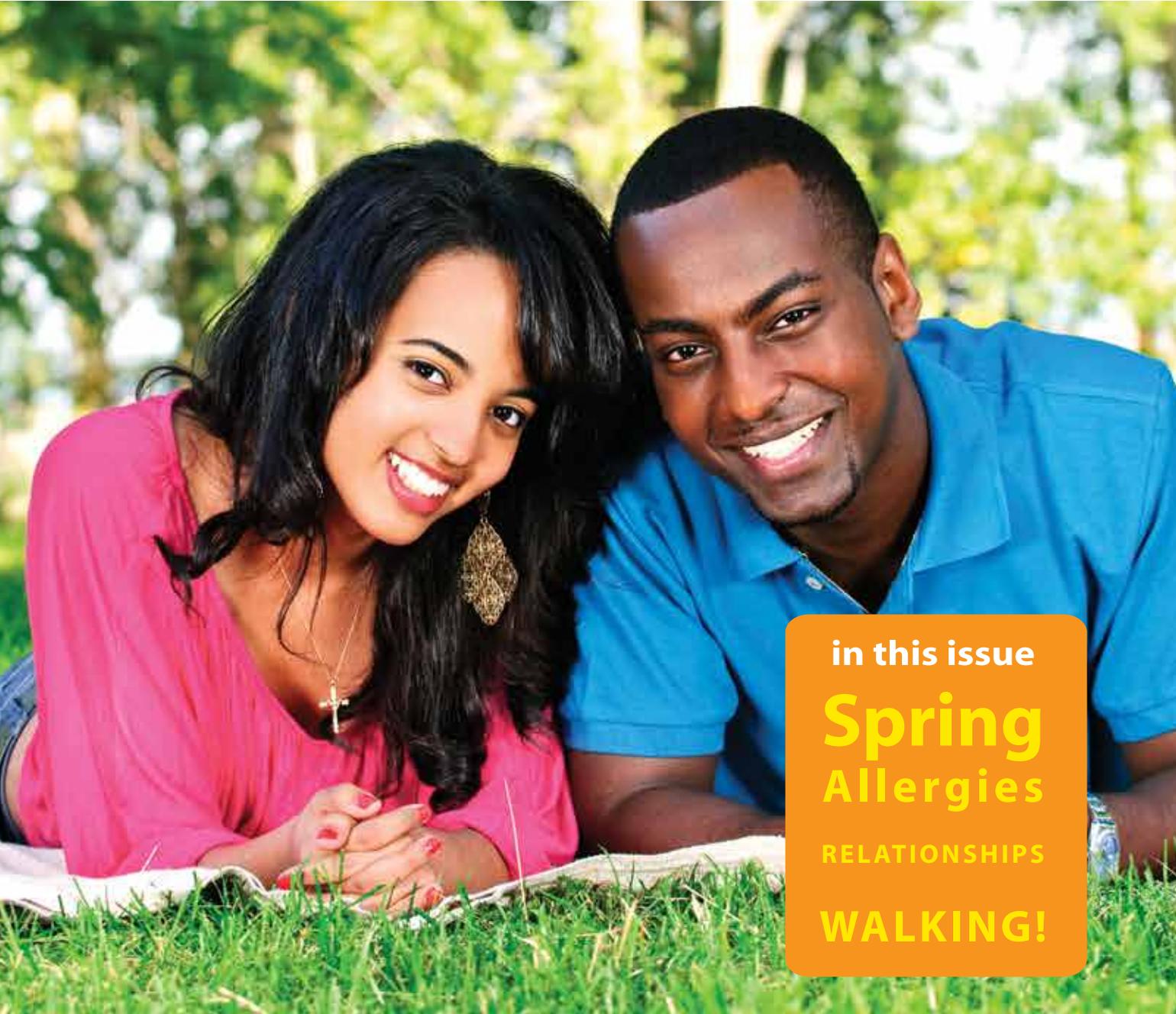




The AMIDACARE View



in this issue
Spring Allergies
RELATIONSHIPS
WALKING!



