



# The AMIDA CARE View



in this issue

GOVERNORS  
ISLAND

WATER  
AND YOU

SECOND HAND  
**SMOKE**



## Table of Contents

<u>Welcome Letter</u>	<u>1</u>
<u>H2O - Aguas Frescas</u>	<u>2</u>
<u>Water Facts</u>	<u>4</u>
<u>Day Getaway - Governors Island</u>	<u>6</u>
<u>Merrily, Merrily</u>	<u>8</u>
<u>Your Child's Early Development</u>	<u>12</u>
<u>Injury Prevention</u>	<u>14</u>
<u>Lead Poisoning Prevention</u>	<u>16</u>
<u>Pillow Talk</u>	<u>18</u>
<u>Achoo!</u>	<u>21</u>
<u>Domestic Violence</u>	<u>22</u>
<u>Recommended Immunizations for HIV Positive Adults</u>	<u>24</u>
<u>Better Days</u>	<u>26</u>
<u>Secondhand Smoke</u>	<u>28</u>
<u>Zen Corner</u>	<u>30</u>

### **Amida Care - Main Office**

248 W. 35th Street, 7th Floor  
New York, NY 10001  
Phone: (646) 786-1800  
Fax: (646) 786-1801

### **Amida Care**

#### **Bronx Borough Office**

349 East 149th Street, Suite 401  
Bronx, NY 10451

### **Amida Care**

#### **Brooklyn Borough Office**

81 Willoughby Street, 7th Floor  
Brooklyn, NY 11201

You can always call

**Member Services at:**

**1-800-556-0689**

**[www.amidacareny.org](http://www.amidacareny.org)**

### **Photographic Image Disclosure:**

The photographs used herein are for illustrative purposes only; they do not imply any particular professional credential or health status on the part of any person depicted. Some of the persons depicted are models, who are neither employees nor enrolled members of Amida Care.





Dear Amida Care Members,

Welcome to another issue of The Amida Care View, your member magazine. I hope you are enjoying your summer in New York City. In the last issue we shared with you a series of activities and suggestions for a great summer's start and to enjoy the arrival of the warm weather. But now the warm weather has turned HOT, HOT, HOT... and we want you to **STAY COOL**. When I think of staying cool, the first thing that comes to my mind is **WATER** -- a tall glass of cold water, nice breezes along the shore, or a quick plunge in a swimming pool. We are lucky because our beloved city offers us many opportunities to enjoy water and its benefits: body, mind and spirit.



We open this issue with a series of easy recipes to create your own **NATURALLY FLAVORED WATERS** (page 2). They're a great alternative to the expensive, commercial flavored waters. They're practically calorie-free. And,

they're good for the environment since there's less plastic or packaging to throw out.

Starting on page 4, we invite you to enjoy the wonderful aquatic scenery the city offers us. Take a walk by the riverfront, go kayaking, take a ferry ride, and/or enjoy a picnic at a park by the bay or river. We highlighted one of the city's best-kept secrets: **GOVERNORS ISLAND**. It's like our own island paradise. Read all about it on page 6.

We also shared information about public pools, water safety, and NYC's drinking water. We even included a water-related craft project, Amida Care's Paper Boat, (page 8), designed by our dedicated Publications Department team.

With the end of the summer, comes the **BACK-TO-SCHOOL** rituals, new school supplies, new books and new school clothes for those of you with children. Amida Care offers a voucher for school supplies for members in school up to 18 years of age. For more information see page 11 or call Member Services at 1-800-556-0689. We also included information on children's safety and development (pages 12-17).

We complete this issue with a series of **HEALTH-RELATED ARTICLES**. Among them: adult vaccinations, flu shots and second-hand smoke.

Thank you for being an Amida Care member – we know you have a choice! We're here to serve you. We go **ABOVE AND BEYOND** for you.

Remember to stay cool! If necessary, go to a **NYC COOLING CENTER**. Call 311 for the ones nearest you.

Enjoy the summer! I hope to see many of you at our **SUMMER LIFE CELEBRATION!**

Abrazos,

**Doug Wirth**

President & CEO







# H<sub>2</sub>O

Add spark,  
color  
and “flava” to  
your water...  
and life!

There is nothing more satisfying and refreshing than a nice cold glass of water on a hot summer day. Water is very important to keep a healthy body and mind. More than half of our body is made out of water. Water is in every cell, organ and tissue. For many cultures, water is life.

Water helps us lose weight, regulate our body temperature, improve brain function, fuel muscles, assist with digestion, improve mood, reduce illness risk, eliminate toxins and keep our skin glowing.

So let's keep those glasses of water coming. It's cheaper and healthier than most sodas and sugary drinks. Try some of these easy and refreshing flavored water recipes or better yet, create your own! The possibilities are never-ending.



# AGUAS

*frescas*

DELECTABLE FLAVORED WATERS  
LOW SUGAR, LOW CALORIES, NO PRESERVATIVES!

## WET ZEN REFRESHING CUCUMBER WATER

SLICE CUCUMBER  
ADD CUCUMBER SLICES TO THE WATER  
REFRIGERATE FOR 10-15 MINUTES  
POUR OVER ICE



## CITRUS REVITALIZER ORANGE, LEMON AND LIME

SLICE AN ORANGE, LEMON AND LIME  
ADD SLICES TO WATER  
REFRIGERATE FOR 10-15 MINUTES  
ADD ICE



## LIQUID SPICE WATERMELON ROSEMARY WATER

ADD A SPRIG OF ROSEMARY AND WATERMELON CUBES TO WATER  
REFRIGERATE FOR 10-15 MINUTES  
POUR OVER ICE



## COOL BREEZE MINTY ICED TEA

BOIL 1 CUP OF WATER  
ADD 3 TEA BAGS TO BOILING WATER  
LET THE TEA STEEP FOR ABOUT 15 MINUTES WITHOUT MOVING  
DISCARD TEA BAGS (DO NOT SQUEEZE OR TEA WILL BE BITTER)  
ADD 2 CUPS OF COLD WATER AND FRESH MINT  
CHILL FOR ONE HOUR  
SERVE OVER ICE WITH FRESH LEMON



## PRETTY IN PINK TANGY CRANBERRY LEMON WATER

COMBINE 2 CUPS OF WATER AND 1/2 CUP OF UNSWEETENED CRANBERRY JUICE  
CHILL FOR ONE HOUR  
POUR ICE  
SQUEEZE A SMALL LIME WEDGE BEFORE SERVING



**NOTE:** KEEP ALL FLAVORED WATERS COLD AT ALL TIMES AND DO NOT KEEP THEM FOR MORE THAN 24 HOURS OR BACTERIA CAN GROW IN THE WATER.

