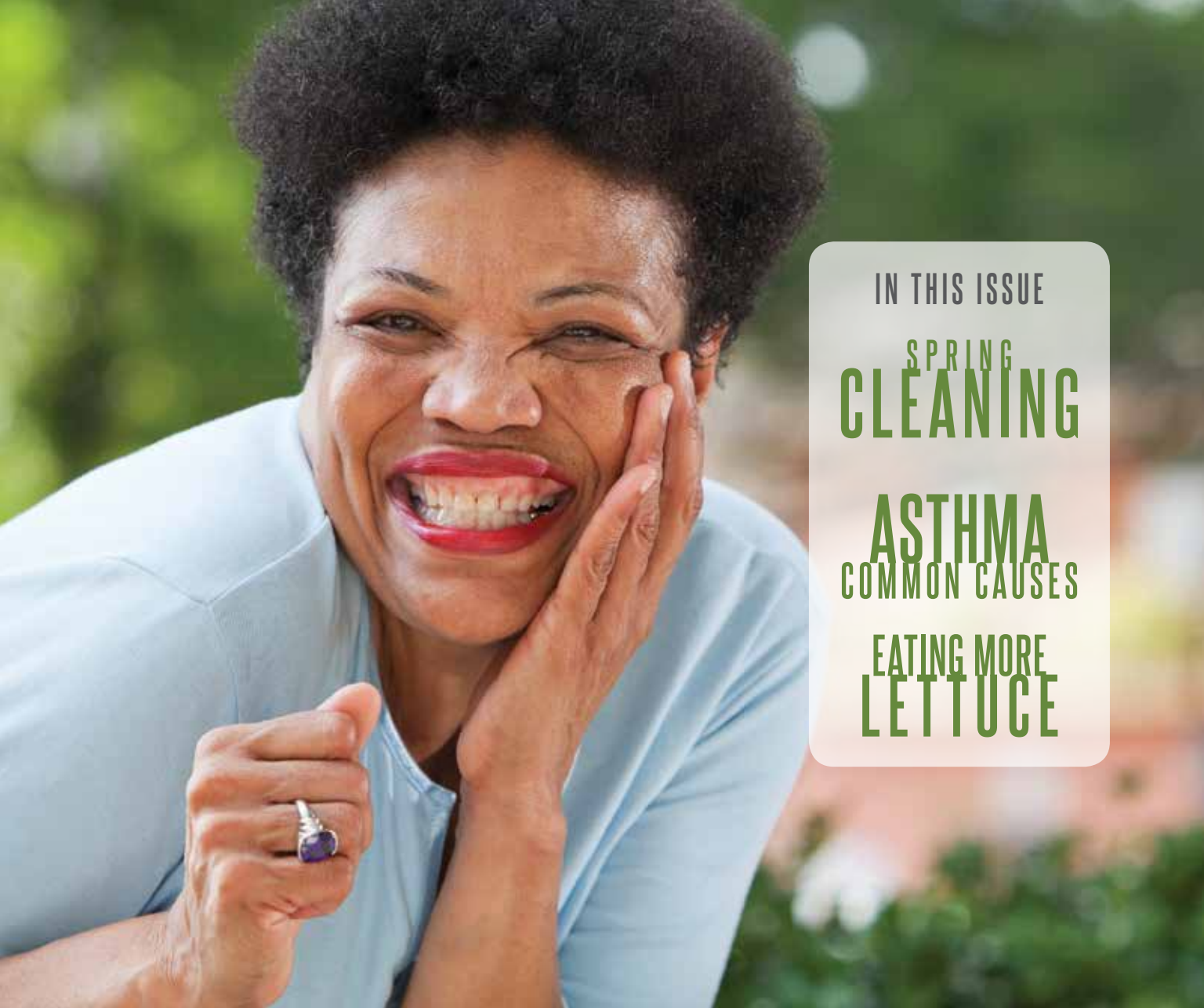




# The AMIDA CARE View



IN THIS ISSUE

SPRING  
**CLEANING**

**ASTHMA**  
COMMON CAUSES

EATING MORE  
**LETTUCE**



Spring is nature's way of saying,  
"Let's party!"

