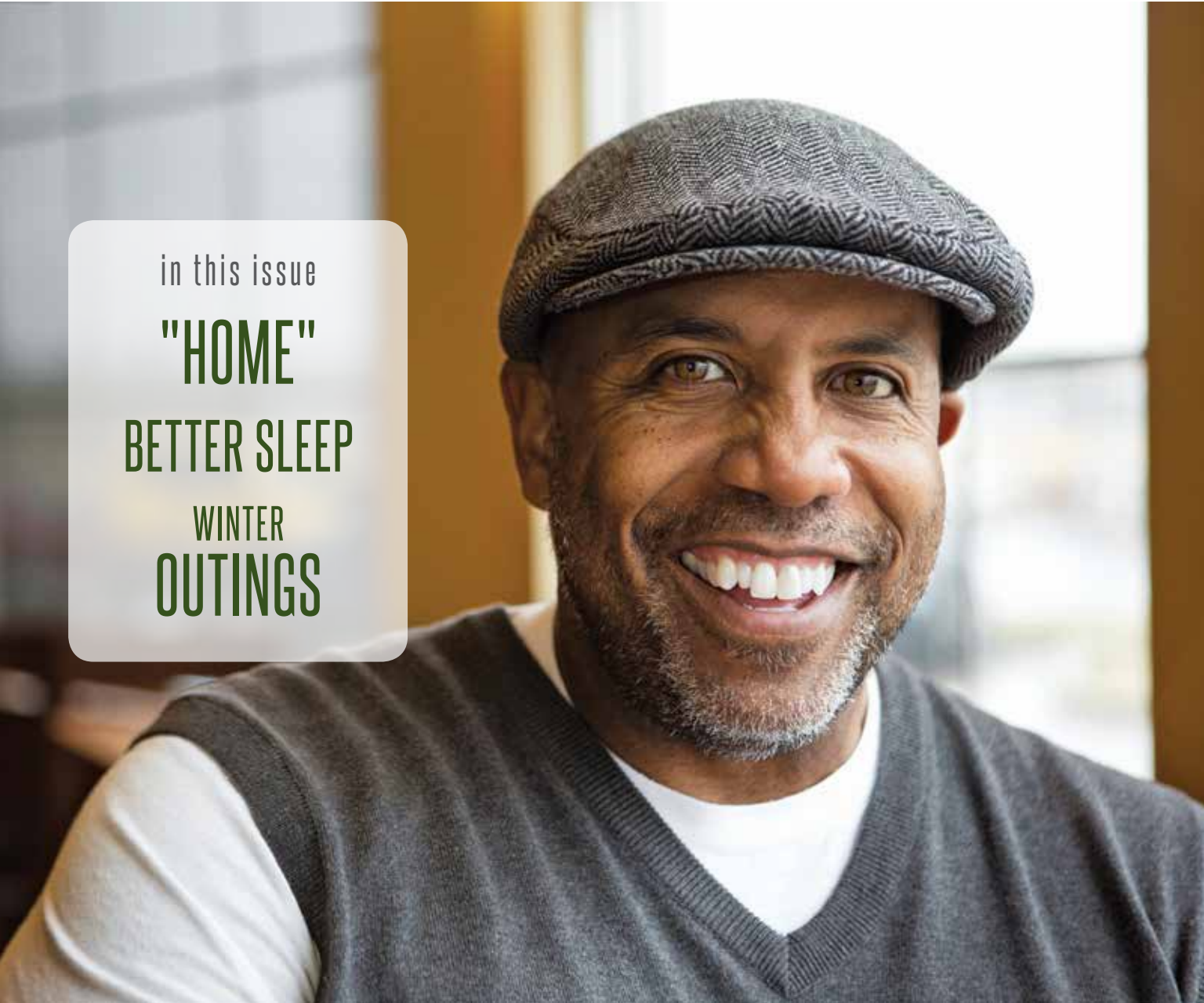
The AMIDA CARE View

in this issue

"HOME"

BETTER SLEEP

**WINTER
OUTINGS**





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www.amidacareny.org**

"Winter is the time for comfort, for good food and warmth. It is the time for home."

