



The AMIDA CARE View



IN THIS ISSUE

THE 2014 ART
CALENDAR

NEW YEAR'S
RESOLUTIONS
AND
PLANNING FOR
WELLNESS



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

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.

Table of Contents

Welcome Letter	1
And Wellness for All!!	2
Above and Beyond for You!	4
6 Easy and Tasty Snacks	8
The 2014 Art Calendar is Here!	10
PEP?	12
What is ADAP?	14
Filling Up on Refills	16
Needle Exchange Programs	18
Zen Corner	20





Dear Amida Care Members,

Welcome to this issue of **The Amida Care View**, your member magazine. At the start of a new year, we'd like to **CELEBRATE NEW BEGINNINGS AND NEW RESOLUTIONS** with you. 2014 promises to be an exciting year for all of us. As always, Amida Care is looking forward to new possibilities and is ready to face any new challenges -- head on, eyes open and our head/heart engaged.

Amida Care has been ensuring access to excellent medical and behavioral health care for over 10 years. From the beginning, our goal was not only to provide quality health care, but to also provide access to other means to enhance and support **WELLNESS**. Over the past



decade, we've witnessed the positive impact that focusing on wellness has had in our community. It's with this perspective in mind that we invite you to recommit not only to your health but also to your wellness. On page 2, we present some steps (or resolutions) that you could take to improve your health and your life.

Some of these wellness goals for 2014 could include getting to a healthier weight, cutting back on drinking/partying, or making sure you are taking your medication correctly. To address these topics, we've included articles on healthy snacking (page 8), and keeping track of your medication refills (page 16).

I hope you're already enjoying your 2014 Amida Care Calendar, which is full of beautiful member artwork! The Member Advisory Committee had its job cut out for them as they worked to select 14 winners from over 150 truly magnificent works of art. You can read about the selection process for picking the winners on page 10.

We complete this issue with the Zen Corner, a place to reflect, breathe and find your inner peace.

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

Enjoy the rest of your winter season and this issue of your member magazine.

Remember to stay warm and be well!

Abrazos,

Doug Wirth

President & CEO



AND WELLNESS FOR ALL!!

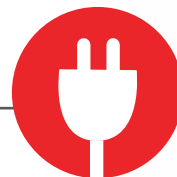


EVERY JANUARY, ABOUT ONE IN THREE AMERICANS SET NEW YEAR'S RESOLUTIONS TO BETTER THEMSELVES IN SOME WAY. **THIS YEAR LET'S CHOOSE WELLNESS.** LET'S PICK ONE OF THE FOLLOWING WORTHY RESOLUTIONS TO LIVE HEALTHIER. HERE'S TO OUR HEALTH!



LOSE WEIGHT

This one is at the top of many New Year Resolution lists, and it could be challenging. Losing weight is beneficial for our health and self-esteem. Exercise and a low fat, low calorie diet is the best way to lose weight in a healthy manner.



STAY CONNECTED

Research suggests that people with strong social ties live longer than those without. Visit a friend, join a group, take a class, or call your favorite aunt or cousin.



QUIT SMOKING

Many health professionals consider quitting smoking the single most important thing you can do for your health. Besides the health benefits, quitting will be good for your pocket and you will smell better!

VOLUNTEER

NYC offers so many opportunities to volunteer and help our fellow brothers and sisters. Giving of ourselves really feels good and research suggests that our happiness also increases when we help others.



REDUCE STRESS

A little stress can help us get going. But if stress is chronic, it can increase your risk of—or worsen—insomnia, depression, obesity, heart disease, and more. Meditation, exercise and laughing with friends will help you relax.



CUT BACK ON ALCOHOL/ RECREATIONAL DRUGS

Using drugs and alcohol in excess affects the brain and can increase the risk of depression, memory loss, or even seizures. Heavy drinking increases your risk of liver and heart disease, hypertension, stroke, and mental deterioration.



GET MORE SLEEP

A good night's sleep can do wonders for our mood—and appearance. But sleep is more beneficial and important to our health than we may realize. A lack of sleep has been linked to a greater risk of obesity and type 2 diabetes. Power nap, anyone?

MAKING RESOLUTIONS IS VERY EASY;

keeping up with them is more challenging. So seek support. There is a whole community of committed and friendly case managers, counselors, educators, peers and health care providers that can help you create strategies for success. To learn how Amida Care and your local community organizations can help, read our next article "Above and Beyond for You" (page 4) or call us at **1-800-556-0689**.



