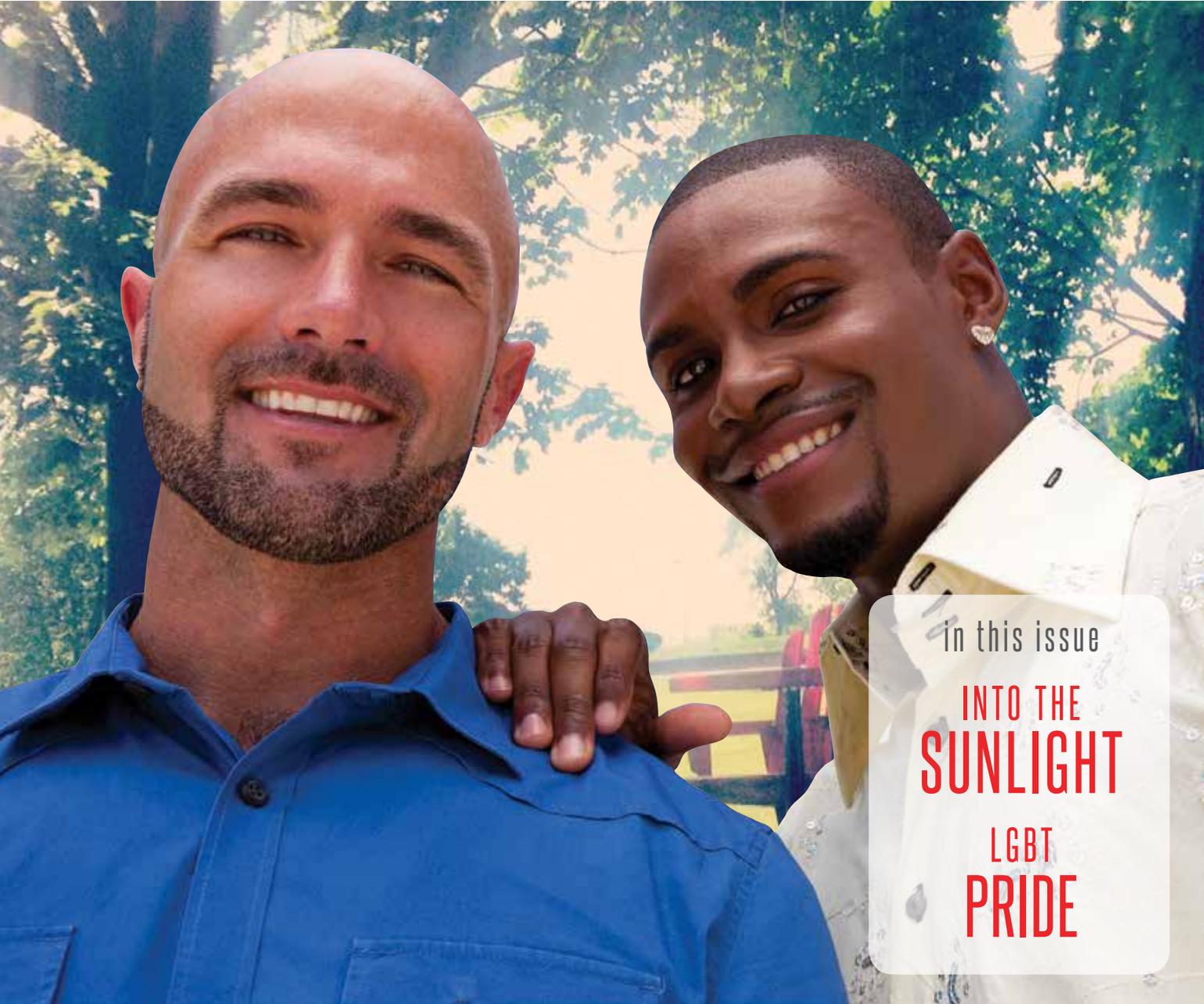




# The AMIDA CARE View



in this issue

INTO THE  
**SUNLIGHT**

LGBT  
**PRIDE**

"Turn your face to the sun and  
the shadows fall behind you"

– Maori Proverb



**AMIDA CARE,  
WITH OFFICES NEAR YOU**

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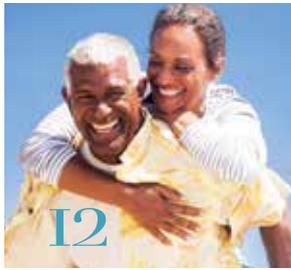
**YOU CAN ALWAYS CALL MEMBER  
SERVICES AT: 1-800-556-0689**

**OR VISIT US ONLINE AT:  
[www.amidacareny.org](http://www.amidacareny.org)**

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**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.



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Dear Amida Care Members,

A very warm welcome to the Summer 2015 issue of your member magazine, *The Amida Care View!* Now's the time to put on your shades and step *Into the Sunlight*, as our cover story invites you to do, starting on page 3.



Check out our ideas for *Fun Free Things to Do in Your Borough*. For details about LGBT Pride events happening citywide – and more Summer Festival listings – don't miss our pullout centerfold. On

page 8, Amida Care members and staff answer the question: *What Does LGBT Pride Mean to Me?* And on page 10, we share tips for celebrating LGBT Pride in moderation.

At Amida Care, we feel proud of the part we have been playing in *New York State's Plan to End the AIDS Epidemic by 2020*. Turn to page 18 to read all about this historic Blueprint, released on April 29 by Governor Andrew Cuomo. We also gathered comments on this bold initiative from community leaders and from you – our members!

To keep you healthy while you're having fun outdoors this summer, turn to our wellness stories, starting on page 12. *Here Comes the Sun and Don't Bug Me! Avoiding Mosquitoes and Ticks* suggest ways to protect your skin from sunburn and insect bites.

Sometimes, the secret to wellness is simply a matter of *Trading Unhealthy Habits for New Ones*, as described on page 14. And our Amida Care members with diabetes won't want to overlook the story called *Seeing Your Best: Eye Care and Diabetes* on page 28.

So far this year, our *Live Your Life* events have been big hits. On page 6, enjoy a little photo album of highlights from our February, March, and April events. We can't wait to see you at our Summer Life Celebration in August!

This sunny season gives us a rainbow of reasons for feeling happy and grateful. As always, we thank you for being an Amida Care member! We're here to serve you – and to keep on going *Above and Beyond* for you. Enjoy this issue and have fun this summer!

Abrazos,

*Doug Wirth*

**Doug Wirth**  
President & CEO

P.S. Please "like" us on Facebook at [www.facebook.com/AmidaCare](http://www.facebook.com/AmidaCare), and follow us on Twitter at [www.twitter.com/AmidaCareNY](http://www.twitter.com/AmidaCareNY); Twitter handle: @amidacareny



# INTO THE SUNLIGHT

## MAKE THE MOST OF **SUMMER 2015**

*It's that time again—the warmest, brightest months and the longest days of the year. Here at last is the season so many of us were waiting for while we were snowed in during the long, cold winter that we lived through not long ago!*

*In summer time, it's only natural to want to get outdoors into the sunlight and mingle. Luckily, New York City is chock full of world-class opportunities to have fun, and, as so often is the case, some of the best things in life are **FREE**.*

*Here's our Summer 2015 guide to the top fun, free activities across the five boroughs. Find what appeals to you most. You have places to go and people to see. To protect yourself from sunburn, remember to bring along your sunscreen and a water bottle. And don't forget to wear your shades and a hat.*

***Enjoy!***

Here are five **FREE** and **FUN** things to do this summer in your borough



## BRONX

### Tai Chi for Beginners –

A gentle way to reduce stress. Learn basic movements and tai chi moves that will improve your balance and wellbeing.

