



RESPONDER NEWS

FALL 2018



Dear Responders,

The leaves are falling and autumn is calling. We are looking forward to the slower pace that the colder air tends to bring after a very busy summer here at the WTC Wellness Program. This past September we closed out the summer with our Responder Family Picnic. The day was a great success with over 1,000 responders and family members in attendance. If you weren't able to attend, inside we give you an overview of the day.

We welcomed two new dietitians to the Program and we are excited to start building a Nutrition Program that is really going to cater to the needs of our members. Be sure to check out their biographies to learn more about Katie and Amanda.

Lastly, you can find some information on different research studies that are being conducted through the Program. With the days getting colder remember to stay warm and be sure to try out our soup recipe.

Warmly,
The Stony Brook WTC Wellness Staff

NEW ONLINE WRITING THERAPY STUDY

Dr. Adrianna Feder's research team at Mt. Sinai is currently conducting a new online writing therapy study for responders who continue to experience post-traumatic stress disorder.

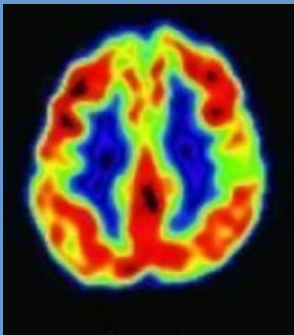
Overview: Participants will be asked to set aside quiet time to write for 45 minutes 2 times a week for about 6 weeks. Each responder will be assigned a personal therapist who communicates with them in writing via internet.

Goal: To help WTC responders process their traumatic experiences or better manage current life stresses.

For More Information:

Please visit <http://labs.icaohn.mssm.edu/wtc-onlinestudy/>
or call 212-241-6163

DO YOU KNOW A CONSTRUCTION WORKER OR POLICE OFFICER WHO IS NOT A WTC RESPONDER BETWEEN THE AGES OF 45-65?



You will receive
up to \$200 for
completing the
study.

We need your help spreading the word about our imaging study!

Overview:

Day 1: screening visit, blood draw, and a short mental health interview at Stony Brook Hospital or your WTC clinic of choice.

Day 2: PET/MRI brain scan at the Stony Brook Cancer Imaging Center.

Goal:

To examine whether different exposure factors are associated with memory issues or general changes in the brain of WTC responders.

For More Information:

Please contact Stephanie Santiago at 631-638-0728
or by email Stephanie.Mejia-Santiago@stonybrookmedicine.edu

WTC RESPONDER FAMILY PICNIC

HECKSCHER STATE PARK

On September 15th, we held our Responder Family Picnic in conjunction with the FealGood Foundation. This year's picnic was a great success with over 1,000 responders and their family members in attendance. There was food generously provided by Texas Roadhouse and Chick-fil-A. The Buggy Jones Band was on the mic playing all the classic hits through out the day.

The kids had their own pavilion this year that featured a magic and puppet show and their own DJ. They had everything from glitter tattoos and face painting to a slime creation station. We also had a Selfie booth that was enjoyed just as much by the adults as the kids.

We'd like to thank all of our vendors and sponsors for their generous donations and services. Lastly, thank you to you all for coming out and enjoying the day with us.



COMING IN FOR YOUR YEARLY APPOINTMENT

AND WHY IT'S IMPORTANT

**YOUR YEARLY MONITORING
APPOINTMENT IS AN IMPORTANT STEP
IN YOUR CARE COORDINATION
THROUGH THE WTC HEALTH
PROGRAM. IF YOU ARE BEHIND ON
YOUR ANNUAL VISITS, HERE ARE
SOME REASONS WHY YOU SHOULD
GIVE US A CALL TO SCHEDULE TODAY:**



Accurate Health Information. Coming in yearly ensures that we have the most up to date information regarding your health making it easier to monitor and track your overall wellbeing.

Cancer Diagnostic and Screening Services. The Program covers diagnostic services and specialty consults if you qualify.

- Breast Cancer Screening/Mammograms
- Colon Cancer Screening
- Cervical Cancer Screening
- Lung Cancer Screening

Covered Conditions and Certifications. If you have a condition certified, the Program will pay for medically necessary treatment relating to that condition.

Pharmacy Benefits. The Program covers prescription drugs used to treat a certified WTC-related condition.

Benefits Counseling. You are eligible for counseling with a case manager to help identify benefits you may be receive through the Program.

For more information on the Program and its benefits, please call 631-855-1200 and speak to one of our member services specialists.

