



AMIDA CARE

MEMBER NEWSLETTER

AUGUST 2017



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Dear Amida Care Members,

With this new, shortened member newsletter format, we are reaching out to you with clear, simple messages that cut right to the chase.

Whether we're standing up for diversity and human rights at the LGBTQ Pride March, sharing success stories on the work of our Treatment Adherence team, or hosting a sizzling Summer Life Celebration 2017, Amida Care is committed to going all out for you, our valued members.

During these challenging times in our nation's history, we are advocating energetically for health care policies that protect Medicaid and the life-saving care and resources it provides to you. To join our national online campaign, please visit the Advocacy section of our website at www.amidacareny.org, share hashtag **#ProtectAmericasHealth** on social media, and urge your friends and loved ones to do so, too.

Enough of us must make our voices heard to make a difference – and we need your voice. We learned long ago that Silence = Death, and we must not go back. Thank you for your continued support of these efforts to preserve the social safety net for you and millions of other New Yorkers and vulnerable people nationwide.

We hope to see you at Amida Care's Summer Life Celebration in August and at our Live Your Life events and Town Hall meetings all year long.



Abrazos,

Doug Wirth

Doug Wirth, President and CEO

For Our Partners:

REAL TALK

ABOUT PrEP AND PEP

With partners who are HIV-negative, honest conversations about sexual pleasure naturally lead to talking about PrEP and PEP. PrEP is a non-emergency daily pill taken to keep a person HIV-negative. PEP is an emergency medication that serves the same purpose. It is taken within 72 hours of exposure and continued for 28 days.

PrEP and PEP have helped us acknowledge that there can be physical and emotional reasons why a person might want to have sex without a condom. Over the years, many have been reluctant to talk about having or wanting to have sex without a condom. However, demonizing condomless sex has not been effective in stopping the transmission of HIV. Worse, many members of our community have felt shame and stigma about our sexualities. Just keep in mind that PrEP and PEP protect against HIV, but they do not protect against other STIs – only condoms do.

PrEP and PEP have empowered the heterosexual and LGBTQ partners of those with HIV to feel in control of their sex lives. These days, we are anticipating treatments of the future, such as injectable PrEP. Here and now, we challenge our communities to ensure that PrEP and PEP reach those who are experiencing the burden of new HIV infections, including young people of color. Everyone deserves pleasure!

– Adapted from the special community magazine on Sexual Health and Pleasure, published by Amida Care in June 2017



HOW TO GET PrEP OR PEP IN NYC

Call 311 or visit www.nyc.gov/health to find the nearest NYC Sexual Health Clinic where PrEP or PEP is available to the uninsured or those on Medicaid. For more information about PrEP and PEP visit:

www.amidacareny.org/for-members/health-resources/

Condoms + PrEP/PEP/HIV Treatment + Undetectable = NO HIV Transmission

Treatment Adherence Success Story

A coordinator on our Treatment Adherence Team, **JERONIMO ROMAN** joined Amida Care's staff more than five years ago. To help our members lead healthier, happier lives, Jeronimo builds strong relationships with them, makes home visits, explains lab results, and teaches the importance of taking medications and filling and refilling prescriptions. He supports members in gradually decreasing their viral loads and becoming "undetectable." In these ways, Jeronimo and the members he works with are helping to End AIDS in New York State by 2020.

Jeronimo recently shared this story: "In the past few months, I've made progress working with a member I'll call Steve – to protect his anonymity. Meeting Steve was a rude awakening for me. He was living in the shelter system, diagnosed with AIDS, a high viral load, and just 4 T-cells. Even in this day and age of modern medicine, HIV is still trying to claim lives! I was afraid Steve might be running out of time.

"My main goal has been ensuring that Steve takes his meds regularly so his viral load decreases. To better understand Steve and devise a more effective treatment plan, I've collaborated with everyone from his case manager to the staff at his Primary Care Provider site. Our aim has been to create a partnership with Steve that supports his journey to health and wellness.

