

New Life Cafe

WE ARE NEW YORK **Magazine**

ENGLISH



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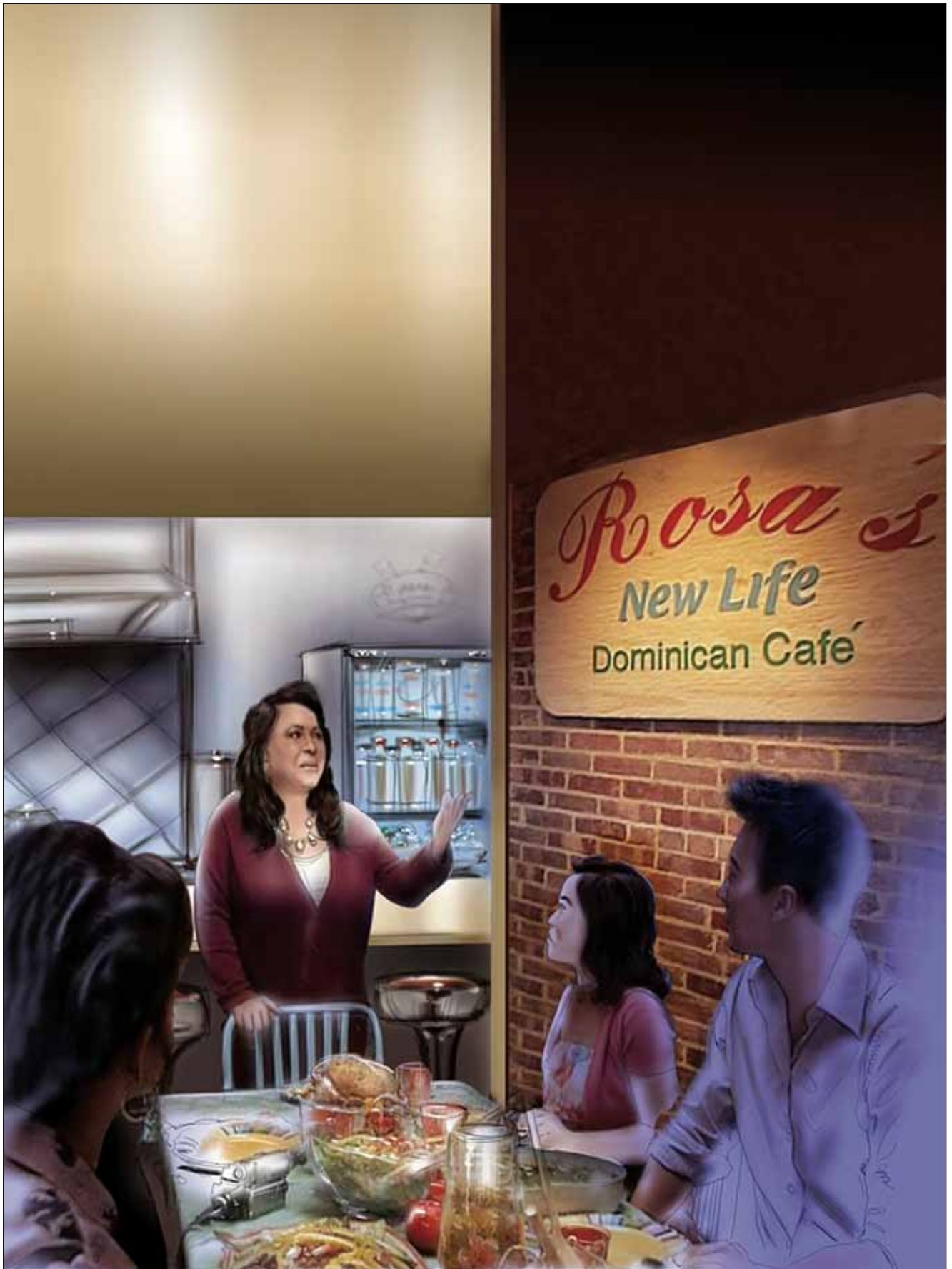
THE STORY

New Life Café

Rosa is a chef whose dream is to open a new café in Washington Heights. But before the big opening, her doctor gives her some serious news. She has diabetes and has to change how she eats. How can she open her Dominican café if she has to change everything she cooks? Rosa isn't sure what to do, but her friends and family help her make important small changes to manage her diabetes. In the end, will this be enough to make Rosa's dream come true?

