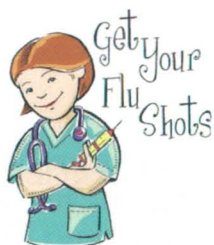


## WTC Health Program

## It's Cold and Flu Season...



And that means it's flu shot season as well! Flu shots are available free of charge at monitoring and treatment visits or by separate appointment.

The Centers for Disease Control (CDC) recommends that everyone over the age of 6 be vaccinated against the flu annually. Please call us at (631) 855-1200 for more information.

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# responder news

fall 2015

Dear Responders,

Another summer has passed, and with it has come many changes at our program that we hope will make your experience at our clinic even better. We'd love to hear what you think about our new website, where you can find program information, updates, and more. In the meantime, read on for news and helpful hints, a recap of our annual picnic, resources for mindfulness and meditation practices, and more.

Warmly,

The staff at Stony Brook WTC Wellness / LI-CCE



## Lawmakers, Responders, and Survivors Urge Zadroga Reauthorization



Jefferson Siegel / NY Daily News

On September 3rd, dozens of 9/11 responders and survivors joined members of Congress Carolyn Maloney, Jerry Nadler, Peter King, Charles Rangel, Eliot Engel, and Frank Pallone at a press conference to urge Congress to renew and extend the James Zadroga 9/11 Health and Compensation Act. A number of people took the podium at Silverstein Family Park, 7 World Trade Center to share their stories, how 9/11-related illness has affected them and their loved ones, and what the expiration of 9/11 health and compensation programs would mean for them. The congressional representatives also explained their legislation to extend the bill, which was introduced in Congress on April 14, 2015.

(cont. on page 9)





### HAVE YOU EVER WONDERED...

#### HOW DOES THE WTC HEALTH PROGRAM DIFFER FROM THE WTC HEALTH REGISTRY?

One of the most common questions we get is about the difference between the WTC Health *Registry* and the WTC Health *Program*. Although they sound similar, they're not actually related:

**WTC Health Registry:** This is a record that was created by the NYC Dept. of Health to document and evaluate the long-term physical and mental health effects of 9/11 on workers and residents in NYC. You may have enrolled in the registry while it was open from September 2003 through November 2004 (during that time, more than 71,000 people enrolled via a 20-30 minute telephone interview). Although the Registry is now closed to new participants, it continues to conduct research through mail-home and phone surveys. Although it does offer doctor referrals, the Registry is **not** a healthcare provider—it does not offer monitoring or treatment, and is not affiliated with your WTC health clinic.

**WTC Health Program:** That's us! This federal program administered by NIOSH provides medical monitoring exams; treatment for certified WTC-related health conditions; and social services assistance to 9/11 rescue, recovery, restoration, and clean-up workers, and volunteers. Our clinics in Mineola and Islandia make up the Long Island Clinical Center of Excellence (CCE) for the Program. If you're interested in learning more about the program overall, visit [cdc.gov/wtc](http://cdc.gov/wtc).

#### WHAT IS ICD-10?

You may have heard that a countrywide change to the medical coding system will be implemented on 10/1/15. This new system, ICD-10, will replace the current system, ICD-9. ICD-10 simply provides more specificity to patients' conditions. It will have no effect on your medical treatment or payment of WTC-HP authorized claims. If you have any questions, please call us at 631-855-1200 and ask to speak with a social worker.

#### UPCOMING VCF DEADLINES

**October 21, 2015:** Claimant diagnosed with prostate cancer on or before October 21, 2013

**February 18, 2016:** Claimant diagnosed on or before February 18, 2014 with a rare cancer (that meets Program definition)

Visit [www.vcf.gov](http://www.vcf.gov) or call the VCF toll-free at 855-885-1555 (hearing impaired: 855-885-1558) with questions or for help filing a claim.

#### WTC MEMBER HANDBOOKS AVAILABLE

The WTC Health Program Member Handbook is now available. It's a valuable resource for information about Program benefits and procedures. Visit our website for a link to the online handbook, or you can request a hard copy at your clinic visit, or by calling 1-888-982-4748 or emailing [wtc@cdc.gov](mailto:wtc@cdc.gov).

#### AND THE WINNER IS...TANGO!

We asked, you answered, and Tango is the new name of our mascot and website navigator. If you're on our website and need help finding something, Tango is your man.