– Edith Sitwell

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Dear Amida Care Members,

Winter often signals an end to one year and a fresh start as the new year unfolds. At this turning point – as we anticipate the joys and challenges of 2016 – I wish you well and share this latest issue of our member magazine, **The Amida Care View**.



When the winter temperature drops and we go indoors, our focus naturally shifts to thoughts of a warm home and safe shelter. Amida Care believes that affordable housing is key to creating a healthier New York.

No matter where you call “home,” our cover story **"Home" Is Where the Heart Is** on Page 3 offers useful tips for creating a more comforting space. And while we’re enhancing our homes as places of refuge and self-renewal, why not check out some **Easy Ways to Save Money at Home** on Page 5.

We take pride in the progress achieved by our members working with Amida Care’s HOME (Homeless Outreach, Management and Empowerment) program. Turn to Page 9 to read a couple of recent success stories in **HOME Program Hits Home Runs**.

Also in this issue, we proudly spotlight two members of our Amida Care family: member Denice Roberts and Dee Colon, a transgender woman who is one of our longest-serving staffers. Don’t miss **Fierce NYC Fashionista on a Budget** on Page 10 and **Meet Dee Colon** on Page 12.

Staying healthy and active is hopefully high on your list of New Year’s resolutions (again). **Get On Out!** shares suggestions for fun, free winter outings across the city on Page 6. In every season, Amida Care doctors and nurses make no bones about the fact that sunlight and sound nutrition are needed to keep bones strong and healthy. Learn more by reading **Dem Bones** on Page 16.

Finally, for a scrapbook of our most recent Live Your Life events, flip to the **Amida Care Slideshow** on Page 18. That’s where you’ll also find the backstory about Amida Care’s 2016 calendar, featuring artwork created by our gifted members! For more views of this artwork and some extra content about home improvement and other stories, please follow us on Facebook at www.facebook.com/AmidaCare.

Enjoy this new issue and the new year!

Abrazos,



Doug Wirth
President & CEO



"HOME" IS WHERE THE HEART IS

Cold winter months can bring out the homebody in even the most adventurous New Yorker. 'Tis the season when we – like the bears and other creatures of the wild – spend a little more time hibernating. Our homes become a welcome refuge from snowdrifts, icy winds, and hectic city streets.

Above all, “home” is a place of sanctuary and a state of mind. It’s where we feel safe to get centered and be ourselves, whether alone or with loved ones. Home is our place to experience both the joys and challenges of this season.

Here are some ideas to help us make home a place of support and self-renewal:

- **PRACTICE GRATITUDE** – Each time we walk through the door, let’s whisper a word of thanks to our homes for giving us shelter and being a personal creative space. Expressing these positive thoughts makes any home a more loving place.
- **SPRUCE UP YOUR FAVORITE CORNER** – Come up with some ways to make your favorite little area more comfortable and inviting. This is a good spot for things that spark joy and make you happy, like your favorite photos, artwork, or books.

- **CLEANSE, WHEN YOU’RE READY** – If you feel up to it, move beyond your favorite “corner” to other parts of your home. You could consider getting rid of stuff you no longer want or need or donating it to a local thrift store.
- **INVITE FRIENDS HOME** – Another way to enhance your space and warm your heart is to spend time with loved ones. What better way to connect than to invite a friend or family member over for coffee, a casual chat, or a game of cards or dominoes?

For more suggestions on making home even homier this winter, visit us on Facebook at www.facebook.com/AmidaCare.



1



Stock up: Grocery stores tend to hold special sales at regular intervals. Save on almost everything – including needed paper products – by stocking up when prices are lowest.

2



Make your own drinks: Carry coffee or tea with you in a travel mug, which you can buy for under \$10. Drinks cost only pennies when you make them at home, but way more at Starbucks or elsewhere. You'll also help our environment by cutting back on paper cups.

3



Get a library card:

You can borrow books for free and save on movies and music by borrowing DVDs and CDs. Read the latest magazines, surf the Internet, and remember that the library also offers free classes on how to use computers. (For details, see “Get On OUT!” on page 6.)