A circular inset image showing a woman with long dark hair, wearing a blue and white striped sweater, smiling and holding a clear glass of water.

# Safer Drinking

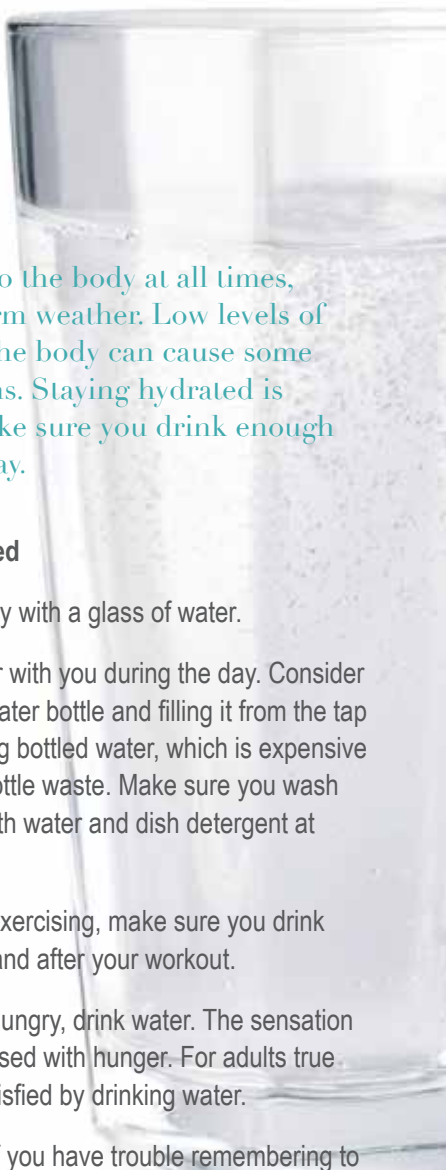
water, that is!

New York City's drinking water meets all health-related state and federal drinking water standards, and it's considered very safe for drinking and cooking. However, at times water can carry low levels of bacteria that can cause serious health problems to someone with a compromised immune system, like the elderly or people with HIV.

## Here are some helpful hints to protect yourself:

- Discuss with your health care provider if you need to take extra precautions with your water supply because of your medical condition(s).
- You may choose to use a store-bought water filter at home for your drinking water.
- You can significantly reduce your risk of illness from water by using only boiled water (1 full minute) for drinking and cooking.
- Do not drink water from lakes, ponds, rivers, or streams.
- When traveling outside the USA, if you think you are in an area with low water safety, then drink **only** bottled water or canned drinks, and **avoid** ice and unpasteurized drinks. Be aware that water is sometimes added to juices.

# So essential

A large, clear glass filled with water, showing some condensation or bubbles on the surface.

Water is important to the body at all times, but especially in warm weather. Low levels of water and fluids in the body can cause some serious complications. Staying hydrated is not difficult; just make sure you drink enough liquids during the day.

## Tips for staying hydrated

- Start and end your day with a glass of water.
- Keep a bottle of water with you during the day. Consider carrying a reusable water bottle and filling it from the tap rather than purchasing bottled water, which is expensive and creates plastic bottle waste. Make sure you wash the reusable bottle with water and dish detergent at least once a day.
- If you're going to be exercising, make sure you drink water before, during and after your workout.
- When you're feeling hungry, drink water. The sensation of thirst is often confused with hunger. For adults true hunger will not be satisfied by drinking water.
- Drink on a schedule if you have trouble remembering to drink water. For example, drink water when you wake up; at breakfast, lunch and dinner; and when you go to bed. Perhaps drink a small glass of water at the top of each hour.

## WATER FILTER WARNING

Continued use of a water filter after the suggested expiration date could mean ingesting water that is more contaminated than before it is filtered. Make sure you change and clean your water filter as recommended by the filter's manufacturer.



# Free Kayaking & Rowing



A great way to enjoy our waterways is kayaking or rowing. A few organizations offer it for free during the summer. Visit their website for dates and more information, or call 311.

## MANHATTAN

### Downtown Boathouse

[www.downtownboathouse.org](http://www.downtownboathouse.org)

### The Village Community Boathouse

[www.villagecommunityboathouse.org](http://www.villagecommunityboathouse.org)

## BROOKLYN

### Red Hook Boaters

[www.redhookboaters.org](http://www.redhookboaters.org)

### Brooklyn Bridge Park Boathouse

[www.bbpboathouse.org](http://www.bbpboathouse.org)



## Public Pools

As the summer heat is in full swing, we can find relief in one of 34 outdoor pools, 19 outdoor mini-pools and 12 indoor pools in the New York City parks system. Parks' outdoor pools are free and open to the public until Labor Day. Outdoor pool hours are from 11:00 a.m. through 7:00 p.m., with a break for pool cleaning between 3:00 p.m. and 4:00 p.m.

> For more information and a complete list of public pools, visit [www.nycgovparks.org/facilities/pools](http://www.nycgovparks.org/facilities/pools) or call 311.