WHEN? Every Tuesday and Thursday from 8 to 9 a.m.

WHERE? Poe Park Visitor Center, 2640 Grand Concourse

WEBSITE: [www.nycgovparks.org/events](http://www.nycgovparks.org/events)



## BROOKLYN

### Mermaid Parade –

A crowd favorite! Join the nation's largest art parade that brings mythology to life with glittery costumes and floats with aquatic themes.

WHEN? Saturday, June 20, starting at 1 p.m.

WHERE? Along Surf Avenue in Coney Island

WEBSITE: [www.coneyisland.com/programs/mermaid-parade](http://www.coneyisland.com/programs/mermaid-parade)



## MANHATTAN

### Adventures NYC –

Get outdoors and hike, bike, climb, fish, and paddle.–Be sure to bring your photo ID!

WHEN? Saturday, June 20, 11 a.m.-5:30 p.m.

WHERE? Central Park Bandshell area. Enter at 72nd Street.

WEBSITE: [www.nycgovparks.org/highlights/festivals/adventures-nyc](http://www.nycgovparks.org/highlights/festivals/adventures-nyc)



## STATEN ISLAND

### *Sea Shanty Sessions –*

Music lovers and musicians of all ages are invited to gather at the museum for a sea shanty sing-along.

**WHEN?** Every third Sunday of the month from 2-5 p.m.

**WHERE?** Noble Maritime Collection, 1000 Richmond Terrace, Building D

**WEBSITE:** [http://noblemaritime.org/ongoing\\_programs.html](http://noblemaritime.org/ongoing_programs.html)

## QUEENS

### *Celebration – Summer Solstice*

Enjoy the longest day of the year by participating in activities that include face-painting, art-making workshops, drumming, wrestling, yoga, and a solstice ritual.

**WHEN?** Sunday, June 21

**WHERE?** Astoria's Socrates Sculpture Park, at 32-01 Vernon Boulevard and Broadway in Long Island City

**WEBSITE:** <http://socratessculpturepark.org/program/solstice/>



For more Summer fun and festivals,  
pull out our centerfold poster.



# Amida Care Encourages You to



**FEBRUARY**

## Gospel & Jazz

In our February 2015 "Live Your Life" celebrations across the city, Amida Care members and guests enjoyed the soulful sounds of vocalist Emilie Surtees and the Soul Providersz, her band made up of keyboard player Wayne Holmes, drummer Shinya Miyamoto, and bassist Dave Jones. Members clapped, danced, and grooved to old standards from "Chattanooga Choo-Choo" to "Happy" and "Oh, Happy Day!"

**MARCH**

## Zumba Dancing

Zumba instructor Sonia Thompson (2nd from right) led Amida Care members in dancing movements to promote fun and exercise at our March 2015 "Live Your Life" events in Brooklyn, Staten Island, the Bronx, and Manhattan. About 200 members at all levels of fitness moved to music that ranged from salsa and house music to *cumbia* and Bollywood tunes.



# “Live Your Life”

HERE'S AN ALBUM OF OUR 2015 EVENTS. PLEASE JOIN US IN JUNE AND JULY, AND DON'T MISS OUR SUMMER LIFE CELEBRATION IN AUGUST!



*An elected official and a staff member from the NYC City Council participated in our Medicine Necklace event in Queens: Joey Pressley, Deputy Chief of Staff (above, far right) and City Council Member Daniel Dromm (above, second from right).*

**APRIL**

## Medicine Necklace

With guidance from Native American healer Ty Nolan, Amida Care members at our citywide April events made “Medicine Necklaces” using beads and colors to remind them of meaningful parts of their lives. Guests at our “Live Your Life” event in Queens included Joey Pressley, Deputy Chief of Staff of Member Services to NYC Council Speaker Melissa Mark-Viverito, and openly gay City Council member Daniel Dromm – who urged attendees to take part in Queens Pridefest on Sunday, June 7. For details on LGBT Pride events across NYC, see our centerfold pullout poster.



"It means self-empowerment. It means letting go of fear and shame and letting go of pre-conceived notions that people have – and that are ingrained in myself." – *Dee*

# What Does **LGBT**

(LESBIAN, GAY, BISEXUAL, TRANSGENDER,



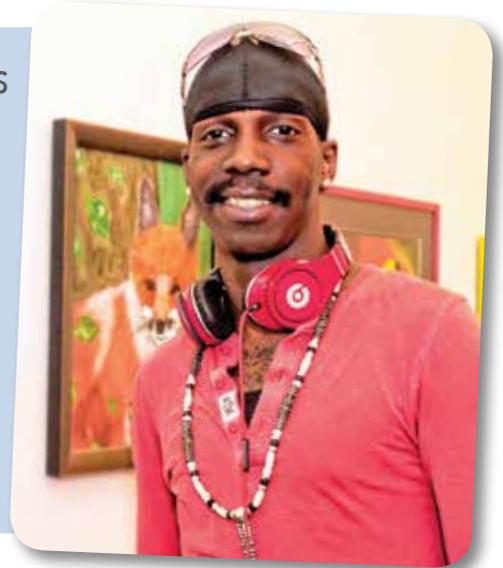
"A chance to be fully alive, self-expressed, authentic, sacred and sexual, joyful in celebrating you as you are ... and choosing to see all we share in common ... dancing together in the journey called Life." – *Doug*



"LGBT pride means that I feel proud to be who I am!"

– William

"Lots of people are not comfortable with who they are. Thanks to LGBT Pride, our community can be proud of and comfortable with who we are." – Nidia



# PRIDE Mean to Me?

(QUEER, QUESTIONING, INTERSEX, ASEXUAL, ALLY)



"It is all about celebrating liberty, recognition, and dignity. Our unified march across the globe shows that love, sacrifices, happiness, and achievements in life have no gender! It's important to remember that LGBT Pride is held annually throughout the world to mark the Stonewall riots that occurred in New York on June 28, 1969." – James





LGBT  
Pride



# Celebrating in Moderation

Every June, QUEER Pride celebrations across New York City host plenty of lively, high-energy events, and some of them include drinking and partying. If you are nodding your head yes in recognition, here are 10 suggested strategies to celebrate LGBT Pride 2015.

