## STUDY GUIDE CONTENTS

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### Acknowledgments


*We Are New York TV (New Life Café episode)*: Created by Leslee Oppenheim and Anthony Tassi. Produced by Andrzej Krakowski and Bob Perkis. Directed by Jose Luis Orbegozo. Written by David Hellman, Kayhan Irani and Sandra Soliod Poster, with additional writing by Campbell Dalglish, LisaBeth Kovetz, and Michael Niederman.

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Rosa Dominguez has a dream to open her own café. She also has diabetes. Is it the end of her dreams? Or is it the start of a long and beautiful story?
Rosa visits her new café. Fernando is the construction manager. The café will open soon.

At Rosa’s New Café

Rosa brings lunch for Fernando and the workers. Fernando asks Rosa to stay for lunch.

Rosa can’t stay for lunch. She has an appointment.
At the Doctor’s Office

Rosa goes for her check-up. First, she speaks to the receptionist.

My name is Rosa Dominguez. I have an appointment.

The receptionist gives Rosa important information.

Mrs. Dominguez, this is New York! You don’t need a Social Security card to see the doctor.

What insurance do you have?

Insurance? I don’t have insurance. Is there a special program that can help me?

Rosa asks a good question.

There sure is. Just fill out this form, and a doctor will be right with you.
Then Rosa sees the doctor. She doesn’t understand him.

Get your lab tests. Then come back and see me.

After the check-up, Rosa meets her grandson, Eddie, on the street.

I just came from the doctor.

What did he say?

“Blah, blah, blah.”
I didn’t understand what he said.
Oh, lab tests!
He said I need to get lab tests.
I don’t have time for this!
I have a café to open.
At Rosa’s Apartment

Fernando visits Rosa. Her daughter, Luz, opens the door.

Mami, there’s someone here to see you!

So, did everything go all right at the doctor’s office? Everyone was worried.

Everyone?

Well... I was worried.

Will you come for lunch tomorrow?

No, not tomorrow. I have to go for lab tests.

How about dinner, then?
The “Sugar Disease”

Rosa goes back to the doctor’s office. Eddie goes with her.
Rosa asks the doctor to slow down.

Your lab test results show…

Could you please slow down? I’m nervous. And when I’m nervous, I have trouble understanding English.

Okay, Mrs. Dominguez. Do you know what “diabetes” is?

Diabetes, 'Buela.

Oh, the “sugar disease.” So that means I have to eat less sugar, right?

Yes, but that’s not all.

'Ruela or Abuela = Spanish for “grandmother”

Rosa finds out she has diabetes.
Rosa has to make some changes.

You have to get exercise every day. And take your medication every day.

And you must change your diet – what you eat and what you cook.

I have to change what I cook?! But I am about to open a café!

Make your recipes low-fat. It’s good for your heart.

My recipes!

What will I do? How can I open my new café?
That Night at the Café

Rosa and Fernando have a date for dinner. They meet at the café. Fernando has good news. Rosa has bad news.

The new stove is here. You can start cooking!

Rosa, what is it?!

Fernando, I have something to tell you. I have diabetes. I can’t eat the way I used to. I can’t cook the way I used to.

Fernando, I can’t open this café! If I can’t cook my Dominican dishes, I’m not me.

Rosa, that’s not true. You’ve worked so hard to open this café.

This is the end of all my dreams.

Rosa feels hopeless.

I have to change everything. I can’t do it!
You packed up your whole life in the Dominican Republic to come to New York.

If you made that change, you can change a recipe.

I can’t do it.

See! Your feet are still Dominican.

He plays some music. They dance.
Rosa meets her friend, Ying. Ying offers Rosa a cookie.

Ying doesn’t know about Rosa’s diabetes. Rosa tells her the news.

Ying encourages Rosa.

**encourage** = give hope
Fresh and Healthy

Back at home, Eddie has a surprise for his grandmother.

Abuela...

What's all this?

It's fresh and healthy.

You always liked my cooking!
Why do I have to change now?

Abuela, you're a great cook.
All your food tastes good.

Eddie hopes his Abuela will try some new healthy recipes.

I love you.
Rosa makes some changes.

Watch the show to see what happens.
Rosa’s New Life

Match each sentence with a picture on page 11.
Follow the example.