## POOL SAFETY TIPS

- Swim in designated areas supervised by lifeguards
- Always swim with a buddy; do not allow anyone to swim alone
- Never leave a young child unattended near water
- Never dive into an above ground pool. No board, no diving!
- Never run around a pool
- Avoid alcohol use
- Always wear sunscreen



## HYDRANT FUN!

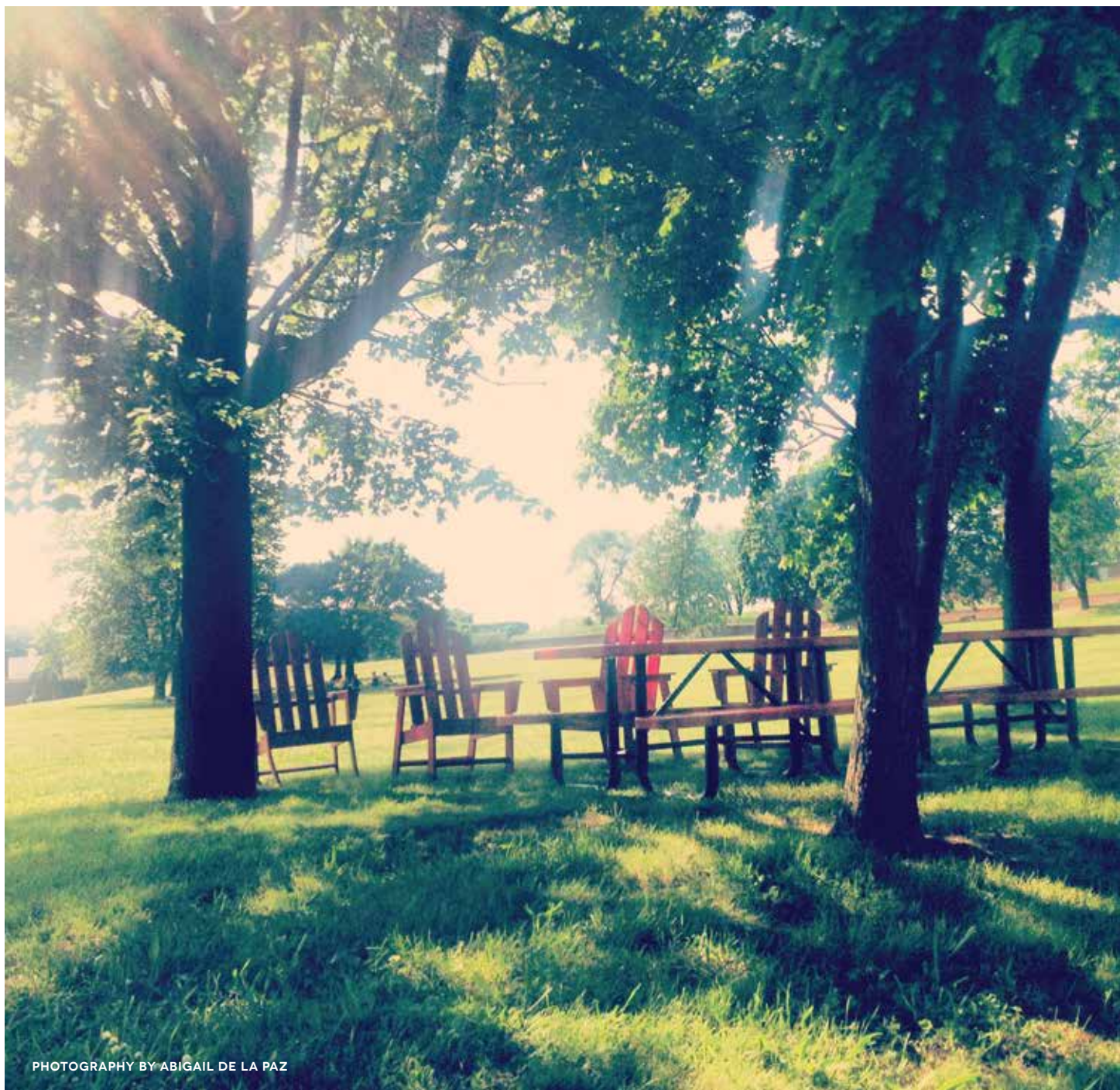
Fire hydrants could turn your block into a fun water park, but be aware that opening a fire hydrant is illegal in NYC unless you have a fire hydrant cap. Fire hydrants caps can be obtained for free by an adult at your local firehouse. A firefighter will even come to your block's fire hydrant and open it for you. > To find your nearest firehouse call 311.



DAY GETAWAY

# GOVERNORS ISLAND

Think you have to travel far to get away from the hustle and bustle of the city? Not so.



*Just a quick and beautiful ferry ride away lies* Governors Island, a fun and scenic little island oasis in the New York Harbor. Escape to the island for a day of sun and relaxation this summer. Take in the New York skyline and the Atlantic waves as you travel 10 minutes to a special retreat. Unwind on one of the many hammocks or lawn chairs around the grandiose park. Pack your favorite snacks and enjoy a picnic *Al Fresco* on a grassy spot under a tree or a nearby picnic table. Governors Island is car-free, making it the perfect place to enjoy a stroll on your bike or by foot. Also on the island, you may encounter live music, art and free events. Check out the calendar online at [www.govislandblog.com](http://www.govislandblog.com) to find out what exciting things are happening at Governors Island this weekend!

NEED PICNIC IDEAS? FIND RECIPES ON OUR JUNE/JULY ISSUE.



PHOTO BY ABIGAIL DE LA PAZ >

**Governors Island** is open every Saturday, Sunday and Holiday Monday (Memorial Day and Labor Day) through September 29 10 AM to 7 PM.

#### MANHATTAN FERRY

Free ferries run from Manhattan on **Saturdays, Sundays and Holiday Mondays** (Memorial Day and Labor Day). Ferries leave at 10 AM, 11 AM and then every half hour until 5:30 PM. Ferries return to Manhattan at 10:30 AM, 11:30 AM and then every half hour until 7 PM.

**The Governors Island Ferry** departs from the Battery Maritime Building located at 10 South Street, adjacent to the Staten Island Ferry in Lower Manhattan. The ferry terminal is accessible as follows:

- **By Subway** 1 to South Ferry station 4, 5 to Bowling Green station R to Whitehall St. station
- **By Bus** M1 (weekdays only), M6, M9, and M15

#### BROOKLYN FERRY

Free ferries run from Brooklyn Saturday-Sunday and all Holiday Mondays. Ferries run continuously, approximately every 20 minutes, beginning at 11 AM. Ferries run from 11 AM to 5:20 PM. The last ferry returns to Brooklyn at 7 PM.

The free ferry from Brooklyn leaves from Pier 6 in Brooklyn Bridge Park, located at the foot of Atlantic Avenue (corner of Columbia Street).