Easy Ways to Save Money at Home



4

Turn off electronic devices when not in use: If you get a monthly electric bill, save by shutting down computers or putting them in sleep mode. Unplug chargers when they are not in use. Many keep drawing power, even when they're unconnected to a device.

5



Cut back or eliminate cable service:

Lots of people are saving money lately by reducing or getting rid of cable services. YouTube offers lots of free content, and Netflix costs under \$10 a month – but to stream that content, you'll still need Internet access.



Change your billing cycle:

Help yourself budget better by calling the number on your bill and requesting changes to your billing schedule. That way, most of your bills will arrive at roughly the same time – or when you expect to have more money on hand to pay them.

6

Get On OUT!

Free Winter Outings in NYC

Free and fascinating exhibitions are everywhere this winter



Carnegie Hall's Rose Museum showcases the hall's world-famous history of great performances. Open daily, 11 a.m. – 4:30 p.m., at 154 West 57th Street, 2nd floor.

Night and day and in every season, the bright lights of New York keep burning. Grab your coat, get your hat, and get on out there! With gloves in hand and warm socks on your feet, explore all the fun stuff going on for free in our city that never sleeps. (And while we're on our way outside, let's take the stairs down to the ground floor. The exercise will do us good.)

Just getting a library card is all that's needed for an all-access pass to the rich offerings of the New York Public Library system, serving Manhattan, Bronx, and Staten Island. Free use of computers and classes on everything from using the Internet to sending email and more are available – even a typing course – at 92 branch locations from Sedgwick Library in the Bronx to the Schomburg Center for Research in Black Culture at 515 Malcolm X Boulevard in Harlem. Visit www.nypl.org for details. Computing and other classes are also available at Brooklyn Library (www.bklynlibrary.org) and Queens Library (www.queenslibrary.org).



The Transit Museum Annex, next to the Station Master's office in Grand Central, is free and open every day except Thanksgiving and Christmas. The annual Holiday Train Show runs through February 21, with a 34-foot-long model railroad layout and vintage toy trains.



Monthly, on first Saturday evenings, **Brooklyn Museum** (at 200 Eastern Parkway) holds an open house party, with live music and much to see, from 5–11 p.m.



The Bronx Museum of the Arts at 1040 Grand Concourse is always free and open Thursdays through Sundays, 11 a.m.–6 p.m.



The Studio Museum of Harlem (at 125th Street & 7th Avenue) admits guests free every Sunday, noon–6 p.m.



Feast your eyes at the **Museum at FIT** (Fashion Institute of Technology), Seventh Avenue and 27th Street in Manhattan. Hours: noon–8 p.m. on Tuesdays–Fridays. Saturdays until 5 p.m.

With gloves in hand and warm socks on your feet, explore all the fun going on for free in our city that never sleeps.



In Staten Island, Fridays are free at the “living museum” called **Historic Richmond Village**. Enter at 441 Clark Avenue, and go house to house in a 400-year-old colonial town.

Awards to Amida Care from American Liver Foundation & Acacia Network

The American Liver Foundation (ALF) presented Amida Care with the Spirit of New York Award at their Greater New York Division's Honors Gala in the fall. Doug Wirth, our President and CEO, thanked our sponsors and providers, whose support helps our members attain good health outcomes – such as curing 400 cases of hepatitis C. The ALF is dedicated to research, prevention, treatment, and a cure for liver disease, which affects 30 million Americans.

Doug Wirth was also honored with a Health Care Leadership Award from Acacia Network, an Amida Care sponsor and NYC's largest Latino-founded nonprofit. Acacia is a community-based organization that offers health, housing, education, and economic development services.



We Help Kick Off National Latino AIDS Awareness Day

Amida Care joined our community partners at City Hall for the kickoff of National Latino AIDS Awareness Day on October 15. The annual theme, "You and I Will Defeat AIDS/ Tú y Yo Derrotaremos al SIDA," encourages Latino communities to get informed about and tested

for HIV, and – if HIV positive – to seek and maintain medical care. Nationally, Latinos comprise nearly a quarter of all new HIV infections. They represent 16 percent of the U.S. population, but they comprise 19 percent of those living with HIV.

