



The AMIDACARE View

formerly VidaCare



in this issue

Life Celebration!
the perfect way to start the year

Smile
the importance of dental care

**Lead Poisoning
Prevention**

**A Healthy
Sexual Life**

**Let's Get
Physical**



Dear Member,

This is an exciting time at your health plan. Did you know that in the past six months, Amida Care's membership has more than doubled? This means more than 2,000 individuals have joined you as members of Amida Care. For the old-timers; I hope you take as much pride as I do in welcoming others to the Plan. If you're receiving your first newsletter; welcome and thank you choosing Amida Care.

As excited as I am about the Plan's growth, I want each of you to know that you'll never be a number to us. Each and every one of you is a person first, someone with unique needs and challenges, and your own way of living life. Our diversity, our different life experiences and our ideas – all together – make us strong, vital and healthy.

Since celebrating LIFE is key to everything we do at Amida Care, I invite you to read the feature article about the January 28th Life Celebration (see pg 1). It was a wonderful evening of food,

dance, celebration and community. As a member of Amida Care, you will always have us in your corner! When I looked around the party and saw smiling faces and happy people enjoying life and each other's company; I was thrilled! Success isn't measured by the number of people in attendance; the success was found in the aliveness I saw in the people who came. We are inspired each time we see and hear how people are doing, learning more about their life goals and dreams.



As your health plan and wellness partner, we feel it's our job to try to meet your individual health care needs with the least amount of stress possible. We realize that it isn't always easy. But we promise to do our best to help you get the care and services you need - when you need them. We also would like to share more information with you about the importance of dental care (see pg 5), exercise (pg 14) and nutrition (pg 12), among other excellent topics.

Our growth makes us stronger, but our individual members, who have chosen Amida Care as their health Plan, are our true strength and spirit. Thank you again for choosing Amida Care.

Sincerely Yours,

Doug Wirth

President & CEO

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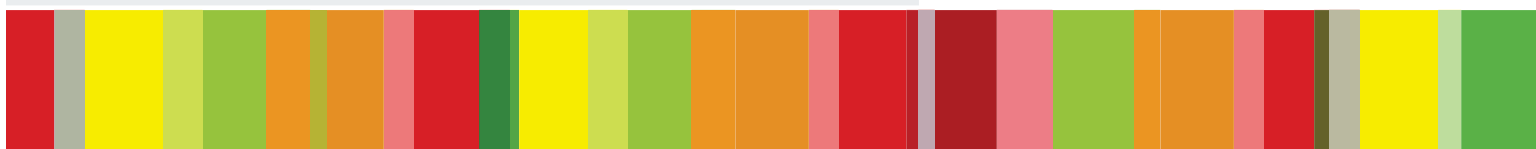
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Life Celebration

On January 28, we celebrated our annual Life Celebration--and by all accounts it was a great success! Delicious food, great music and of course, the nicest group of people in the city. The event took place at the 1199 Hall in Times Square, and the venue looked festive and colorful. Under a canopy of balloons and stars, more than 250 members and staff ate, danced and came together in fellowship to celebrate life, health, community and family. The energy was thrilling, the people were beautiful and the ambience uplifting.

We want to thank you all for coming out on such a cold evening to celebrate the beginning of an exciting and promising year with us. A special thanks goes out to the staff and volunteers--your contributions made the night a wonderful success!

We had the opportunity to talk to some of the partygoers about the event, their personal celebrations and the role of Amida Care in their lives. We are grateful for our members who shared their thoughts with us. Here's what they said:



Lorenzo
Member since 2007
Exuberance

The Life Celebration is a wonderful occasion! It's about members meeting other members. As a member myself, I just LOVE IT!!! I am really enjoying myself.

I celebrate my life by doing my best day-to-day. Amida Care supports me in that celebration. It stays in touch; it contacts me for my birthday and helps me stay on top of my health care. The CEO really cares; the staff loves what they do. All

this helps me continue my personal life-celebration.

I just want to say to the other members to be patient, to do right and know that there is help for you out there. We are here for you.