- **By Subway** 2,3,4,5 to Borough Hall A,C,F to Jay St./Borough Hall R to Court Street
- **By Bus** B63 to the terminus of Atlantic Avenue (at Columbia Street)



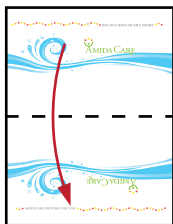
# MERRILY MERRILY

## PAPER BOAT

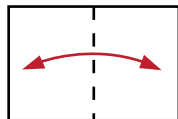


Paper boat; take my dreams down the stream,  
To foreign lands, where my heart is safe and full of life  
Go with the flow, with joy and peace  
And let the others know I exist.

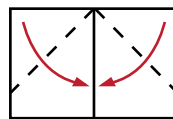
CAREFULLY TEAR THE PAGE TO THE RIGHT AND FOLLOW THE INSTRUCTIONS TO MAKE YOUR AMIDA CARE BOAT.



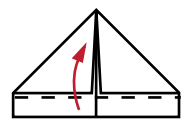
1. With the waves graphic facing up, fold in half.



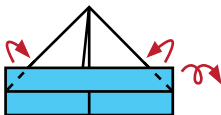
2. Fold in half and unfold.



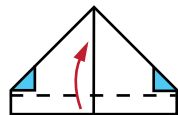
3. Fold to the center.



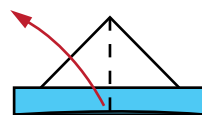
4. Fold the top layer of the bottom piece upward.



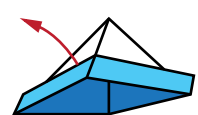
5. Fold corners over, as shown and turn it over.



6. Fold the bottom piece upward, like in step 4.



7. Open



8. Opening in progress.



9. Flatten, then fold top layer upward. Flip and repeat on the other side, with bottom layer.



10. Open just like in step 7 and 8.



11. Slowly pull out the upper corners to form the boat.



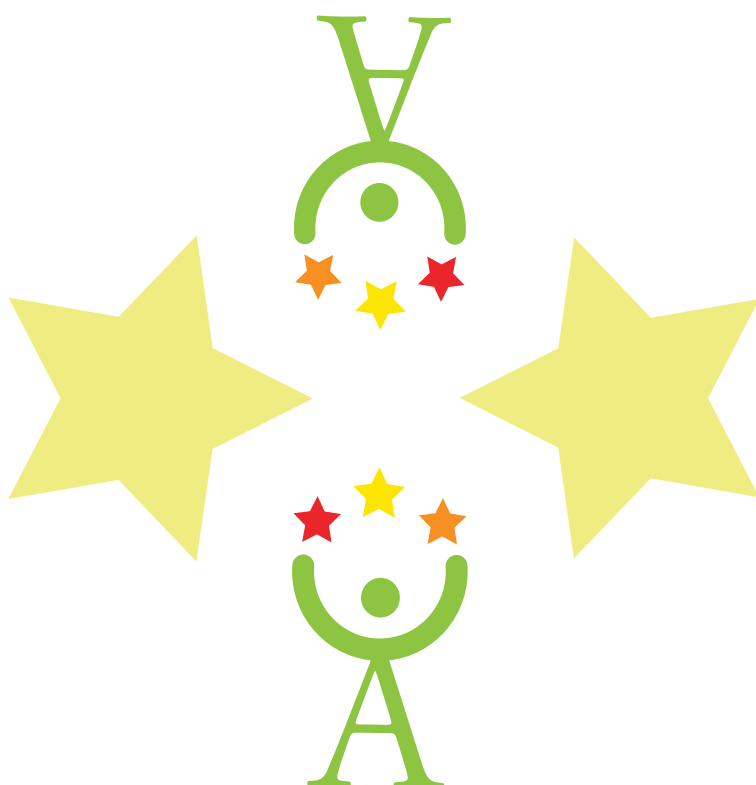
**Your boat is finished!**





AMIDA CARE

★ ★ ★ ABOVE AND BEYOND FOR YOU ★ ★ ★





Dear Amida Care Parent:

Give your child a healthy start for the new school year. Take him or her for a complete health check-up that also includes hearing, vision tests and a vaccination update.

Please have your child's primary care provider fill in the form below. Please mail your completed form to Amida Care's Manhattan Office, or fax it to **646-786-1837**. You can also drop the form off at one of our borough offices.

#### Member Services

##### Manhattan

248 W. 35th Street  
7th Floor  
New York, NY 10001

##### Bronx

349 East 149th Street  
Suite 401  
Bronx, NY 10451

##### Brooklyn

81 Willoughby Street  
7th Floor  
Brooklyn, NY 11201

Once received, we will send you a **\$25 Gift Card** for school supplies as our Thank You for taking care of our students.

Should you have any questions please feel free to contact  
**Amida Care Member Services at 1-800-556-0689**

*Best Regards,*  
Your Amida Care Team



CHILD'S NAME

DATE OF PHYSICAL EXAMINATION

ARE IMMUNIZATIONS UP TO DATE? ☐ YES ☐ NO - IF NO, EXPLAIN

DID YOU REPORT THE VACS TO THE CIR? (CITYWIDE IMMUNIZATION REGISTRY) ☐ YES ☐ NO - IF NO, EXPLAIN

PCP'S NAME

LICENSE NO.

OFFICE ADDRESS

TELEPHONE

SIGNATURE

DATE



# YOUR CHILD'S EARLY DEVELOPMENT IS

## Track Your Child's Development Milestones

For parents of children from birth to 4 years

**Your child's early development is a journey.**

Use this map of milestones to know what to look for along the way.

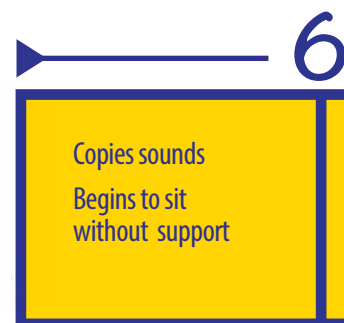
Check off the milestones your child has reached and share your child's progress with the doctor at every visit.

The journey of your child's early years includes many developmental milestones for how he or she plays, learns, speaks, and acts. Look inside to learn what to look for in your child. Talk with your child's doctor about these milestones.

Not reaching these milestones, or reaching them much later than other children, could be a sign of a developmental delay.



