

新生活餐館

WE ARE NEW YORK

雜誌

ENGLISH
中文



請收看我們的電視故事學英語吧



WE ARE NEW YORK

全新電視節目

www.nyc.gov/LearnEnglish

製作人士名單：

「WE ARE NEW YORK」雜誌撰寫人和製作者：Kayhan Irani與 Anthony Tassi；插圖美工：Stedroy Cleghorne；翻譯公司：Eriksen Translations Inc。
設計總監：André M. Pennycooke。

特別鳴謝：Leslee Oppenheim、David Hellman、K. Webster、Fatima Ashraf、John Mogulescu、Dennis M. Walcott、Malvina Acevedo、Mary Ann Banerji、Diana Berger、Christina Chang、Courtney Collins、Lorena Drago、Shaifa Farooqui、Jennifer Herrera-Andujar、Lai-Sheung Huie、Bobbie Jamison、Roopa Kalyanaraman、Jennifer Klein、Victor Kuznetsoff、Charlotte Neuhaus、Alfrede Provilus、Joe Shick、Melanie Smith、Linda Van Schaick、Carlos Viguera、Elizabeth Walker、Andrea Zaldivar、Bellevue Hospital、New York City Department of Health & Mental Hygiene、New York City Health and Hospitals Corporation。

nyctv
nyc.gov/tv

NYC
Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education
Anthony Tassi
Executive Director

Information Technology
& Telecommunications
Paul J. Cosgrave
Commissioner

nyc
media group
Katherine Oliver
General Manager

CU
NY
The City
University
of
New York

本集內容

本集故事：新生活餐館

第2 - 7頁

人物介紹

第8 - 9頁

我們的做法

第10 - 11頁

你能做甚麼

第12 - 13頁

你能說甚麼

第14頁

實用詞彙

第15頁

本集故事

新生活餐館

羅莎是一名廚師，她的夢想是在華盛頓高地開一家新餐館。但在重要的開張前，她的醫生告訴了她一些壞消息。她患上了糖尿病，必須改變飲食習慣。如果她改變她烹煮的一切食物，那她如何經營一家多明尼加餐館呢？羅莎拿不定主意該怎麼做，但她的朋友及家人幫助她做了一些重要的小改善，以掌控她的糖尿病。最後，這足以使羅莎的夢想成真了嗎？

糖尿病是一種影響許多人生活的嚴重疾病。糖尿病可能會對心臟、大腦、腎臟、眼睛及足部造成傷害。

掌控即指採取措施控制糖尿病，保持身體健康。





與醫生面談



實驗室化驗結果顯示 …
如此這般、等等等等 …



對不起，我不明白。你能再
說一遍嗎？而且請說慢一

點。我一緊張，
理解英語就有些
困難。



當然可以。… 你知道甚麼是
糖尿病嗎？



哦，糖的病。我不太瞭解。



糖尿病是可以掌控的。只要你稍作改變，就可
以过上健康快樂的生活。這裡，我有一些資料
想讓你帶回家。讓我們先一起來讀一讀。

羅莎從家人及朋友那裡獲得了幫助，遵循了醫生的建議。



第二天，羅莎遇到了她的朋友英。

18

別擔心，羅莎。我知道很多人都患有糖尿病。你可以掌控自己的糖尿病，一切都會好起來的。

你看，與別人一起鍛鍊身體會更輕鬆。我們今天一起來鍛鍊30分鐘吧!

19

奶奶，我剛才去購物了。看！新鮮的蔬菜與火雞香腸！我敢打賭，用這些食物你一定能做出新菜式來。

20

大家會喜歡我的新菜式嗎？

我的夢想成真了。所有你們將吃到的健康多明尼加食物都是新餐館的一部份... 也是我新生活的一部份!