– ROBIN WILLIAMS



**AMIDA CARE, WITH OFFICES NEAR YOU**

**Main Office**

248 W. 35th Street, 8th Floor  
New York, NY 10001  
Phone: (646) 757-7000  
Fax: (646) 786-1801

**Bronx Borough Office**

349 East 149th Street, Suite 401  
Bronx, NY 10451  
Phone: (646) 757-7007

**Brooklyn Borough Office**

81 Willoughby Street, 7th Floor  
Brooklyn, NY 11201  
Phone: (646) 757-7009

**YOU CAN ALWAYS CALL MEMBER SERVICES AT:**

**1-800-556-0689**

**OR VISIT US ONLINE AT:**

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

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Dear Amida Care Live Life Plus Members,

Welcome to the **SPRING ISSUE** of your member magazine - **The Amida Care View**. As you know, Amida Care is more than a health insurance company (or HMO), we're part of your wellness community - a large circle of family, friends, providers, and Plan staff that embrace and facilitate wellbeing in the widest and most holistic sense (mind, body and spirit).

Since you're reading this issue, we know you survived the cold and snowy winter. Perhaps you were among the 300+ members who attended our **WINTER LIFE CELEBRATION** last January. It



was a fun-filled evening of great company, music/dance, and food. Some event highlights are celebrated on page 16.

As winter melts into spring, New Yorkers (like you and me) rejoice and start planning the many things we want to do outside, in the warmer weather. **SPRING-CLEANING** is atop many people's list every year - and for good reason. Getting rid of clutter, or being more organized, can make everyday tasks less stressful and easier to breeze through! We'll show you how to get a jump-start in just 3 days (see pg. 6) and then, ways to clean with low cost vinegar (pg. 9).

If spring allergies are something you know all too well - you're not alone. **SEASONAL ALLERGIES** are a common problem that affects millions of

Americans, but an issue that can be managed. On page 14, we talk about the causes of seasonal allergies, what you need to know about them, and what you can do to alleviate symptoms. Also, don't forget to read about **ASTHMA** on page 12.

As part of your wellness team, we support you in making healthy lifestyle choices. So, look for **EASY, TASTY, AND AFFORDABLE RECIPES** that take the mystery out of making healthier meals in upcoming magazines. In this issue, read about ways to take an everyday food (green lettuce) up a notch or two on page 10.

We also encourage you to visit **THE HIGH LINE**, a unique, scenic, and free New York City Public Park (pg. 4). Lastly, check out the **ZEN CORNER**, a place to reflect and find inner peace (pg. 22).

As always, **THANK YOU** for being an Amida Care member! We know you have a choice. We're here to serve and continue to go **ABOVE AND BEYOND** for you.

Enjoy this issue and have a great spring!

Abrazos,

**Doug Wirth**  
PRESIDENT & CEO

A close-up photograph of a woman with dark, curly hair, wearing a blue top and large hoop earrings. She is smiling slightly and looking down at a white document she is holding. The background is a soft-focus green, suggesting an outdoor setting.

**Knowledge is Power.  
Be in the know,  
be empowered!**

## **Amida Care Resource Library**

GET THE INFORMATION YOU NEED TO BE  
AN ACTIVE PART OF YOUR **CARE TEAM.**

At Amida Care, we have clear and easy to read educational materials on a variety of health topics:

- Asthma
- Colonoscopy
- Diabetes
- Hypertension
- Women's Health
- Mammography
- Men's Health
- Immunizations
- Safer Sex
- Healthy Goals
- Flu
- and much more.*

Call our Member Services Department to request the information you need to stay healthy.

**800-556-0689**

**Call us with suggestions for other topics!**

# THE DAY GETAWAY HIGH LINE

Along the west side of New York City, from Gansevoort Street to West 30<sup>th</sup> Street, runs an unusual public park that marvelously embodies the power of taking something unoccupied, run-down and mostly forgotten, and transforming it into something extraordinarily beautiful.



*This elevated park is called **The High Line**.* It is built on a section of the former New York Central Railroad, called the West Side Freight Line, which some of us may remember.

Today, The High Line is a friendly fusion of nature and our industrial past, old and new, classic and modern. Inspiring views of the Hudson River and the city are often a beautiful backdrop to art installations, plants, flowers, and street performers. There are many places to sit and enjoy the scenery from a peaceful distance. *Go ahead and take a stroll down The High Line this spring!*

There are entrances to The High Line at Gansevoort Street, 14<sup>th</sup> Street (elevator access), West 16<sup>th</sup> Street (elevator access), West 18<sup>th</sup> Street, West 20<sup>th</sup> Street, West 23<sup>rd</sup> Street, West 26<sup>th</sup> Street, West 28<sup>th</sup> Street, West 30<sup>th</sup> Street (elevator access). The nearest subway lines are the A, C, E, and L.