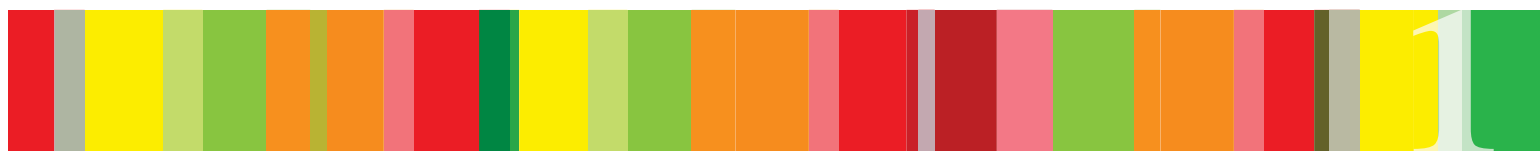
This event is fantastic, I am loving it. It's great to go out and celebrate with the Amida Care family. Like the name of the event says, I am celebrating life.



Lisa
Member since 2007
Giving

I love music and another way I celebrate my life is by listening, singing and dancing to my favorite songs. Sometimes I even sing and dance by myself, at home of course! It's so liberating and relaxing.

I am so glad to be chosen to be part of the Amida Care team and have the opportunity to give back to Amida Care and my community. Just being at the AC office is uplifting for me.





Miriam and Carmen

Both Members since 2009

Friendship

The night is just beautiful! The atmosphere, the food, the people, we like it all. It's like a big family celebration.

Carmen: Family is very important to me. The support of family makes a great difference in one's wellbeing. My personal life-celebration is taking care of my mom, who lives with me. It fills me with satisfaction to be able to be there for her. I also take care of my grandchild, which brings me joy.

Miriam: I cook new foods, knit and participate in the Live Your Life events. One that I particularly enjoyed was the drum-making workshop. It really uplifted my spirit.

Amida Care does a lot for its members. They are very friendly; it is a sisterhood and brotherhood. They would surprise you with a friendly phone call, just to stay in touch with you. That is very special.

This is my first Life Celebration. It is a fantastic night. My favorite part is the music. It's the music of my youth. Love the food. I feel very comfortable with friends and all the wonderful new faces. It is a nice, healthy and safe space to relax and enjoy it.



André

Member since 2010

Faith

I am a Christian and my faith is a very important part of my day-to-day life celebration and my health strategy. I go to church several days a week, which I enjoy very much.

I have never been sick, I feel very healthy and although I go to the doctor and take my medicines and keep my appointments, I feel that God takes care of me.

I have been a member of Amida Care for just 3 months. My experience so far has been very positive. They are good health plan, the bilingual doctors are excellent and I get access to my medications and examinations.



Ernesto and Connie Members since 2009 and 2010 respectively. Togetherness

We usually stay home but we were looking forward to this Friday evening. It is a great alternative to going to a club, drinking and stuff. It's good to be able to do something positive like this Life Celebration.

We are having a great time, meeting new people, seeing new faces, everybody is so friendly. The food is great, and the ribs are out of this world! We always come to their parties and workshops. It's always fun.

Amida Care is a very special place. They go all the way, it's more than a health care plan. They talk to you and listen to your problems. They care for you and they show it. They help us become survivors.

To our fellow members, we want to tell them to stay positive, stay healthy and to keep faith in God, that's number one.



This evening is just beautiful! I enjoyed being here earlier, helping with the set up, and now I am PARTYING! The food is delicious. The people are kind, nice and graceful.

Celebrating life is important to me. Years ago I



Victoria Member since 2003 Energy

was a drug addict, a crack head. That's when I found out that I was HIV positive. Amida Care helped me understand more about being HIV positive. It helps me stay alive. It even got me a job.

I am full of energy. When I wake up I'm like, 'Good Morning Lord!' To keep that up, I no longer take drugs, I take my medication daily, go to my 12 step meetings, eat well and enjoy going to work everyday.

Life Celebration is a great evening, we should have more like this. The food is my favorite, sensational. Everything is great! Of course the people here are also great. The people are in tune with each other and that is what it's all about. Amida Care is a family.