LEARN SOMETHING NEW

Learning helps us stay mentally sharp and offers a sense of accomplishment that makes us feel successful. Learning how to use a computer, reading about your favorite subject, or learning a new craft are great ways to exercise your mind.

STAY IN TREATMENT

Choosing to take your medications as prescribed, keeping your doctor appointments and following your treatment are not only good for your health, they will also reduce your risk of emergency room visits and other health complications.



ABOVE AND BEYOND FOR YOU!

WE OFFER A VARIETY OF INNOVATIVE PROGRAMS TO HELP AND SUPPORT YOU IN YOUR PURSUIT OF YOUR HEALTH GOALS. HERE ARE A FEW OF OUR OFFERINGS ESPECIALLY **FOR YOU:**

HEALTHY GOAL

SUPPORT AMIDA CARE OFFERS OUR MEMBERS



LOSE WEIGHT

We have trained nutritionists in our network of providers. Talk to your PCP or call Member Services to schedule an appointment. Also, as part of our **Live Your Life** events, we offer workshops on healthy cooking on a budget and exercise classes.



STAY CONNECTED

Every year Amida Care offers 32 **Live Your Life** workshops and events throughout the five boroughs. These events are always free of charge, including our Winter and Summer Celebrations—the parties of all parties. They are great opportunities to connect with old friends and make new ones. And you can bring a guest to most of them!

We also cover Adult Day Health Care programs which offer a variety of one-on-one and group social and health services in a safe, friendly, and embracing environment. Check out your directory, look one up online, or call Member Services at 1-800-556-0689.



QUIT SMOKING

As part of our pharmacy benefit, you can get free nicotine patches and other smoking cessation treatments. Talk to your PCP or Member Services for more info.



VOLUNTEER

Amida Care is part of a large community of local organizations working for the well being of New Yorkers. We can help you identify a volunteer opportunity near you. You can also visit www.nycservice.org to search over 5 million volunteer opportunities.

HEALTHY GOAL

SUPPORT AMIDA CARE OFFERS OUR MEMBERS



REDUCE STRESS

At Amida Care, we recognize the impact of stress on your health. As part of our benefits we offer you a comprehensive mental health benefit. To complement our mental health program, we go above and beyond for you and offer art therapy, meditation, yoga, dance, and Zumba classes, all of which help us relax and release stress. Get the current event schedule online or by calling Member Services at 1-800-556-0689.



CUT BACK ON ALCOHOL/DRUGS

Amida Care offers our members both daytime and residence drug and alcohol treatment programs. Our knowledgeable Member Services Reps can help you locate a treatment center near you.



GET MORE SLEEP

Meditation, relaxation exercises and physical activity – all of which we offer on our **Live Your Life** program – can help us sleep better. Your PCP can help you address any clinical issues affecting your sleep, including referrals to specialized sleep medicine centers.



LEARN SOMETHING NEW

African dance, painting, cooking, meditation, arts and crafts, are a few of the things you can learn with Amida Care. Our monthly **Live Your Life** events offer these and a lot more to all our members and their guests. Check our website or call Member Services at 1-800-556-0689 to find out the time and location of our next event.



STAY IN TREATMENT

“*Drugs don’t work in patients who don’t take them*” is a popular quotation from former Surgeon General C. Everett Koop, MD, who lived to be 96 years old. Do you need help keeping your doctor appointments, taking your medications as prescribed, or navigating healthcare? Call us. We can work with you to create a strategy to stay in treatment, including going with you to your medical appointments, and setting up translation services.