[WTCwellnessprogram.org](http://WTCwellnessprogram.org)

## Ch-ch-ch-changes...We've Gone Paperless!



### This summer, we made the leap to electronic medical records (EMR): What does it mean for you?

We've been hard at work transitioning to EMR, all with the goal of making your WTC healthcare experience a better one. We've appreciated your patience recently, as we've had to decrease the number of appointments booked each day so we can make sure that our staff is fully trained in the new procedures—we'll be back at full appointment capacity as soon as possible. Read on for an EMR FAQ:

Can you explain why this is a better system than keeping only paper records? What are the advantages to me? **Electronic records allow your doctors and nurses to have the most comprehensive picture of your health by having access to your health records across our locations and throughout the Stony Brook Medicine community.**

Can my other Stony Brook doctors see my records? Can they add to them? What about test or lab results from non-Stony Brook specialists? **Yes, other Stony Brook doctors who are directly involved in your care can see your records, as they are now part of your electronic chart. At the same time, we now have direct access to results from Stony Brook specialists and the hospital. If you have test results from other specialists you'd like included with your records, they can be scanned into the system for our providers' review. This enables better flow and integration of information and most importantly: better care. Please note that your medical records are protected by federal HIPAA laws, which are designed to protect the confidentiality of personal healthcare information.**

My other doctor's office has an online system that allows me to see my lab results and other information. Will I have access to something like that here? **We are working on this development. In the future, we'll be using the Patient Portal, which will allow you to view test results online and even contact your doctor via email. Stay tuned for this update!**





## Meet the Newest Stony Brook WTC Wellness Staff!

Eileen Rendina

I have worked in Human Resources for most of my career, most recently at a small, privately owned company, and prior to that at a very large, global company. I've enjoyed my functional HR roles handling recruitment, benefits administration, and employee relations as well as event planning. I graduated from St. Joseph's College in Patchogue, NY with a bachelor's degree in Organizational Management. I currently reside in eastern Long Island with my husband of nearly 30 years. When not working, I enjoy reading, traveling and gardening.

Celia M. Neira, LMSW

I am a bilingual, bicultural mother of two teenage boys; my oldest son is starting college at SBU and the youngest is going to 10<sup>th</sup> grade. I am originally from Ecuador, South America. I came to this country when I was 14 years old and lived in Queens until moving to western Suffolk in 1998. I completed my graduate degree in social work at Adelphi University. I have extensive experience in medical social work, case management and mental health counseling. I am happy to be working for the WTC-HP providing social work services to our responders.

Jennifer Giacco, LMSW

I'm a social worker at our Mineola clinic. I graduated from Adelphi University in 1995 with a master's degree in social work. Immediately following graduate school, I was employed for 16 years at a non-profit agency on Long Island, where I worked with developing housing programs for the mentally ill. Later, I was the team leader of the Assertive Community Treatment Program, then went on to maintain a private clinical practice for five years. I decided to join the WTC Health Program so I could pursue employment in an innovative program that would best utilize my skills.



## Some Mindfulness Resources



Maybe when you think of mindfulness or meditation, the Dalai Lama is the only thing that comes to mind. But this is an ever-growing field with many facets. If straight-up spirituality isn't for you, there are plenty of science-based resources to use. Here's a range of books and podcasts on topics ranging from meditation, increasing happiness, to reducing stress, and more.

### Books

**10% Happier: How I Tamed the Voice in My Head, Reduced Stress Without Losing My Edge, and Found Self-Help That Actually Works** by Dan Harris

**Train Your Mind, Change Your Brain: How a New Science Reveals Our Extraordinary Potential to Transform Ourselves** by Sharon Begley

**Mindsight: The New Science of Personal Transformation** by Daniel J. Siegel

**Real Happiness: The Power of Meditation** by Sharon Salzberg

**Waking Up: A Guide to Spirituality Without Religion** by Sam Harris

### Podcasts

**meditationoasis.com/podcast** Meditation Oasis offers free podcasts on guided meditations, instructions for meditation, meditation music, and more.

**bulletproofexec.com/category/podcasts/** Bulletproof Radio is a podcast about streamlining your life and becoming the best version of yourself physically, mentally and emotionally.

**http://anamelikian.com/mindsetzone/** The Mindset Zone is about cultivating what host Ana Melikian, PhD calls a "growth mindset."

## The Zadroga Reauthorization Act

You may have heard that portions of the Zadroga Act will expire this October and then in 2016. What does this mean for you and your WTC Health Program care right now?

Your healthcare is still covered—nothing is currently changing and your covered care won't be impacted at the present moment. The Program has funding through September 2016. Please note that if the bill is reauthorized, there may be changes to the final text that we cannot predict at this time.

### Resources

You can read a summary of the bill, the full legislative text, and track its progress here:  
[www.congress.gov/bill/114th-congress/senate-bill/928](http://www.congress.gov/bill/114th-congress/senate-bill/928)

For information, updates, and other resources, visit:  
[renew911health.org](http://renew911health.org)  
[vcf.gov](http://vcf.gov)  
[911healthwatch.org](http://911healthwatch.org)

## The Daily Health Study



- Designed for WTC responders who participated in 9/11 rescue or recovery
- Uses cutting edge technologies to track health in real-time, allowing for a better understanding of symptoms and their biology
- For 7 days, participants track their health with surveys, heart rate monitoring, and repeated biological sampling

♦ Participants compensated \$400 ♦ Enrolling NOW ♦

To learn more about the study or enroll, please call Melissa at (631) 632-3764 or email us at [WTCDailyHealthStudy@gmail.com](mailto:WTCDailyHealthStudy@gmail.com)



## WTC Responder Family Fun Day and Picnic



Nearly 500 responders and their loved ones came out for our 6th annual WTC Responder Family Fun Day & Picnic at Deer Park Fire Department on August 23rd, along with many volunteers from local businesses and Stony Brook WTC Wellness / LI-CCE.