ALPHA Scholarship Goes to an Amida Care Member

Congratulations to Amida Care member, Joey Robinson, who was awarded a Jamie Drake Scholarship for 36 weeks of tuition-free training in the decorative arts at Manhattan's prestigious ALPHA Workshops School. Joey, 39, a Bronx resident, joined us in 2010. Drake is a world-famous interior designer based in New York City. ALPHA Workshops School is the only U.S. organization that offers training in the decorative arts to people living with HIV/AIDS and other disabilities. To apply, contact Randi: email her at randi@alphaworkshops.org or call (646) 692-8091.



Amida Care Sponsors Transgender Health Conference

A distinguished lineup of transgender clinicians from across the nation joined NYC and state politicians at Community Healthcare Network's fifth annual Transgender Health Conference, sponsored in part by Amida Care. LGBTQ physicians, nurses, and behavioral health professionals presented their latest findings, insights, and challenges at this daylong gathering, held at Pace University in fall 2015.

Panelists and attendees discussed urgent health issues affecting the transgender community, including a lack of reliable public health data, disproportionately high rates of HIV/AIDS, and the global epidemic of discrimination and violence.



Our HOME Program Hits Home Runs!

Amida Care recognizes that housing has a major impact on health. Our Homeless Outreach, Management, and Empowerment (HOME) program helps members stay housed and manage their lives. As our President and CEO Doug Wirth says: "Supportive housing is at the heart of creating a healthier New York."

Here are some recent HOME program success stories:

- MARY (not her real name) went through three housing placements in the last five years. After spending 37 days in the hospital, she was in danger of losing her housing again. Thanks to the intervention and hard work of one of our HOME Specialists, this member was discharged and succeeded in returning safely home.
- JOE (not his real name), now in his 60s, has been dealing with homelessness for many years. He once moved 100 times in a year. With help from our HOME program, he just reached a personal milestone. For the first time ever, he has stayed in a temporary housing situation for more than 90 days. Our HOME TEAM is actively counseling him to help him transition to a more permanent setting.

Denice Roberts

Fierce NYC Fashionista
On a Budget



Member Opens Her Closet & Shares Fashion Secrets

Denice Roberts, an Amida Care member since 2010, also works in our Manhattan headquarters as a part-time Office Assistant. Wherever she goes, Denice turns up looking fresh and fabulous – with loads of personality to match her outfits. A born “diva,” Denice isn’t shy about rocking her keen fashion sense – or sharing her tips for looking “fierce” without going over budget.

“Shop your closet”
and combine pieces unexpectedly.



DENICE'S FASHION TIPS

Create and Follow a Morning Fashion Routine

Assess how you feel each day, and pick out your outfit accordingly.

- Feeling down? Use color to give yourself a boost, or don your favorite garment.
- If you're feeling great, let your choice of dress express it!
- Dress for your body type. Curvy? Wear belts to accentuate your waist and long necklaces to elongate your figure. Slim? Choose accessories that focus on your best features.

Fashion Budgeting 101

- Pay monthly household bills, then set aside money for clothing. Be patient and build your wardrobe slowly.
- Window-shop often, visiting stores that fit your budget. Start by imagining yourself in a new outfit.
- Check out thrift shops and sales – and watch for the best deals!
- “Shop your closet” and combine pieces unexpectedly.
- Stretch your dollars. If you have \$20, buy leggings – then mix and match with your tops.

“Cinderella” Says:

- Shop for shoes at day's end – when feet are swollen and at their largest.
- Are the shoes you found comfortable, durable, cute, and on sale? Buy in a few colors!
- Spend more on “go-to” shoes, worn daily – but scrimp on pairs for special occasions or limited use.
- Must-have colors: black, brown, and shades that work with your wardrobe.

Latest Trends

- Find out what the season's top color is and build your wardrobe accordingly. Pair with complementary shades.
- Be age- and body- appropriate. Just because it fits doesn't mean it's right for you.