My spirituality keeps me in tune with myself and others. I have a sense of Godliness, a love-thy-neighbor sort of thing. Everyday I get up and thank God for another day. Everyday is a celebration!

Amida Care helps me keep healthy. For me, personally, there is no other health plan in the Universe like Amida Care.



Jimmy Member since 2006 Godliness



I like to participate in Amida Care events.

Tonight's Life Celebration is a great opportunity to meet people (people here are very nice), eat well and have a good time. My favorite part of the evening is the dancing. The music is great. I use to go out dancing, but it becomes expensive. I appreciate being able to do it again without cost.

I also take advantage and enjoy Amida Care's Live Your Life series, the monthly educational and recreational events. They teach me how to take better care of myself. Just last night I did some aromatherapy. I was not feeling well and I took a bath with perfume and salts just to relax. I remember that in the past I used to do things like aromatherapy. But somehow one gets busy with life and forgets about them. These events give me the opportunity to remember those simple things that I can do to take care of myself.



Andy
Member since 2008
Rediscovery

Life Celebration is a great evening. We are having a lot of fun, great eats. I always have a good time at Amida Care events.

I have been a peer for the past 4 years. I work at their office part-time. Everyone that I have met seems to be so caring. One thing I admire about AC is that they do not make you feel like a number. They make you feel like a human being. They are always interested in what you think, in how you feel. I never had a problem that could not be solved by calling someone at Amida Care. Regardless of who answers my call, I get a solution, it is taken care of. It is a great place to be, it provides resources for you. That makes a big difference.

I am a survivor of the World Trade Center tragedy and that experience took a lot out of me. I was dead inside. AC helped me overcome that. They help me feel useful again. I am back at school, the university. I am fascinated by history and have a natural aptitude for electronics. I want to combine both of them, maybe doing research or teaching.



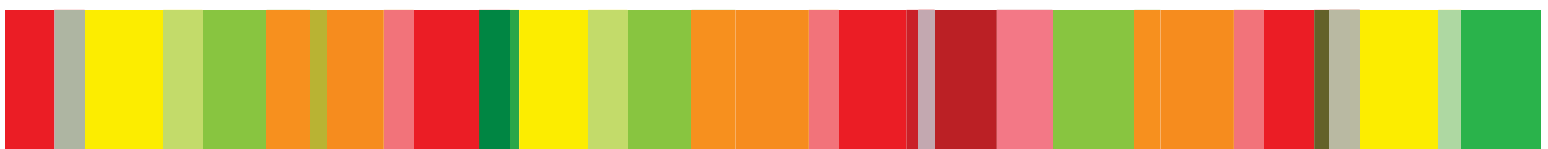
Clinton
Member since 2005
Overcoming

The event is very nice. I enjoyed the food, specially the honey BBQ chicken. This is my first time, but I will be back next year. My favorite part of the evening is mingling with everybody. The music is also very good.

I try to live my life to the fullest. I go to church, I sing in their choir. I am a very shy person and events like this help me connect with other people and stay in touch. This year I made the resolution to attend all of Amida Care events.



Anonymous
Member since 2007
Resolution



Smile

Oral Health for Persons Living with HIV

by **Hallie Williams, DDS** - Dental Director, Housing Works & **Renee Martinez, RN** - Director of Marketing and Membership, Amida Care

Oral Health is an important part of overall health and a crucial part of maintaining good health in persons living with HIV. Poor Oral Health can affect:

- The ability to eat and drink,
- Swallowing,
- Proper nutrition,
- Smiling, and
- Communication

Diseases in the mouth are caused by specific bacteria and can cause:

- Cavities
- Periodontal Disease (gum disease)
- Cavities can lead to tooth loss and pain
- Gum disease can lead to heart disease, cardiovascular disease, diabetes, premature birth and pancreatic cancer

3 IMPORTANT STEPS TO ORAL HEALTH

Good Oral Hygiene

- Brush your teeth at least twice daily, preferably after every meal and at bedtime.
- Floss at least once per day.
- Keep dentures, retainers, and other appliances clean. This includes regular brushing and may include soaking them in a cleansing solution.