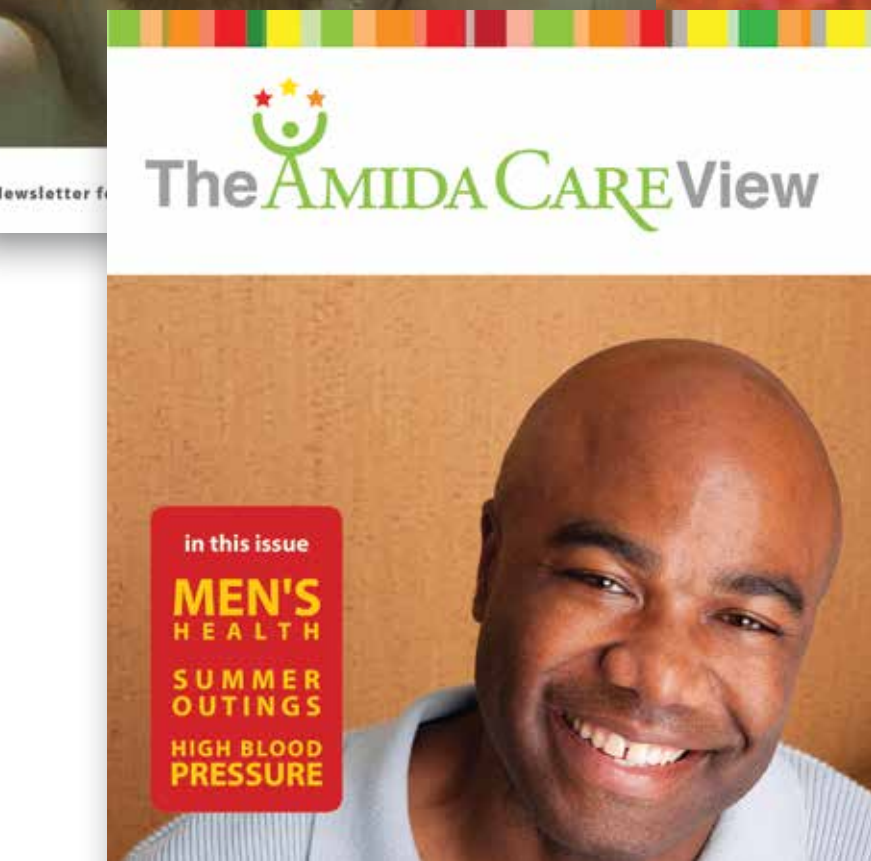
The AMIDA CARE View



The AMIDA CARE View

YOUR FREE MEMBER MAGAZINE!

Our articles contain clear and important information that will support you in your pursuit of healthy living.



VISIT OUR WEBSITE FOR PREVIOUS ISSUES!

LIVELIFEPLUS.AMIDACARENY.ORG/MEMBERS-NEWSLETTERS.HTM

SAY **NO** TO THE WINTER BLUES

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

AMIDA CARE CAN HELP!

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

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

AMIDA CARE BEHAVIORAL HEALTH
646-786-8650



6 Easy and Tasty Snacks



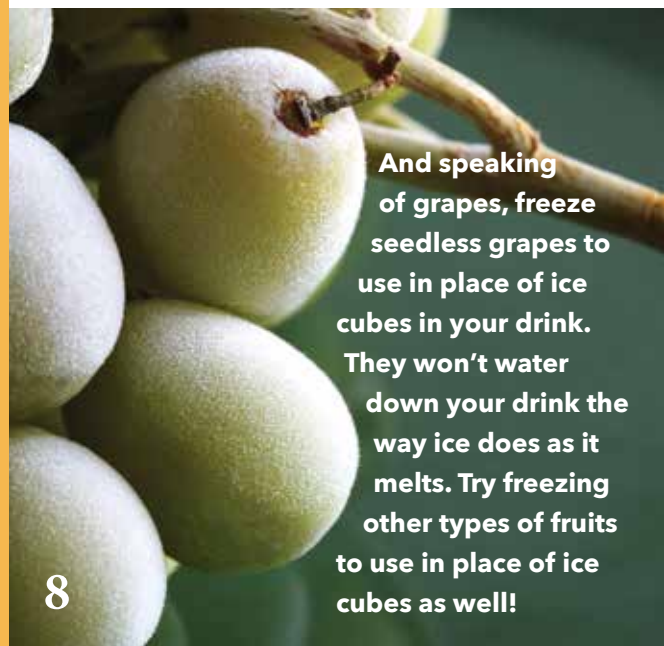
POWER COUPLE

Grapes are tasty and contain antioxidants to help your immune system and cheese feeds your body protein, making it more filling than eating the fruit alone.