As the crowd listened to Perfect Connection, Roadhouse, and DJ Justin, they enjoyed food by Texas Roadhouse, cooled off with Uncle Louie G's Italian ices, and took a chance on the

FealGood Foundation raffles. There was lots for the kids to enjoy: carnival games, coloring, a visit from Elmo, and plenty of fun from Small World Entertainment.

As always, this event, which is co-sponsored by the WTC Health Program LI-CCE and the FealGood Foundation, was about celebrating life and community, and we were thrilled to see so many of our responders in attendance with family and friends.



We'd like to extend our sincere thanks to everyone who donated time, materials, food, and more:

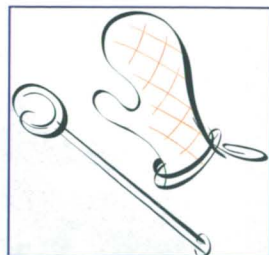
9/11 Health Watch  
Babylon Ice  
Chet Lukaszewski  
Costco  
CWA 1104  
DJ Justin  
Friends of Firefighters  
Fusco, Brandenstein & Rada, PC  
Glenn Wayne Bakery  
Hint Water

Impala Press  
Jump & Slide Party Rentals  
Perfect Connection  
Roadhouse  
Small World Entertainment  
Sunrise Labs  
Texas Roadhouse of Deer Park  
Uncle Louie G's Italian Ices  
Zwanger-Pesiri Radiology





## COOK'S CORNER



### Double Chocolate Zucchini Bread

This recipe is a great way to use up an abundance of late summer zucchini from your garden or CSA—or just because. It's very easy to prepare (calling all non-bakers) and you'd never know there was a vegetable inside. The zucchini is a snap to grate and makes it very moist. Instead of butter, this recipe uses canola oil. This bread will keep for a few days well-wrapped, but it probably won't be around long enough for it to go stale!

2 cups grated zucchini (about 2 medium zucchinis)  
 1/2 cup brown sugar  
 1/2 cup granulated sugar  
 2 large eggs  
 1/3 cup canola oil  
 1/2 teaspoon vanilla  
 1 1/4 cups all-purpose flour  
 1/3 cup unsweetened Dutch process cocoa powder  
 1/2 teaspoon salt  
 1/2 teaspoon baking soda  
 1/4 teaspoon baking powder  
 1 cup semisweet chocolate chips

Preheat oven to 350°F. Grease a loaf pan, line it with parchment paper, and set aside.

In a medium bowl, mix zucchini, sugars, eggs, oil and vanilla. In a separate large bowl, whisk together the flour, cocoa powder, salt, baking soda, and baking powder. Add the zucchini mixture and mix until just combined. Stir in the chocolate chips.

Pour the batter into the prepared loaf pan. Bake for 45-50 minutes, or until a toothpick inserted in the center comes out clean. Let the bread cool in the pan for five minutes, then transfer to a wire rack to cool. Cut with a serrated knife. Serve warm or at room temperature.

Recipe and directions from [kitchenconfidante.com](http://kitchenconfidante.com)

## Reduce Stress & Enjoy Life!



The Stress Management Program is an 8-week workshop for WTC responders and provides skills to improve both mental & physical health symptoms:

- Work with trained health professionals who will guide you through the program
- Learn advanced stress-reduction skills and techniques designed to help counter the effects of stress
- Join a group at either our Mineola or Islandia locations

To learn more or to enroll, please contact Amy, our program coordinator:  
 631-632-8821 | [WTCStressFree@gmail.com](mailto:WTCStressFree@gmail.com)

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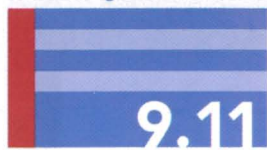
Said Rep. Maloney, "The heroes of 9/11 who fought the flames and inhaled the dust are being forced to wage a battle on two fronts: a fight to survive the illness related to their service at Ground Zero, and a fight on Capitol Hill to ensure the health and compensation they rely on don't disappear. It's not enough to praise their heroism — it's time for politicians in Washington to honor their sacrifice by permanently extending the Zadroga Act."

### 20 Second Tip:

Research shows that being outside for even five minutes can reduce stress levels and enhance wellbeing. Take a walk on your lunch break or after dinner, do some gardening, or anything else that will get you into nature for a little while, and you might find that you'll feel better after you do.



Monitoring and Treatment



WTC Health Program

Long Island Clinical Center of Excellence  
WTC Health Program  
1345 Motor Parkway, 1st Floor  
Islandia, NY 11749

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