

# voices e-Newsletter <sup>SM</sup>

January 13, 2006

---

## In this Week's Issue

[NYPD Hero Falls to WTC Illness](#)

[Resolutions](#)  
By Dr. Robin F. Goodman

[VOICES Members Asked to Participate in Red Cross Survey](#)

[DHS introduces New Preparedness Directorate](#)

[Weekly News Briefs](#)

---

## Upcoming Events

**January 18, 2006**

**Findings & Implications of the NIST Final Report on the Collapse of the WTC Towers**

**Time:** 6:00 - 8:00 pm

**Location:** Woolworth Building  
NYU School of Continuing & Professional Studies  
15 Barclay Street  
New York, NY

**Contact:** Community Board No. 1 at (212) 442-5050...[More](#)

**January 26, 2006**

**Furthering the Role of Technology in Homeland Security**

**Location:** New Orleans, LA  
This conference will be a forum for state, federal, and international homeland security decision makers to present plans and lessons learned from

## Dear Families and Friends,

This Monday we will commemorate the life of Dr. Martin Luther King, Jr., an individual whose vision continues to inspire us all. In honor of the holiday, I would like to share a quote of his from which I personally draw great inspiration:

"If you lose hope, somehow you lose the vitality that keeps life moving, you lose that courage to be, that quality that helps you go on in spite of it all." - Martin Luther King, Jr.

It is customary at this time of year to make resolutions for the New Year. In this week's e-Newsletter, VOICES Director of Family Programs, Dr. Robin Goodman offers some excellent advice on making—and keeping—resolutions for 2006. In this spirit, I would like to make a resolution on behalf of VOICES. In the coming year, we will continue to support all those affected by 9/11 and reach out to other victims of terrorism. We will continue to work to make this world safe from the threat of meaningless violence, and assist those who work tirelessly to achieve these goals.

The recent death of NYPD Detective James Zadroga is a painful reminder that the devastating effects of 9/11 are still being felt today. Our thoughts and prayers are with his family and friends, especially his young daughter, Tylerann.

We realize the death of Detective Zadroga can have far reaching effects and we want to remind you that VOICES provides counseling, resources, and referrals for all who face ongoing mental and physical trauma from their heroic sacrifices at Ground Zero. As always, feel free to contact us if we can be of any assistance. However, please note that VOICES office will be closed this Monday in observance of Dr. King's Birthday.

Warm Regards,



Mary Fetchet

## Ground Zero Updates

### NYPD HERO FALLS TO WTC ILLNESS

James Zadroga, an NYPD Detective who logged over 450 hours at Ground Zero during the 9/11 recovery mission died last week. Detective Zadroga, 34, succumbed to lingering lung and brain ailments caused by his heroic efforts in the aftermath of the attacks. In the photo at left, motorcycle officers salute Det. Zadroga's casket as his funeral motorcade passed through North Arlington, N.J. on Tuesday. [Moving photographs from the funeral service](#) are available on New York Newsday's website. According to Frank Paladino, president of the NYPD Detectives' Endowment Association, Detective Zadroga, "was

homeland security initiatives over the past few years and to discuss lessons learned from Hurricane Katrina...[More](#)

**February 3, 2006**

**The 3rd Annual "In The Name of Love" Dinner Dance**

To benefit the Joseph Maffeo Foundation

**Time:** 8:00 pm - 12:00 midnight

**Location:** Nicotra's Ballroom at the Hilton Garden Inn, 1100 South Avenue, Staten Island, NY

**Contact:**

[maffeofoundation@aol.com](mailto:maffeofoundation@aol.com)

(RSVP required)...[More](#)



in Building 7 when it collapsed, and he narrowly escaped death. For the next month, he worked 12 or 13 hours a day, a total of more than 450 hours, in the rescue and recovery effort."

Mr. Paladino, quoted in a [New York Times article](#), said Detective Zadroga is the first NYPD rescue and recovery worker to die from illness caused by service at Ground Zero. However, many officers and emergency medical technicians have retired from active duty because of 9/11-related chronic health conditions. 9/11 survivors and witnesses as well as Downtown Manhattan residents are also at risk for illness caused by breathing dangerous airborne particles. A recent [Channel 7](#)

[Eyewitness News segment](#) further investigates the growing threat of "World Trade Center Cough." The Sierra Club, an environmental advocacy group, has produced a television documentary entitled "[9/11 Forgotten Heroes](#)," that highlights the ongoing health problems faced by WTC recovery workers. The documentary, which premiered yesterday on cable, is available in streaming video (the program Quicktime is required) on the [Sierra Club website](#). DVD copies are also available by request.

