



Learn English  
for free.

# New Life Café

## Study Guide



SEASON 1

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# New Life Café

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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?**



## 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

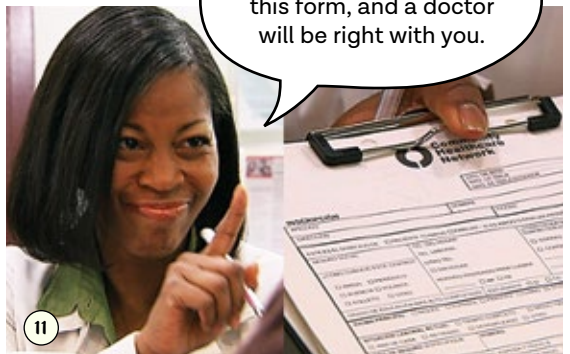
Rosa asks a good question.

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



10

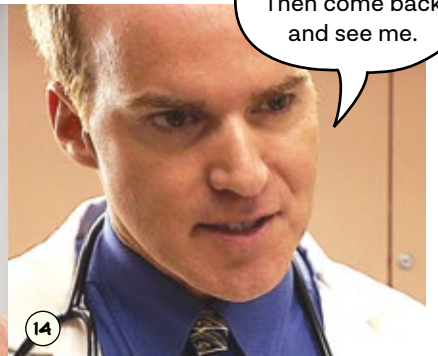
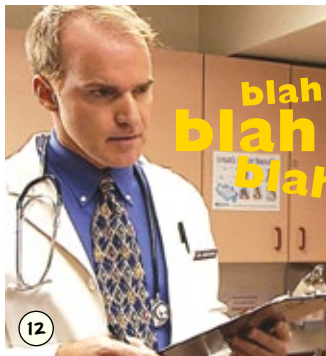
There sure is. Just fill out this form, and a doctor will be right with you.



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.

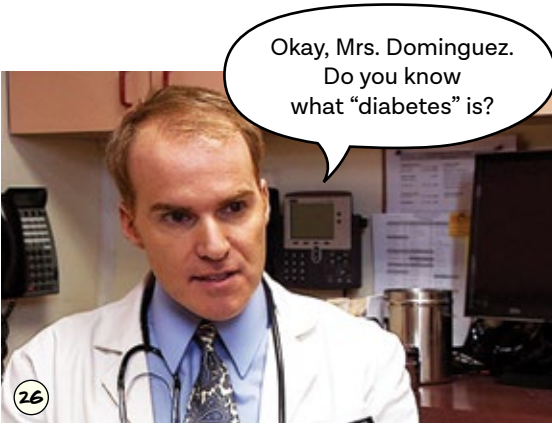




# The “Sugar Disease”

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

Rosa asks the doctor to slow down.



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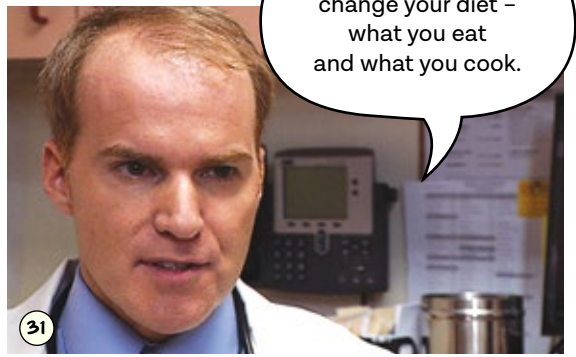
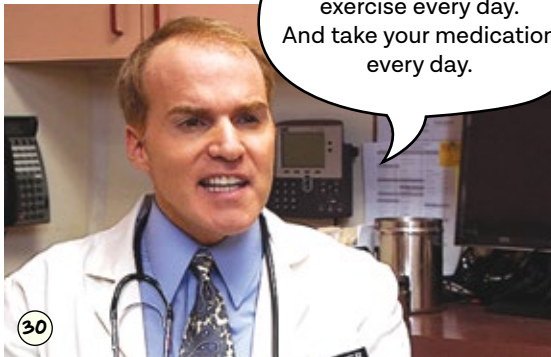
Rosa finds out she has diabetes.