Denice's Clothing Care Tips

- Washing clothes by hand is a lost art. It's an ideal way to preserve material and make your favorite clothes last longer.
- If you must use a washing machine, set it to the delicate cycle.
- Save money by dry cleaning only when absolutely necessary.

DEE COLON

Serving Our Members with Pride and Passion



Meet one of our hardworking Member Representatives

Dee Colon, a transgender New Yorker with a career-long commitment to our members and her community, is one of Amida Care's longest-serving employees. In 2006, when Dee joined our staff, we were known as Vida Care. Over the years, Dee's fluency in Spanish as a second language is just one of many skills she has used in support of our members and our mission.

Dee is a lifelong resident of Fresh Meadows, Queens. "It wasn't the easiest place to grow up," she says. "By age 2, I knew who I am. I could not hide it," Dee recalls. "I used to sit on the fire escape, knowing that I would get [gender reassignment] surgery someday... It was another era, with a lot of shame and punishment. Rejection in the home was common, but I have always been quiet and self-protective."

Aware that transgender Americans face employment discrimination and higher poverty rates, Dee knew getting an education was crucial. At Queens College, she joined the campus Gay and Lesbian Union as a grassroots activist – one of only a few students who put the T in LGBT.

Throughout her 10 years with Amida Care, Dee has served her community and our members striving to live better with HIV/AIDS, housing problems, and issues related to behavioral health and other chronic conditions.

Dee recognizes the struggles of transgender women and men. "Things have started getting better, with more discussion in the media. People are getting more accustomed to us, and being a transgender American is becoming more mainstream," she says. "In some cases, there is less fear of being ridiculed and shamed or subjected to housing and job discrimination, hostility, and violence. But not everyone is getting on the bandwagon. Transgender women and men are still targets in some communities and are still being ostracized by society... The struggle continues."

For more on these issues – including a short piece on showing respect for transgender people – find us on Facebook at www.facebook.com/AmidaCare.

"Things have started getting better, with more discussion in the media. People are getting more accustomed to us, and being a transgender American is becoming more mainstream."



Get more ZZZs in your Sleep

Bears hibernate in winter – but when people sleep too much, it could be the sign of a problem. The dark months of the year can be an ideal time to fine-tune our sleeping habits.

Here is some helpful advice from an expert on how to get the right amount of rest in wintertime and all year round:

- **Avoid daytime naps.** Resting during daylight can throw off your sleep patterns.
- **Avoid nicotine in cigarettes, caffeine in coffee or tea, and alcohol right before bed.** These stimulants make it harder to sleep. Alcohol can actually wake you up, as your body processes it.
- **Exercise promotes good sleep.** Work out most intensively in morning or late afternoon. Yoga and relaxing activities can be done just before bed.
- **Avoid eating late at night.** A heavy meal before bed can keep you awake. And remember: chocolate has caffeine.

- **Expose yourself to natural light.** Don't let winter keep you from getting outdoors in the daylight. Regular exposure to sunshine can help you keep a healthier sleep cycle.
- **Start a bedtime routine.** Avoid situations or talks that are emotionally upsetting just before you go to bed. This is not the time to think about problems.
- **Beds are for sleeping or sex.** If you have trouble sleeping, it helps to cut back on reading, watching TV, listening to the radio, and checking your smartphone in bed.

Wake up feeling rested, and you'll be ready for a great day.



Dem Bones

Many New Yorkers are at risk for brittle bones – which can lead to fractures or breaks. The longer we live, the weaker our bones can get. Medically speaking, a bone’s strength is called its “density.” The denser the bone, the stronger it is.

Vitamin D and calcium help keep bones strong. Sunlight on our skin signals our bodies to produce vitamin D, but many New Yorkers don’t get enough outdoor sunshine – especially in winter! So... if we aren’t getting enough vitamin D or eating enough calcium-rich food, our bones may not stay dense.

Calcium reaches our bones through foods like milk, yogurt, cottage cheese, and hard cheeses. Green vegetables are another good source of calcium, especially broccoli, collard greens, and kale. And be sure to check labels. Some foods – including cereals, juices, and soy – are fortified with calcium.