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Dear Members,

Welcome to a new issue of **THE AMIDA CARE VIEW**. This magazine is dedicated to greeting the arrival of Spring & saying, "goodbye Winter blues!" The days are getting longer and sunnier, the air is warmer, and our city's parks and neighborhoods are buzzing with energy, excitement and activity. It's enough to make you feel darn right **ALIVE!**

The arrival of the warmer weather and longer days also signals the budding of new greenery and the blossoming of flowers. For some of us that also means **ALLERGY SEASON!** Fortunately, there are good treatments for seasonal allergies. If you experience seasonal allergies, Amida Care encourages you to visit your primary

care provider (or an allergist) so you can enjoy all the beauty and opportunities of this season. For your information, see the brief article on page 7 of this issue.



With the warmer weather, you also have **MORE OPPORTUNITIES TO BE OUTDOORS**. Walking is a great way to enjoy Spring and to keep (or get back) in shape. On page 4, you'll find information on the benefits to your body and your spirit of walking every day!

Besides exercising our bodies, is important that we **STIMULATE OUR MINDS**. Challenge yourself with Amida Care's first ever Crossword Puzzle and our calendar art Memory Cards (*see pages 16 & 19*). Remember to have fun!

What other things come to mind when you think about Spring? Maybe it includes tulips, birds and bees ... ah yes, **DATING!** Read all about healthy approaches on pages 12 & 14.

Since **SACRED SPACES** are important too, we've also included an article about getting ready to move into one's own apartment (*page 20*), and an interesting piece on cleaning with vinegar (*page 8*), a very safe and economical alternative to abrasive cleaners. Take a moment to feast your eyes and get inspired by our *The Zen Corner* (*page 15*), and our *Winter Celebration* photo album (*page 10*).

We hope you enjoy and find the Amida Care View – your member magazine – informative, helpful and uplifting.

Lastly, I want to thank you for choosing Amida Care to be your wellness community. Have a happy and healthy Spring.

Abrazos,

Doug Wirth

President & CEO

*PS: I hope to see you at our upcoming **SUMMER CELEBRATION**, the party of all parties, or one of our monthly **LIVE YOUR LIFE** events in your borough!*

Spring

Zing!

Some people do an annual Spring Cleaning. This might be a good time to put some Zing in your Spring. Instead of a focus on your home, you can also polish up your person. You remember the five W's? Let's use those as a guide.

Who would you like to cheer up? Back home, our old people say, "You can see without being seen—you can hear without being heard—but you can't touch without being touched yourself." This is an opportunity to tell someone how much you appreciate the help he or she has given you. Few things bring a smile to others like hearing how much they are appreciated.

What sort of "reward" would you like to have because you've done such a good job of taking care of yourself? A special treat? A night off?

Where would you like to walk that will not only be good exercise, but also you've been missing? A park? A shopping center? An old friend's home?

Make it a time to celebrate *yourself!*



You don't need a Maypole to celebrate Spring. Make it a time to celebrate yourself! Many cultures use the change of season as a way to shake off the last of the Winter Blues.

When can you do something you're used to doing—but at a different time? If you're used to going to the grocery store in the late afternoon, why not switch and go early in the morning? You might be surprised at how things look different at different times.

Why do this only once a year? Make a list of the things (places, people, activities) that have really brought you joy. Repeat. Repeat. Repeat.

More information at:

www.psychologytoday.com/blog/find-your-bliss/200903/finding-bliss-expecting-blisters-or-baconnaise
www.wikihow.com/Find-Your-Bliss
www.earthalchemy.com/12steps.html



walking

Although we have an extensive and practical mass transportation system, NYC is still a walking city. Walking is a good way to exercise, and it's free! Now that the weather is getting warmer, walking is easier and more enjoyable. Make sure you are wearing comfortable, walking shoes. (No high heel, please!) ;-)

Don't go for a long walk in new shoes!