**'Buela or Abuela** = Spanish for “grandmother”

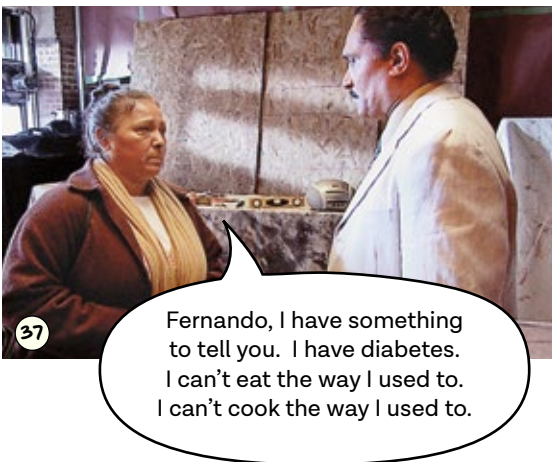


Rosa has to make some changes.



# 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.

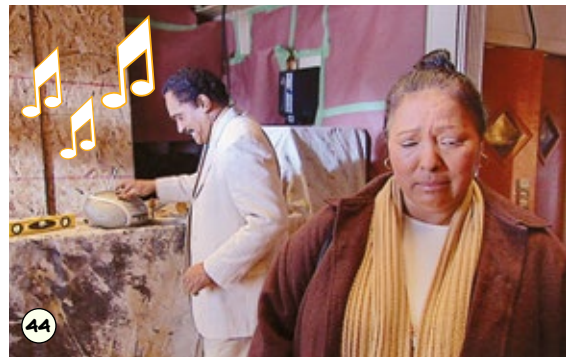




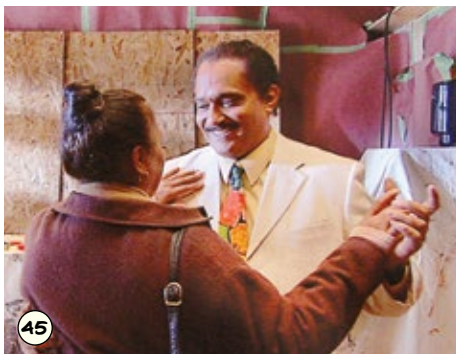
Fernando doesn't agree. He thinks Rosa can do it.



Fernando has an idea.



He plays some music. They dance.





# In the Park with Ying

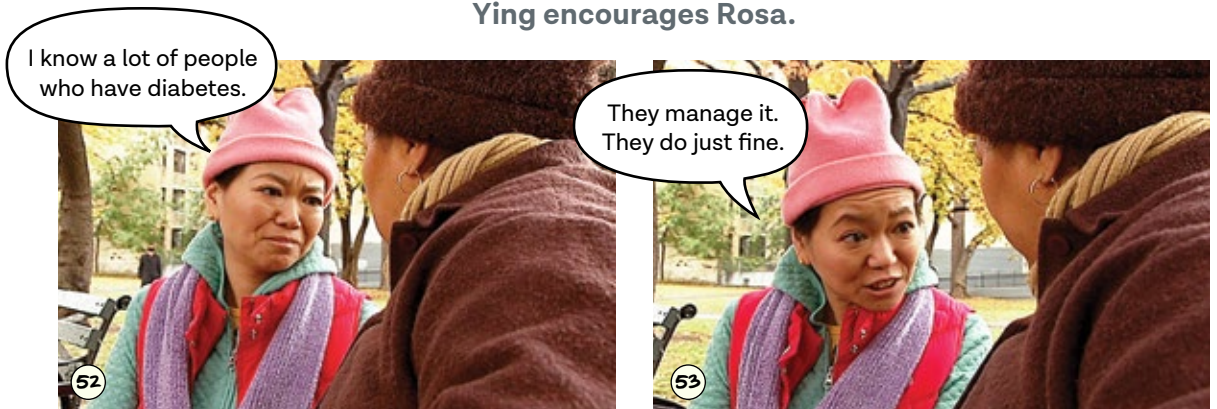
Rosa meets her friend, Ying. Ying offers Rosa a cookie.



