



New Life Café

WE ARE NEW YORK

Study Guide



**LEARN
ENGLISH!**

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Read

the story in the
Study Guide.

Watch

the show
on TV.

Learn

English
with our stories.

Acknowledgments

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New Life Café

Rosa Dominguez has a dream to open her own café. She also has diabetes. Is it the end of her dreams?



New Love...



New Life...



New Café...

Or is it the start of a long and beautiful story?

At Rosa's New Café

Rosa visits her new café. Fernando is the construction manager.
The café will open soon.



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.



6



7

The receptionist gives Rosa important information.

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



8

What insurance
do you have?



9

Rosa asks a good question.

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



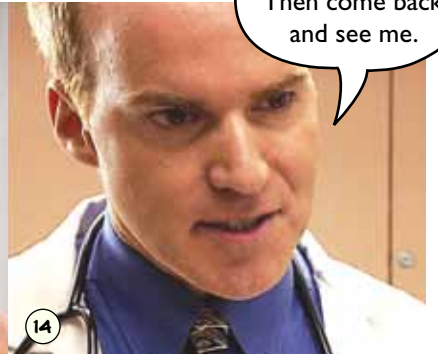
10

There sure is. Just fill out
this form, and a doctor
will be right with you.



11

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?

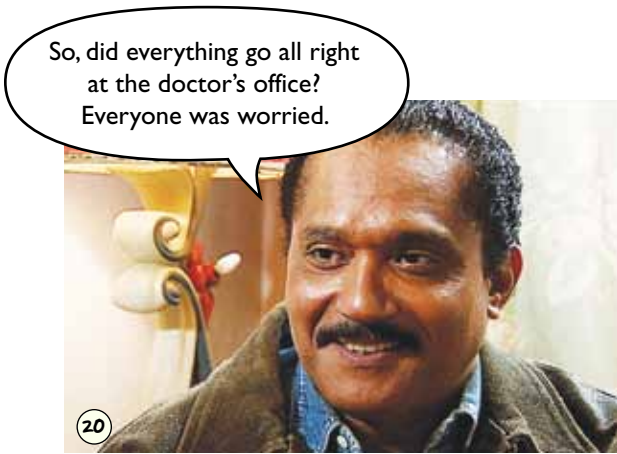


“Blah, blah, blah.”
I didn't understand what he said.
Oh, lab tests!
He said I need to get lab tests.
I don't have time for this!
I have a café to open.



At Rosa's Apartment

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



The “Sugar Disease”

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

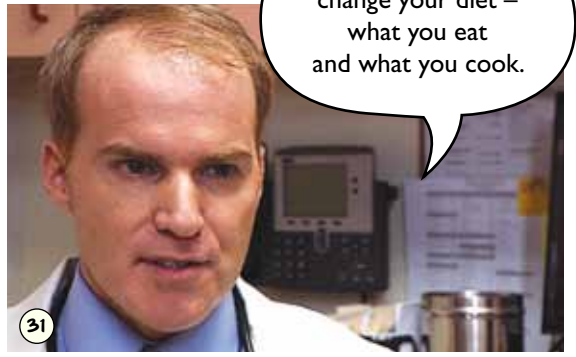
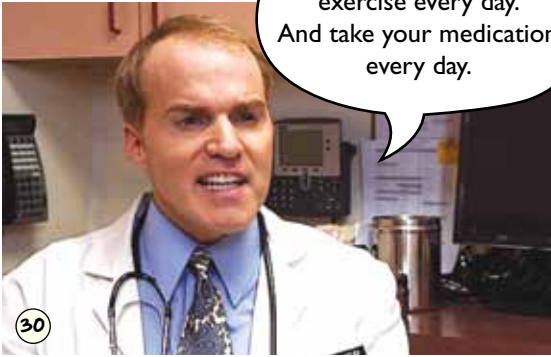


Rosa finds out she has diabetes.



'Buela or Abuela = Spanish for “grandmother”

Rosa has to make some changes.



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.



Rosa feels hopeless.



Fernando doesn't agree. He thinks Rosa can 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.



Fernando has an idea.

I can't do it.



He plays some music. They dance.

See? Your feet are still Dominican.



In the Park with Ying

Rosa meets her friend, Ying. Ying offers Rosa a cookie.

Here, take one.



I can't.
It's not good for me.



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

They're delicious.
Eat one.



Ying, I have
diabetes.



Ying encourages Rosa.

I know a lot of people
who have diabetes.



They manage it.
They do just fine.



encourage = give hope

Fresh and Healthy

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



Eddie hopes his Abuela will try some new healthy recipes.



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.

Picture

Picture G

- 1. Rosa and Ying walk fast to get exercise.

- 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).

- 6. Rosa tries a new recipe.

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

- 8. Rosa and Fernando dance together at the new café.

Who We Are

Complete the sentences. Follow the example.

doctor • Eddie • Fernando • Luz • receptionist • ~~Rosa~~ • Ying



1. My name is Rosa.

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.**



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.

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 _____

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 | _____ 1 _____ | 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.



- diabetes
- diet
- get exercise
- have to
- ~~lab test results~~
- medication
- recipes
- slow down
- sugar
- understand

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?

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: _____ ?