Proper Nutrition

- Eat a balanced diet of fruits, vegetables, breads and cereals, milk and dairy products and meat, chicken, fish or beans.
- Always keep your mouth moist by drinking lots of water.
- Avoid foods that stick to your teeth. When you snack, avoid soft, sweet, sticky foods such as cakes, candy and dried fruits. Instead, choose dentally healthy foods such as nuts, raw vegetables, plain yogurt, cheese and sugarless gum or candy.

Dentist Visits

Regular visits with your dentist to detect early decay which can be treated before it causes the tooth to be lost.

Remember, with the right treatment, your mouth can feel better. And that's an important step toward living well, not just longer, with HIV.

Additional sources: <http://www.nlm.nih.gov> , <http://www.knowyourteeth.com>



About VillageCare

VillageCare is a community-based, not for profit organization that believes in wellness, restoration and the promotion of well-being.

Our mission is to create a caring and supportive environment for the people we serve and their families and partners so that they are respected for uniqueness and are encouraged to treat themselves and each other with kindness and respect.

We recognize and support self-directed care so that the people we serve can maintain their independence and control their own care.

Give us a toll-free call today and see how VillageCare can help you!

(877) 822-7369

VILLAGECARE

Programs and Services

Health Center

121A West 20th Street - 212.337.9290

Certified Home Health Care Agency

Serving Brooklyn and Manhattan - 212.337.5654

Long-Term Home Health Care

Adult Day Health Care

Chelsea - 1218 West 20th Street - 212.337.9220
Rivington House - 45 Rivington Street - 212.539.6458
Village - 644 Greenwich Street - 212.337.5870

Community Case Management

Serving all 5 boroughs of New York City
COBRA, Ryan White
212.337.5705

Treatment Adherence

Senior Living Residence

The Momentum Project

VillageCare

Rehabilitation & Nursing Center

214 West Houston Street
212.337.9400

Rivington House

The Nicholas A. Rango Health Care Facility
A skilled nursing facility for HIV/AIDS patients.
45 Rivington Street
212.539.6220

www.villagecare.org

VILLAGECARE

DENTAL SERVICES



located at the

VillageCare Health Center

**121A West 20th Street
New York, New York 10011**

212.337.9290

VillageCare Health Center Dental Services

We provide comprehensive dental care in a warm and friendly environment. Our staff, comprised of a dentist and a dental assistant, work together to deliver the highest standards of dentistry and exceptional customer care.

We are focused on preventing future teeth and gum problems, as well as committed to providing advice and education on how you can maintain a healthy smile.



Services Available

- » Dental Examinations
- » Prophylaxis (cleaning and preventive care)
- » Restorations and fillings
- » Diagnostic X-Rays
- » Extractions
- » Prosthodontics (denture care)
- » Referrals for surgical procedures
- » By appointment, walk-in emergencies accepted

**call for an appointment
212.337.9290**

Dental Care

With a Personal Touch

Clean Teeth & Gums

Having a clean mouth is important. In addition to being healthier, it gives you fresh breath and a nicer smile.

When you eat, bits of food (some too small for you to see) remain in your mouth. They feed bacteria that grow in a sticky film on your teeth. This film, called plaque, is the main cause of tooth decay and gum disease.

VillageCare Health Center COMPREHENSIVE SERVICES

PRIMARY CARE

Adult Internal Medicine
Infectious Disease
Women's Health - Gynecological Exams
Diabetes
Cholesterol
Hypertension
Heart Disease
Immunizations
Nutrition

MENTAL HEALTH SERVICES

Psychiatric Evaluations
Medication Management
Individual Counseling

DENTAL

Dental Examination
Prophylaxis
Restorations
X-Rays
Extractions

PODIATRY HEALTH EDUCATION

OCCUPATIONAL HEALTH
Pre-employment and annual
physical examinations

All blood work is done on-site
All Health Center
services are confidential.

The Harlem United Dental Clinic

The Dental Clinic at Harlem United was created in response to our clients' need for **quality dental care**. They wanted a full-service dental practice that was **easy to access**.

In August 2003, the doors opened to a **state-of-the-art dental facility** that rivals any Park Avenue practice. The Dental Clinic is part of Harlem United's Adult Day Health Care Center.