**STARTING APRIL 1**  
**THE HIGH LINE IS OPEN DAILY FROM 7:00 AM TO 10:00 PM AND IT IS FREE.**



FLUSHING MEADOWS

**Enjoy a  
springtime  
stroll in  
a park  
near you**

### **BRONX**

#### **Mullaly Park**

Jerome Avenue to River Avenue between East 164 St. and McClellan St. at Cromwell Avenue.

- 4, B, or D trains to 161 St. - 9 min. walk

### **BROOKLYN**

#### **Brooklyn Bridge Park**

Plymouth Street, New Dock St., Furman St. between Old Fulton St. and Atlantic Avenue.

- A or C trains to High St. - 9 min. walk
- 2 or 3 trains to Clark St. - 9 min. walk
- B25 bus to Broadway Junction - Alabama Avenue

### **QUEENS**

#### **Flushing Meadows Corona Park**

Grand Central Pkwy., Whitestone Expy. between 111 St. and College Point Boulevard, Park Drive East.

- 7 train to 74 St.- Broadway

### **STATEN ISLAND**

#### **Willowbrook Park**

Richmond Avenue, Victory Boulevard, Ashworth Avenue, and Forest Hill Road.

- S44 / S59 / X17 / X17J buses to Richmond Avenue – Eton Place



SPRI

Day 1



Day 2



Day 3



# 3 Days to get organized

**Spring-cleaning can be daunting.** Sometimes we don't even know where to start. Once you get rid of things you don't use anymore, it is easier to organize what you do need and the cleaning part is a breeze! Let's get organized in three days by tackling one room at a time:

## DAY 1

### The Closet

Grab 3 large bags and designate one for clothes to throw away, one for clothes to donate, and one for clothes to keep and organize. Once you get rid of the clothes you don't need, it will become easier to mix and match pieces that you actually wear.

## DAY 2

### The Bathroom

Start with the medicine cabinet or other place you use for storage in the bathroom, such as under the sink, and throw out any products that you don't use or have expired.

## DAY 3

### The Kitchen

Just as in the bathroom, throw out any packages, cans, spices, or food that have expired in your kitchen cabinets. Next, do the same with the items in your fridge. Don't forget to sort through your cleaning products as well.

# SPRING CLEANING



**WHERE TO DONATE**

There are many great organizations in NYC where you can donate your clothes. Some will even pick up the clothes from your home. To find the nearest organization where you can donate your clothes, web search "**NYC Stuff Exchange**" and click on their link, then click on "Where to Donate", or call 311.

**HOW TO SAFELY DISPOSE OF YOUR UNUSED MEDICATIONS**

- If you want to throw them away, check the prescription label for any instructions for proper disposal.
- If unsure of how to dispose of your medications, take them to the nearest hospital or clinic.
- You can also donate them to a community take-back program. For a list of organizations where you can donate your unused meds, web search **Medication Exchange NYC** and click on the "NYCWasteLess" link, or call 311.
- When in doubt about proper drug disposal, talk to your pharmacist.
- Don't flush your medicine down the toilet or drain unless the label specifically instructs you to do so.



# VINEGAR

## The ultimate multi-purpose cleaning product

Use distilled white vinegar to:

- **Remove grime, mildew, and scum from the tub or shower curtain/door** - Wipe the surface with vinegar and rinse with water.
- **Make your toilet bowl shine** - Pour a cup or more of vinegar and let it sit for several hours, then scrub and flush.
- **Clean and disinfect counter tops** - Wipe with a cloth soaked in vinegar.
- **Remove odors from rooms, closets, refrigerators, etc.** - Clean the space well and place a small dish of vinegar overnight.

Distilled white vinegar is an inexpensive and non-toxic liquid that can be used as a cleaning product, amongst many other things. Vinegar is very effective at killing mold, bacteria, and germs, due to its level of acidity. Use it in every room to clean, disinfect, and eliminate odors!