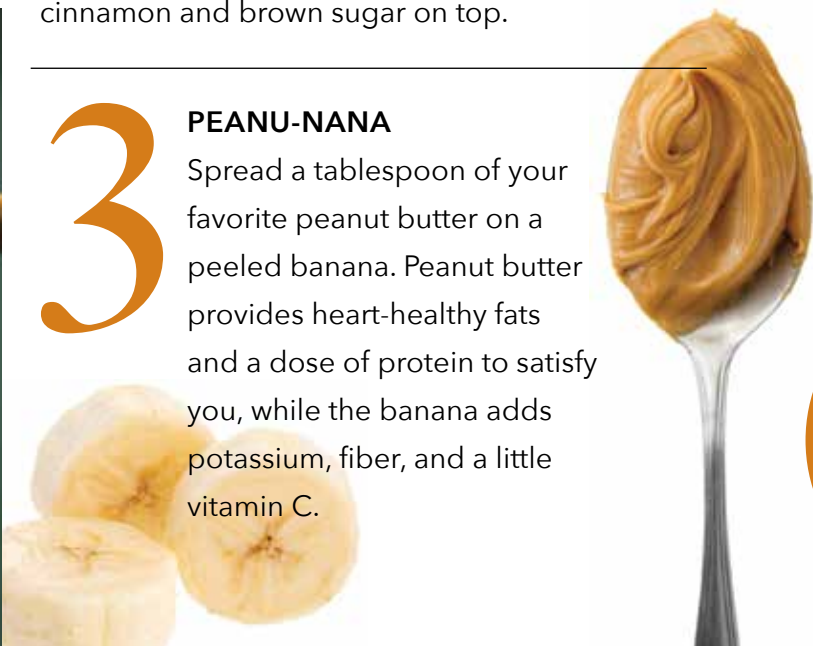
THE SWEET LIFE

If you have access to a microwave, a “baked sweet potato” is a great snack that also satisfies your sweet tooth. Sweet potatoes are bursting with beta-carotene, a phytochemical used to make vitamin A, as well as vitamin C for a healthy immune system. They are also a good source of fiber to promote a healthy colon. To make it healthier, instead of adding sour cream, try drizzling some honey on it or sprinkling cinnamon and brown sugar on top.



And speaking of grapes, freeze seedless grapes to use in place of ice cubes in your drink. They won't water down your drink the way ice does as it melts. Try freezing other types of fruits to use in place of ice cubes as well!

3 PEANU-NANA
Spread a tablespoon of your favorite peanut butter on a peeled banana. Peanut butter provides heart-healthy fats and a dose of protein to satisfy you, while the banana adds potassium, fiber, and a little vitamin C.



Ever feel as if you are starving, but you plan to eat dinner in a couple of hours? Go for a tasty snack! Here are some easy and tasty snacks to enjoy and keep you full until your next meal.

Your body runs on food as fuel. Even if you're trying to lose weight, healthy small-portioned snacks can be beneficial to your eating plan.

4

PARTY CAKE

Brown Rice Cakes are crunchy, a good source of fiber, and only 35 calories or so each. But let's face it—they're a bit dry. Make it a "fiesta" by adding avocado and your favorite spicy sauce! Avocado is filled with good fats and promotes a healthy heart.



Make sure you check out the label when buying peanut butter. Many commercial brands have a lot of extra sugar or sodium.

5

APPLE DIPPING

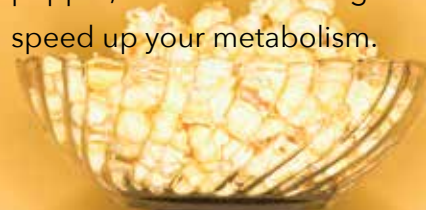
Slice an apple and dip it in cottage cheese or your favorite low-fat yogurt. You'll have a terrific combination of protein, calcium, and fiber.



6

PUMP IT UP

Want to spice things up? How about sprinkling some cayenne pepper, to taste, on your popcorn and squeezing in some lime or lemon. Popcorn is a whole grain, filling, and satisfying; and cayenne pepper, aside from adding zest and flavor, helps speed up your metabolism.



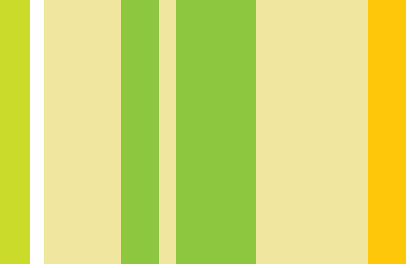
The 2014 Art Calendar is Here!

Once a year we prepare for one of our most exciting events, the Amida Care Calendar Art Contest. Members of Amida Care and clients attending AIDS Adult Day Health Care Programs (ADHCPs) are eligible to submit their artwork. This year we received over 120 entries from members and ADHCP clients. Our office was bursting with beautiful art!