The Dental Clinic provides comprehensive quality dental care in a comfortable and friendly environment. The **caring staff** has extensive experience with people who have a fear of dental treatment.



Services Available at the Dental Clinic

The Dental Clinic offers a variety of comprehensive services, including the following:

- ✦ Diagnostic X-rays and Exams
- ✦ Preventive Care (cleanings and oral hygiene instruction)
- ✦ Emergency Care (treatment of acute pain and swelling)
- ✦ Restorations (fillings)
- ✦ Endodontics (root canals utilizing newest techniques)
- ✦ Prosthodontics (fixed and removable dentures)
- ✦ Periodontics (gum treatment)
- ✦ Oral Surgery (extractions)
- ✦ Referrals to Outside Specialists for Complex Surgical Procedures



"We Love Harlem United's Dental Program!"

Call now for an appointment!

(212) 531-1300

Ext. 442

Individuals with Medicaid and ADAP are eligible to receive services.



Smile! You're with family now.
¡Sonríe! Ya estás con familia.
Souri! Ou ak fanmi kounye a.

Free breakfast or lunch and Metrocards for
completed appointments.
Desayuno o almuerzo gratis y tarjeta de tren
después de completar tu cita.
Dejene gratis oswa manje midi ak transpò
gratis pou ranpli randevou.

Dental Clinic
57 Willoughby Street, Lower Level
Brooklyn, NY 11201
718-907-6243
WWW.HOUSINGWORKS.ORG

Open Monday – Saturday for day and night appointments
Abierto Lunes – Sábado durante el día y por la tarde
Nou ouvri lendi jiska samdi pou fe randevou nan maten
e apre midi

Trains

N R to Lawrence Metrotech
A C F to Jay Street Borough Hall
2 3 4 5 to Borough Hall/Court Street

Bus

B25 B26 B37 B38 B52 B54 B57 B61 B67

For more information, visit us online at www.housingworks.org/dental
Para más información, visita nuestra página www.housingworks.org/dental
Pou plis enfòmasyon, vizite nou sou entènèt la nan www.housingworks.org/dental

Make an appointment today ▶
Obtenga su cita hoy ▶
Jwenn randevou w la jodi a ▶

718-907-6243

PHOTOS: ROB MANDOLENE

Dental Care

Smile! You're with
family now. ▶

¡Sonríe! Ya estás
con familia. ▶

Souri! Ou ak fanmi
kounye a. ▶





Lead Poisoning Prevention

Lead poisoning remains a significant health problem in New York City (NYC). 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.

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; and
- 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.

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.

Source: <http://www.nyc.gov/html/doh/downloads/pdf/chi/chi29-5.pdf>; and <http://www.nyc.gov/html/doh/downloads/pdf/lead/lead-pregnant-letter.pdf>

You can have a healthy *Sexual Life!*

Family Planning and Birth Control

You have choices:

Preventing pregnancy

You can use almost any family planning method.

Preventing infection

Condoms help prevent both pregnancy and infection.

Having a healthy baby

You can have a baby. There are special issues to think about before you decide.

Can use most birth control methods except:

Spermicides—might increase infection risk for uninfected woman.

IUD - if the woman might have gonorrhoea or chlamydia, or is sick with an AIDS-related illness.

All other methods can be used.

- Generally, antiretrovirals and contraceptives do not conflict
- "You can use most contraceptive methods even on antiretrovirals."
- Condoms can help prevent both pregnancy and infection
- Only male and female condoms also help prevent infections. It is important to use a condom correctly and with every act of vaginal or anal intercourse.
- Be sure to discuss your birth control options with your primary care providers or family planning professional.



Remember that 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 1-800-556-0589. You can also discuss your needs with your Primary Care Provider, Nurse Care Coordinator or Community Case Manager.

Source: http://whqlibdoc.who.int/publications/2006/9241595132_eng.pdf





eat more!

NUTRITION GUIDELINES FOR PEOPLE WITH HIV

First, eat more. Extra muscle weight will help you fight HIV. This is very important. Many people want to lose weight, but for people with HIV, it can be dangerous.