- 1. Less is more.** Limit the number of drinks you take while celebrating -- especially on summer days when it's easiest to get dehydrated. Alcohol is a "diuretic," which means that it makes you dehydrated.
- 2. Weaker is better.** Trade in strong liquors like vodka, rum, or whiskey for drinks with less alcohol, like wine or beer.
- 3. Skip the pre-party.** Drinking before you go out to the main event could end up cutting your celebration short.
- 4. Plan ahead.** Lots of LGBT Pride events are held on weekdays or Sundays, so tailor your party time to fit your schedule. That way you won't be drinking on nights before you have to get up early for work or a doctor's appointment.
- 5. Eat beforehand.** Drinking on an empty stomach means your body will absorb alcohol more quickly. Eating before you drink helps keep the alcohol in your stomach longer, while your body digests the food. This helps slow down your body's processing of alcohol. Eating after you've already started drinking does not work as well.
- 6. Water yourself down.** Remember to have a glass of water before you drink alcohol – and keep on drinking water all through the rest of your time at the celebration. This is the best way to make sure that you don't pass out from dehydration.
- 7. No shots.** It's hard to drink in moderation if you're taking shots. Choose a drink that you can sip slowly and truly enjoy.
- 8. Strong, then weak.** Pace yourself by switching off between alcoholic and non-alcoholic drinks. This strategy will also help you avoid getting dehydrated.
- 9. Try the one-per-hour rule.** The body of the average adult can process one alcoholic drink per hour. If you have no more than one or two drinks an hour, you will get buzzed but not drunk.
- 10. Opt out of the rounds.** If you're taking turns buying rounds of drinks, you may feel obligated to have another drink, even if you don't want one.

*Have a safe, joyful celebration of LGBT Pride this summer!*

# Here Comes the Sun

## PROTECTING YOUR SKIN THIS SUMMER

After a long, cold winter and a spring that showed up a bit late, most of us feel glad to see summer again. But the warmth of this season also brings challenges – like sunburn. Here are ways to help you save your skin and protect yourself from getting too much sun.

Health experts know that the sun can cheer you up and help your body make the vitamin D that it needs. But too much sunlight can age your skin and can also cause skin cancer. In fact, it's predicted that one out of every five people will get skin cancer at some point during their lives.

When it comes to the sun's burning rays, less is always better than more. Even those with darker skin tones can benefit from wearing sunscreen, which comes in creams, lotions, oils, gels, and sprays. Find products with an SPF (sun protection factor) of 15 or higher. If you plan on using sunscreen that you have kept in your closet since last year, check the expiration date to make sure it still works.

Put sunscreen on both your face and body about 15 minutes before going outside. How much sunscreen should you use, and how often? Doctors say to use about an ounce – or at least two tablespoons. If you're planning to spend lots of time outside, be sure to put on more sunscreen every two hours – and even more often if you sweat a lot or go for a swim.

Did you know that skin cancer sometimes starts on the lips? That's a great reason to wear lip balm. Skin doctors tell us to put sunscreen on the lips first, then add lip balm or lipstick on top. Darker colors of lipstick give the most protection against sun.

You can also find sun protection right in your closet. Some people think of summer as a chance to show off as much skin as possible, but wearing long pants and long-sleeved tops will help protect you from sunburn. Clothes – especially outfits made of cloth that is dark, bright, heavy, or tightly woven – can shield you from the sun's burning rays.

Wearing a hat is important because even your head can get sunburned. But if you wear a baseball cap, the tops of your ears could get burned. That's a spot that we often miss when putting on sunscreen – and remember the back of your neck, as well! Choose a hat with a brim wide enough to give you plenty of protection.

Lastly, timing is everything when it comes to time spent in the sun. Plan your outings so that you stay inside or in the shade as long as possible between 10 a.m. and 2 p.m., when the sun is highest in the sky.

***Have fun this summer –and be sure to take care of your skin!***



## **Don't Bug Me!** AVOIDING MOSQUITOES AND TICKS

Summer also brings some little pests that are out for blood. Mosquitoes carrying West Nile virus have infected a few dozen New Yorkers since this disease first appeared in our state in 1999. And in the past 30 years, since infected ticks bearing Lyme disease arrived in New York, almost 100,000 people have been diagnosed.

We can't tell by looking which mosquitoes or ticks are infected – so it's best to avoid all their bites! Use window screens at home and wear insect repellent. Put sunscreen on first, then bug spray. Choose a spray that contains

DEET, picaridin, oil of lemon eucalyptus, or the active ingredient IR3535. Kids younger than age 3 should be kept away from products with oil of lemon eucalyptus.

Another way to prevent these bug bites is by wearing long-sleeved shirts and pants. Tuck your pants into socks, especially in wet or wooded areas. Wearing light-colored clothing makes it easier to spot ticks. If you see a tick on yourself or someone you know, pull it off safely by using tweezers and applying steady, even pressure. Stay healthy this summer by keeping these bugs away!



for



## TRADING OUR UNHEALTHY HABITS

# Healthy New Ones

**W**e all know that bad habits can cause us problems, whether we eat too much sugar or smoke cigarettes. Clearly, we would be better off if we lost excess weight or got more sleep, so why don't we just go ahead and make a change?

One reason is that our habits are often tied to our sense of who we are. Changing a behavior is a lot easier than changing one's sense of self. For instance, if being a rebel or a "tough cookie" is part of your self-image, on some level you might feel that giving up smoking means losing part of your identity. Just being aware of this feeling may help you to make a change.

Habits are things that we do without even being aware of them. After watching a great show on TV, have you ever been surprised to notice that an entire bowl of potato chips has disappeared and there's no more beer left in the refrigerator? Research shows that about 40 percent of what each of us does each day is done out of habit.

A bestselling new book called **Better Than Before: Mastering the Habit of Our Everyday Lives** offers some common-sense approaches to replacing old bad habits with healthier new ones. Its message is also one of diversity. What works for other people may not work for you. If you have always been a night owl, trying to make a new habit of exercising early in the morning may not work out very well. You might have better luck if you plan your exercise session for later in the day.

Here are some suggestions for making new habits:

- **Pairing** - Match up a healthy new habit with something else you like to do. For instance, try pairing that morning shower that you enjoy with the new habit of going for a morning run. Don't allow yourself to shower until after you have finished your run. Another example would be to start pairing exercise with watching TV – so that you get used to doing both of these activities together.

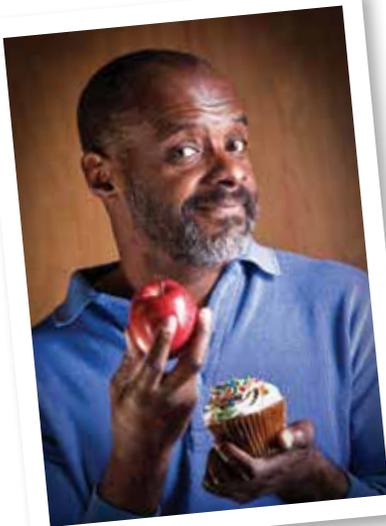


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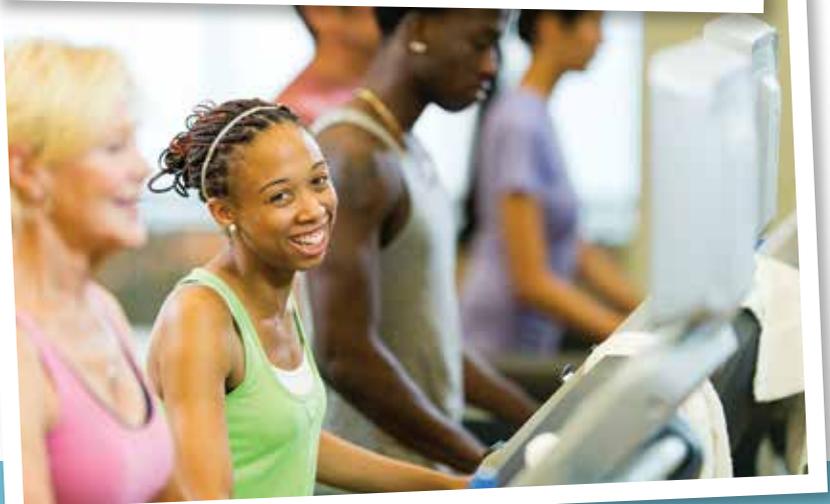