On October 10th, our Member Advisory Council (MAC) came together to review and select the winning art to be included in our gorgeous Art Calendar 2014. Here are some photos of the occasion.

Most of the art comes from art therapy programs within ADHCP sites. These groups are lead by an Art Director/Therapist trained to guide individuals who want to expand their horizons artistically through drawing, painting, sculpture, photography, and/or any media offered by the site. Each year, Amida Care offers a Live Your Life event focused on art therapy so that all members have access to an art therapist and facilitator.

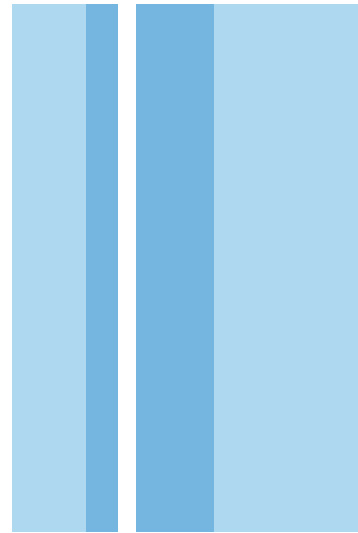




The art for our calendar is selected by the Amida Care Member Advisory Council (MAC), which is comprised of sixteen members. Their role is to judge the art in a fair and impartial manner. The judging is done in a three round process as follows:

- 1st round: all MAC members select art that best represents life, healing, and/or our mission.
- 2nd round: selection of art pieces with the most votes; and
- 3rd round: selection of fourteen art pieces that earned the most votes.

The top two images with the most votes will represent the front and back calendar covers; the remaining twelve images will represent the months January through December.



The calendar raises awareness about the plan and its membership. It includes important tips and reminders about health promotion and preventative strategies. It also allows our members to share their artistic abilities and tell their personal story to others.



You can get your 2014 calendar at your ADHC or Case Management site, your doctor's office, or clinic. You can also call Member Services at 1-800-556-0689 and request a copy.

PEP?

PEP stands for
**POST-EXPOSURE
PROPHYLAXIS.**

This basically means
“preventing getting
HIV after having
contact with
the virus.”

Certain HIV medications can be used to prevent an HIV-negative person from contracting the virus after been exposed to HIV. You can think of PEP as a sort of figurative “morning after pill”, but not really. Let us explain:

PEP involves taking anti-HIV medications within a very short period of time after a person may have been exposed to HIV. We can be exposed to HIV during unprotected sex or by sharing needles. Healthcare providers can be exposed to HIV while handling medical materials like needles. The sooner the prophylaxis is given to someone, the better the chances are that he or she will not go on to develop HIV. To be effective, treatment must begin within 72 hours after the initial exposure.

As with all treatment, there is no guarantee that PEP will work with everyone who has been exposed to HIV. The sooner the PEP starts, the less time the virus has time to replicate in the body.

A combination of medications will be prescribed for the person to take over a twenty-eight day period. The person undergoing PEP will need to be carefully

monitored by a doctor, because he or she may not react well to the medications. The person will also need to see the doctor a number of times over the next six months for testing, to see if the PEP has worked properly and if they remain HIV negative.

You can get PEP from your doctor’s office, emergency rooms, urgent care clinics, or a local HIV clinic and it’s covered by most insurances. PEP can be very expensive for someone who does not have proper medical care coverage. There are health centers in New York City that provide PEP free of cost to people with no insurance. Call 311 to find a PEP provider in your area.

If you would like to learn more about PEP, Amida Care’s Health Services team will be happy to answer any of your questions. **Call us at (646) 757-7000**, and ask for Health Services.

+
As with all treatment,
there is no guarantee
that PEP will work with
everyone who has been
exposed to HIV.
+

POST EXPOSURE PROPHYLAXIS



PEP involves taking anti-HIV drugs as soon as possible after having been exposed.



You can get PEP from your doctor's office, emergency room, urgent care clinics, or a local HIV clinic.



To be effective, PEP must begin within 72 hours of exposure, before the virus has time to rapidly replicate in your body.



The medications may have serious side effects that can make it difficult to finish the program.



PEP consists of 2-3 antiretroviral medications taken for 28 days.