Make sure you eat plenty of protein and starches, with moderate amounts of fat. Protein helps build and maintain your muscles. Meats, fish, beans, nuts, and seeds are good sources.

Carbohydrates give you energy. Complex carbohydrates come from grains, cereals, vegetables, and fruits. They are a “time release” energy source and are a good source of fiber and nutrients. Simple carbohydrates, or sugars, give you quick energy. You can get sugars in fresh or dried fruit, honey, jam, or syrups.

Fat gives you extra energy. You need some — but not too much. The “monounsaturated” fats in nuts, seeds, canola and olive oils, and fish are considered “good” fats. The “saturated” fats in butter and animal products are “bad” fats.

A moderate exercise program will help your body turn your food into muscle. Take it easy, and work exercise into your daily activities.

Drinking enough liquids is very important when you have HIV. Extra water can reduce the side effects of medications. It can help you avoid a dry mouth and constipation. Remember that drinking tea, coffee, colas, chocolate, or alcohol can actually make you lose body liquid

PRACTICE FOOD SAFETY

It’s very important to protect yourself against infections that can be carried by food or water.

Be sure to wash your hands before preparing food, and keep all of your kitchen tools and work areas clean. Wash all fruits and vegetables carefully. Don’t eat raw or undercooked eggs or meat, and clean up juices from raw meat quickly. Keep leftovers refrigerated and eat them within three days. Check the expiration date on foods. Don’t buy them or eat them if they’re outdated.

Some germs are spread through tap water. If your public water supply isn’t totally pure, drink bottled water.

WHAT ABOUT SUPPLEMENTS?

Some people find it difficult to go shopping and prepare meals all the time. Supplements can help you maintain your body weight and get the vitamins and minerals you need. Don’t use a product designed to help you lose weight, even if it says it contains everything needed for good nutrition! Your health care provider can help you choose a supplement that’s right for you.



THE BOTTOM LINE

Good nutrition is very important for people with HIV. When you are HIV-positive, you will need to increase the amount of food you eat and maintain your lean body weight.

Be sure to eat a balanced diet, including plenty of protein and whole grain foods, with some sugar and fat. An exercise program will help build and maintain muscle.

Drink plenty of liquids to help your body deal with any medications you are taking.

Practice food safety. Keep your kitchen clean, wash foods, and be careful about food preparation and storage. If your tap water isn't pure, drink bottled water.

If you feel you need to use nutritional supplements, be sure to get some expert advice from your health care provider.

Source: http://www.aidsinfonet.org/fact_sheets/view/800?lang=eng



Photo by Peggy Greb

LET'S GET PHYSICAL!

EXERCISE GUIDELINES FOR PEOPLE WITH HIV

DON'T OVERDO IT!

A moderate exercise program will help your body turn your food into muscle. Take it easy, and work exercise into your daily activities.

Work up to a schedule of at least 20 minutes, at least three times per week as long as you are feeling better. This can lead to significant improvements in your fitness level and you may feel better.

People with HIV can improve their fitness levels through training like those who do not have HIV. However, people with HIV may find it harder to continue with a training program because of fatigue.

Start exercising while you are still healthy. This can help you hold off symptoms of HIV that make you feel bad. Vary your exercise routine so that you do not get bored. Find new ways to keep yourself motivated to maintain your exercise program. Find a friend who can become your "exercise buddy."

Your fitness level may be different than it used to be. It is very important that you work your way into an exercise program to avoid injury. Starting with 10 minute sessions is good enough until you build up to an hour.

EAT AND DRINK CORRECTLY

Drinking enough liquids is very important when you exercise. Extra water can help you replace the fluids you lose. Remember that drinking tea, coffee, colas, chocolate, or alcohol can actually make you lose body liquid.

Don't eat when you exercise. In fact, it's best to wait up to 2 hours after a full meal before an exercise session. Also, wait about an hour after a workout before you eat your next meal. Having a small snack like an apple or small peanut butter sandwich on multigrain bread before working out can provide you with a boost in energy.

Proper nutrition is also important. With increased activity, you may need to eat more calories to avoid losing weight.