Rosa's
New Life
Dominican Cafe

21

22

人物介紹



羅莎

我的夢想是在華盛頓高地開一家餐館。我努力工作，省吃儉用，我從未放棄過夢想。當醫生說我患上糖尿病時，我不知道該怎麼辦。我以為我的夢想無法實現了。但我的家人及朋友熱心幫助我，讓我覺得自己還沒有那麼老，還可以活得更好、更健康。



費爾南多

我從多明尼加來到這裡，身無分文。我知道怎麼建造房子，所以我從建築工作做起。當羅莎聘請我來做這份工作時，我愛上了她。她那麼美麗，那麼堅強，還是一名很好的廚師！我不能讓她放棄夢想。我告訴她，她是強人，任何事都難不倒她。



英

羅莎是我最好的朋友。我們互相幫助，就像一家人一樣。當她告訴我她患上糖尿病時，我讓她跟我一起鍛鍊身體。她加入了我在公園裡參加的太極班，每週我們還會一起散步幾次。現在，她走得比我還快！

露絲

我母親為家庭及社區付出了很多。當她告訴我她患上糖尿病時，我被嚇壞了。我不想她放棄她喜歡做的事情。當我開始閱讀更多相關材料，瞭解了更多有關糖尿病的知識時，我感覺輕鬆多了。現在，我知道該如何幫助我的母親。我提醒她吃藥，告訴她可以吃哪些健康食品。她一直是我們家庭的頂樑柱。現在，我也能幫上她了。



艾迪

我非常愛我的奶奶。小時候，我一邊看著她烹煮東西，一邊聽她講關於多明尼加的故事。當她剛發現自己患上糖尿病時，她不知道該怎麼烹煮東西了。所以我幫助她，為她提供一些她可以用的健康新食物。我想盡我所能幫助她管住糖尿病。我想告訴她我關心她就像她關心我一樣。

醫生

每位患者都有權獲得良好、清晰的健康資訊。我的工作就是讓患者瞭解他們的健康問題，以及對此他們能做些甚麼。他們瞭解得越多，就能越好地掌控他們的生活，並有助於我保持他們的健康。因此，當患者讓我說慢點或再解釋一遍時，我會感到很高興。

我們的做法

以下是我掌控自己的糖尿病及生活的方法。
可能這些建議對你也有幫助。

- 1 糖尿病是一種慢性病。慢性意味著這種病將一直跟隨著我，即使是在我感覺良好的時候。所以我一直要服藥，鍛鍊身體，注意自己的飲食。這就是我掌控糖尿病的方法。
- 2 首先，我感到絕望及難過。但我的家人及朋友幫助我堅持自己的夢想。
- 3 我學會了如何做出小改變以保持健康。這需要時間，並非一朝一夕能做到的事情。
- 4 在我需要幫助時，我提了出來。我讓醫生說慢點，說清楚一點。當我不明白時，我讓他重複一下。我還可以要求提供翻譯員。
- 5 看病不需要提供社會安全卡。在紐約市，每個人都享有醫療保健，不管你有沒有移民「證件」。



我們的做法

母親對我來說很重要。我確保她每年都進行兩到四次體檢，並且每天都吃藥。糖尿病比較難掌控，所以在她需要幫助或感到沮喪時，我會傾聽她的想法。



如果你不會說英語，你可以要求提供翻譯員，幫助你理解醫生及護士說的話。你也可以帶上朋友或家人一起去診所。這會對你有幫助。



很多人患有糖尿病，但沒有醫療保險。所有紐約市民都可以獲得醫療保健服務，即使你沒有保險也一樣。羅莎去看醫生沒有保險。您也可以這樣做。



患上糖尿病並不意味著你要放棄自己喜歡吃的一切東西。對自己每天吃的東西稍作改變，而每頓飯都少吃一點能管大用。我知道羅莎能做出這些改變，不會失去自我。她聰明而且堅強。她烹煮的食物總是那麼美味！