Diabetes is a serious disease that affects many people. Diabetes can cause damage to the heart, brain, kidneys, eyes and feet.

Manage means to do things to control your diabetes and stay healthy.





Hello Fernando. Will the cafe be ready to open on time?



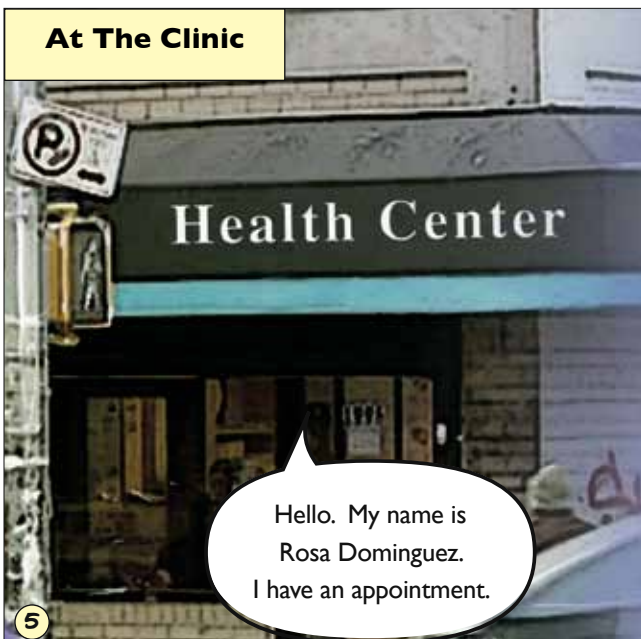
Of course, Rosa. ... Are you free this afternoon? I'd love to have lunch with you.



Oh, no. I can't. I have a doctor's appointment. It's just a check-up. I've been feeling tired.



Of course, Rosa. Going for a check-up is important. The doctor can help you stay healthy.



At The Clinic

Hello. My name is Rosa Dominguez. I have an appointment.

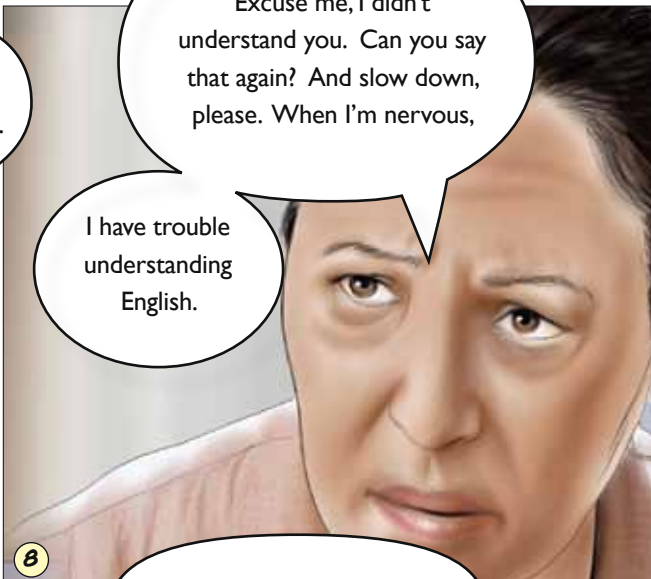


No, Mrs. Dominguez. This is New York! You don't need a Social Security card to see the doctor.

With the doctor



The lab tests show that...
blah, blah, blah, blah, blah...



I have trouble
understanding
English.