Your Primary Care Provider (PCP) can tell you how much vitamin D and calcium you need. Your blood can be tested to check these levels, especially for vitamin D. Food seldom provides enough vitamin D. Therefore, your doctor can advise you on whether or not to take a vitamin D supplement.

You may also be asked to take a bone density test. It’s easy and only takes 5 to 10 minutes. The machine uses less radiation than getting an x-ray. Without any injections or other preparations, all you have to do is lie on an open table.

Other risk factors for low bone density include:

- Smoking
- Low body weight (under 127 pounds)
- Drinking more than three servings of alcohol a day
- Being a post-menopausal woman
- Living with certain medical conditions, including diabetes and chronic liver disease.

One final word: New Yorkers with low bone density often break bones at home, just by tripping over a rug. Making your home fall-proof is good for your general health and bones.



SAY **NO** TO THE WINTER BLUES

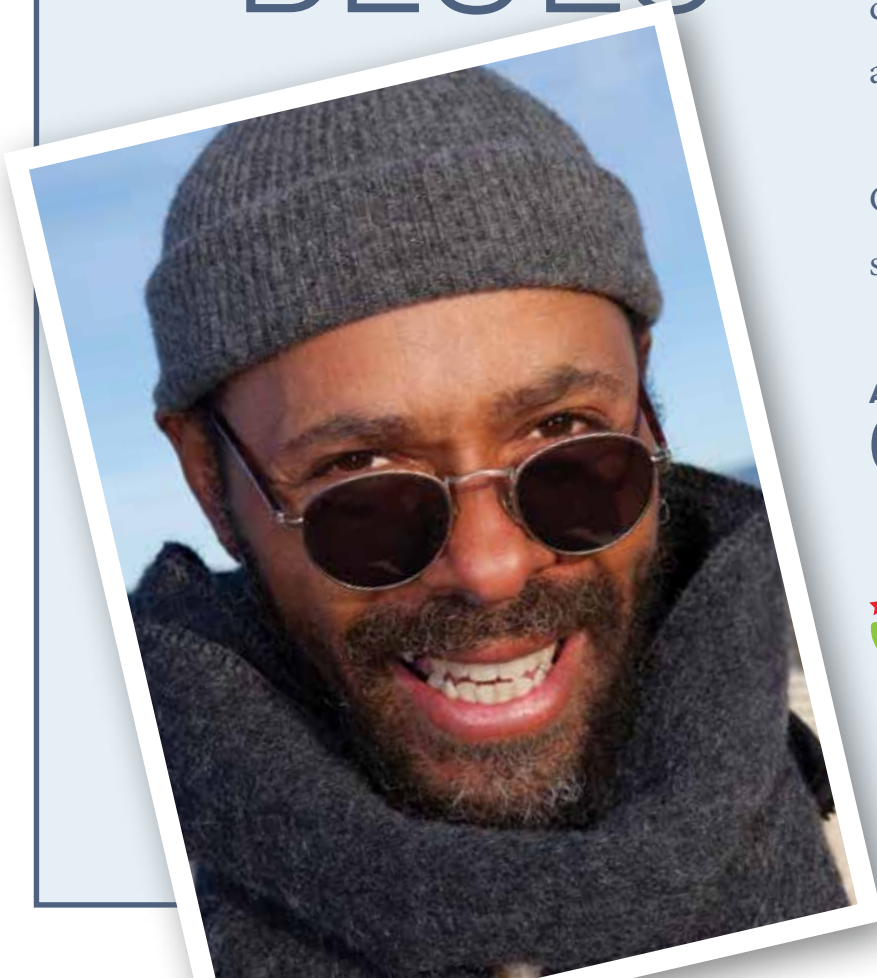
It's very common to experience stress or feel low (also called depression) during the winter months. It can affect your mood and hurt your health.

AMIDA CARE CAN HELP!

Your Amida Care benefits include treatment for depression, stress, and alcohol and drug issues.

Call us today to find out what services are available to you.

AMIDA CARE BEHAVIORAL HEALTH
(646) 786-8650



The 2016 Art Calendar Is Here!