**START HERE**



# A JOURNEY



These are just a few of many important milestones to look for.  
For more complete checklists by age visit [www.cdc.gov/ActEarly](http://www.cdc.gov/ActEarly) or call 1-800-CDC-INFO

A pile of colorful wooden alphabet blocks is scattered on the left side of the page. The blocks are made of light-colored wood and feature various letters in different colors (blue, green, red, purple, yellow) on their faces. The background is a solid dark grey.

# INJURY PREVENTION

FOR CHILDREN  
AGES BIRTH  
TO TEN





## Birth-6 Months

Make certain that your baby's car safety seat is installed correctly. Read and follow the instructions that come with the car safety seat and the sections in the owners' manual of your car. Use the car safety seat EVERY time your child is in the car.

## 6-12 Months

Use gates on stairways and doors. Install operable window guards on all windows above the first floor. Do not use a baby walker. If your child has a serious fall or does not act normally after a fall, call your doctor.

## 1-2 Years

Children in homes where guns are present are in more danger of being shot by themselves, their friends, or family members than of being injured by an intruder. Ask if the homes where your child visits or is cared for have guns and how they are stored.

## 2-4 Years

Keep safety caps on at all times or find nontoxic substances to use. If your child does put something poisonous in his or her mouth, call the Poison Help Line immediately. Attach the Poison Help Line number (1-800-222-1222) to your Phone.

## 5 Years

At age 5, your child is learning to do many things that can cause serious injury... bike, street, fire, car, firearm, and water safety are key. Even if your child knows how to swim, never let him or her swim alone.

## 6 Years

At age 6, children aren't good at judging sound, distance, or the speed of a moving car. Teach your children to stop at the curb and to never cross the street without a grown-up. Make sure your child wears a helmet every time he or she rides a bike.

## 8 Years

Your child should use a booster seat until the lap belt can be worn low and flat on the hips and the shoulder belt can be worn across the shoulder rather than the face/neck (usually at about 4'9" tall and between 8 and 12 years old). The safest place for all children to ride in a vehicle is in the back seat.

## 10 Years

Ask your doctor which sports are right for your child's age. Be sure your child wears the protective equipment made for that sport, such as shin pads, mouth guards, wrist guards, eye protection, and helmets.

SOURCE: [WWW.AAP.ORG/FAMILY/TIPPMAIN.HTM](http://WWW.AAP.ORG/FAMILY/TIPPMAIN.HTM)



# Lead Poisoning Prevention




Lead poisoning remains a significant health problem in New York City. In young children, exposure to lead can result in long-lasting neurological damage, including learning and behavioral problems and lowered intelligence.




**Most people with lead poisoning show no clinical symptoms.** Blood lead tests are routinely required for diagnosis. New York State (NYS) law requires blood lead testing for every child at both 1 and 2 years of age and for other children found to be at risk. A pregnant woman with an elevated Blood Lead Level (BLL) can pass the lead to her baby. Children with high lead levels in their blood may suffer problems with thinking and learning. This is why it is so important to protect yourself and your children.

## **Risk Reduction for Pregnant Women**

- Avoid using health remedies, spices, foods, or cosmetics from other countries;
- Avoid using clay pots and dishes from other countries to cook, serve, or store food and do not use pottery that is chipped or cracked;
- Never eat non-food items such as clay, soil, pottery, or paint chips;
- Stay away from any repair work being done in the home; and
- Avoid jobs or hobbies that may involve contact with lead, such as home renovation or working with glass, ceramics, or jewelry.



Children with high lead levels in their blood may suffer problems with thinking and learning.



For more information about the services provided by the NYC Department of Health and Mental Hygiene **Lead Poisoning Prevention Program** or what you can do to help prevent lead poisoning, call 311.

#### **Risk Reduction for Children**

- Keep your child away from peeling paint and home repairs that disturb lead paint;
- Report peeling paint to your landlord. If your landlord does not make repairs, call 311;
- Frequently wash hands, toys, pacifiers, bottles, and other items your child puts in his or her mouth;
- Clean floors, windowsills, and dusty places often with wet mops and wet cloths;
- Use caution when using candies, spices, snack foods, and children's toys and jewelry made in other countries. These items may contain lead.
- Use only cold tap water for making baby formula, drinking, and cooking. Let the water run for a few minutes before use.
- Keep your child away from the work clothes and tools of household members who do construction work or other work and hobbies that may expose them to lead.
- Wash work clothes separately from other laundry. Remove shoes and work clothes before entering your home.
- Use safe work methods when doing home repair that disturbs paint. For information on lead-safe work methods, call 311.

# *pillow* TALK



YOU CAN HAVE A HEALTHY SEXUAL LIFE!



# FAMILY PLANNING, YOU HAVE CHOICES

- Be sure to discuss with both your partner and your health care team your plans for whether or not you would like to start a family.
- If you prefer to not start a pregnancy at the moment, you have choices.
- Make time to discuss birth control options with your primary care provider or family planning professional.

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**Remember: Amida Care members can obtain family planning services from both in-network (Amida Care) providers and out-of-network providers that accept Medicaid. For more information about where to get family planning services contact Amida Care Member Services at 1-800-556-0689.**

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- You can also discuss your needs with your Primary Care Provider, Nurse Care Coordinator or Community Case Manager.
- Condoms (both the male and female types) are highly effective at preventing pregnancy. It is important to use them properly and consistently.
- Condoms also help prevent many types of infections which can be transmitted sexually (also called STDs, or STIs).
- Oral contraceptives (also known as birth control pills) are generally safe. However, there are two key points to consider:
  - Oral contraceptives do not prevent sexually transmitted infections
  - As with all medications, it is important to discuss the choice of oral contraceptives with your prescriber(s) to learn about any possible interactions with other medications you may be taking. This will help keep you safe and make sure each of the medications will be as effective as possible
- Two types of family planning methods are discouraged:
  - Spermicides (also known as jellies) - try to avoid these because the currently available types can increase the risk of HIV infection for a woman who is currently negative
  - Intra-uterine devices (IUDs) do not prevent transmission of STD/STIs

# Got Amida Care?

## GET FREE MEDS

TO  
HELP  
YOU

Quit



NICOTINE MEDICATIONS • CHANTIX • ZYBAN

NY STATE SMOKERS' QUITLINE

**1-866-NY-QUITS** (1-866-697-8487)

[www.nysmokefree.com](http://www.nysmokefree.com)