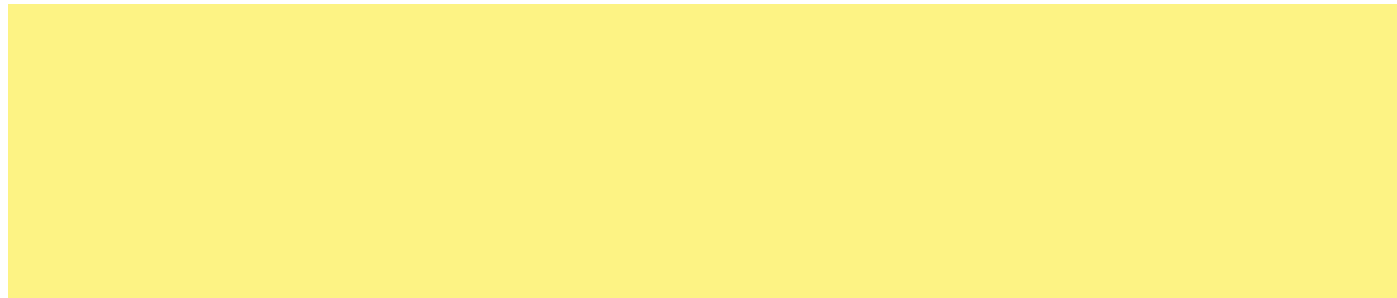
CHOOSE SOMETHING YOU ENJOY

Choose activities that you like. Whether it is yoga, running, bicycling, or another sport, doing something you like will encourage you to maintain your program. Don't get into a rut! Change your activities if you need to so that you stay motivated.

If your fitness level is good, you can compete in competitive sports. Taking part in competitive or team sports does not pose a risk of spreading HIV to other athletes or coaches.

If you get hurt and you're bleeding, the risk of HIV being spread to other people is very small. However, if you bleed during a sport, you should get out of the game and cover your injuries before returning to the game.





EXERCISE WITH WEIGHTS

Weight training (resistance exercise) is one of the best ways to increase lean body mass that may be lost through HIV disease and aging. Working out three times a week for an hour should be enough if done well. Combining weight training with 30 minutes of cardiovascular exercise may be the best way to improve body composition and keep your blood lipids and sugar down. Cardiovascular exercise means working large muscle groups continuously for at least 30 minutes. Activities such as brisk walking, jogging, bicycling or swimming can be cardiovascular exercise.

THE BOTTOM LINE

Exercise can improve strength, fight fatigue and depression, improve endurance, increase cardiovascular fitness, help to reduce stress and promote muscle strength. It may also help the immune system work better.

Source: http://www.aidsinfonyet.org/fact_sheets/view/802

Remember that Amida Care offers Live your Life events twice a month throughout NYC. Many of these events are designed to help you discover new ways of improving your health including nutrition and exercise. Be sure to check out our website (www.amidacareny.org) or call our Member Services (1-800-556-0689) Department to find out about our next events!



New Campaign Urges New Yorkers to Cut the Salt, Choose Less Sodium

Many foods pack more salt than consumers realize; Sodium in salt can raise blood pressure and cause increased risk of heart attack and stroke

November 8, 2010 – The Health Department today unveiled a new campaign to urge consumers to compare labels and choose foods with less sodium. The sodium in salt is a major contributor to high blood pressure, which can lead to heart attack, stroke, and other cardiovascular diseases. Together, these conditions are the nation's leading causes of preventable death, resulting in 23,000 deaths in New York City alone each year and more than 800,000 nationwide.

Although food may not taste salty, "Many foods pack a lot more salt than you think." Most people should eat no more than 1,500 mg of sodium per day. Some foods pack that much sodium in one serving alone and salt levels can vary dramatically among popular products in the same food category, such as salad dressing or canned vegetables. Consumers are encouraged to compare labels and opt for foods with less sodium.