1. Rosa and Ying walk fast to get exercise.  
   Picture G

2. Ying gives Rosa a gift.

3. Rosa takes medicine for her diabetes.

4. Rosa and her daughter, Luz, eat a healthy breakfast.

5. Rosa practices tai chi (a Chinese form of exercise).


7. Rosa admires Ying’s gift—a pair of exercise shoes.

8. Rosa and Fernando dance together at the new café.
Lesson 2

Who We Are

Complete the sentences. Follow the example.

1. My name is _________.
   I love to cook delicious Dominican food for my family.
   I want to open a café, but I have diabetes. Do I have to change all my recipes? How can I open my café?

2. My name is _________________.
   I am the construction manager for Rosa’s new café.
   I like my job. I also like Rosa. When Rosa finds out she has diabetes, she is very upset. She says it’s the end of her dreams! But I disagree.

3. My name is _________________.
   Rosa is my grandmother. I call her “Abuela” or “Buela.” That means “grandmother” in Spanish.
   I go with her to the doctor and write down what the doctor says. I also buy her healthy food.
   She’s the best cook in the world!

4. My name is _________________. Rosa is my mother, and I’m concerned about her health. It’s not easy to change, so I encourage her. I tell her, “Little by little, one day at a time.” I know she can do it!
5. **My name is** ________________. I’m Rosa’s friend. Do you like Rosa’s shoes? I got them for her. I help Rosa manage her diabetes—we go on fast walks and do tai chi together.

6. **I am the** ________________ at the doctor’s office. Every day, I help people like Rosa Dominguez. If you don’t have health insurance, you can ask for a special program. If you need an interpreter, you can get one—for free!

7. **I am Rosa’s** ________________. I’m very glad that Rosa came to see me. Diabetes is a serious illness, and Rosa needs to make some changes. But it’s not the end of Rosa’s dreams. I help lots of people with diabetes. I can help Rosa, too.

**Here is another character in New Life Café. Watch the show and meet him.**

---

**I meet Rosa in the doctor’s office. She helps me get an interpreter.**
Lesson 3

What Happens?

Complete the sentences. Follow the example.

get exercise • goes • has to • is building • like • show • will be

1. Rosa is starting her own business. It _______ will be _______ a Dominican café.

2. Fernando _______________ the café.

3. Rosa and Fernando _______________ each other.

4. Rosa _______________ to the doctor for a check-up.

5. She _______________ get lab tests.

6. The lab test results _______________ that Rosa has diabetes.

7. The doctor says that Rosa must take medicine, _______________, and change her diet.

doesn’t think • encourage • is • manage • opens

8. Rosa _______________ upset.

9. She _______________ she can change her recipes.

10. Rosa’s family and friends _______________ her.

11. Ying tells Rosa that she can _______________ her diabetes.

12. Rosa learns to manage her diabetes and _______________ her new café.

15 • WE ARE NEW YORK • NEW LIFE CAFÉ
Where Is It?

Find these things in the story. Write the page number(s). Follow the example.

1. Social Security card  page 2
2. medical form
3. street crosswalk
4. flowers
5. CD player
6. broccoli
7. medication
8. exercise shoes
Lesson 5

Talking about Health

Find the meaning. Follow the example.

1. diabetes ______ sickness, illness
2. disease ______ an official paper with blank spaces to complete
3. doctor’s appointment ______ a regular doctor’s exam
4. check-up ______ a disease that makes it hard for your body to use sugar
5. a form ______ medicine (pills, for example)
6. lab test results ______ a date and time to see the doctor
7. manage diabetes ______ what you eat and drink
8. medication ______ list of ingredients and instructions for cooking
9. diet ______ what the lab tests show
10. recipe ______ control diabetes
Talking about Health

Complete the sentences. Follow the example.

Doctor: Your (1) **lab test results** show…

Rosa: Could you please (2) _______________? I’m nervous. And when I’m nervous, I have trouble understanding English. Last time I was here, I didn’t (3) _______________ anything you said!

Doctor: Okay, Mrs. Dominguez. Do you know what (4) _______________ is?

Rosa: Oh, the “sugar disease.” So that means I (5) _______________ eat less (6) _______________, right?

Doctor: Yes, but that’s not all. You have to (7) _______________ every day. And take your (8) _______________ every day. And you must change your (9) _______________—what you eat and what you cook.

Rosa: I have to change what I cook?! But I am about to open a café! My recipes!

Doctor: Make your (10) _______________ low-fat. It’s good for your heart.