Continued from page 15

- **Abstinence** - This technique works best if you really know yourself. Be aware that if you really want to reduce a certain behavior, it might be easier for you to avoid it completely. Some people who know it's hard for them to resist eating sweets simply stop buying sweets and keeping them in their kitchen cabinets.
- **Convenience** - This one is easy. Make the habit that you're trying to build more convenient. If you are trying to eat a healthier diet, keep fresh fruit and veggies on hand in your kitchen. And make eating unhealthy foods less convenient by not having them available in your home.
- **Mindfulness** - Practicing mindfulness simply means trying to stay aware of what you're doing. An example of this would be to monitor your eating habits by keeping a food diary in which you write down everything you've eaten each day. Some people who want to get more exercise practice mindfulness by finding a device to measure how many steps they walk each day. This makes them more aware of how much exercise they're getting.
- **Safeguarding** - Protect your healthy new habits by planning ahead. If for some reason you can't carry out your new behavior as intended, be ready with plan B. For example, going for a run may be your healthy new habit. If it's storming outside, safeguard your new behavior by substituting another healthy activity – like playing some music and dancing around indoors for the same amount of time that you would have spent running outside.



*Which good new habits do you want to welcome into your own life?*





**“Amida Care  
stands on their  
word that they are  
here to help me.”**

**-LINDA H.**

*Member, Amida Care Live Life Advantage*

**Medicare Advantage Health Plans**

**FOR YOU**

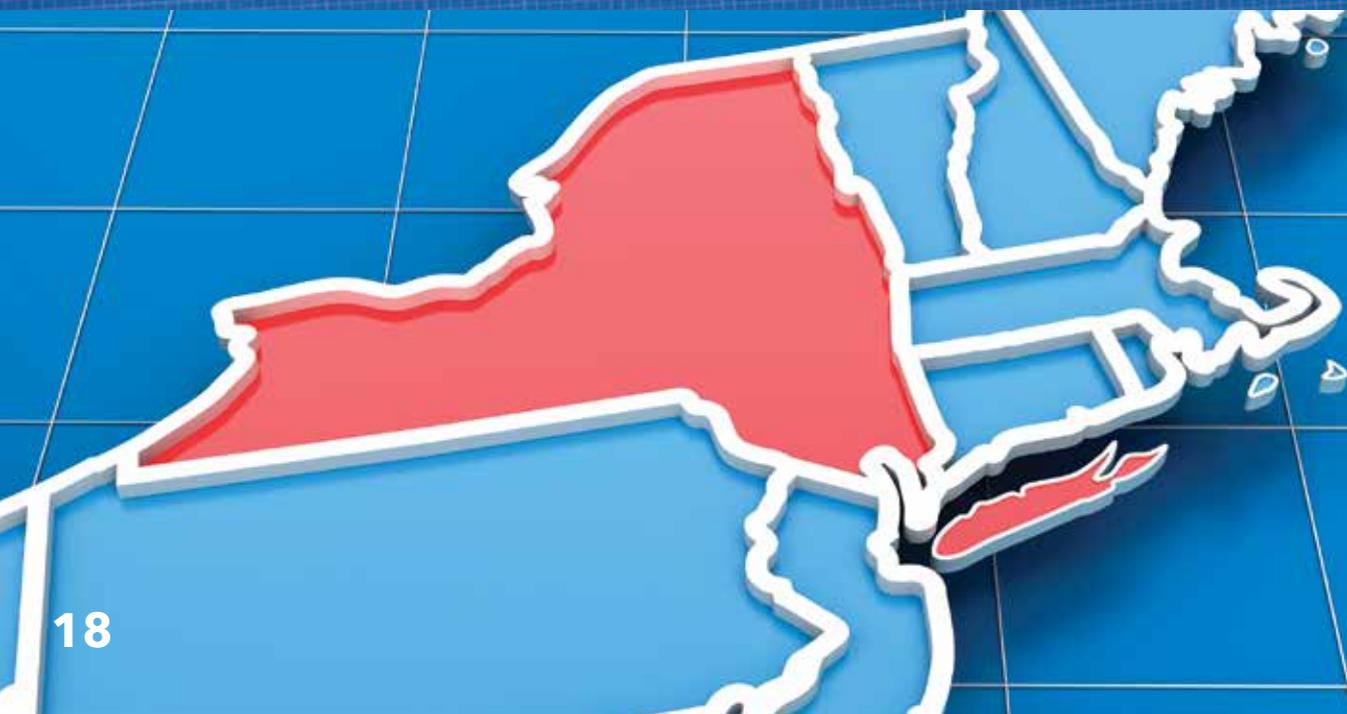
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**LEARN MORE | [www.AmidaCareNY.org](http://www.AmidaCareNY.org) | 888-963-7093 TTY 711**  
any day from 8 am to 8 pm

*Amida Care (HMO) is a not-for-profit health plan with a Medicare contract. Enrollment in Amida Care depends on contract renewal. This information is available for free in other languages. Please call our member service number at 888-963-7092 or TTY 711, seven days a week from 8 am to 8 pm. Esta información se encuentra disponible en forma gratuita en otros idiomas. Por favor llame a nuestro número de atención a los miembros al 888-963-7092 o TTY 711, los siete días de la semana de 8 am a 8 pm.*

H6745\_4010\_MemberTestimonial\_Ad2 Accepted 10/01/2014



# New York State's Plan to *End the AIDS Epidemic by 2020*

## Amida Care Is Committed to Doing Our Part!

Our organization is proud of the key role that we are playing in Governor Andrew Cuomo's historic initiative to End the AIDS Epidemic in New York State by the year 2020.

Following the Governor's June 2014 announcement of this bold effort, Amida Care, our Board Members and many of our providers took part in a state Task Force. The Task Force was made up of more than 60 HIV/AIDS and community-based groups, researchers, and others—including New Yorkers who are living with HIV/AIDS.

In January, the Task Force gave the Governor its recommendations on the best ways to meet the goals of his initiative: to improve treatment and outcomes for New Yorkers with HIV and reduce new HIV infections from 3,000+ a year to fewer than 750 annually between now and 2020.