"An Amida Care member for years who's now in his 40s, Steve recently began taking better care of himself and has come a long way. He's seeing a dentist and working on moving to permanent housing. His new goal is to return to work, possibly as a peer navigator. Lately, Steve sometimes calls me, and we stay vigilant to get the puzzle pieces to fit together and keep practicing Amida Care's motto by going above and beyond!"

JERONIMO ROMAN
Coordinator
Treatment Adherence Team



"Meeting Steve was a rude awakening for me. He was living in the shelter system, diagnosed with AIDS, a high viral load, and just 4 T-cells. Even in this day and age of modern medicine, HIV is still trying to claim lives... Recently, Steve began taking better care of himself and has come a long way..."

BE YOURSELF... WITH PRIDE!



Showing our support for diversity and human rights, Amida Care made a big splash at NYC's LGBTQ Pride March on June 25th in Manhattan. To play our part in one of the world's largest LGBTQ Pride celebrations, Amida Care's 2017 theme for our float, deejays, and marchers was "Be Yourself... With Pride!"





HOT OFF THE PRESSES!

Amida Care's special "Sexual Health and Pleasure" magazine came out just in time for LGBTQ Pride Month 2017. Our community publication presents practical knowledge about safer sex and takes an open, honest approach to exploring sexuality. Check it out in English and Spanish on our website at: www.amidacareny.org

White Party

Wear White to Our 2017 SUMMER LIFE CELEBRATION

Start planning now to make the scene dressed in white at Amida Care's SUMMER LIFE CELEBRATION on Thursday, August 17th, from 5 to 8 p.m. Meet us on the 18th floor of the Hotel Pennsylvania, high atop 401 Seventh Ave. at West 33rd Street in Manhattan. **See you there!**

RSVP **1-800-556-0689**



NOTICE OF NON-DISCRIMINATION

AMIDA CARE COMPLIES WITH FEDERAL CIVIL RIGHTS LAWS. AMIDA CARE DOES NOT EXCLUDE PEOPLE OR TREAT THEM DIFFERENTLY BECAUSE OF RACE, COLOR, NATIONAL ORIGIN, AGE, DISABILITY, OR SEX. AMIDA CARE PROVIDES THE FOLLOWING:

- Free aids and services to people with disabilities to help you communicate with us, such as:
 - Qualified sign language interpreters
 - Written information in other formats (large print, audio, accessible electronic formats, other formats)
- Free language services to people whose first language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, call Amida Care at **1-800-556-0689**. For TTY/TDD services, call **TTY: 711**. If you believe that Amida Care has not given you these services or has treated you differently because of race, color, national origin, age, disability, or sex, you can file a grievance with Amida Care by:

- **Mail:** 14 Penn Plaza, 2nd Floor, New York, NY 10122
- **Phone:** **1-800-556-0689** (for TTY/TDD services, call TTY: 711)
- **Fax:** **1-646-786-1802**
- **In person:** 234 West 35th Street, New York, NY 10001
- **Email:** info@amidacareny.org

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights by:

- **Web:** Office for Civil Rights Complaint Portal at <https://ocrportal.hhs.gov/ocr/portal/lobby.jsf>
- **Mail:** U.S. Department of Health and Human Services
200 Independence Avenue SW, Room 509F, HHH Building
Washington, DC 20201
Complaint forms are available at <http://www.hhs.gov/ocr/office/file/index.html>
- **Phone:** **1-800-368-1019** (TTY/TDD **800-537-7697**)