Wear your shoes in the house for a few days to try them out. Don't venture outdoors until you are sure the shoes are going to work for you. If the shoes are not going to work out and they are new, you will want to exchange them before scuffing them up outside. Then you may want to consider going back to your old, faithful shoes.



"If you seek creative ideas go walking. Angels whisper to a man when he goes for a walk."

Raymond I. Myers



Trim your waistline, improve your health

BY MAYO CLINIC STAFF



Walking is a gentle, low-impact exercise that can ease you into a higher level of fitness and health. Walking is a form of exercise accessible to just about everybody. It's safe, simple and doesn't require practice. And the health benefits are many. Here's more about why walking is good for you, and how to get started with a walking program.

Benefits of walking

Walking, like other exercise, can help you achieve a number of important health benefits. Walking can help you:

- Lower low-density lipoprotein (LDL) cholesterol (the "bad" cholesterol)
- Raise high-density lipoprotein (HDL) cholesterol (the "good" cholesterol)
- Lower your blood pressure
- Reduce your risk of or manage type 2 diabetes
- Manage your weight
- Stay strong and fit

All it takes to reap these benefits is a routine of brisk walking. It doesn't get much simpler than that. And you can forget the "no pain, no gain" talk. Research shows that regular, brisk walking can reduce the risk of heart attack by the same amount as more vigorous exercise, such as jogging.

Source: Reprinted from the MayoClinic.com article "Walking: Trim your waistline, improve your health" (www.mayoclinic.com/health/walking/HQ01612) All content is copyrighted and must include the following copyright statement: © Mayo Foundation for Medical Education and Research. All rights reserved.

Music to put you in the (walking) mood

These boots are made for walking

www.youtube.com/watch?v=SbyAZQ45uww

Walking on Sunshine

www.youtube.be/0gC8wZqnmdo

Walk on By

www.youtube.be/mZ63MCd7jPE

Get Down on It

www.youtube.be/2xJWQPdG7jE

Bust a Move

www.youtube.be/2xJWQPdG7jE

Staying Alive

www.youtube.be/A3b9gOtQoq4



Walk NYC

Walk NYC is a FREE program that encourages New Yorkers of all ages to get fit while enjoying the outdoors. With funding provided by Empire Blue Cross Blue Shield, Parks will staff locations throughout the city with trained walking instructors to lead one-hour walks (unless otherwise noted).

Walk n' Roll

Walk n' Roll is an accessible extension of the Walk NYC fitness program and is adapted to help participants of a variety of physical abilities get fit or stay in shape by walking, or rolling, through the city's parks. Walk n' Roll classes are available each week in Battery Park, and at the Thomas Jefferson, St. Mary's and Von King Recreation Centers.

More at www.nycgovparks.org/programs/recreation/walk-nyc



WALK WITH ME TO BAWKU

Walk with me to the valley of peace
The mountain of unity
And the river of forgiveness
Walk with me to Bawku
The land of hope, trust, and love
Walk with me to the school of togetherness
Where the cats and dogs have learned to forgive each other
Walk with me to Bawku
To the forest of joy, where the trees are happy and beautiful
The animals united in harmony and love
And the Mamprusis and Kusasis all united and rejoicing
Walk with me to Bawku
Where there is no more violence
Walk with me to the land of tranquility and development
Where education and businesses supersedes pride
Walk with me home
The land of prosperity
The land of equality
The land of all Walk with me to Bawku
The land of our ancestors

By: Ras Iddi Wuni Jnr

(Author of *Who Killed The Warrior?*)

Reprinted with the author's permission.



Do you have a history of sneezing when spring fills the air with the wonderful smell of flowers—and a load of pollen? If so—you're not alone! Current statistics show 50 million Americans have allergies.

SPRING SNEEZES

What about HIV and allergies? Fortunately, the newer HIV medications have had a major impact on people with hay fever and other allergies. Most doctors say they are no longer seeing a major difference between their HIV positive patients and those that are HIV negative. In the “bad old days,” HIV patients would often develop sinus infections.