PEP is not 100% effective. It does not guarantee someone exposed to HIV will not become infected with HIV.

WHAT IS ADAP?

*AIDS Drug Assistance Program

ADAP or AIDS Drug Assistance Program is a **prescription drug benefit that pays for many drugs for the treatment of HIV/AIDS**. ADAP will pay the full cost of drugs it covers if you have no health coverage. ADAP also helps pay co-payments and deductibles when your private insurance or Medicare Part D does not. It will also pay for medications not covered by your insurance if the medication is listed as a covered drug under ADAP. ADAP can assist individuals who are awaiting a Medicaid eligibility determination. If you have a Medicaid spend-down because your income is above Medicaid's limit, ADAP will also help pay your spend-down.

Will it cost me anything?

No. The purpose of the ADAP program is to provide free HIV/AIDS drugs to low-income individuals who are not covered by Medicaid or other health insurances.

Who is eligible?

People are eligible if they have low-income, are HIV positive or living with AIDS, and are uninsured or underinsured. Financial eligibility is on a sliding scale based on income and household size. Eligible income for a household of one is \$44,000 a year; for two, \$59,200; and for three or more, \$74,400. Households cannot have "liquid" assets greater than \$25,000. Your car and your home do not count as liquid assets for this purpose.

What documents do I need to apply?

1. Physician's statement signed by a licensed medical professional verifying HIV-infection and indicating your medical status;

2. Proof of residency. One of these (U.S. citizenship is not required):
 - Rent receipt or lease, driver's license, fuel/utility bill, or voter registration card.
3. To prove your income, you must submit the following:

IF YOU ARE EMPLOYED:

- Pay stubs for the previous 30 days or a notarized letter from your employer stating gross pay for the past 30 days and a copy of the previous year's income tax return.

IF YOU ARE SELF-EMPLOYED:

- Business records for the three months before you apply, indicating type of business, gross income, net income, and the income tax return for prior year. A notarized statement of current annual income is also necessary.

IF YOU ARE NOT EMPLOYED:

Send proof of income you receive, including copies of:

- Unemployment checks, Social Security checks, and pension checks.

4. Proof of liquid assets, which cannot be greater than \$25,000.00. Liquid assets include:
 - Cash; savings; stocks; bonds; and pre-tax retirement savings, which will be counted as 50 percent of its cash value.

Do I have to enroll with Medicare Part D before applying for ADAP?

If you are eligible for Medicare or a comprehensive health insurance (full medical and prescription coverage), then you must apply for Medicare Part D if your present coverage is not equal to or better than Medicare Part D. Your current insurer should send you a letter telling you whether their coverage meets this standard. After you have applied to Medicare Part D, you can apply for ADAP if you need extra coverage.

Why do I have to enroll for Medicare Part D?

The ADAP program is federally funded to pay for HIV/AIDS prescriptions that no other programs will cover. Since Medicare covers prescription drugs, you must enroll in Medicare Part D first if you qualify for Medicare.

Where do I apply for ADAP?

You can call **1-800-542-2437** from within New York State. From out of state, call (518) 459-1641, TDD: (518) 459-0121, or write ADAP at:

**New York State Department of Health AIDS Institute
Empire Station
P.O. Box 2052
Albany, NY 12220-0052**

or download the application at: www.health.ny.gov/forms/doh-2794.pdf

How long will it take to find out if I am eligible?

Applications submitted with all required documentation are processed within two weeks. When your application is approved, you will get an Eligibility Card and instructions on how to use it. You must present this card and your prescription at a pharmacy that accepts ADAP in order to receive covered medications at no charge.



FILLING UP ON REFILLS

- Some medications we take for a few days, like for a sinus infection. Others we take for many months (long term), like the medicines for high cholesterol. These long-term medications are often prescribed with refills. The refills permit the pharmacy to give you a new bottle of the same medication at the same dose without needing a new prescription.
- Refills are especially useful when your next appointment with your PCP is more than a month in the future.
- Check your bottles: the label will tell you how many refills are left and how long the refills will be kept in the computer at the pharmacy.
- Do you have questions about your refills? Please ask your pharmacy and your PCP office to contact each other.
- How to keep track of when to get your refills? Ask your pharmacy about reminders. Many pharmacies make calls or send emails/texts to their customers.

Remember, medicines work best when you take them as prescribed! Understanding what to take and how to take them is just as important as having the medications in your medicine cabinet. If you have questions about your medicines and how to take them, please talk to your pharmacist or PCP.