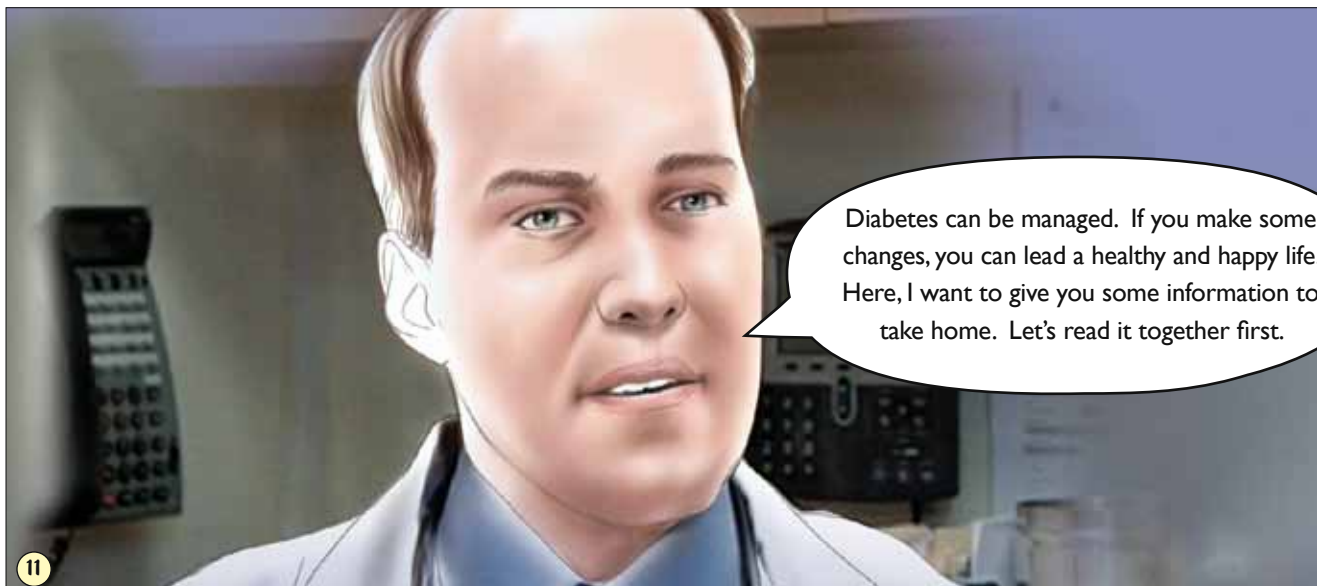
Excuse me, I didn't
understand you. Can you say
that again? And slow down,
please. When I'm nervous,



Of course. ... Do you know what
diabetes is?

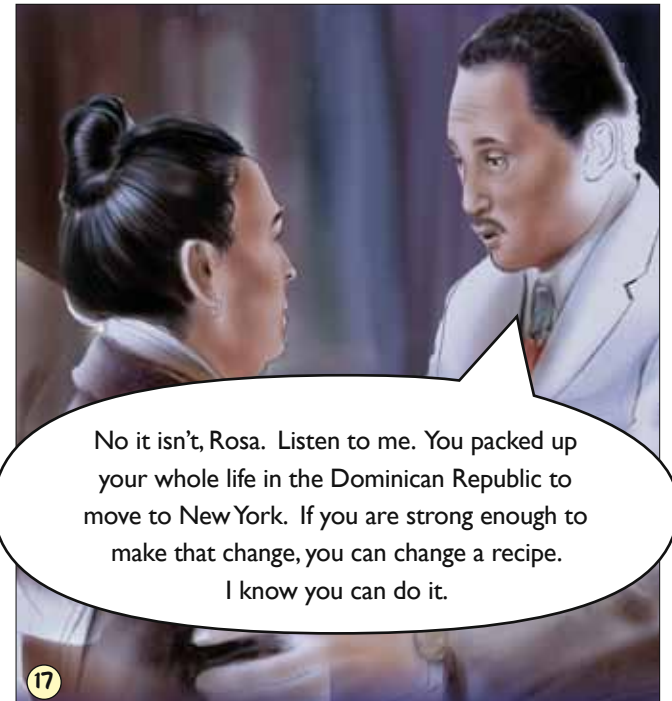


Oh, the sugar disease. I don't
know much about it.