你能做甚麼

以下是我們用於幫助糖尿病患者的一些建議。

與你的家人和朋友分享這本雜誌中的資訊。你可以改變他們的生活。

目標

你想要掌控你的糖尿病。

1. 前往診所檢查：
 - ✓ 血糖
 - ✓ 血壓
 - ✓ 膽固醇
2. 若你吸菸，請讓醫生幫助你戒菸。

目標

你想聽懂醫生說的話。

1. 就診時帶上朋友或家人。他們能幫助你理解醫生的話。
2. 帶上紙筆並記下醫生說的話。稍後你可以拿出來再看一看。

如果你需要為自己或孩子獲得健康保險：

3. 鍛鍊身體，經常活動。
與朋友一起散步。

4. 每天都要按時吃藥。糖尿病
是一種不能根治的疾病。
你一直都要掌控好它。

5. 控制食量。選擇
低鹽食物。

6. 以水代替汽水、酒類、果汁
或含糖飲料。

3. 讓醫生說慢點及解釋他或她剛才所
說的內容。

4. 要求提供免費的翻譯員。

你能說甚麼

如果你與糖尿病患者談話，你可以說：

- 你感覺怎麼樣？
- 你想去散散步嗎？
- 你需要有人陪你去看病嗎？
- 你能做到！我會幫助你。

如果你與醫生談話，你可以說：

- 我有甚麼問題？
- 甚麼原因造成的？
- 怎麼治療它？
- 你能說慢點，解釋一下你的意思嗎？
- 我需要翻譯員。我的母語是中文。

撥打311尋求幫助時，你可以說：

- 我想瞭解有關糖尿病的資訊。
- 我想做糖尿病檢測。我的附近有診所嗎？
- 我想預約醫生看診。我的附近有醫院嗎？
- 我沒有醫療保險。您能幫我獲得醫療保險嗎？

在下面寫下你要問的問題：

預約

你預定與某人會面的日期及時間。

我想**預約**醫生看診。

體檢

前往診所/醫院全面檢查身體，確保身體健康。不一定是生病了才去體檢。

每年去診所/醫院**體檢**兩到四次是很重要的。

糖尿病

一種造成身體難以消化葡萄糖產生能量的疾病。如果患有此病，葡萄糖會在血液中堆積，引起心臟、眼睛及腎臟問題。

700,000名紐約市民患有**糖尿病**。

翻譯員

能夠將一種語言翻譯成另一種語言的人。

能為我提供一名**翻譯員**，幫助我理解你所說的話嗎？

掌控

採取行動，使情況得到控制。

一週中大部份天數都鍛鍊身體，你可**掌控**自己的糖尿病。

藥物

醫生提供給你治療疾病的藥丸或其他藥品。請認真遵照醫囑用藥。

當你患上糖尿病時，務必記得每天使用**藥物**。

食量

用餐時你吃下的食物份量。

減少**食量**有助於控制糖尿病。嘗試只吃半塊三明治。

311

你可以撥打這個免費電話號碼瞭解紐約市的各種服務。

撥打**311**時你可以說中文。

WE ARE NEW YORK

收看我們的故事學英語

在電視上收看所有九個故事
閱讀學習指南
加入團體練習英語



獲取自己的免費學習指南以及加入團體，請造訪

www.nyc.gov/LearnEnglish

NYC

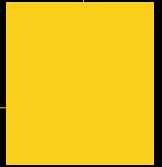
Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education

Anthony Tassi
Executive Director

**CU
NY**

The City
University
of
New York



New Life Cafe

WE ARE NEW YORK **Magazine**

ENGLISH



Learn English on TV with our stories



Success



Community



Family

Love



Hope



Friendship

WE ARE NEW YORK

A NEW TV SHOW

www.nyc.gov/LearnEnglish

CREDITS

We Are New York Magazines created and written by Kayhan Irani and Anthony Tassi. Illustration and Art by Stedroy Cleghorne. Translations by Eriksen Translations Inc. Design Director: André M. Pennycooke.