Every year we look forward to putting on one of our most exciting events: the Amida Care Calendar Art Contest. Our members and clients who attend Adult Day Health Care Programs (ADHCPs) are eligible to submit their artwork. This year we received more than 90 entries. Gorgeous paintings filled our office!

On October 15, Amida Care's Member Advisory Council (MAC) gathered to review all the artwork and choose the winning creations that appear in our beautiful 2016 Art Calendar. Enjoy these photos that show our MAC judges at work.

Most entries to our contest come from art therapy programs within ADHCP sites. These groups are led by Art Director/Therapists trained to guide those who want to grow creatively through drawing, painting, sculpture, photography, or other artistic media. And every year, one of Amida Care's Live Your Life events is focused on art therapy, to give our members access to an art therapist and facilitator.



This year, as always, Amida Care's calendar art was selected by 15 MAC members. Their task was to judge the artwork fairly and impartially, using this three-round process:

- 1) MAC members chose the entries that best represent life, healing, and our Amida Care mission;
- 2) MAC members cast votes to determine their top choices; and
- 3) Fourteen pieces of art that receive the most votes are selected to appear in Amida Care's 2016 calendar, along with eight "honorable mention" pieces.

The two paintings that got the most votes appear on the covers of our new calendar. The remaining 12 represent the months of January through December 2016.



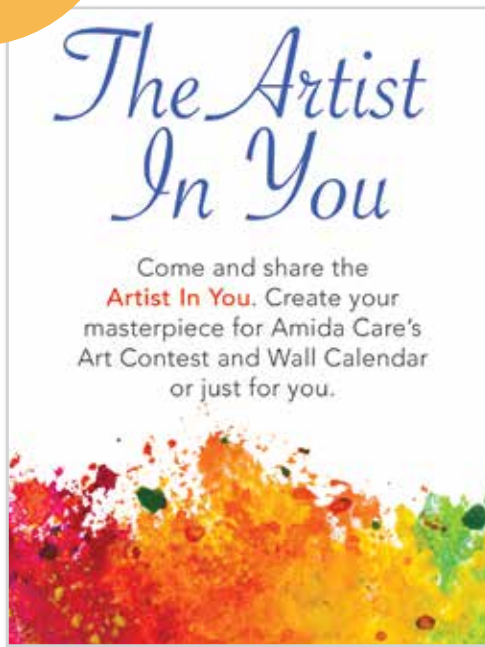
Amida Care's Art Calendar raises awareness of our health plan and our members. It features affirmations and inspiring quotes that promote health and wellness. Our calendar also proudly showcases the creative abilities of our members, while sharing some of their personal stories.



Get your 2016 Amida Care Art Calendar at your ADHCP or Case Management site or at your doctor's office or clinic. Or phone Member Services at (800) 556-0689 to request your copy. Enjoy!

FALL
2015

Amida Care's “Live Your Life” Events



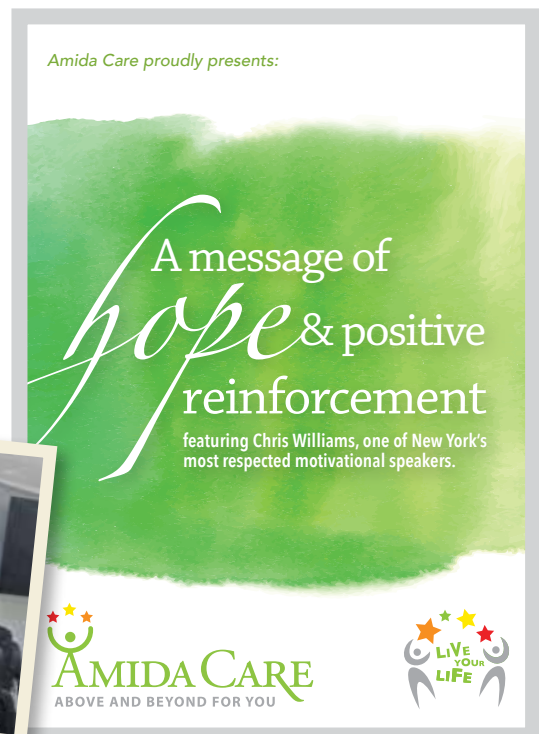
September: The Artist in You

Many Amida Care members who took part in our four “The Artist In You” events in September created paintings that are featured in our 2016 calendar. Joey Pressley, Deputy Chief of Staff of Member Services to City Council Speaker Melissa Mark-Viverito, visited our September Live Your Life event at Harlem United’s El Faro Adult Day Care Center.