Diabetes can be managed. If you make some
changes, you can lead a healthy and happy life.
Here, I want to give you some information to
take home. Let's read it together first.

Rosa gets help from her family and friends to follow the doctor's advice.



**The Next Day, Rosa Meets
Her Friend Ying.**

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Don't worry, Rosa. I know a lot of people with diabetes. You can manage your diabetes, and you'll be just fine.

19

You see, it's easier when you exercise with someone. Let's do 30 minutes today!

20

I went shopping Grandma. Look! Fresh vegetables and turkey sausage! I bet you can make a great recipe using these foods.

Rosa
New Life
Dominican Café

Will they like my new recipes?

My dream has come true. All the healthy Dominican food you are about to eat is part of my new café ... and my new life!

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WHO WE ARE



ROSA

My dream was to open a café in Washington Heights. I worked hard and saved my money, and I never let my dream go. When my doctor told me I have diabetes, I didn't know what to do. I thought my dreams were over. But my family and friends helped me. I decided I'm not too old to make my life better and healthier.



FERNANDO

I came to this country from the Dominican Republic without any money. I knew how to build things, so I started doing construction work. When Rosa hired me for the job, I fell in love with her. She's so beautiful and strong – and a great cook! I couldn't let her give up her dream. I reminded her that she is strong enough to do anything.



YING

Rosa is my best friend. She helps me and I help her. We are like family. When she told me she had diabetes, I asked her to exercise with me. She joined my tai chi class in the park and we go for walks a few times a week. Now, she can walk faster than I can!

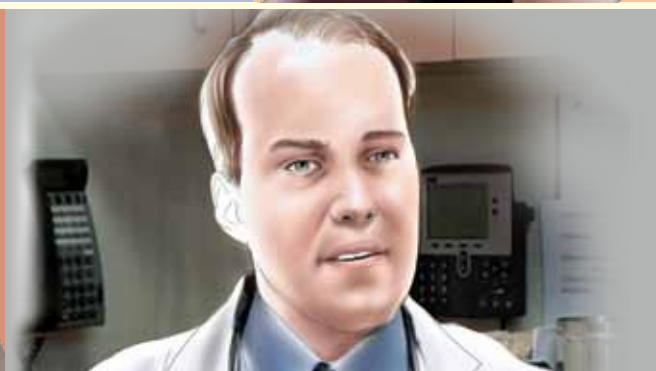
LUZ

My mother does so much for the family and for her community. When she told me she had diabetes, I was scared. I didn't want her to stop doing what she loves. When I started to read more, and learn about diabetes, I felt better. Now, I know how to help my mother. I remind her to take her medicine, and I give her ideas about healthy things to eat. She has always been there for our family. Now, I can be there for her.



EDDIE

I love my grandmother so much. When I was a little boy, I watched her cook and listened to her tell stories about the Dominican Republic. When she first found out about her diabetes, she had a hard time cooking. So I helped out and showed her some healthy new foods she can use. I want to do whatever I can to help her manage her diabetes. I want to show her I care about her as much as she cares about me.



DOCTOR

Every patient has the right to good, clear health information. It's my job to make sure my patients understand their health problems and what they can do about them. The more they know, the more they can take control of their lives and help me to manage their health. So, I am glad if a patient asks me to slow down or explain things again.

HOW WE DID IT

**Here's how I managed my diabetes and my life.
Maybe these ideas will help you, too.**

1 Diabetes is a chronic disease. Chronic means I will always have it, even when I feel good. So I always take my medicines, exercise, and watch what I eat. That's how I take control and manage my diabetes.