These days, some people feel seasonal allergies don't need a visit to their doctors. But some things are nothing to sneeze at. For example, if you find a yellowish green “leftover” in your tissue afterwards, this may be a sign of sinusitis rather than simple allergy. This is a time to seek professional help.

If your “sneeze” is clear, then it's likely you can benefit from over-the-counter medications to help you feel better. These will treat the symptoms of

allergy. These include itchy or red eyes, a runny nose, a cough, or headache.

If you want to use over-the-counter treatments, avoid decongestants (such as Sudafed and Afrin). These are better for colds. They can also be addictive. Look for antihistamines like Claritin or Zyrtec. You only need one a day. You need to see your HIV specialist if you want a prescription drug.

Some can have a bad interaction with some HIV meds. This is especially true for Fluticasone, found in Flonase, Flovent, or Advair.

Pollens travel by air, so enjoy air-conditioning whenever you can. Pollen count is also higher during the daytime. Enjoy your nights out and look forward to summer.

FOR FURTHER INFORMATION:

www.ncbi.nlm.nih.gov/pmc/articles/PMC1227239/pdf/cmaj_156_8_1141.pdf

www.poz.com/articles/hiv_allergies_sinuses_401_14336.shtml

www.webmd.com/allergies/guide/allergies-treatment-care

www.webmd.com/allergies/seasonal-allergies-10/allergy-tips



SPRING CLEANING *with vinegar?*

White distilled vinegar has been a very popular household cleanser for centuries. It's very good for killing most mold, bacteria, and germs, due to its level of acidity. Cleaning with white distilled vinegar is a smart way to avoid using harsh chemicals that could be bad for you and the environment. It's also very economical and you can get in at any grocery store or supermarket. Although vinegar has a strong smell, the smell rarely lingers when used correctly. So, give it a try.

- To shine chrome sink fixtures that have a lime buildup, use a paste made of two tablespoons salt and one teaspoon of white distilled vinegar.
- Clean counter tops with a cloth soaked in undiluted white distilled vinegar. It will not only clean it well, it will disinfect it.
- For stained and smelly plastic food containers, wipe them with a cloth dampened with white distilled vinegar.
- Remove odors from rooms, closets, refrigerators and lunch box. Clean the space well, removing any dirt or smelling residues. Leave a small dish with undiluted white vinegar overnight. For small places like a lunch box, you can soak a slice of bread with white vinegar place it inside for the night.
- Discourage ants and other insects by spraying undiluted white distilled vinegar outside doorways and windowsills, around appliances and wherever you find the pests coming in. It also works for fleas.
- To remove a label, decal, or price tag, cover with a cloth soaked in white distilled vinegar. Leave the cloth on overnight and the label should slide off. You can also use undiluted white vinegar to remove label or sticker goo and wax.
- Clean scissors that have become sticky (after cutting tape, for instance) with a cloth dipped in undiluted white distilled vinegar.
- Remove soap buildup from faucets by scrubbing them with a solution of 1 part salt to 4 parts white distilled vinegar.
- Rid a faucet of lime deposits by tying a plastic bag containing 1/2 to 1/3 cup of white distilled vinegar around it and leaving it there for two or three hours. If mineral deposits don't wipe off, scrubbing with an old toothbrush should complete the job.