Rosa: What will I do? How can I open my new café?
Lesson 7

**Talking about Health**

Rosa has to manage her diabetes.  
She has to make some changes.  
But she doesn’t have to give up her dreams.

**has to** = necessary  
**doesn’t have to** = not necessary

**Circle has to or doesn’t have to. Follow the example.**

1. Rosa has to / doesn’t have to have a Social Security card to see the doctor. In New York City, she can see a doctor without a Social Security card.

2. Rosa has to / doesn’t have to get exercise. She can go on a fast walk for 20 minutes, four times a week.

3. Rosa has to / doesn’t have to ask questions when she doesn’t understand. She can also ask the doctor to slow down.

4. Rosa has to / doesn’t have to make some changes in her diet. She can use low-fat milk and eat smaller portions.

5. Rosa has to / doesn’t have to eat less sugar. She can drink diet soda, not regular soda.

6. Rosa has to / doesn’t have to pay a lot to get health care. She can call 311 to get information about free or low-cost health care.

7. Rosa has to / doesn’t have to give up her dreams. She can change her recipes and open her café.

**portion** = amount of food for one person
Good Question!

Help Rosa ask questions.
Start with *Do I have to...*
Follow the example.

1. have a Social Security card to see the doctor

   Rosa: **Do I have to** have a Social Security card to see the doctor?
   Receptionist: No, you don’t.

2. fill out this form

   Rosa: ____________________________ ?
   Receptionist: Yes, you do.

3. take my medication every day

   Rosa: ____________________________ ?
   Doctor: Yes, you do.

4. change my diet

   Rosa: ____________________________ ?
   Doctor: Yes, you do.

5. make another appointment

   Rosa: ____________________________ ?
   Doctor: Yes, you do.
What can you say?  Follow the example.

1. You are the receptionist. Ask Rosa about her health insurance.

   What insurance do you have?

2. You are Rosa. Ask about a program for people without insurance.

3. You are Rosa. Ask the doctor to speak more slowly.

4. You are Eddie. Ask Rosa what the doctor said.

5. You are Fernando. Ask Rosa about her doctor’s appointment.

Say the words out loud—like actors on TV!
## What Can You Do?

Match the problem with the best solution. Follow the example.

<table>
<thead>
<tr>
<th>Problem</th>
<th>Solution</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. You don’t have health insurance.</td>
<td>A</td>
</tr>
<tr>
<td>• Ask the doctor:</td>
<td></td>
</tr>
<tr>
<td>Can you please slow down?</td>
<td></td>
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<tr>
<td>Can I have an interpreter?</td>
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<tr>
<td>• Bring a friend or family member.</td>
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<tr>
<td>2. You don’t have a doctor.</td>
<td>B</td>
</tr>
<tr>
<td>• Call 311.</td>
<td></td>
</tr>
<tr>
<td>Say: I don’t have health insurance.</td>
<td></td>
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<tr>
<td>Ask: Is there a special program for me?</td>
<td></td>
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<tr>
<td>• Go to:</td>
<td></td>
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<tr>
<td>3. You don’t understand the doctor.</td>
<td>C</td>
</tr>
<tr>
<td>• Call 311.</td>
<td></td>
</tr>
<tr>
<td>Say: I need a doctor.</td>
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<tr>
<td>Ask: Is there a hospital in my neighborhood?</td>
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<tr>
<td>4. You want to know if you have diabetes.</td>
<td>D</td>
</tr>
<tr>
<td>• Call 311.</td>
<td></td>
</tr>
<tr>
<td>Say: I would like information about diabetes.</td>
<td></td>
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<tr>
<td>5. You need more information about diabetes.</td>
<td>E</td>
</tr>
<tr>
<td>• Call 311.</td>
<td></td>
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<tr>
<td>Ask: Is there free diabetes testing in my neighborhood?</td>
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<tr>
<td>• Make an appointment with your doctor and get lab tests.</td>
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<tr>
<td>Ask: What do the lab test results show?</td>
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</table>
Watch the Show

Who says it?

Watch *New Life Café*. Listen carefully.
Find out who says these lines.

Who says it?

1. “The interpreter is free. That means no fee. You see?”

2. “I love you, New York!”

3. “We are in Washington Heights, the Dominican capital of New York.”

4. “She teaches English to immigrants! She likes opera! She’s perfect!”

5. “Smaller portions!”

6. “Little by little. One day at a time.”

7. “What am I supposed to do with turkey sausage… with broccoli?”