Special Thanks: Leslee Oppenheim, David Hellman, K. Webster, Fatima Ashraf, John Mogulescu, Dennis M. Walcott; Malvina Acevedo, Mary Ann Banerji, Diana Berger, Christina Chang, Courtney Collins, Lorena Drago, Shaifa Farooqui, Jennifer Herrera-Andujar, Lai-Sheung Huie, Bobbie Jamison, Roopa Kalyanaraman, Jennifer Klein, Victor Kuznetsoff, Charlotte Neuhaus, Alfrede Provilus, Joe Shick, Melanie Smith, Linda Van Schaick, Carlos Viguera, Elizabeth Walker, Andrea Zaldivar, Bellevue Hospital, New York City Department of Health & Mental Hygiene, New York City Health and Hospitals Corporation.

nyctv

nyc.gov/tv

NYC

Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education

Anthony Tassi
Executive Director

Information Technology
& Telecommunications

Paul J. Cosgrave
Commissioner

nyc
media group

Katherine Oliver
General Manager

**CU
NY**

The City
University
of
New York

What's Inside

The Story: New Life Café

Pages 2 - 7

Who We Are

Pages 8 - 9

How We Did It

Pages 10 - 11

What You Can Do

Pages 12 - 13

What You Can Say

Page 14

Helpful Words

Page 15

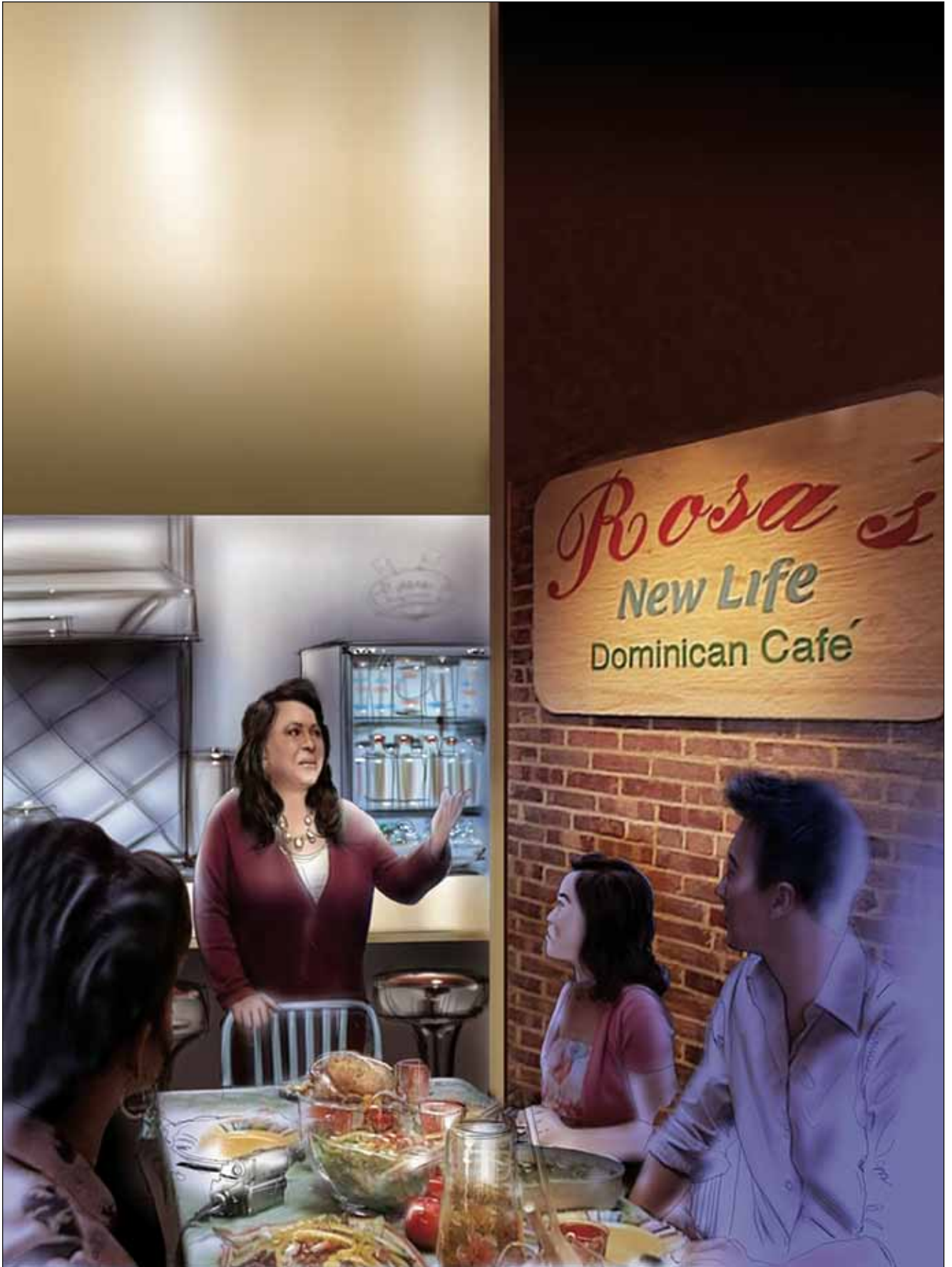
THE STORY

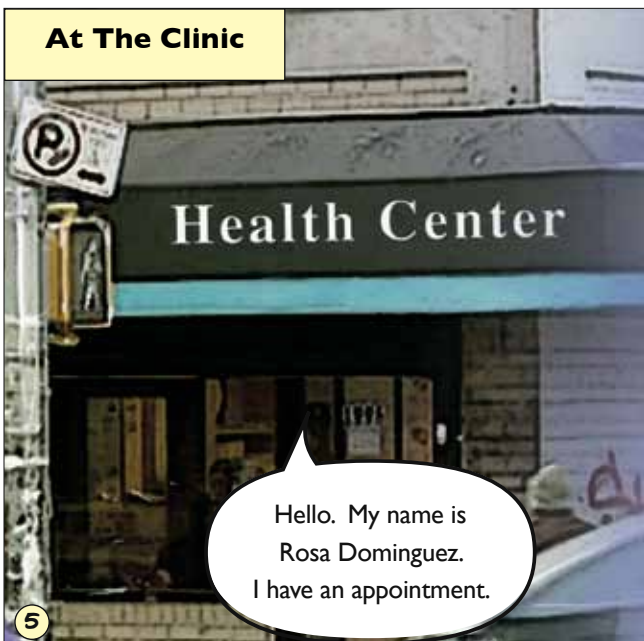
New Life Café

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.





With the doctor



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

7



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

I have trouble understanding English.

8



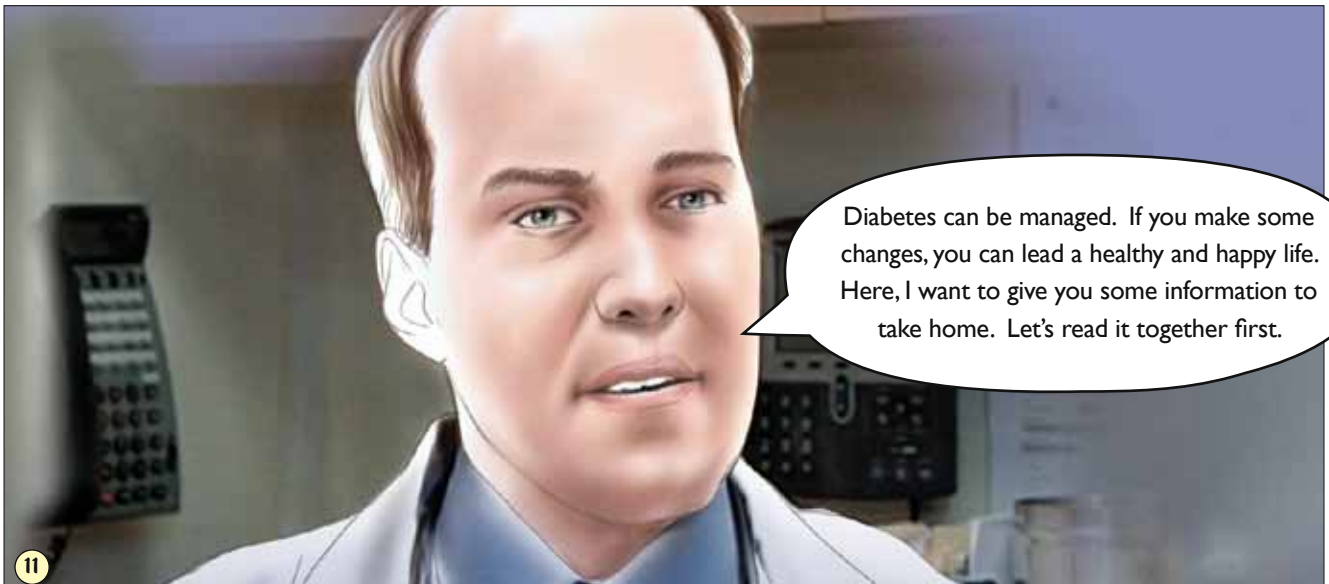
Of course... Do you know what diabetes is?