- Shine colored porcelain sinks by scouring them with undiluted white distilled vinegar.
- Clean grout by letting full-strength white distilled vinegar sit on it for a few minutes and scrubbing it with an old toothbrush.
- Kill germs all around the bathroom with a spray of full-strength white distilled vinegar. Wipe clean with a damp cloth.
- To remove grime, mildew, and scum from the tub, tile, shower curtain or door, wipe with undiluted white distilled vinegar. Rinse with water.
- To make the toilet bowl sparkle, pour in a cup or more of diluted white distilled vinegar and let it sit several hours or overnight. Scrub well with the toilet brush and flush.
- For an economical and environmentally friendly floor cleaner, mix a solution of 3 drops dishwashing liquid to 1/3 part white distilled vinegar, 1/3 part alcohol, and 1/3 part water. Spray sparingly and mop for a fast clean-up.
- Create your own window cleaning solution by combining 1/2 cup non-sudsy ammonia, 1 cup white distilled vinegar, and 2 tablespoons cornstarch in a gallon of water.
- Get rid of mildew, dust, and stale odors by wiping down walls with undiluted white distilled vinegar on a cloth or a sponge mop.
- Remove the smell of a dead mouse or other rodent (after removing all animal remnants) by wiping down the area with either white distilled vinegar or bleach.

Then place a fabric softener sheet in the area to remove any lingering odors.

- Clean and deodorize urine on a mattress with a white distilled vinegar and water solution. Then sprinkle the area with baking soda and let dry. Brush or vacuum the residue after it is dry to the touch.



Party! Party! Party!





This past February, Amida Care hosted our annual **Winter Life Celebration**. And celebrating we did! Among clouds of colorful balloons, delicious and abundant food, and some great music (the sound that makes your body move) - we came together to commemorate and be thankful for one more year of life, health and community. The evening was filled with joy, togetherness and family. Here are some photos of the evening. Make sure you do not miss our Summer Life Celebration. It promises to be the event of the season!



Let's Talk About Sex

Overall, having sex can improve your health. It is a great exercise. It can relieve stress. It can lower your blood pressure. It can keep your heart in better condition. It can boost your immune system. It is important to talk to your care provider if you have questions and concerns. But you might not have a lot of practice talking about sex to anyone, let alone your providers. Here are some tips from providers at the University of California in San Francisco:

- Before going to your appointment, take some time to think about what you want to talk about.
- Write down your questions before you meet with your doctor. This will help you to remember your issues. Sometimes at the doctor's office, a lot of things are going on at the same time that may make you feel anxious or nervous, and you might forget your questions. Having them in writing can help you stay on top of your health care.
- You might start by saying, "I have some concerns about my sex life. Could we take some time today to discuss them?"
- You can say, "How can I stay healthy and have sex?" You can ask for suggestions on how to disclose your HIV status to partners and/or ways to negotiate safer sex with your partner(s).
- Let your doctor know that you also do not want to pass HIV on to others or risk getting re-infected yourself. Let him know you understand that new drug-resistant HIV strains can greatly harm you and others.
- Remember to encourage your doctor in talking about sex. You might say, "I am glad we are talking about sex. I appreciate your suggestions."
- Share your life's realities with your doctor. This may mean opening up to him about the behavior and attitudes of people around you that make it tough to stay safe. Naming your obstacles will help your doctor better support you in staying healthy.
- Your doctor may overlook your successes. If you've cut back on your drinking, drug use, or the number of sexual partners, share that information with your doctor. Knowing how you are making a change will help your doctor think of ways to support you further.
- If you hear your doctor repeat the same advice time after time, consider it proof of his caring about you. Such words of concern can make a big difference.
- Keep the door open for further discussions. Ask your doctor if he would be willing to take more time to discuss safer sex with you at your next appointment or whether he could refer you to another member of the health care team who can help you develop a safer sex plan.

Remember—it is YOUR life. It is important to have the best life you can. You deserve it!

More information at:

www.webmd.com/healthy-aging/rm-quiz-sex-life-aging-well?ecd=wnl_wmh_112111

www.thebody.com/content/art854.html

A photograph of a man with short, graying hair, wearing a maroon button-down shirt, smiling warmly at a woman. The woman, seen from the side, has short, curly dark hair, wears glasses, a pearl earring, and a white lab coat. She is holding a blue pen and looking at a clipboard the man is holding. The background is a bright, out-of-focus indoor setting with vertical blinds.

It is important to talk to your care provider if you have questions and concerns.