# Achoo!

## PLAN NOW FOR FALL AND WINTER

### HELPFUL ADVICE

- Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside of your elbow – not your hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. Or use an alcohol-based hand sanitizer.
- Don't get too close to people who are sick. Maintain a distance of 3 feet. If you get sick yourself, avoid close contact with other people and call or visit your PCP right away.
- **Vaccination is the BEST way to protect yourself against the flu.**

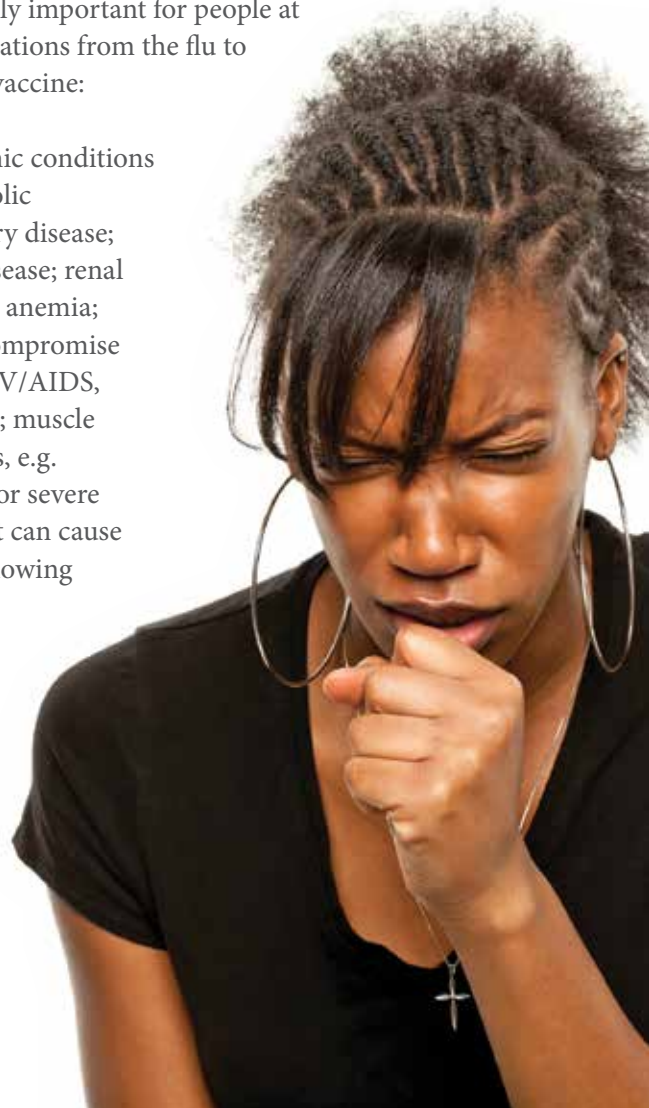


Call your PCP to make an appointment for early fall to get your flu shot.

Seasonal flu activity can be unpredictable but usually begins as early as October and continues to occur as late as May and usually peaks in January and February. You can get the flu vaccine from your Primary Care Provider (PCP), so contact your PCP to ask when you should come in and get the flu shot.

The NYC Department of Health recommends an annual dose of influenza vaccine for all people ages 6 months and older. However, it is especially important for people at higher risk of complications from the flu to receive an annual flu vaccine:

- People with chronic conditions including: metabolic disease; pulmonary disease; cardiovascular disease; renal disease; sickle cell anemia; conditions that compromise immunity, e.g. HIV/AIDS, cancer treatments; muscle or nerve disorders, e.g. seizure disorders or severe cerebral palsy that can cause breathing or swallowing problems;
- Women who are or will be pregnant during influenza season;
- People who are morbidly obese, among others.



# You have the right to be treated with dignity and respect.

Does someone close to you...

- Push or hit you?
- Humiliate you in public?
- Control your money?
- Tell you who to see, what to wear, what to do?
- Threaten to hurt you?
- Force you to have sex?
- Keep you from seeing friends and family?
- Threaten to report you to immigration officials?
- Threaten to take your children?

You might be in an abusive relationship.

Talk to your primary care provider or case manager about what is going on. You can change things and there are people here to help you.

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## **Emergencies**

Call 911

## **NYC Domestic Violence Hotline**

1-800-621-HOPE (4673)

## **Amida Care Domestic Violence Coordinator**

Kevin Steffens @ 1-646-786-1843

## **Member Services**

1-800-556-0689

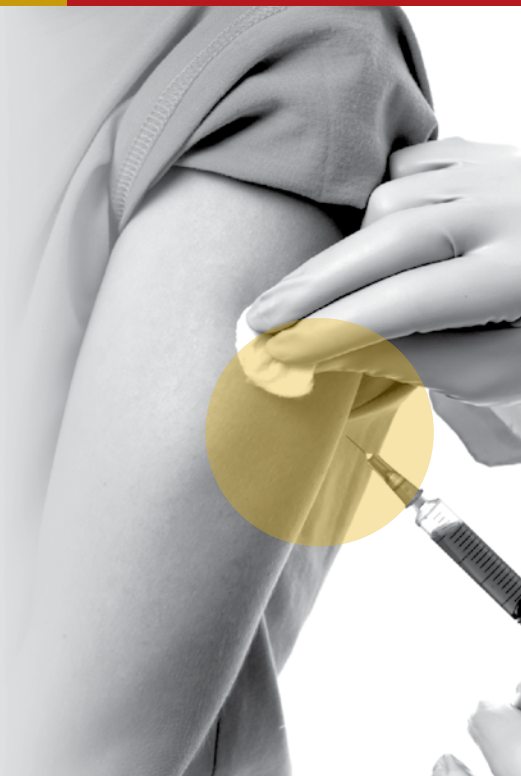


And the day came when the risk to  
remain tight in a bud was more painful  
than the risk it took to blossom.  
– Anais Nin



# Recommended Immunizations *for* HIV Positive Adults

*When you have HIV you are at increased risk for certain infections. Some of these infections can be prevented with vaccines. Here is a list of recommended vaccines for HIV+ adults from the National Institute of Health. Your health care provider can help you determine which vaccines you need.*