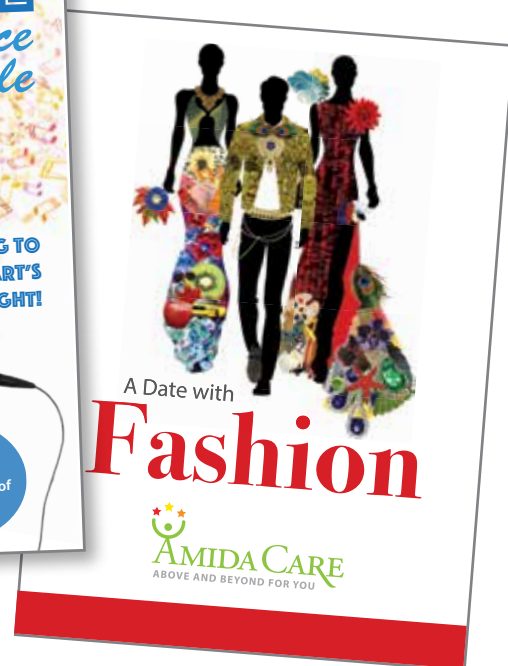


LANGUAGE ASSISTANCE

ATTENTION: If you speak English, language assistance services, free of charge, are available to you. Call 1-855-784-8891 (TTY: 1-800-662-1220).	English
ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-784-8891 (TTY: 1-800-662-1220).	Spanish
注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-855-784-8891 (TTY: 1-800-662-1220)。	Chinese
ملحوظة: إذا كنت تتحدث اذكر اللغة، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم 1-855-784-8891 (رقم هاتف الصم والبكم: 1-800-662-1220).	Arabic
주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-855-784-8891 (TTY: 1-800-662-1220) 번으로 전화해 주십시오.	Korean
ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните 1-855-784-8891 (телетайп: 1-800-662-1220).	Russian
ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero 1-855-784-8891 (TTY: 1-800-662-1220).	Italian
ATTENTION : Si vous parlez français, des services d'aide linguistique vous sont proposés gratuitement. Appelez le 1-855-784-8891 (ATS : 1-800-662-1220).	French
ATANSYON: Si w pale Kreyòl Ayisyen, gen sèvis èd pou lang ki disponib gratis pou ou. Rele 1-855-784-8891 (TTY: 1-800-662-1220).	French Creole
אויפֿמערקזאָם: אויב איר רעדט אידיש, זענען פארהאן פאר אייך שפראך הילף סערוויסעס פריי פון אפצאל. רופט 1-855-784-8891 (TTY: 1-800-662-1220).	Yiddish
UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer 1-855-784-8891 (TTY: 1-800-662-1220).	Polish
PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa 1-855-784-8891 (TTY: 1-800-662-1220).	Tagalog
লক্ষ্য করুন: যদি আপনি বাংলা, কথা বলতে পারেন, তাহলে নিঃখরচায় ভাষা সহায়তা পরিষেবা উপলব্ধ আছে। ফোন করুন ১-৮৫৫-৭৮৪-৮৮৯১ (TTY: ১-৮০০-৬৬২-১২২০)।	Bengali
KUJDES: Nëse flitni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në 1-855-784-8891 (TTY: 1-800-662-1220).	Albanian
ΠΡΟΣΟΧΗ: Αν μιλάτε ελληνικά, στη διάθεσή σας βρίσκονται υπηρεσίες γλωσσικής υποστήριξης, οι οποίες παρέχονται δωρεάν. Καλέστε 1-855-784-8891 (TTY: 1-800-662-1220).	Greek
خبردار: اگر آپ اردو بولتے ہیں، تو آپ کو زبان کی مدد کی خدمات مفت میں دستیاب ہیں۔ کال کریں 1-855-784-8891 (TTY: 1-800-662-1220)۔	Urdu

Live your Life

Amida Care's monthly series of life-enhancing LIVE YOUR LIFE events offers fun activities like karaoke singing, fashion shows, arts and crafts classes, and much more. For more information and details on all our upcoming events, visit www.amidacareny.org





HIV HEALTH: JOIN ACCESS STUDY

Are YOU

- 16 to 29 years old, with a detectable viral load?
- Having trouble taking your medications?

Join the ACCESS study to get live information, support and mentorship. **If eligible, you will be compensated up to \$150 for your time.** Phone and data plan will be provided during study participation.

To learn more, call or email:
Dr. Ann-Margaret Navarra

 **212-998-5313**
 **amd363@nyu.edu**



NYU

**RORY MEYERS
COLLEGE OF NURSING**