Item	Serving Size	Range of Sodium (mg) per serving*
Canned soup	1 cup	50–950
Canned vegetables	1/2 cup	10–550
Sliced bread	1 slice	100–240
Frozen cheese pizza	1 slice	510–1090
Frozen meals	6–10 ounces	330–1130
Tomato juice	8 ounces	140–680
Salad dressing	2 tablespoons	80–620
Salsa	2 tablespoons	90–250
Potato chips	1 ounce	10–380
Pretzels	1 ounce	50–610

* Ranges may vary, based upon product availability.

"Excess sodium greatly increases the chance of developing hypertension, which can lead to heart disease and stroke," said Dr. Thomas Farley, New York City Health Commissioner. "While consumers can always add salt to food to taste, they can't take it out."

At current levels, the salt in American diets poses health risks for people with normal blood pressure, and it's even riskier for the 1.5 million New Yorkers with high blood pressure. Only 11 percent of the sodium in our diets comes from our own saltshakers; nearly 80 percent is added to foods before we buy it from stores and restaurants. Salty foods don't always taste salty, so when you're at the grocery store, compare the amount of sodium in different brands before you buy. To keep the excess salt out of your shopping carts, you should review the following easy-to-implement tips:

- At the grocery store, always check and compare Nutrition Facts labels on the back of the packages.
- The sodium in foods can vary greatly, even between two brands of the same product! For example, on your grocery store shelf you may find soups with sodium ranging from 280 mg to 980 mg per serving. And while 480 mg of sodium per serving may be a better choice for soup, that's way too much sodium for a serving of bread.
- Always look for the amount of sodium on the label before you buy. Compare like products and choose the one with less sodium.
- Here are some examples of the range of sodium in common foods. Comparing labels and choosing on the lower end range could help you avoid a lot of sodium.

For more information on this and other health initiatives, please visit [nyc.gov](http://www.nyc.gov/html/doh/html/pr2010/pr053-10.shtml).

Source: <http://www.nyc.gov/html/doh/html/pr2010/pr053-10.shtml>

HELP/PSI Inc. Dental Clinic

1543 Inwood Avenue, Bronx, NY 10452
718-681-8700

Patient Centered Services in a Spa-like atmosphere for At-Risk Individuals offering:

- Specializing in caring for at risk individuals – HIV/AIDS, Homeless, At- Risk, etc.
- Oral Exam
- State of the Art Panoramic x-rays
- Cleanings, Fillings, Simple Extractions, Partial
- Dentures
- Dental Hygiene
- Dental Education
- Oral Cancer Screenings
- Infectious Disease Specialists on staff

Uniqueness of HELP/PSI Inc. Dental Clinic

- Specializing in caring for at risk individuals – HIV/AIDS, Homeless, At- Risk, etc.
- Access to the full continuum of HELP/PSI programs and services
- Spa-like atmosphere:
 - Warm and friendly environment
 - Continental breakfast and box lunch provided
 - Flat screen television in Reception area
- Available to treat patients and their families
- Walk-ins accepted
- Availability of Insurance Specialist

Some additional Benefits

- Free Dental Hygiene Kit
- Gift cards for TARGET given the first 4 visits
- Metro cards available at every visit
- Transportation from Brooklyn and Queens on designated days
- Transportation from any location can be arranged for groups of 3 or more

Eligibility/ Payment for Service

- All patients 18 years and older with health insurance are eligible
- Medicaid, Medicare, Select Health, Amida Care, sliding scale fee

How to make referrals

- Contact the dental clinic at 718.681.8700 ext 3500

Upcoming Amida Care Live Your Life events

AFRICAN DANCE 1

March 15, 2011 • 3:00 – 5:00

Village Care

121A W 20th St, NY, NY 10011

AFRICAN DANCE 2

March 29, 2011 • 3:00 – 5:00

Casa Promesa

308 E 175th St., Bronx, NY 10457

DREAMS AND FEELINGS 1

April, 20, 2011 • 3:00 – 5:00pm

PSI Bronx

1545 Inwood Ave., Bronx, NY 10452

DREAMS AND FEELINGS 2

April 21, 2011 • 3:00 – 5:00pm

El Faro

179 East 116 St., NY, NY 10029

**Please call
Member Services
at 1-800-556-0689
for information about
these or future events.**