The Task Force called for expanded HIV testing, greater access to prevention treatments like PrEP (Pre-Exposure Prophylaxis), and better retention in care and viral suppression programs. They also called for removing barriers to clean syringes and condom use, as well as expanding access to:

- stable, affordable housing;
- regular, nutritious meals, transportation, and employment opportunities;

- outreach services for youth in the areas of education and prevention; and
- health care and other human rights for transgender New Yorkers.

All of the Task Force's recommendations addressed social factors that drive new HIV infection rates in our communities. These factors range from unemployment and discrimination to inadequate food and other forms of economic insecurity.

On April 29, after reviewing the recommendations of the Task Force, New York State released its final Blueprint to End the AIDS Epidemic by 2020.

Amida Care congratulates Governor Cuomo on this ambitious plan—which is not only a humanitarian effort, but also makes good sense financially. For every new HIV infection that is prevented, our state saves about \$400,000 in lifetime medical costs.

In the past 10 years, New York State has already become a national model in the fight against HIV/AIDS by achieving an unmatched 40 percent decrease in new HIV cases.

As our state enters its fourth decade of combating this epidemic, we now have a Blueprint to End of AIDS Epidemic in New York by 2020. Amida Care and our members proudly join in this commitment.

## Our Community Speaks on the End of AIDS Initiative



"Housing is health care, and we are happy that the Blueprint supports affordable housing programs for people living with HIV/AIDS. Having a plan like this in place will strengthen the health and housing services that help people stay healthy and well."

– Jacquelyn Kilmer, Chief Executive Officer, Harlem United



"We're very optimistic about the possibilities that lie ahead. If the actions outlined in the Blueprint are fully implemented, we can dramatically reduce the number of new HIV infections and support people living with HIV/AIDS to achieve optimal health and undetectable viral loads. The Blueprint pairs biomedical solutions with interventions that address the key socioeconomic drivers of HIV infection: homelessness, poverty, homophobia, transphobia, drug-related criminalization, and stigma. AIDS has always thrived on social and economic injustice. But if we work together to carry out a plan that attacks those drivers head-on, we can bring the epidemic to an end!"

– Charles King, President & CEO, Housing Works; Co-Chair of End the Epidemic Task Force



"With a blueprint in hand, we will expand HIV care and prevention services in underserved communities, including transgender individuals and young men of color who have sex with men. This adds opportunity for many members of these communities to have access to PEP/PrEP as part of their options for treatment."

– Dr. Luis Freddy Molano, Vice President of Infectious Diseases and LGBT Programs, Community Healthcare Network



"April 29th, the day that Governor Cuomo released the Blueprint to End AIDS 2020, was monumental and part of history. I felt that in my lifetime, I will live to see a cure for HIV/AIDS. We must continue to fight for it. We now have solid evidence to end this epidemic. Our future kids will be HIV-free."

– Romano Ivory, Amida Care member & Member, Amida Care Board of Directors



# AMIDA CARE Calling!

## Please Save Our Numbers On Your CONTACTS List

As a valued member of Amida Care, you might get a call from one of our Member Services staff in regard to your health care reminders and needs. These calls can range from friendly recertification reminders to follow-ups about your medications. When we call you, we want to be sure that we are speaking with the person we are trying to reach. This is to protect your privacy. As you might hear in the news, there is a lot of theft of personal information.

We at Amida Care value your privacy and do not want your sensitive information in anyone's hands. We know it can be inconvenient if we ask questions and also might seem odd if we call and say, "Hello, may I speak with Jane?" And you say, "This is Jane." We will then ask for you to confirm

your date of birth or your Medicaid ID even though you've already told us it is you! But again, we want to protect your information and we want to be sure it really is YOU!

One way to know that the call you are receiving is from Amida Care is to save these two numbers in your phone under the name "Amida Care": **1-800-556-0689** and **1-646-757-7000**. It is not only important for Amida Care to confirm this information for privacy reasons, but it's important that our information is accurate. Amida Care wants to make sure that your mail is getting to the correct mailing address, or that we have the correct phone number and/or PCP on file.

## Amida Care's Integrated Care Teams

# What Sets Us



# Apart?

Have you ever heard the expression “It takes a village”? A village might be the community we live in, the church we attend, the place where we work, the family we were born into, or the families that we choose for ourselves. What does the word “village” mean to you?

Here in Amida Care’s Health Services Department, the expression “It takes a village” makes us think of support – which led us to develop our Integrated Care Teams (ICT), a new and fresh approach to your care coordination.

As an Amida Care member, each of you is at the heart of an Integrated Care Team. Your ICT is a group of health professionals working together to ensure that you get the best care possible, as you deserve. We strive to design a care plan that supports you in both your short- and long-term health goals.

Members of your ICT include:

- your Care Coordinator, who is a nurse;
- your Case Management Coordinator, who ensures that you are connected to case management in your community, and who can help you with benefits and entitlement issues;
- your Health Navigator, who can escort you to medical appointments; help you find a doctor, and help you remain in care
- your Care Coordinator Assistant, who keeps all your details organized; and
- YOU, too are a member of your Care Team. We strongly encourage you to take part in the creation of your individualized care plan. Your input is very important.

In addition, our Integrated Care Teams often call on other specialists in our Amida Care “village” to assist. These specialists could include our pharmacy technicians or perhaps our experts who provide resources for housing or for pre- and post-natal pregnancy care treatment adherence services. We also have team members who ensure that you are connected to a Health Home or Adult Day Health Center.

At Amida Care, we use colors to identify our teams: the Pink Team, the Blue Team, the Red Team, the Green Team, the Yellow Team, or the Orange Team. To find out which team you belong to, call our Member Services Department today at **1-800-556-0689**.

## What sets Amida Care’s Care Teams apart?

We constantly strive to go above and beyond for you. We want you to feel supported in knowing that your ICT has your back and is here to help you handle all the requirements associated with getting you the best care possible.

We wish you wellness!

# COMING HOME: BE A PART OF YOUR HOSPITAL DISCHARGE PLAN

Amida Care knows that people prefer to be in their own home as much as possible. When a person's medical condition requires the safety of the hospital, being admitted can be the best decision. But when it is time to go home, patients have many decisions to make.



**B**eing admitted to the hospital can be confusing, especially since you are probably not feeling your best. Getting ready to leave the hospital can also be confusing, even if you are feeling better. It may seem that decisions are being made without your input. In fact, you have a lot to contribute.

Amida Care wants you to be a part of your “discharge plan.” A discharge plan includes the preparations made for a patient to leave the hospital. Staff members start making a discharge plan just as soon as possible after a patient is admitted. This early planning helps identify what each patient will need to safely leave the hospital.

As you may already know, different medical plans give rise to different discharge plans. Sometimes the plan is to transfer the person to a skilled nursing facility or nursing home. Sometimes the plan is to have nurses visit the person’s home. At other times, the patient being discharged already has all the supports they need to recover at home.

Amida Care has some suggestions to offer on how to make your discharge from the hospital a more comfortable experience.

- **Ask questions** – It’s never too early to ask which options are being considered for your discharge plan.
- **Request a written printout of your plan** – The computer systems at most hospitals can prepare you a printout that is easy to read, in the language that you ask for.