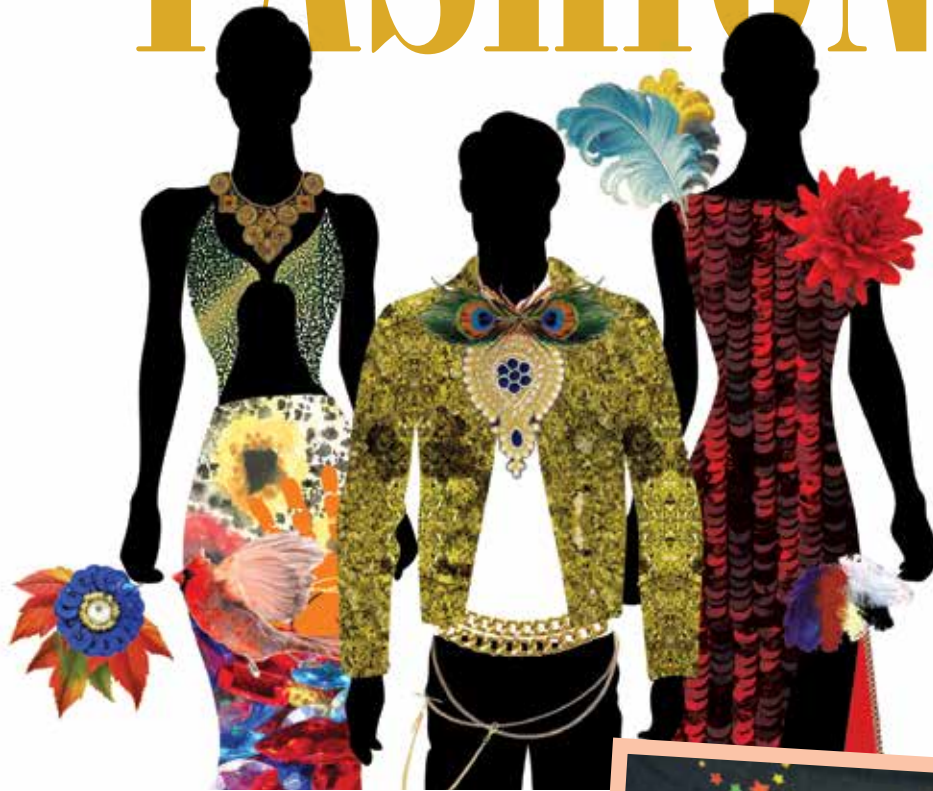
November: A Message of Hope

Positive energy swept the crowd as motivational speaker Chris Williams spoke to and with our members at the November Live Your Life wellness event at Housing Works Willoughby Street in Brooklyn (see photo). Chris, an outstanding former college basketball player, also shared his message of hope at our events in Manhattan, Bronx, and Queens in November.

Chris Williams in Brooklyn



PASSION FOR FASHION



October: A Passion for Fashion

Hundreds of Amida Care members came out for our fall "Passion for Fashion" shows at Harlem United's El Faro Day Center and at Housing Works' Willoughby Street center in Brooklyn. Eight fierce members "vogued" down the catwalk, showcasing elegant day, evening, and casual looks from Housing Works thrift shops. Emcee Eric Bartley ruled the runway!

One of our guests struts her stuff at *A Passion for Fashion*.





ZEN
IN THE CITY

At this time of year when the sun rises and sets higher in our northern skies, let's bring illuminating light to ourselves and those around us." - Susana R.

En esta época del año cuando el sol sale y se pone más alto en nuestros cielos del norte, seamos la luz que nos ilumina e ilumina a los que nos rodean.