SETTING UP YOUR OWN REMINDERS

The City of New York has a free refill reminder service. If you have a phone with texting function, you can set up your own reminder system. Start by texting **CARE** to **877877** and then follow the directions. You will be asked to answer if you have a PCP with either Yes or No. If you are a member of AC, you have a PCP and should answer Yes to that question. You will *NOT* be asked any personal information. After those simple questions, you will have the option to set up a reminder. Pick the date that works best for you.

WE ARE HONORED TO INVITE YOU TO OUR

2014 Life Celebration

THURSDAY, JANUARY 30, 2014

5:00PM - 8:00PM

1199 SEIU HALL

310 WEST 43RD STREET & 8TH AVENUE

NEW YORK, NY 10036

TAKE 1,2,3,A,B,C,N,R,W OR Q TRAINS TO 42ND STREET

You are invited
to welcome the
New Year in style.
Don't miss it!

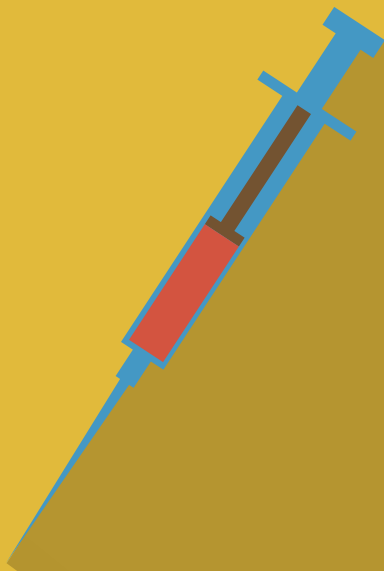
Gift Bags • Live DJ • MetroCards • Great Food!

THIS EVENT IS FOR AMIDA CARE MEMBERS ONLY!

SEATS ARE LIMITED, RSVP REQUIRED

CALL 1-800-556-0689





Needle Exchange Programs

Needle Exchange Programs are **most successful** when they combine counseling, treatment, and community support.

For decades, Needle Exchange Programs have been one of the best ways of preventing HIV. Visitors return used syringes to receive an equal number of new syringes. These programs remove dirty needles from the streets and provide clean, new ones, that are safe to use.

Needle Exchange Programs are most successful when they combine counseling, treatment, and community support. In an interview, AIDS researcher Don Des Jarlais said, “Few strategies to prevent HIV infection are so effective, or so thoroughly proved. It’s clear this is one of the major success stories in HIV prevention.”

“In fact, he continues, “Amsterdam’s long-established needle exchange program has virtually eliminated HIV transmission there. That’s pretty remarkable considering that Amsterdam has one of the world’s highest rate of injection drug use — and once had one of the worst drug-associated HIV epidemics.”

Des Jarlais says that needle exchange programs in New York City have reduced HIV infections to about 150 a year out of 150,000 injection drug users. “That is very, very close to zero,” Des Jarlais says, pointing out that most of the remaining infections may be due to sexual transmission, not needle drug use.”

**IF YOU WANT
MORE INFORMATION
ABOUT NEEDLE
EXCHANGE PROGRAMS
IN NEW YORK CITY,**
please feel free to talk
to your Case Manager
or call Amida Care
Member Services at
1-800-556-0689 —they'll
be happy to help you!

**AMIDA CARE
PARTNERS
WITH THESE
ESTABLISHED
NYC BASED
PROGRAMS:**

AIDS SERVICE CENTER NYC

41 East 11th Street, 5th Floor
New York, NY 10003
For locations and hours call:
(212) 645-0875

CITIWIDE HARM REDUCTION PROGRAM

226 East 144th Street
Bronx, NY 10451
For locations and hours call:
(718) 292-7718

HARLEM UNITED

Syringe Exchange Program
290 Lenox Avenue
New York, NY 10027
For locations and hours call:
(212) 924-3733

HOUSING WORKS, INC.

Needle Exchange Program
130 Crosby Street, 7th Floor
New York, NY 10012
For locations and hours call:
(347) 473-7404



rincón
ZEN
corner



What we call the secret to happiness is
no more a secret than our willingness
to choose life.

- LEO BUSCAGLIA

Lo que llamamos el secreto de la felicidad
no es más un secreto que nuestra voluntad
de elegir la vida.