Creamy Butternut Squash Soup

Prep Time: 10 minutes

Cook Time: 75 minutes

Total Time: 1 hour 25 minutes

Serving Size: 8 bowls

Ingredients:

- 4 lbs. (about 2 medium) butternut squashes
- 1/4 cup chopped shallots or onions
- 2 Granny Smith apples, peeled and diced
- 3 tbs butter, divided
- 1/2 tsp ground sage
- 2 tsp salt, divided
- 1 tsp pepper, divided
- 2 1/2 cups rich chicken stock
- 3/4 cups heavy cream
- 2 cups water



Directions:

1. Preheat oven to 400 degrees F. Line a large baking sheet with foil.
2. Cut squash in half lengthwise and remove seeds and pulp. Place skin side down on prepared pan.
3. Melt 1 tbs of butter and brush it on the squash. Sprinkle with 1 tsp salt and 1/2 tsp of pepper.
4. While squash is baking, melt the remaining butter in a stock pot. Sauté the shallot or onion, the sage, and the apple for about 5 minutes. Remove from heat and set aside.
5. Bake squash until tender about 50-60 minutes. Remove from the oven and cool until you can handle it. Then scoop out the flesh and add it to the stock pot with the apple and onion.
6. Mix in the chicken stock and water. Bring to a boil over medium heat. Reduce heat to simmer, cover and cook for 10-15 minutes.
7. Puree either in a conventional blender or use an immersion blender.
8. Add the cream and the remaining salt and pepper. Stir well to combine.

SETTING SMART GOALS



Have you ever been told to change a habit, but were not given any tools to make the change? S.M.A.R.T. stands for “Specific, Measurable, Attainable, Relevant, and Timely” and is a tool for creating clear milestones towards your ultimate goal. Healthcare providers help individuals create their own SMART goals to hold themselves accountable. Remember, it is about where you are starting from, not where you are going when you record these goals. Writing down your SMART goals keeps you from biting off more than you can chew (literally) and will help turn your hopes into reality.

Changing your habits can be overwhelming at first and many ask, “Where do I even begin?” Your answer to this question can highly impact the odds of achieving your goals. SMART goals simplify the steps you can take towards improving health outcome and increasing the likelihood of sticking to your plan.

What We Say to Ourselves	S.M.A.R.T. Goal
I want to lose weight.	I will lose 1 pound per week, totaling to an 8 lb. loss in 2 months.
I want to eat less fast food.	I will prepare my lunches at home using measuring tools 3 out of 5 days per work week.
I want to feel better.	I will eat 2 or more servings of fruits and vegetables, five days a week, starting Monday.
I want to improve my acid reflux.	I will only eat fried or fast food once per month.
I want to be strong enough to walk my daughter down the aisle.	I will take my dog for a 30-minute walk five days per week.

In order to achieve your health and wellness goals, preparation is key. “Meal prepping” is when you prepare multiple meals at one time. The first step in meal planning is simply selecting recipes that you would like to eat, but try to keep the meals healthy. Some questions to ask when picking recipes are:

- Are the proteins lean?
- Are the starches whole grains? Some whole grains include brown rice, barley, and quinoa.
- Are fruits and vegetables incorporated in the recipe?

MEET OUR DIETITIANS

The Academy of Nutrition and Dietetics defines a registered dietitian/nutritionist as a “**food and nutrition expert**” who has met academic and professional requirements. A nutritionist is not the food police and they are not someone who is always going to put you on a diet. Instead, they work with individuals to make lifestyle changes that fit their needs.



Katie Hughes comes to the World Trade Center Health Program from the University of Delaware. In college, she created a student organization that teaches people with limited mobility/disabilities how to cook. In the Summer of 2017, she moved to Long Island where she began her clinical dietetic internship at Stony Brook University and her MS is Nutrition. Katie is very passionate about using food and nutrition as a first line defense against health problems and hopes to help our members choose foods that fit into a healthy lifestyle.



Amanda Reichardt comes to the World Trade Center Health Program from Stony Brook University where she was the campus Registered Dietitian. She graduated from SUNY Oneonta and went on to complete her dietetic internship with Sodexo, New York Dietetic Internship program with a clinical focus. During her dietetic internship she gained her personal training certification through the American Council on Exercise and opened her small sports nutrition focused practice at Long Island Fitness and Wellness.

HELP US BUILD OUR NUTRITION PROGRAM:

We want to help our members lead a healthier lifestyle that is unique to them as individuals. WTC Nutrition is about guiding and empowering our responders to make small strides that have a large impact on their overall quality of life. We want to create a program that encompasses all seven dimensions of wellness: physical, emotional, intellectual, social, spiritual, environmental, and occupational.

Our services will be dedicated to achieving various health goals such as weight loss and GERD treatment. The program will include, but not be limited to, one-on-one counseling with individualized meal plans, group programs, cooking lessons, grocery store tours, and wellness articles in our newsletters and a new blog that we are working on. Being that nutrition is a new part of the WTC Program, your feedback and ideas are vital to providing a service that will have the utmost benefit to you.

To contact Katie or Amanda with your ideas or questions please call:

631-638-0584

631-638-0537

Monitoring and Treatment



WTC Health Program

WTC Health Program
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Visit us at: WTCwellnessprogram.org
Follow us on Facebook: [@stonybrookwtc](https://www.facebook.com/stonybrookwtc)

Providing Excellent Care in Suffolk and Nassau Counties



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