***When it is time for discharge, patients have many decisions to make. Amida Care's Member Services will connect you with your Care Coordinator, to help with this process.***

- **Schedule appointments before you leave** – While you’re still in the hospital, ask for help making two types of appointments. One appointment will probably be with your PCP. You have experienced an important medical event, so your PCP will expect to see you soon. The second type of appointment will probably be with a specialist. Ask the doctor who is working on your discharge plan to tell you which type of specialist or specialists are right for you. Amida Care has a large network of specialists to support your care team.
- **Review any changes to your medications** – It’s important for you to check on whether some or all of the medications that you were taking before you came to the hospital have been changed. Perhaps you are now taking some new medications. Compare your old and new lists of medications and ask questions.
- **Be prepared** – As the day of your discharge approaches, you should feel confident that your discharge plan is right for you. Ask questions until you understand every step of your plan.
- **Ask about what to expect** – and what to do if anything unexpected happens. Depending on the reason you were admitted to the hospital, you could face one or more unknown factors as you get ready to leave. Ask the doctor who is working on your discharge plan about this. The more you know about what to expect, the better prepared you will be.

If you have further questions or would like help with any step of this discharge process, please contact Member Services by calling: **1-800-556-0689** and ask for your Care Coordinator.



Introducing



Virtual Community,  
Real Experts

WWW.RANGO.NET

- » Virtual Support Groups
- » Online Forums
- » Resource Library
- » Text Reminders
- » Peer Mentors
- » And more

**Rango is private**

Unlike other online communities, no one will know who you are. This allows you to take full advantage of all of our services without privacy concerns.

**Rango is innovative**

Rango offers members the opportunity to interact 1-on-1 with health coaches to guide them through their questions or concerns.

**Rango is for everyone**

We know there's a lot to getting healthy, and there's also a lot to staying healthy. We provide a variety of resources for you to use what best suits your needs.

**Rango is fun**

Who ever said that taking care of yourself has to be boring? Rango provides a fun and interactive way for you to manage your health and wellness.

Get started today and receive up to \$40/month towards your cell phone bill.

Call: 646.757.7661  
Email: yrodriguez@amidacareny.org



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# Rango

## Online Support Groups 24/7

Rango, an online wellness community for people living with HIV/AIDS, started in April. Amida Care members are welcome to register by contacting Rafael Rodriguez at 646-757-7661. One of Rango's most popular features is its online support groups that you can join at any time, day or night. You can take part in these groups from the comfort of your own home, using your computer or smart phone. Just like in-person support groups, Rango's online support groups meet at regular times during the week and deal with topics like: "Coming to Terms with Your Diagnosis" or "Over 50 and Wiser."

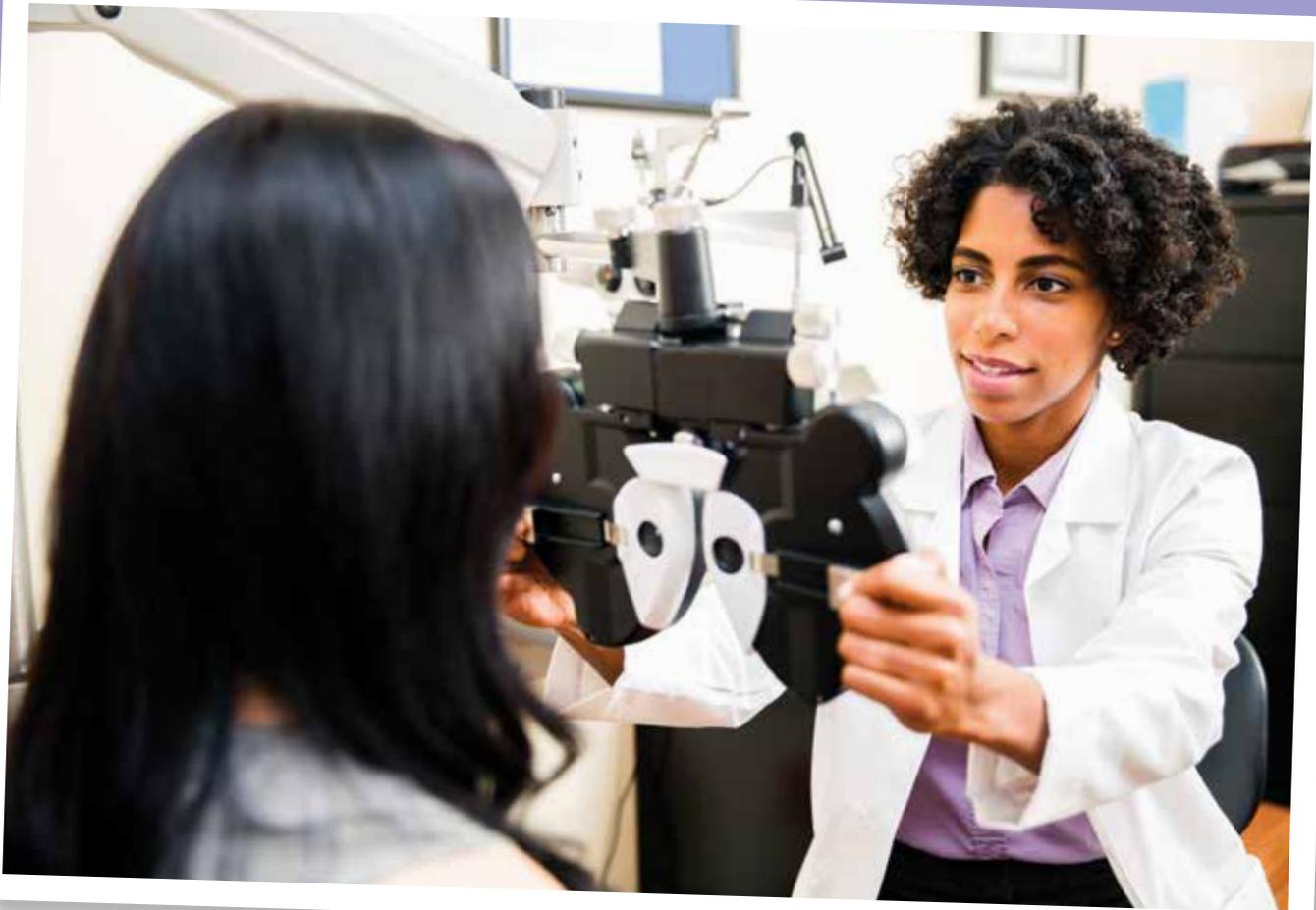
For generations, support groups have provided small communities for people coping with challenges. These challenges include issues like mental health, relationships, addiction, or – in the case of Rango – disease management. Nothing beats talking to someone who knows what you're going through because they're going through it, too.

But sometimes life gets in the way of our efforts to seek support. Going to support group meetings in person often means long commutes, schedules that conflict with work or school, costly Metro Cards, last-minute babysitters, or other hassles. When support groups meet online instead, members can get access to the tools and support they need, no matter where they are or when they need help.

Daphne Rivera, one of Rango's Health Coaches, has worked in the HIV field for 20 years. Daphne leads many of Rango's online support groups. She feels excited about the ease, privacy and flexibility that Rango offers. Even members who are home alone and feeling a bit lonely can log on with their computer or smart phone and find a safe place to share feelings.