- **Keep ants away** - Spray vinegar along doorways, windowsills, appliances or counter-tops where they are likely to appear.
- **Unclog a drain** - Pour ½ cup baking soda and ½ cup vinegar, rinse with warm water when solution has finished bubbling.
- **Clean a cutting board** - Wipe it with vinegar.
- **Clean and deodorize urine on a mattress** - Add a half water/half vinegar solution to the area and sprinkle with baking soda. Let dry and brush off the residue after it's dry to the touch.





**LETTUCE IS SO  
VERSATILE  
THAT IT CAN  
BE USED  
WITH MANY  
DIFFERENT  
FOODS.**

# LET US EAT LETTUCE

Lettuce is everywhere. When most of us hear the word “lettuce” our minds immediately think of salads. But lettuce is so versatile that it can be used with many different foods to add nutrition and to mix things up a bit.

Here are a few examples of using lettuce in our meals:

- No tortilla? No problem. Wrap anything you would put in your burrito or taco in a lettuce leaf! This instantly ups the health factor and looks better, too.
- No bun? No worries. Try wrapping your burgers in lettuce too! Crispy and hearty romaine or iceberg leaves will work well for this.
- Following the style of your regular wraps, wrap a small amount of food in a small lettuce leaf and secure with a toothpick. Finger food never looked so good! Leafy tapas, anyone!





# TUCE!

## Romaine Lettuce



- Rich in calcium; omega-3 fatty acids; protein; vitamins A, B, C, and K; iron; and water.
- Helps remove toxins, lowers cholesterol, maintains strong bones, lowers high blood pressure, helps prevent cataracts, and boosts your immune system.
- Will last for five to seven days in the refrigerator. Wrap the lettuce in a paper towel and put it in a plastic bag. The paper towel will absorb the excess moisture.



# WHO IS AT GREATEST RISK OF ASTHMA?

---

## COMMON ASTHMA TRIGGERS



TOBACCO SMOKE



POLLEN



PET DANDER



Asthma affects people of all races, all sexes, and all ages, and it affects people in every region of the U.S. However, asthma is seen more often among children, women, African Americans, Puerto Ricans and people in the Northeast.

It's important that people with asthma learn which factors trigger their episodes, and then try to minimize their exposure to them.

There is no cure for asthma but it can be controlled.

If you've been diagnosed with asthma and you have symptoms

that require you to use your rescue inhaler too frequently, go see your asthma doctor. You may need a change in your asthma medication regimen for better control. Your PCP can determine the problem -- and solution -- so you can feel better and breathe right.

SOURCE: [WWW.CDC.GOV/ASTHMA/PDFS/BREATHING\\_EASIER\\_BROCHURE.PDF](http://WWW.CDC.GOV/ASTHMA/PDFS/BREATHING_EASIER_BROCHURE.PDF)

## Dust Mites

Dust mites are teeny, tiny bugs that live in household dust. You need a microscope to see them. Dust mites don't bother most people, but some can be allergic to them and their droppings. If a person has asthma, dust mites can worsen breathing problems.

Dust mites cannot be totally eliminated but the number of mites can be reduced by doing things such as:

- Using a damp mop or rag instead of a dry cloth to clean
- Wearing an allergy mask while cleaning to avoid breathing in dust lifted up in the cleaning process
- Washing all bedding, from sheets to blankets to pillows, a minimum of once a week in very hot water, at least 130° F



OUTDOOR  
AIR POLLUTION



EXERCISE AND OTHER  
ACTIVITIES THAT MAKE  
BREATHING HARDER



MOLD

# SURVIVING Spring Allergies

Ah, spring. That wonderful time of the year when the sun starts shining brighter, the weather gets warmer, and the air is filled with the lovely smell of flowers—and some pollen!



Seasonal allergies are so common that some people feel that they don't require a visit to their doctors. But there are some things everyone should look out for. For example, if you find a yellowish green "leftover" in your tissue after sneezing, this may be a sign of a sinus infection rather than an allergy. If you think you may have an infection, please see your PCP.

If you sneeze and your discharge 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 the allergy. The symptoms usually include itchy, swollen or red eyes, a runny or blocked nose, a cough, or a headache.





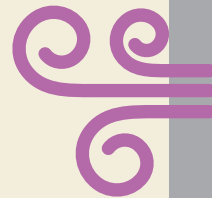
# The biggest spring allergy trigger is pollen.