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



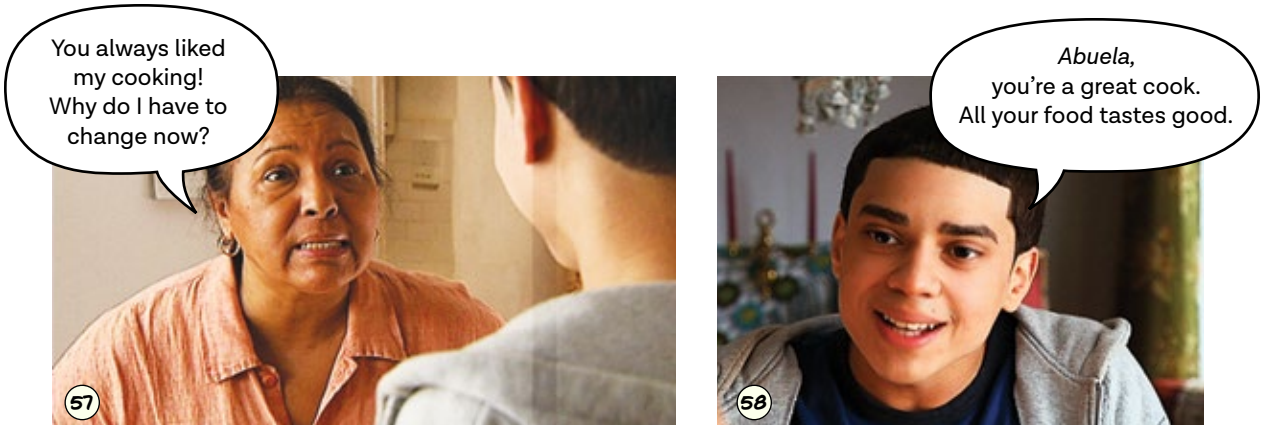
Ying encourages Rosa.



**encourage** = give hope

# Fresh and Healthy

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



---

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

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). \_\_\_\_\_
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 | <u>page 2</u> |
| 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** \_\_\_\_\_ <sup>1</sup> 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
- get exercise
- ~~lab test results~~
- recipes
- sugar
- diet
- have to
- medication
- slow down
- 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.

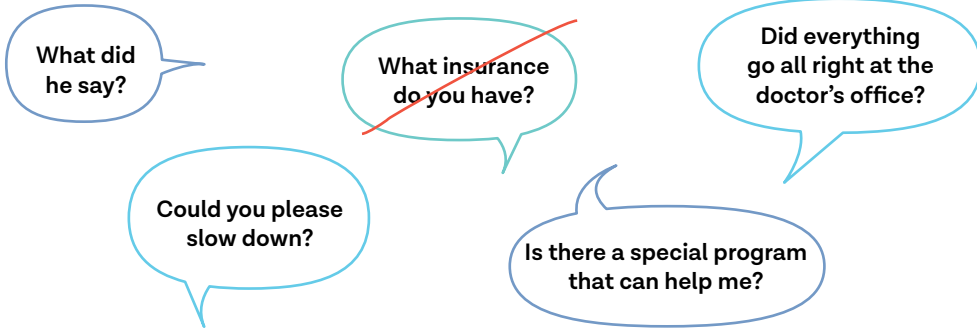
5. make another appointment

**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 311.**  
*Say: I don't have health insurance.*  
*Ask: Is there a special program for me?*
  - **Go to: [www.nyc.gov/HealthStat](http://www.nyc.gov/HealthStat).**
- C**
- **Call 311.**  
*Say: I need a doctor.*  
*Ask: Is there a hospital in my neighborhood?*
- D**
- **Call 311.**  
*Say: I would like information about diabetes.*
  - **Visit [www.diabetes.org](http://www.diabetes.org).**
- E**
- **Call 311.**  
*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 Speak NYC • New Life Cafe**  
to find out what is going on.

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





# What You Can Do To Learn More English

- ✔ Get together with friends who are learning English, too. Watch **We Speak NYC** together. Do the exercises together.
- ✔ Read the story out loud with a friend—like actors on TV!  
It's a good way to learn.
- ✔ 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**.

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Visit the **We Speak NYC** website.


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

[www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC)




# 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): \_\_\_\_\_



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



Find this document at [www.nyc.gov/health](http://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.

## Dictionary: Translation 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

Go to [www.nyc.gov/We SpeakNYC](http://www.nyc.gov/WeSpeakNYC) to learn more.

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



# Dear Rosa

**Write a letter to Rosa.**

**Ask her a question.**

**Give her advice.**

**Tell Rosa your story!**



*Dear Rosa,*

*Sincerely yours,*

# 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

**Watch  
Read  
Learn**



[www.nyc.gov/WeSpeakNYC](http://www.nyc.gov/WeSpeakNYC)