

☎️ ... Caller @ 2:05 PM

“ If I don't take care of my diabetes and hypertension I may end up in the hospital again, but I forget to make appointments for my medication refills and am not sure how to order a Medicaid car.

**WHERE DO I BEGIN?**



**INTEGRATED HEALTH IS THE ANSWER.**

A dedicated Care-Manager will help you navigate the murky waters and connect you with the right resources.

FREE FOR ELIGIBLE MEDICAID MEMBERS.



INTRODUCING



**INTEGRATED HEALTH**

A Hamaspik initiative. Available to mainstream Medicaid members, 21+ years, with chronic medical or behavioral conditions.

MEDICAL BEHAVIORAL PSYCHIATRIC ADDICTIONS

**UPSTATE 845-503-0444**  
Intake@IntegratedHealthRC.org  
www.IntegratedHealthRC.org

**BROOKLYN 718-387-8400 ext 13**  
intake@hamaspikings.org



☎️ ... Caller @ 4:45 PM

“ My brother Chaim was hospitalized after his last relapse and is finally being discharged, but I'm concerned. I don't think he's set up with the right help.

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☎ ... Caller @ 6:20 PM

“ Mommy will need an aide; I just can't do it all by myself anymore. I'm also worried how we could keep her from falling deeper into depression.

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☎️ Caller @ 7:30 PM



**No one knows my secret. People think we run a smooth ship.**

**If only they knew.** I am sure no one in my קהילה is experiencing as much hopelessness and pain as I do. No one will understand me.

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☎... Caller @ 10:45 AM



**It's time for a medication refill.**

That means another psychiatry appointment. That's means asking the landlord to hold the check. Again! Oy, I can't do this anymore. There has to be an easier way.

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☎️ ... Caller @ 1:25 PM



**Our Shaya is getting older. So are we. We now need help ourselves.**

Who will care for Shaya? Suri mentioned HomeCare, Yossel mentioned SSI; what are these? Who can we reach out to?

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“ I WISH I CAN SPEND MORE QUALITY TIME WITH MY DAUGHTER SHAINDY - JUST LIKE HER FRIENDS DO WITH THEIR MOTHERS. INSTEAD I'M IN BED. IN PAIN.

**WHO CAN HELP US?**

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“EVER SINCE OUR NEW BABY WAS BORN, MY WIFE IS NOT THE SAME. OUR LITTLE SHAINDY’S GRADES ARE SLIPPING. I’M TAKING OFF FROM WORK A LOT.

**WHO CAN HELP US?**

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**MY HUSBAND'S HEALTH IS DECLINING. I'M TOO BUSY WITH HIS WELLBEING**

**TO REMEMBER SHAINDY'S GRADUATION OR PLAN TULI'S BAR MITZVAH. WHO WILL BE OUR SHLIACH OUT OF THIS?**

**WHO CAN HELP US?**



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