HIV ACCEPTANCE IN DATING

If you are HIV positive and single, when do you tell a date about your status?

The first date? Do you delay talking about it as long as possible? Writer Matthew Carter shares his experience.

FOR FURTHER SUGGESTIONS:

www.gayhivpoz.com/blog/

I made a promise to myself that I would tell them by the third date -- or earlier if it looks like he's making a break to steal third base. Sounds like a good plan, right? Maybe. The third date rule worked in the past, twice. Then recently after a third dinner with someone I was really beginning to care about, I disclosed my status and was rejected. Not for being positive, but for not being honest and upfront about my status.

I now tell potential partners before or on date number one. Being HIV-positive has taught me more about myself than I cared to know at first, but I now relish in all the new knowledge. I used to be afraid of things that I now face head-on. Rejection still hurts, of course, but I find I am rejected less when I keep my head held high and speak the truth -- proud of who I am and how far I have come.

Loreen Willenberg, an HIV positive woman, has similar thoughts: After I realized I had been infected I became very selective about the people I would date. So (I thought it was OK going on a date without disclosing my HIV status) a couple of times, fine. Go out and have dinner, go out and see a movie, no problem. But it was at that point I felt that perhaps it would develop into a sexual relationship that I would put the news out there. I wouldn't wait.

Some certainly backed off after they found out I was positive. But that didn't happen very often.



*I can sense it
Something important
Is about to happen
It's coming up...
It takes courage to enjoy it
The hardcore and the gentle
Big time sensuality*

BJORK

the
ZEN
corner

"Sensuality"
by Doug Wirth,
Photographer

Memory Games **not only child's play**

Many of us know the importance of exercising and keeping our bodies fit. A healthy body reduces the chance of developing disease, increases endurance and fosters a general sense of wellness.

Similarly, exercising our brain is very important to our wellbeing, especially in children and older adults.

Exercising our brain is easy and can be fun. Activities such as reading, writing, learning a new skill, playing games, crossword puzzles, playing a musical instrument and gardening stimulates brain cells and the connections between the cells, and could help to lower risk of memory loss.

One of the most popular and easy ways to exercise our memory is the classic Memory Card Game. To play you need 2 identical sets of 8 cards. For your convenience, we are including our own version of the cards, featuring the stunning artwork of our members from our 2013 Art Calendar.

For two players:

Lay all 16 cards face down in a 4 x 4 pattern. The first player turns two cards over at random. If they are a match, he/she gets to keep them and go again. If they are different images, he/she must turn them back over and it is the second player's turn. As more and more cards are revealed, players are forced to remember where certain cards are in the grid. The player with the most pairs at the end of the game wins.

For one player:

Lay all 16 cards face down in a 4 x 4 pattern. Turn two cards over at random. If they match, keep them and go again. If they are different images, turn them back over and start again. Repeat until all cards are matched.