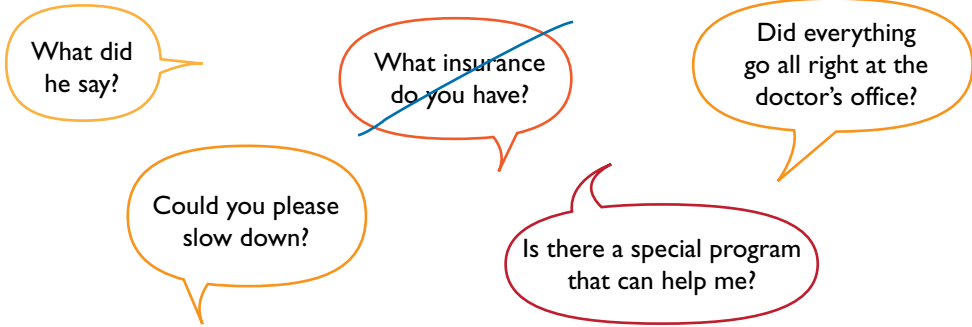
Doctor: Yes, you do.

5. make another appointment

Rosa: _____ ?

Doctor: Yes, you do.

What Can You Say?



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.

Problem

1. You don't have health insurance.
2. You don't have a doctor.
3. You don't understand the doctor.
4. You want to know if you have diabetes.
5. You need more information about diabetes.

Solution

A

- **Ask the doctor:**
*Can you please slow down?
Can I have an interpreter?*
- **Bring a friend or family member.**

B

- **Call 3 1 1.**
*Say: I don't have health insurance.
Ask: Is there a special program for me?*
- **Go to:**
www.nyc.gov/HealthStat.

C

- **Call 3 1 1.**
*Say: I need a doctor.
Ask: Is there a hospital in my neighborhood?*

D

- **Call 3 1 1.**
Say: I would like information about diabetes.
- **Visit www.diabetes.org.**

E

- **Call 3 1 1.**
Ask: Is there free diabetes testing in my neighborhood?
- **Make an appointment with your doctor and get lab tests.**
Ask: What do the lab test results show?

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**
to find out what is going on.

Go to **www.nyc.gov/LearnEnglish**.
Or watch the show on TV.

What You Can Do

To Learn More English

- ✓ 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** 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**, **www.brooklynpubliclibrary.org** or **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** or **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



What You Can Do To Manage Diabetes

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*

| | | | | | | | | | | |
|------------|---|----------|---|---|-------|---|---|-----------|---|-------------------|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| Not at all | | A little | | | 50/50 | | | Very sure | | Totally confident |

Follow-up plan (how and when): _____

NYC
Health

Michael R. Bloomberg,
Mayor
Thomas R. Frieden, M.D., M.P.H.,
Commissioner



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.

Dictionary: Translations of Key Words

| English | Español | 中文 |
|---------------------|----------------------|-------|
| 1. blood pressure | presión arterial | 血壓 |
| 2. check-up | chequeo | 體檢 |
| 3. diabetes | diabetes | 糖尿病 |
| 4. diet | dieta | 飲食 |
| 5. fill out a form | llenar un formulario | 填寫表格 |
| 6. get exercise | hacer ejercicio | 獲得鍛鍊 |
| 7. health clinic | clínica médica | 健康診所 |
| 8. health insurance | seguro médico | 健康保險 |
| 9. interpreter | intérprete | 翻譯員 |
| 10. manage diabetes | manejar la diabetes | 掌控糖尿病 |
| 11. medication | medicamento | 藥物 |
| 12. portion | porción | 食量 |

Русский

বাংলা

العربية

давление

রক্তচাপ

ضغط الدم

осмотр (у врача)

চেকআপ/ পরীক্ষা করা

فحص

диабет

ডায়াবেটিস

مرض السكري

диета

খাবার

حمية

заполнять форму

ফরম পূরণ করা

ملء استمارة

делать физические упражнения

ব্যায়াম করা

ممارسة التمارين الرياضية

клиника

স্বাস্থ্য ক্লিনিক, স্বাস্থ্য কেন্দ্র

عيادة صحية

медицинская страховка

স্বাস্থ্য বিমা

تأمين صحي

переводчик

দোভাষী

مترجم

контролировать диабет

ডায়াবেটিস নিয়ন্ত্রণ করা

السيطرة على السكري

лекарство

ঔষুধ

دواء

порция

প্রতি বেলার খাবার

كمية من الطعام

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 17

1. a disease that makes it hard for your body to use sugar
2. sickness, illness
3. a date and time to see the doctor
4. a regular doctor's exam
5. an official paper with blank spaces to complete
6. what the lab tests show
7. control diabetes
8. medicine (pills, for example)
9. what you eat and drink
10. list of ingredients and instructions for cooking

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

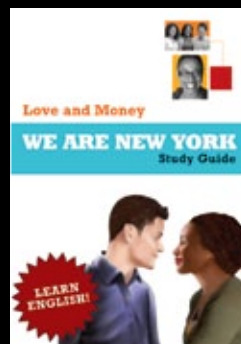
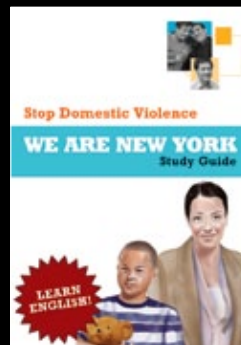
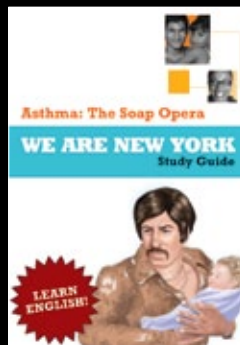
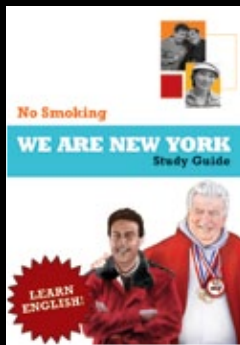
Page 25: There are other correct answers.

Health words: doctor, diabetes, check-up, exercise, medication

WE ARE NEW YORK

Learn English with our stories

Watch all nine episodes on TV.
Read the Study Guides.
Practice your English.



www.nyc.gov/LearnEnglish