"These groups are for people to empower themselves, to celebrate their lives," Daphne says. It doesn't get much better than that – so visit [www.rango.net](http://www.rango.net) and sign up today!





## Seeing Your Best: Eye Care & Diabetes

*Our eyesight is precious.* Seeing clearly not only helps us enjoy the world around us but also helps us get around safely. That's why it's only fair to give something back to our eyes by taking care of them.

Everyone should get routine eye exams – and this is especially important for those of us with diabetes. Most people only think about going to an eye doctor when they are having vision problems, but visiting an eye specialist when our eyesight is fine can help prevent trouble in the future. Diabetes can harm our vision in ways that we might not notice until later.

Eye doctors, with their special training and use of modern equipment, can find problems with our eyes even before we notice them.

Amida Care partners with Davis Vision to help all our members receive routine eye care. If you have been diagnosed with diabetes, your eye exam is particularly important. Ask your PCP if it's time for you to schedule an annual routine eye exam, sometimes called a "fundoscopic" or retinal exam.

Eye care professionals come in several varieties: opticians, optometrists, and ophthalmologists, to name a few. Amida Care members with diabetes should consult either an optometrist or ophthalmologist to get retinal or "fundoscopic" exams.

*To find the right specialist for you, call Davis Vision at **1-800-401-3546**.*

# NYC Summer Festivals 2015!

## **The National Puerto Rican Day Parade**

Sunday, June 14 at 11 a.m.;  
5th Avenue from 44th -79th Street,  
Manhattan, <http://www.nprdpinc.org>

## **Shakespeare in the Park**

May 27- August 23, Central Park,  
Manhattan  
<http://www.publictheater.org/en/programs-events/shakespeare-in-the-park/?SiteTheme=Shakespeare>

## **The Metropolitan Opera Summer Recital Series**

Select dates, June 15-30; parks citywide  
<http://www.metopera.org/en/news-and-features/1/features/Summer-Recital-Series/>

## **Juneteenth Festival**

Saturday, June 20, at Bronx Park East  
& Lydig Ave., North Bronx  
[www.nbjuneteenthfest.com](http://www.nbjuneteenthfest.com)

## **Summer Solstice Celebration**

Sunday, June 21, at 5 p.m.  
Socrates Sculpture Park, Queens  
<http://socratessculpturepark.org/program/solstice/>

## **Celebrate Brooklyn Festival**

Select dates from June through August in  
Prospect Park Bandshell, Brooklyn  
<http://bricartsmedia.org/performing-arts/celebrate-brooklyn>

## **International African Arts Festival**

July 3-6, Commodore Barry Park at Nassau  
& Navy Streets, Brooklyn  
<http://www.iaafestival.org>

## **The Colombian Parade**

Sunday, July 19 at noon; Northern Blvd.  
& 68th Street, Queens  
<http://www.festivals.com/viewevent>

## **Harlem Week (almost a month!)**

Select dates from July 26 - August 22  
<http://harlemweek.com>

## **The Hong Kong Dragon Boat Festival**

Saturday, August 8 - Sunday, August 9  
Flushing Meadows Park, Queens  
[www.hkdbf-ny.org/](http://www.hkdbf-ny.org/)

## **JAMS Jamaica Avenue Festival**

Saturday, August 2 on Jamaica Ave.  
from Parsons Blvd. to 169th St, Queens  
<https://www.facebook.com/JamaicaJamsFestival>

## **New York Dominican Day Parade**

Sunday, August 9, 11 a.m. on 6th Ave.  
from 37th - 52nd St., Manhattan  
<http://www.caribbean-events.com/content/annual-new-york-dominican-day-parade>

## **Hudson River Park Blues**

**BBQ Festival**  
Saturday, August 22, 2 p.m.  
at Pier 84, Manhattan  
<http://www.hudsonriverpark.org/EVENTS/SERIES/BLUES-BBQ>

## **Brighton Jubilee Festival**

Sunday, August 30 from Brighton Beach  
to Coney Island, Brooklyn  
[www.brightonbeach.com](http://www.brightonbeach.com)

## **West Indian American Day Parade and Carnival**

Monday, September 7, 11 a.m.,  
from Utica Ave. to Grand Army Plaza  
on Eastern Parkway  
Brooklyn; <http://wiadcarnival.org>

## **Queens Pride -- Sunday, June 7**

- **Pride Parade at noon**  
37th Avenue from 89 - 75 Streets
- **PrideFest Festival** from 1:30-6 p.m.  
at 75th Street and 37th Road  
<http://www.queenspride.org>

## **Brooklyn Pride -- Saturday, June 13**

- **5K Pride Run at 10 a.m.**  
<http://brooklynpride.org/5k-pride-run-in-prospect-park/>
- **Pride Festival** from 11 a.m. - 5 p.m.;  
5th Avenue from 3rd --- 9th Street.  
<http://brooklynpride.org/>
- **Twilight Parade** at 7:30 p.m.  
on 5th Ave.  
<http://brooklynpride.org/brooklyn-pride-parade-5th-avenue-saturday-june-13-730/>



# Celebrations

## **Harlem Pride -- June 21-28**

### **Harlem Pride Celebration Day-June 27**

noon - 6 p.m.; Jackie Robinson Park,  
Bradhurst Avenue at West 148th Street  
<https://harlempride.org/harlem-pride-2015-schedule/>

## **Manhattan Pride -- Sunday, June 28**

- **LGBT June Pride March at noon**; from 36th St. & Fifth Ave. to Christopher & Greenwich Streets  
<http://www.nycpride.org/events>
- **Pride Fest** from 11 a.m. to 6 p.m.; Hudson Street between Abingdon Square & West 14th Street

## **Staten Island Pride -- Saturday, July 11**

- **Pride Fest at Snug Harbor Cultural Center**  
<http://gaytravel.about.com/od/gaynewyorkcity/fl/Staten-Island-Gay-Pride.htm>; [http://www.gomag.com/article/2015\\_prepride\\_guide142911](http://www.gomag.com/article/2015_prepride_guide142911)