9



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

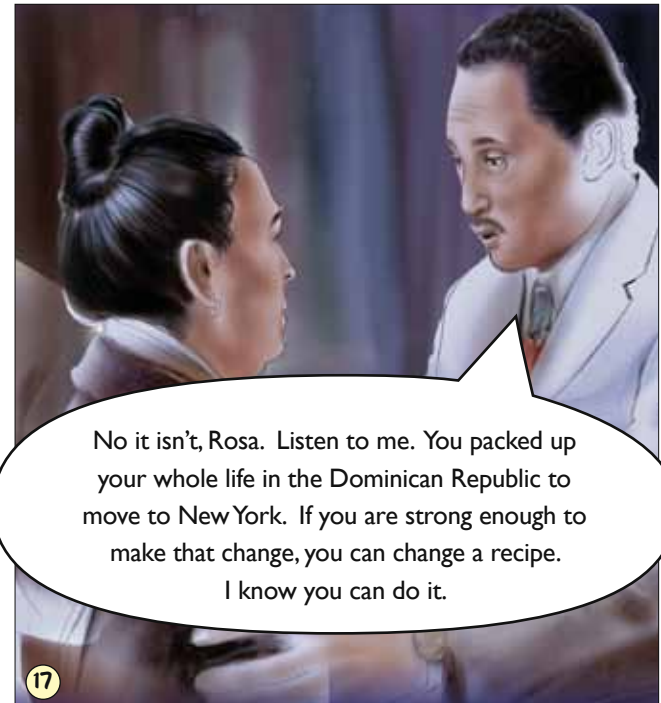
10



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.

11

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



The Next Day, Rosa Meets Her Friend Ying.

18



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.



Will they like my new recipes?

21



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!

22

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!

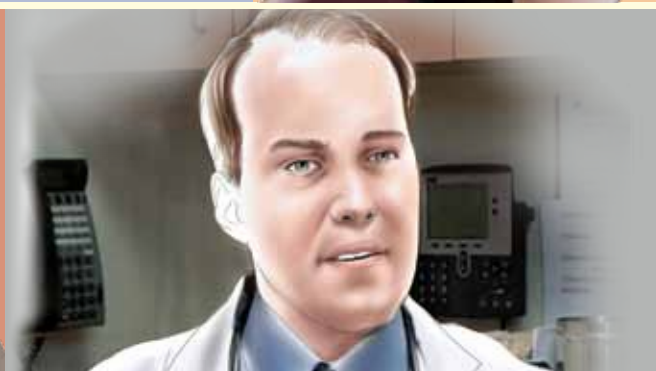
LUZ

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

Learn English with our stories

Watch all nine episodes on TV.
Read the study guides.
Join a group to practice your English.



To get your free study guide
and to join a group, go to
www.nyc.gov/LearnEnglish



Michael R. Bloomberg
Mayor

Mayor's Office of
Adult Education

Anthony Tassi
Executive Director



The City
University
of
New York