8. “My dream has come true.”

---

Rosa
Eddie
Luz
Ying
receptionist
new patient
doctor
Watch the Show
What’s going on?

What do you think is going on in these pictures?

Watch **WE ARE NEW YORK • New Life Café**

Go to [www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish).

Or watch the show on TV.
Tell the Story

Use these words to tell a friend about New Life Café.

Find 5 health words.

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<td>3.</td>
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<tr>
<td>4.</td>
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<tr>
<td>5.</td>
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</tbody>
</table>

Find 5 words you want to learn.

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<th>1.</th>
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<td>2.</td>
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<td>4.</td>
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<tr>
<td>5.</td>
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</table>

Word picture: www.wordle.net/
Get together with friends who are learning English, too. Watch *We Are New York* together. Do the exercises together.

Read the story out loud with a friend—like actors on TV! It’s a good way to learn.

Take a free English class. Call 311 to get information, or go to [www.nyc.gov/AdultEducation](http://www.nyc.gov/AdultEducation) to find a program near you.

Go to your local public library. To find the nearest library, call 311 or go to [www.nypl.org](http://www.nypl.org), [www.brooklynpubliclibrary.org](http://www.brooklynpubliclibrary.org) or [www.queenslibrary.org](http://www.queenslibrary.org).

If you have a high school diploma and want to improve your English and start college, go to [www.clip.cuny.edu](http://www.clip.cuny.edu) or [www.cuny.edu](http://www.cuny.edu).

Make a list of words and expressions you learned from *New Life Café*.

---

Visit the *We Are New York* website.

- Read the Study Guides.
- Practice your English.
- Watch videos of all the episodes.
- Read about your favorite characters!

[www.nyc.gov/LearnEnglish](http://www.nyc.gov/LearnEnglish)
My self-management goal

Eat a Healthy Diet  Be Physically Active  Take My Medicine  Other
Monitor My Blood Sugar and Blood Pressure  Cope with Stress  Limit Alcohol  Stop Smoking

One way I want to improve my health is (e.g., be more active):

My goal for this week is (e.g., walk 2 times):

When I will do it (e.g., mornings before breakfast):

Where I will do it (e.g., at the park):

How often I will do it (e.g., Monday and Thursday):

What might get in the way of my plan (e.g., I have to take the children to school one day):

What I can do about it (e.g., I’ll choose days when I don’t take them to school):

How confident am I that I can reach this goal: circle one

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<th>3</th>
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<th>5</th>
<th>6</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
</tr>
</thead>
<tbody>
<tr>
<td>Not at all</td>
<td>A little</td>
<td>50/50</td>
<td>Very sure</td>
<td>Totally confident</td>
<td></td>
<td></td>
<td></td>
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</tbody>
</table>

Follow-up plan (how and when):

Find this document at www.nyc.gov/health. Search for “self-management goal.”

goal = something you want to do
cope with stress = find ways to relax
monitor blood sugar = check your blood sugar
What Does This Mean?

What is a community health center?
A community health center gives low-cost or free health care. Anyone can go there. You do not need immigration papers. You do not need health insurance. You do not need a Social Security card.

What is a Social Security card?
A Social Security card is an official identification card. U.S. citizens and permanent residents have them. In New York City, you don’t need a Social Security card to see a doctor.

What is health insurance?
Health insurance helps people pay medical bills. Some people get health insurance from their employers. If you don’t have insurance, call 311 and ask for free or low-cost health insurance.

What is medication?
Medication is what the doctor gives to treat an illness. When a person has diabetes, it’s important to take medication every day. Follow the doctor’s instructions carefully.