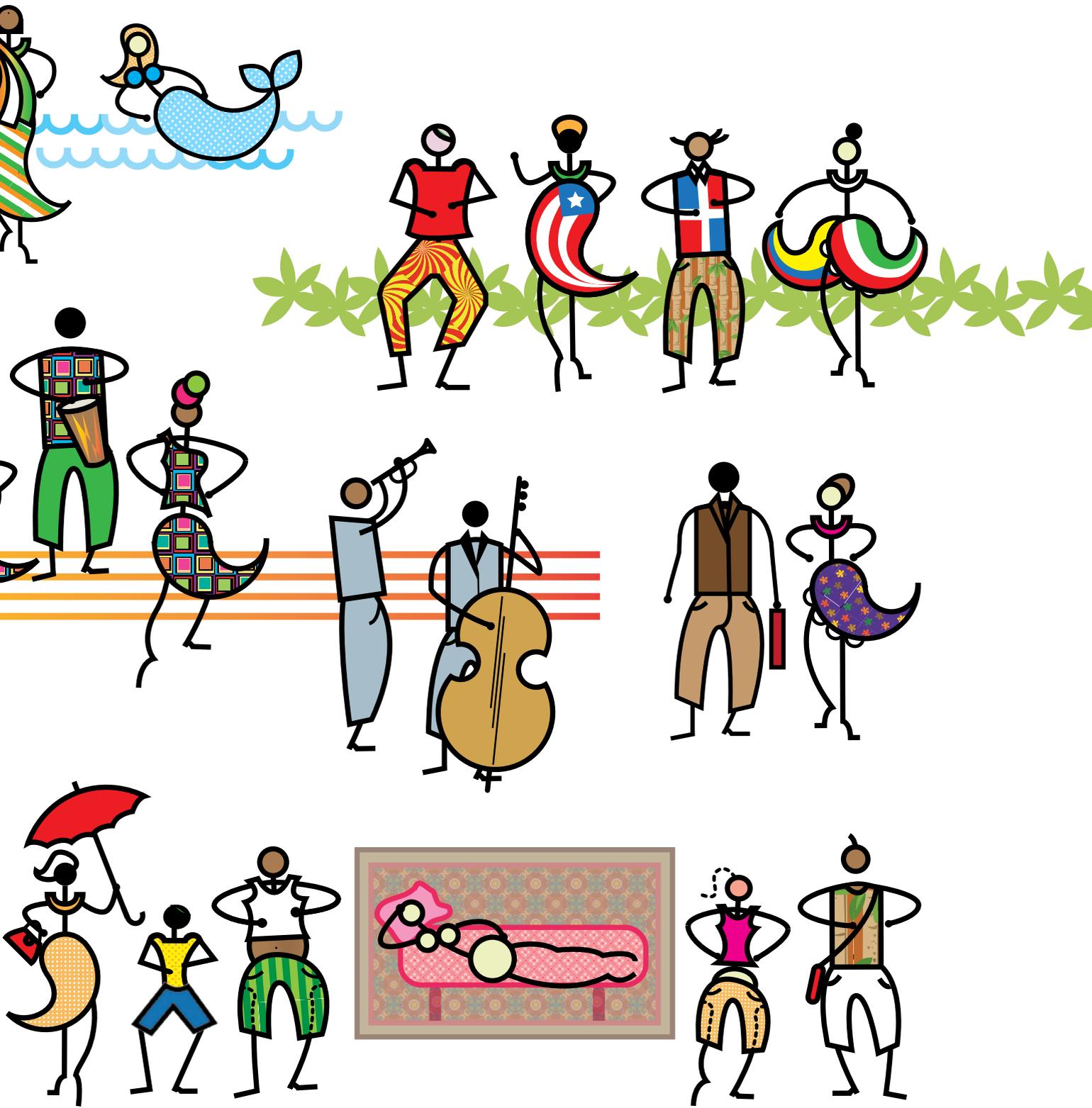
## **Bronx Pride -- Saturday, July 18**

- **LGBTQ Pride & Health Fair** from noon to 6 p.m.; Fulton Ave. and 8, Crotona Park, <http://newyorkcity.eventful.com/events/2015-bronx-lgbtq-pride-health-fair-/E0-001-081202708-7>

AMIDA CARE  
ABOVE AND BEYOND FOR YOU



NYC Summer Festivals • Celeb

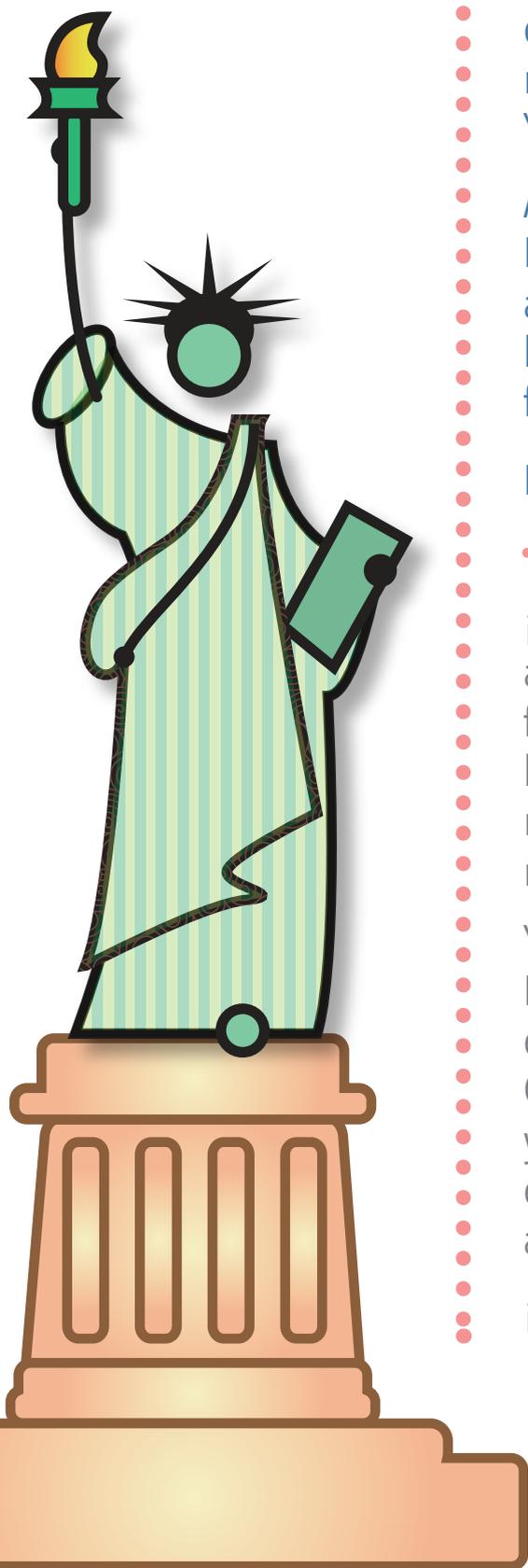


Carlos N. Molina © 2014

rate Diversity

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

See reverse for a calendar of festivals.



In summer, the Big Apple turns into a roving outdoor fiesta of fun, free festivals that celebrate everything under the sun! Experience food and music from every corner of the world here in New York – the world’s most diverse city!

And every June, we host the nation’s oldest annual LGBT Pride parade – with many other Pride events all across our area. Check listings in your borough below and join this celebration dedicated to a future where all have equal rights under the law.

Have a fun, safe summer!

¡En el verano, la Gran Manzana se torna en una amplia fiesta al aire libre repleta de diversión y festivales gratuitos, que celebran todo lo que hay bajo el sol! Disfruta la comida y la música de todo rincón del mundo aquí en Nueva York - la ciudad más diversa del planeta!

Y cada junio, celebramos el desfile por el Orgullo LGBT más antiguo en la nación - con muchos otros eventos del Orgullo (Pride) en toda nuestra área. Chequea abajo el listado de eventos en tu condado y únete a esta celebración dedicada a un futuro en el cual todos tendremos los mismos derechos ante la ley.

¡Que pases un verano divertido y seguro!