If you want to use over-the-counter\* treatments, avoid decongestants (such as Sudafed and Afrin). These are better for colds. Look for antihistamines such as Claritin, Zyrtec or a generic form. You only need one a day.

If you want a prescription drug, you need to see your PCP. Be sure to inform the person writing any new prescription about all the medications you are taking, to reduce drug interactions.

*Take care of yourself, stay healthy, and enjoy your spring!*

\* Always consult your PCP before taking an over the counter medication.



Pollen travels by air, so enjoy air conditioning whenever you can.



Pollen count is higher during the daytime, especially in the early morning.



Wear sunglasses to protect your eyes from pollen.

If you associate spring with runny noses and constant sneezing—you are not alone! Current statistics show 50 million Americans have seasonal allergies.





# 2014 Winter Life Celebration

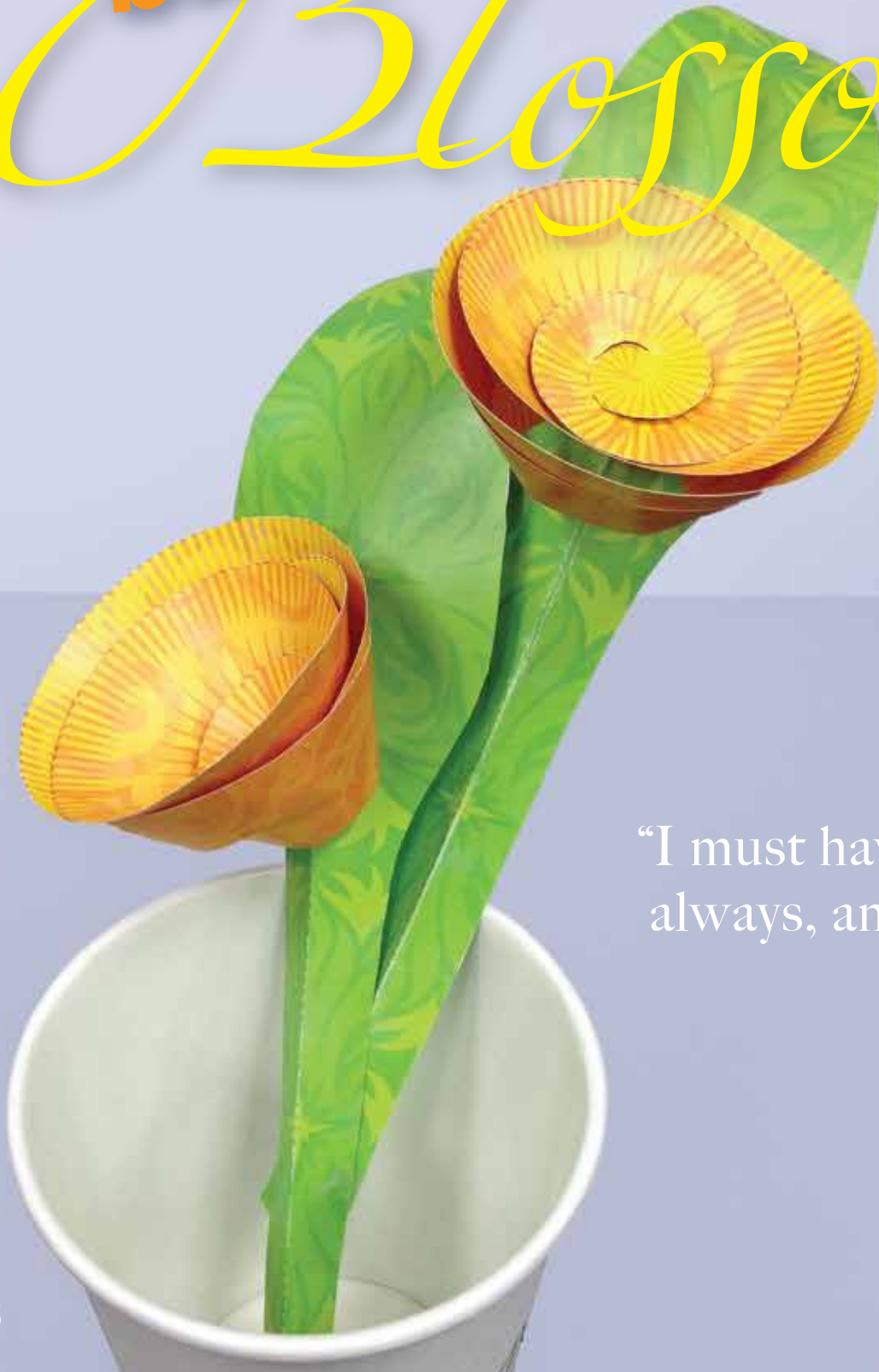
## **The most anticipated event of the winter**