## Recommended for All HIV Positive Adults

Immunization Name	Associated Disease	Dosage	Comments and Warnings
Hepatitis B virus (HBV)	Hepatitis B	3 shots over a 6-month period	Recommended unless there is evidence of immunity or active hepatitis. Blood test to check for HBV antibody levels should be done after completion of immunization series. Additional shot may be necessary if antibody levels are too low.
Influenza	Flu	1 shot	Must be given every year. Only injectable flu vaccine should be given to those who are HIV positive. The nasal spray vaccine (FluMist/LAIV) should not be used in this population.
Polysaccharide Pneumococcal	Pneumonia	1 or 2 shots	Should be given soon after HIV diagnosis, unless vaccinated within the previous 5 years. If CD4 count is < 200 cells/mm <sup>3</sup> when the vaccine is given, immunization should be repeated when CD4 count is > 200 cells/mm <sup>3</sup> . Repeat one time after 5 years.
Tetanus and Diphtheria Toxoid (Td)	<ul style="list-style-type: none"> <li>• Lockjaw</li> <li>• Diphtheria</li> </ul>	1 shot	Repeat every 10 years.
Tetanus, Diphtheria, and Pertussis (Tdap)	<ul style="list-style-type: none"> <li>• Lockjaw</li> <li>• Diphtheria</li> <li>• Whooping Cough</li> </ul>		Recommended for adults 64 years of age or younger and should be given in place of next Td booster. Can be given as soon as 2 years after last Td for persons in close contact with babies under 12 months and health care workers.

## Recommended for Some HIV Positive Adults

Immunization Name	Associated Disease	Dosage	Comments and Warnings
Hepatitis A virus (HAV)	Hepatitis A	2 shots over a 1 or 1.5 year period	Recommended for health care workers, men who have sex with men, injection drug users, people with chronic liver disease (including chronic hepatitis B or C), hemophiliacs, and people traveling to certain parts of the world.
Hepatitis A and Hepatitis B combined vaccine (Twinrix)	<ul style="list-style-type: none"> <li>Hepatitis A</li> <li>Hepatitis B</li> </ul>	3 shots over a 6 month period or 4 shots over a 1- year period	Can be used in those who require both HAV and HBV immunization.
Human Papillomavirus (HPV)	Human Papillomavirus	3 shots over 6 months	Recommended for females ages 9-26. Not recommended to be given during pregnancy.
Measles, Mumps, and Rubella (MMR)	<ul style="list-style-type: none"> <li>Measles</li> <li>Mumps</li> <li>German Measles</li> </ul>	1 or 2 shots	People born before 1957 do not need to receive this vaccine. HIV positive adults with CD4 counts < 200 cells/mm <sup>3</sup> , a history of AIDS-defining illness, or clinical symptoms of HIV should not get the MMR vaccine. Each component can be given separately if needed to achieve adequate antibody levels.
Haemophilus Influenza Type B	Bacterial Meningitis	1 shot	HIV positive adults and their health care providers should discuss whether Haemophilus influenza immunization is needed.
Meningococcal	Bacterial Meningitis	1 or 2 shots _____ 2 shots	Recommended for college students, military recruits, people who do not have a spleen, and people traveling to certain parts of the world. Repeat after 5 years if still at risk for infection. _____ Recommended for All HIV-infected men who have sex with men in NYC.

## Not Recommended for HIV Positive Adults

Immunization Name	Associated Disease	Comments and Warnings
Anthrax	Anthrax	The currently available smallpox vaccine is a live viral vaccine. Some live vaccines are not recommended for people with HIV. Although the currently licensed anthrax vaccine is not a live vaccine, the Advisory Committee on Immunization Practices does not recommend routine anthrax vaccination.
Smallpox	Smallpox	
Zoster <sup>1 2</sup>	Shingles	

<sup>1</sup> Immunization for adults 60 years of age and older.

<sup>2</sup> Varicella: Varicella vaccine may be considered for asymptomatic HIV-infected persons with CD4 percentages ≥25% and who do not have reliable clinical history of varicella infection, or serologic evidence of varicella zoster virus (VZV) infection.

**Talk to your PCP about which immunizations are right for you.**





It is our belief that assisting members in obtaining excellent care, connecting them with community resources, and providing peer support and follow up, is yet another step toward building a community of empowered citizens.



**Amida Care's Better Days  
program is here to assist  
members that are recently  
released or formerly  
incarcerated.**

The program assists members with referrals to community based services, substance abuse and behavioral health treatment. It also provides assistance establishing a relationship with a primary care provider immediately after release.

Our program staff is familiar with the many obstacles people face when they are newly released or formerly incarcerated. We can help members avoid common problems such as access to transportation, difficulties getting IDs, incomplete discharge planning, unstable housing, limited family and social support or other unresolved needs that may prevent people from staying on top of their medical care.

These things can make it difficult for people to get to their doctors and take good care of themselves. There are many blocks to receiving appropriate medical care and other services when returning home from jail or prison, and we hope to help lessen these obstacles with our Better Days program. It is our belief that assisting members in obtaining excellent care, connecting them with community resources, and providing peer support and follow up, is yet another step toward building a community of empowered citizens.



Non-smokers who  
breathe in **secondhand  
smoke** take in nicotine  
and other toxic  
chemicals just like  
smokers do.

#### **What is secondhand smoke?**

It is a mixture of 2 forms of smoke that comes from burning tobacco: sidestream smoke (smoke that comes from the end of a lighted cigarette, pipe, or cigar) and mainstream smoke (smoke that is exhaled by a smoker). The sidestream smoke has higher concentrations of cancer-causing agents (carcinogens) than the mainstream smoke. Non-smokers who breathe in secondhand smoke take in nicotine and other toxic chemicals just like smokers do. Tobacco smoke contains more than 7,000 chemical compounds. More than 250 of these chemicals are known to be harmful, and at least 69 are known to cause cancer.

#### **Why is secondhand smoke a problem?**

*Secondhand smoke kills children and adults who don't smoke, and makes others sick (Surgeon General's report)*

Secondhand smoke can cause harm to non-smokers in many ways. Heart disease, coughing, mucus, chest discomfort, lung infection (such as pneumonia and bronchitis), and asthma, are some of the health problems caused by secondhand smoke. Exposure to secondhand smoke while pregnant increases the chance that a woman





# secondhand smoke

will have a spontaneous abortion, stillborn birth, low birth-weight baby, and other pregnancy and delivery problems. In children, exposure to secondhand smoke increases risk of sudden infant death syndrome (SIDS), acute respiratory infections, ear infections, and more severe and frequent asthma attacks. Smoking by parents can cause wheezing, coughing, bronchitis, and pneumonia, and slow lung growth in their children.