If you think you may be suffering from a condition related to the 9/11 attacks or the rescue and recovery mission, there are health service providers dedicated to helping you. Please contact VOICES at (203) 966-3911 or toll-free at (866) 505-3911 and we will help you find the services you need.

## Mental Health Updates

### RESOLUTIONS

By Robin F. Goodman, Ph.D.

There is often much hope and optimism at the start of a new year. Many people are fueled by relief that the hectic holidays are over. Life becomes more routine and predictable again. Tearing off the last page of an old calendar and turning to the first page on a new one provides people with the chance to make a fresh start. But some people look back and get bogged down by the piles of things half done or undone and feel more overwhelmed and defeated.

Reflecting on the past and looking towards the future has become quite common and can be helpful. This often results in making resolutions. Although making resolutions is commonplace, carrying them out is less common. Soon into the New Year, people are faced with the pressure (or guilt) about keeping their promises. There are things you can do to be more successful with your resolutions. The following thoughts might help you get started and finish. [Click here for the article...](#)

## Spotlight On...

### SELECTED VOICES MEMBERS ASKED TO PARTICIPATE IN RED CROSS SURVEY

The American Red Cross has asked us to distribute a survey to some VOICES members receiving our mental health services. This week, VOICES is mailing letters with instructions on completing the survey to randomly selected members. Detailed instructions to complete the survey on the phone or on the internet will be provided in the letters. The Red Cross designed the survey to learn more about how to improve their current and future services that assist individuals after large-scale disasters. Your participation is voluntary, but encouraged. Those selected to receive letters are asked to call VOICES at (203) 966-3911 or toll-free at (866) 505-3911 if you have any questions or concerns. This survey is very important and we at VOICES will greatly appreciate your taking the time to respond.

**The survey is being conducted by the Urban Institute and Princeton Survey Research Associates. VOICES did not release any personal information to the third parties running the survey. It is VOICES policy to keep our members' personal information confidential.**

# News Updates

## DHS INTRODUCES NEW PREPAREDNESS DIRECTORATE

This month the Department of Homeland Security introduced its new Preparedness Directorate, designed to coordinate effective federal preparedness for terrorist attacks and natural disasters. Last month the Senate confirmed George Foresman ([click for biography](#)) to head the new Directorate. Before his appointment, Foresman was assistant to the governor of Virginia for emergency and disaster preparedness, and brings to the job more than 20 years of experience in emergency management from operations to executive level leadership.

According to a [Government Executive article](#), the directorate is made up of a chief medical officer, the U. S. Fire Administration, a National Capital Region director and assistant secretaries for grants and training; infrastructure protection; and cyber and telecommunications. The Preparedness Directorate takes over the Radiological Emergency Preparedness Program, which was previously under the Federal Emergency Management Agency. As part of DHS Secretary Michael Chertoff's reorganization plan, all preparedness activities are being stripped from FEMA and placed in the new directorate. A [National Journal article](#) on the Senate Homeland Security Committee's 2006 legislative slate describes some of the proposed changes further.

For more information on preparedness measures you can take for your family and community, visit [DHS' Ready.gov website](#), or [VOICES Preparedness Homepage](#), which offers tips and resources for personal, family, and community preparedness.

---

## WEEKLY NEWS BRIEFS

[Discord Over 9/11 Memorial's Symbolism](#) -- New York Times WTC reporter David W. Dunlap explores how the design of the WTC Memorial has changed over the years from its original conception.

[9/11 Victim ID'D with new DNA Technology](#) -- A man who died in the World Trade Center attacks was positively identified Wednesday by the medical examiner with the help of new DNA technology (New York Post)

[Pataki: \\$80M in State Funds for WTC Cultural Center](#) -- On Wednesday, Gov. George Pataki yesterday proposed spending \$80 million in state funds to build the redesigned Snohetta cultural building at the World Trade Center site. (Associated Press)

[Officials Reverse Stream on Waterfalls](#) -- Gretchen Dykstra, WTC Memorial Foundation president, said Tuesday that the waterfalls in the memorial design by Michael Arad and Peter Walker would run during the winter. (Downtown Express)

---

[SUBSCRIBE](#) | [UNSUBSCRIBE](#) | [CONTACT US](#)

[Donate Now!](#)

FOR MORE INFORMATION, PLEASE VISIT:

[www.voicesofsept11.org](http://www.voicesofsept11.org)

Copyright © 2005 Voices of September 11th. All rights reserved.  
Reproduction in whole or in part without permission is prohibited.

Voices of September 11th ("VOICES") is a 501(c)(3) nonprofit, nonpartisan organization:  
Promoting public policy reform for prevention, preparedness and response to terrorism  
Supporting and advocating for all those impacted by September 11, 2001 and other terrorist attacks  
Fostering improved relationships with all countries confronting terrorism