– Amida Care’s annual Winter Life Celebration, took place on January 30th, 2014 – and it set a great tone for the year. The upbeat spirits and smiling faces synonymous with the Live Your Life celebrations were definitely present. Together we ate, danced, laughed, sang, and gave thanks for another year of life and wellness.

The sense of community in the room reminded us of the importance of the love and support in our lives. Here are some captured moments of the evening. Make sure you don’t miss our Summer Life Celebration. We look forward to seeing you there and making more delightful memories. Visit [www.amidacareny.org](http://www.amidacareny.org) for more information about our next Live Your Life event.

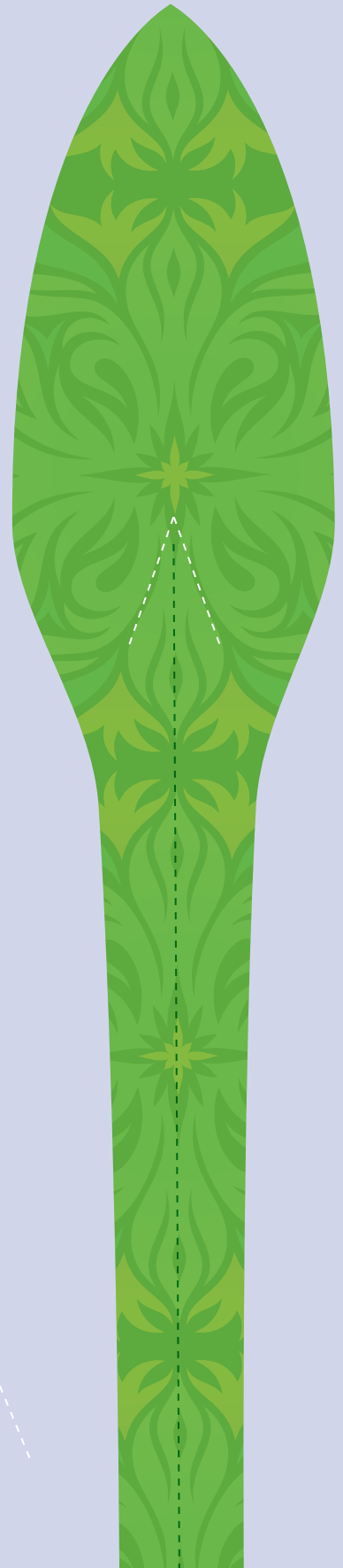
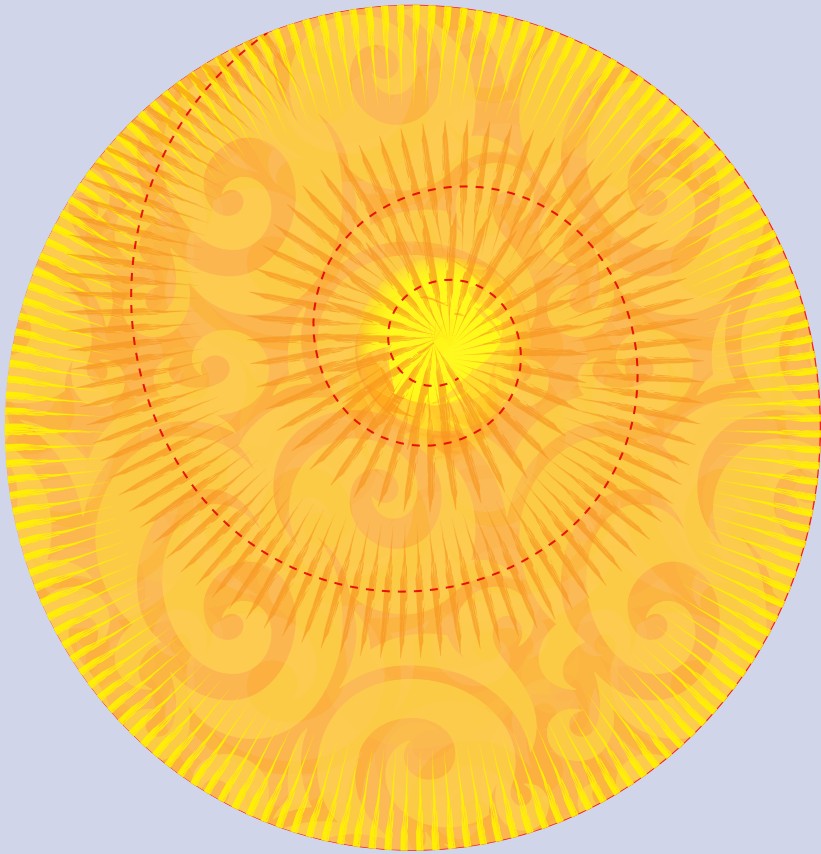