The scientific evidence shows that there is no safe level of exposure to secondhand smoke. Any exposure is harmful. Many millions of Americans, both children and adults, are still exposed to secondhand smoke in their homes and workplaces despite a great deal of progress in tobacco control. The only way to fully protect non-smokers from exposure to secondhand smoke indoors is to prevent all smoking in that indoor space or building. Separating smokers from non-smokers, cleaning the air, and ventilating buildings cannot keep non-smokers from being exposed to secondhand smoke.



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contains over **7,000**  
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# Water *and* Meditation

Images of water can be used with meditation and contemplation. Calm, still, serene water has been used in gardens created for meditation and tranquility. When the water surface is still, it's like a mirror reflecting everything around it, and this gives us a different way to look at the world. We know that sometimes we need to find a different way to look at a situation – a different perspective - to find an answer or solution.

When the air touches the water surface or when a pebble is tossed into a pond, ripples dance on the surface, creating a magical effect. Meditate on the beautiful ripples as they run into one another, or merge together to become an even greater ripple. These images help us meditate on how our feelings and intentions affect the actions we take and how those actions affect everyone and everything around, sometimes with far-reaching consequences.

The flow of a river induces wonderful imagery during meditation. Rocks, branches, or grasses can't stop the flow of water; it simply flows around them and continues on its journey to the ocean. The river feeds the grass, rubs, smooths and polishes the rocks by the constant flow of the water. Sometimes we want the river of life to stop for a few minutes, just enough to catch our breath, but life, like the river, goes on. It shapes us, nurtures us and moves us to something bigger. These water images help us meditate on the flow of life, and how those around us either remain stationary, bend, are eroded by the steady flow, or go with it.

Another powerful image is that of the ongoing waves of the ocean. In meditation, the sounds of waves crashing, the sun or moonlight reflecting on it, the random coming and going of waves, helps us think about the power and beauty of nature. These images ask us whether it is better to go with the flow or charge over the waves like a surfer, or join the current at its own speed and unpredictability.



*"Your Sacred space is where you  
can find yourself again and again."*

- Joseph Campbell

Amida  
Care

**BE PART OF  
OUR 2014  
WALL CALENDAR!**

Enter now & have  
your art be seen  
by thousands of  
New Yorkers and  
become part of a  
real collector's item!

# Art Co

**FOR ALL AMIDA CARE MEMBERS & ADHC CLIENTS!**



## Awards

### **1ST PLACE -TWO WINNERS**

Each will receive a \$150 gift certificate and  
their artwork featured on the calendar covers.

### **2ND PLACE -TWELVE WINNERS**

Each will receive a \$50 gift certificate and  
their artwork will represent one of the 12 months.

### **FOUR HONORABLE MENTIONS**

Each will receive a \$25 gift certificate and  
their artwork will appear in the inside covers.

Entries can  
be dropped off  
or mailed to:

**Amida Care  
248 West  
35th Street  
8th Floor  
New York  
NY 10001**

If you have any questions, please call Amida Care at  
**1-646-786-1800**



# ntest

This year's theme is: **CELEBRATING LIFE!**



## Rules

- All graphic media is acceptable: paint, collages, color pencils, markers, photography, crayons or oil pastels.
- Image area must be at least 8" x 10" and no larger than 30" x 40".
- All artwork must be original. Two (2) entries are allowed per person.
- Artwork should be signed with your preferred "artist" name and date (at least the year).
- Attach a 4x6 card to the back of your art and include: your name, site, and telephone number a brief description of what your artwork means to you, and PCP name or ADHC site.
- We will prefer all artwork presented in a landscape format. However, it is not mandatory.
- Images with high contrast, saturation will reproduce better.
- Deadline for submission is Wednesday 10/02/2013. Winners will be announced 11/15/2013.
- The winning art will be used in the 2014 calendar and/or visual media.
- All winning artwork entries become property of Amida Care and will not be returned.
- Winning artist preferred names and PCP/ADHC sites will be made public.
- Artwork not chosen for the calendar must be picked no later than 11/29/2013 (MetroCards provided). If you do not pick up your artwork by the above date, it will become property of Amida Care.
- Winners will be selected by the Amida Care Member Advisory Committee.
- By submitting your artwork to this contest you are giving Amida Care reproduction rights of your work.

### Important Submission Info

Please ensure that your submission is of your original art, no reproductions, copies or photos of other artists' artwork. Photography needs to be submitted as a high resolution print and also as a 300 dpi jpeg or tiff file. Submissions that do not meet these requirements will be disqualified.

# The Artist in You

**COME AND SHARE THE ARTIST IN YOU.**

Create your masterpiece for Amida Care's Art Contest  
and Wall Calendar, or just for you.

## Brooklyn

THURSDAY

September 5, 2013

3:00pm – 5:00pm

HELP/PSI Brooklyn

803 Sterling Place

Brooklyn, NY 11216

### Transportation

Take #3 train to Nostrand Avenue.  
Start out going on Nostrand Avenue  
towards Eastern Parkway. Keep  
moving ahead on Nostrand Avenue  
(James E Davis Avenue), turn left  
onto Sterling Place arrive  
at 803 Sterling Place.

## Bronx

THURSDAY

September 12, 2013

3:00pm – 5:00pm

Promesa/ACACIA

915 Westchester Avenue

Bronx, NY 10459

### Transportation

Take #2 train to Intervale Avenue,  
walk approximately two blocks  
to Westchester Avenue.

## Manhattan

THURSDAY

September 19, 2013

3:00pm – 5:00pm

Harlem United

123-125 West 124th Street

New York, NY 10027

### Transportation

Take A, C, 2, or 3 trains  
to 125th Street

**RSVP REQUIRED, PLEASE CALL 1-800-556-0689**

Members may bring one guest!

Art supplies, gift bags, great food and MetroCards are available

## Don't Miss It!