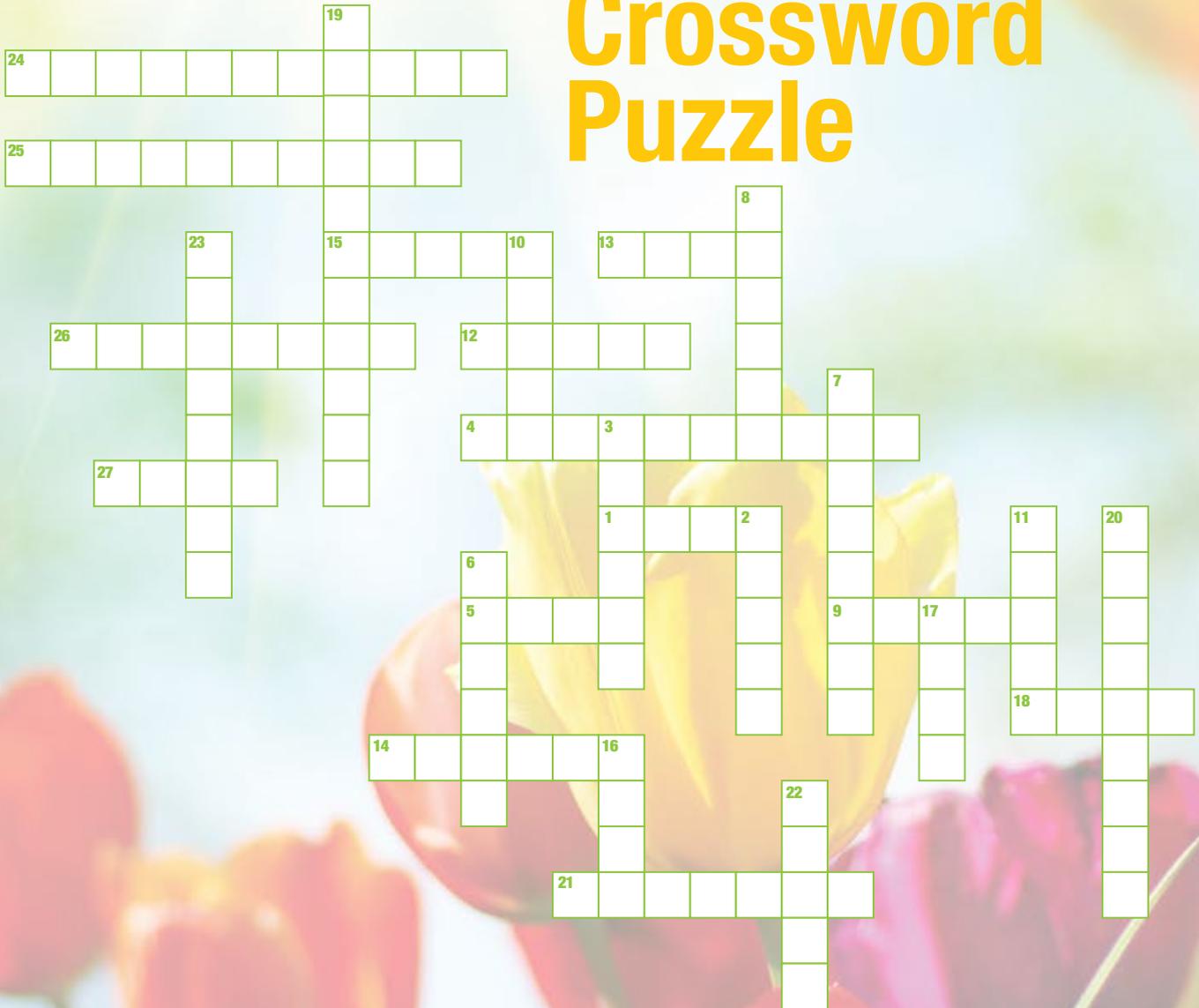
There is a great variety of free memory games on the Internet.

AARP has a series of them that help our brains keep working right. Check them out at www.aarp.org/health/brain-health/brain_games. Also try, www.brainmetrix.com/memory-game/ or www.mathandreadinghelp.org/kids_games/memory_flip.html.



Artwork credit: (from the top, left to right) Niccolo C., Gregory M., Catherine K., Josie G., Edwin C., Nidia R., Eddie M., Loreen B.

Crossword Puzzle



Horizontal:

- 1. Make honey
- 4. Amount of HIV in your blood
- 5. Element that makes blood red
- 9. Glucose
- 12. The new forty
- 13. Official state flower of New York
- 14. Most ethnically diverse borough in NYC
- 15. oral cavity
- 18. The body's largest organ
- 21. Hispanics
- 24. Number of ribs in humans
- 25. Assistance and guidance in resolving personal, social, or psychological problems and difficulties.
- 26. Doing the same thing over and over again and expecting different results.
- 27. Lipids

Vertical:

- 2. Facial expression formed by flexing the muscles near both ends of the mouth
- 3. Capital of New York State
- 6. Natural filter of the blood
- 7. Protected sex
- 8. Things related to teeth
- 10. Country next to Dominican Republic
- 11. Caused by a virus called human papillomavirus (HPV)
- 16. AIDS in Spanish
- 17. First community-based AIDS service provider in the U.S.
- 19. Something declared to be true and positive
- 20. Related to food
- 22. Home of the Yankees
- 23. Disease characterized by high levels of sugar in the blood.