Go to www.nyc.gov/LearnEnglish. Learn more about managing diabetes. Get information in Arabic, Bengali, Chinese, Russian and Spanish.
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<th>Español</th>
<th>中文</th>
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<tbody>
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<td>1. blood pressure</td>
<td>presión arterial</td>
<td>血壓</td>
</tr>
<tr>
<td>2. check-up</td>
<td>chequeo</td>
<td>體檢</td>
</tr>
<tr>
<td>3. diabetes</td>
<td>diabetes</td>
<td>糖尿病</td>
</tr>
<tr>
<td>4. diet</td>
<td>dieta</td>
<td>飲食</td>
</tr>
<tr>
<td>5. fill out a form</td>
<td>llenar un formulario</td>
<td>填寫表格</td>
</tr>
<tr>
<td>6. get exercise</td>
<td>hacer ejercicio</td>
<td>獲得鍛鍊</td>
</tr>
<tr>
<td>7. health clinic</td>
<td>clínica médica</td>
<td>健康診所</td>
</tr>
<tr>
<td>8. health insurance</td>
<td>seguro médico</td>
<td>健康保險</td>
</tr>
<tr>
<td>9. interpreter</td>
<td>intérprete</td>
<td>翻譯員</td>
</tr>
<tr>
<td>10. manage diabetes</td>
<td>manejar la diabetes</td>
<td>掌控糖尿病</td>
</tr>
<tr>
<td>11. medication</td>
<td>medicamento</td>
<td>藥物</td>
</tr>
<tr>
<td>12. portion</td>
<td>porción</td>
<td>食量</td>
</tr>
<tr>
<td>Русский</td>
<td>বাংলা</td>
<td>العربية</td>
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<tr>
<td>давление</td>
<td>রকচাপ</td>
<td>ضغط الدم</td>
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<tr>
<td>осмотр (у врача)</td>
<td>চেকআপ/ পরীক্ষা করা</td>
<td>فحص</td>
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<tr>
<td>диабет</td>
<td>ডায়াবেটিস</td>
<td>مرض السكري</td>
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<tr>
<td>диета</td>
<td>খাবার</td>
<td>حمية</td>
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<tr>
<td>заполнять форму</td>
<td>ফরম পূরণ করা</td>
<td>ملء استمارة</td>
</tr>
<tr>
<td>делать физические упражнения</td>
<td>ব্যায়াম করা</td>
<td>ممارسة التمارين الرياضية</td>
</tr>
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<td>клиника</td>
<td>স্বাস্থ্য ক্লিনিক, স্বাস্থ্য কেন্দ্র</td>
<td>عبادة صحية</td>
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<tr>
<td>медицинская страховка</td>
<td>স্বাস্থ্য বিমা</td>
<td>تامین صحتی</td>
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<td>переводчик</td>
<td>দোতাভী</td>
<td>مترجم</td>
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<tr>
<td>контролировать диабет</td>
<td>ডায়াবেটিস নির্দ্বন্ধ করা</td>
<td>السبطرة على السكري</td>
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<tr>
<td>лекарство</td>
<td>ওষুধ</td>
<td>دواء</td>
</tr>
<tr>
<td>порция</td>
<td>প্রতি বেলার খাবার</td>
<td>كمية من الطعام</td>
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</tbody>
</table>
Dear Rosa,

[Your letter here]

Sincerely yours,

Send your letter to www.nyc.gov/LearnEnglish. Click on Tell Us Your Story.

Or mail your letter to:

We Are New York • P.O. Box 807 • New York, NY 10116
Answers

Page 12
1. Picture G
2. Picture E
3. Picture D
4. Picture B
5. Picture A
6. Picture C
7. Picture F
8. Picture H

Pages 13-14
1. Rosa
2. Fernando
3. Eddie
4. Luz
5. Ying
6. receptionist
7. doctor

Page 15
1. will be
2. is building
3. like
4. goes
5. has to
6. show
7. get exercise
8. is
9. doesn’t think
10. encourage
11. manage
12. opens

Page 16
1. page 2
2. page 2
3. page 3
4. page 4
5. pages 7, 8
6. page 10
7. page 11
8. page 11

Page 18
1. lab test results
2. slow down
3. understand
4. diabetes
5. have to
6. sugar
7. get exercise
8. medication
9. diet
10. recipes

Page 19
1. doesn’t have to
2. has to
3. has to
4. has to
5. has to
6. doesn’t have to
7. doesn’t have to

Page 20
1. Do I have to have a Social Security card to see the doctor?
2. Do I have to fill out this form?
3. Do I have to take my medication every day?
4. Do I have to change my diet?
5. Do I have to make another appointment?

Page 21
1. What insurance do you have?
2. Is there a special program that can help me?
3. Could you please slow down?
4. What did he say?
5. Did everything go all right at the doctor’s office?

Page 22
1. B
2. C
3. A
4. E
5. D

Page 23: Watch the show for these answers.
1. receptionist
2. new patient
3. Eddie
4. Ying
5. doctor
6. Luz
7. Rosa
8. Rosa

Page 25: There are other correct answers.
Health words: doctor, diabetes, check-up, exercise, medication
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