# SPRING *Blossom*



“I must have flowers,  
always, and always.”

Claude Monet

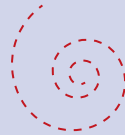


## INSTRUCTIONS

1. Cut out the orange and green shapes.



2. Cut the orange circle along the spiral red line.

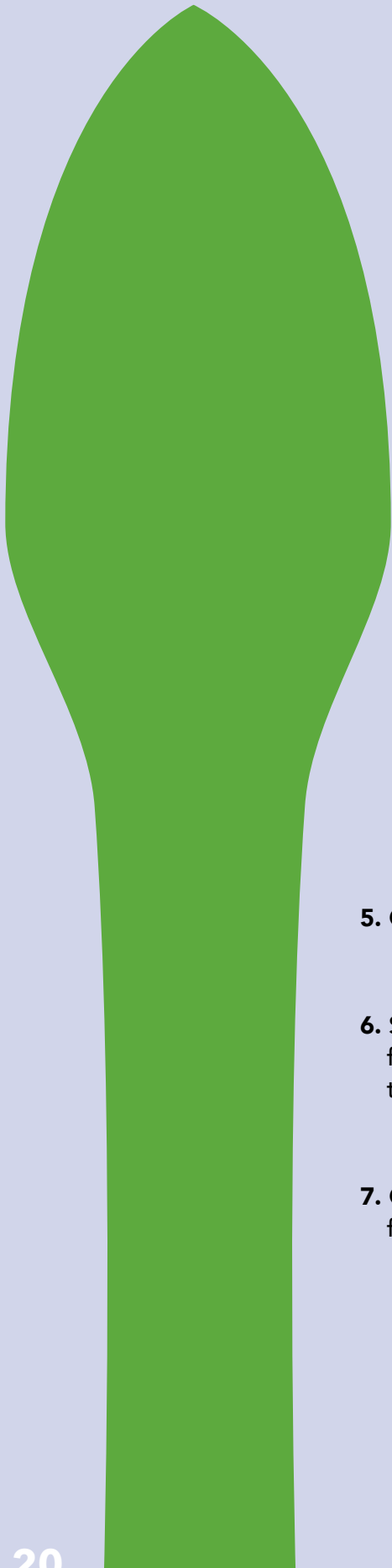


3. Fold the green leaf along the green line.

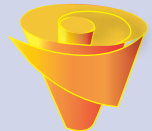


4. On the leaf, cut the arrow along the white dashed line.

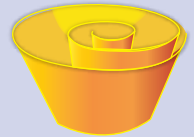




5. Coil the orange spiral until you have a tight cone.



6. Slowly, loosen the coiled spiral until you get the flower shape desired. Tape or glue the spiral tail to the back of the flower.



7. Curl the top of the leaf. Insert the completed flower on the arrow tab in the leaf.

Enjoy your  
Spring Blossom!





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**MAY 10, 2014**

**11:00AM - 3:00PM**  
Community Health and Wellness Fair  
Vendors, Exhibitors, Performances  
and more!

**The Plaza at the Adam Clayton Powell Jr.**

**State Office Building**

163 West 125th Street  
New York, NY 10027



rincón  
**ZEN**  
corner





Only those who risk going too far  
can possibly find out how far one can go.

- TS ELIOT

Sólo aquellos que se arriesgan a ir demasiado  
lejos pueden saber hasta dónde pueden ir.