2 At first, I felt hopeless and upset. But my family and friends helped me hold on to my dreams.

3 I learned how to make little changes to stay healthy. It took time. It didn't happen in one day.

4 When I needed help, I asked for it. I had to ask the doctor to speak more slowly and clearly. I asked him to repeat what he said when I didn't understand. I could have asked for an interpreter, too.

5 I didn't need a Social Security card to see the doctor. Healthcare is for everyone in New York City, with immigration "papers" or without.



HOW WE DID IT

My mother is important to me. I make sure she gets a check-up two to four times a year. And I make sure she takes her medicines every day. It can be hard to manage diabetes, so I listen to her when she needs help or feels down.



If you don't speak English, you can ask for an interpreter to help you understand the nurses and doctors. And you can take someone with you to the doctor. It helps.



Many people have diabetes, but no health insurance. All New Yorkers can get healthcare – even if you don't have insurance. Rosa went to the doctor without insurance. You can, too.



Having diabetes doesn't mean giving up everything you love to eat. Small changes in what you eat everyday, and eating a little less at every meal can make a big difference. I know Rosa can make these changes and still be herself. She's smart and strong. And her food is always delicious!



WHAT YOU CAN DO

Here are some ideas for helping people with diabetes.

Share the information in this magazine with your family and friends.
You can make a difference in their lives.

Goal

**You want to
manage your
diabetes.**

1. Visit the doctor to check your:
 - ✓ blood sugar
 - ✓ blood pressure
 - ✓ cholesterol
2. If you smoke, ask your doctor for help to quit smoking.

Goal

**You want to
understand the
doctor.**

1. Bring a friend or a family member with you. They can help you understand.
2. Bring a pen and paper and write down what the doctor says. You can read it again later.

**If you need health insurance for you or your child:
call 311 and ask for free or low cost health insurance.**

3. Exercise and keep moving.
Take a walk with a friend.

4. Take all of your medicines
every day. Diabetes is a
disease that doesn't go away.
You always have to manage it.

5. Eat smaller portions of
food. Choose foods
low in salt.

6. Drink water instead of
soda, alcohol, juice or
sweet drinks.

3. Ask the doctor to slow down and
explain what he or she just said.

4. Ask for a free interpreter.

WHAT YOU CAN SAY

If you are talking to someone with diabetes, you can say:

- How are you feeling?
- Do you want to go for a walk?
- Do you need someone to go with you to the doctor?
- You can do it! I'll help you.

If you are talking to the doctor, you can say:

- What is the problem I have?
- What causes this?
- How can we treat it?
- Can you please slow down and explain what you mean?
- I need an interpreter. I speak _____.

If you call 311 for help, you can say:

- I would like information about diabetes.
- I want to get tested for diabetes. Is there a clinic in my neighborhood?
- I want to make an appointment to see a doctor.
Is there a hospital in my neighborhood?
- I don't have health insurance. Can you help me get insurance?

Write your own questions here:

HELPFUL WORDS

Appointment

A day and time that you set to meet someone.

I would like to make an **appointment** to see the doctor.

Check-up

A visit to the doctor to look at your entire body and make sure you are healthy. You don't have to be sick to get a check-up.

It is important to go to the doctor for a **check-up** two to four times every year.

Diabetes

A disease that makes it hard for your body to use sugar for energy. The sugar builds up in your blood and causes problems for your heart, eyes, and kidneys.

700,000 New Yorkers have **diabetes**.

Interpreter

A person who can translate one language into another.

May I please have an **interpreter** to help me understand what you are saying?

Manage

To work on and keep under control.

By exercising most days of the week, you can **manage** your diabetes.

Medicines

Pills or other things your doctor gives you to treat a problem. Follow the doctor's instructions carefully.

When you have diabetes, it is important to take your **medicines** every day.

Portions of food

The amount of food you eat at a meal.

Eating smaller **portions of food** can help control diabetes. Try eating only half of a sandwich.

311

The free telephone number you can call for information about City services.

You can speak your language when you call **311**.

WE ARE NEW YORK

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