Crossword answers will appear in the next issue.

Home Sweet Home!

Getting ready for your own apartment



BY CAROLINE NORRIS

Transitioning to living alone in your own apartment can be an exciting, yet scary prospect especially in NYC. One may be unsure if they feel ready to manage all the responsibilities that come with having their own place. Concerns about managing money, fears about relationships with neighbors and landlords and worries about maintaining a home are all a normal part of the transition to living independently. There are some things to consider before beginning the process and steps one can take to help ensure a smooth transition and prevent future problems.

1. Speak to a counselor or case manager.

Talking to a professional in your life that you trust, is an important first step before making the transition. These individuals can help you self-assess your readiness for living alone, and help you come up with a long term plan to make sure that this transition is a success.

2. Ensure your support network is intact.

Living alone for some people is lonely and takes some adjustment. Having a strong and accessible support network of friends or family who can visit or help out with a load of laundry in a pinch can make things easier.

3. Think about your health.

Before searching for an apartment, think about your health needs. For those individuals who have issues with mobility, finding an apartment that is fully accessible might take longer. In New York, apartments are all about location, location, location; think about how important proximity to your medical providers and pharmacy is, as well as easy access to public transportation and other services.

4. Make a Budget.

Expenses for a home, including rent, utilities, as well as one- time expenses like necessary furniture can quickly pile up. It is wise to create a realistic budget and figure out how much you can afford to spend each month. If you utilize case management services or receive HASA, speak to a case worker about HRA one-shot deals for furniture and other necessities.



Frequently Asked Questions When Moving

If you have recently found an apartment and are moving, there are some important things to remember and resources to have.

Where can I get furniture for my new apartment?

If you are a HASA client, you can get a \$500 furniture voucher. Speak with your HASA case worker to find out more details.

Housing Works Thrift Store provides low costs, second hand quality furniture. You can find a Housing Works Thrift Store at:

- 2569 Broadway, Manhattan between 96th and 97th Streets
- 122 Montague Street, Brooklyn
- 143 W17th Street, Manhattan
- 306 Columbus Avenue, Manhattan at 74th Street

All Salvation Army Thrift Stores have nice, reasonably priced furniture

What if I need food to stock my cabinets and refrigerator?

St. Johns Bread and Life provides pantry bags and meals. They are located at:

- 795 Lexington Avenue, Brooklyn
- 12-12 40th Avenue, Long Island City, Queens at 12th Street
- 1111 Morris Avenue, Bronx on Sunday's at 11:30am

Mount Olive Church food pantry is open Monday, Wednesday and Friday at 5pm. It is located at 2176 Grand Concourse Avenue, Bronx

New York City operates a hunger hotline Monday through Friday from 9am to 5pm. They will direct you to the closest food source in your borough. They can be reached at 1-866-888-8777.

I need to pay my own utilities now but it is difficult to budget my HASA benefits or SSI check. Who can help me?

GMHC offers a financial management course. They are located at 446 W33rd Street, Manhattan. You must have an intake appointment to attend the program. Call them at 212-367-1000 to schedule an appointment.



Amida Care offers a series of monthly life-enhancing workshops and events in the Bronx, Brooklyn and Manhattan. Here are some of the upcoming offerings.



In May

Food For Life

In June

SALSA Fire on the Dance Floor



In July

Healthy Juicing

Visit www.amidacareny.org for more details



new




AMIDACARE

is now offering
services in
Queens!

FOR MORE INFORMATION CALL MEMBER SERVICES AT **1-800-556-0689**