



FALL 2022

RESPONDER NEWSLETTER

**STONY BROOK WORLD TRADE CENTER
HEALTH AND WELLNESS PROGRAM**



Greetings,

The fall is a bittersweet time for all of us. On September 11, we attended the memorial service for those who were lost on that fateful day. For many of us, memorializing and remembering never leaves us, it is part of our daily life. In this issue of the Responder Newsletter, we talk about our increasing emphasis on our community and some of the new initiatives to strengthen it.

Our annual picnic, which had been on hiatus for several years due to COVID, took place this September with record attendance by responders and their families. It was a great success with a strong sense of community, great music, food and fun especially for our children and grandchildren.

In this issue, we also highlight our nutrition program and the new technology they are using to help responders reach their goal. Our dieticians have shown that with good diet practice and their coaching, not only do our patients get better physically but also mentally.

Finally, we speak of one aspect of our research program. The effects of 9/11 were wide ranging and unpredictable. Our ground-breaking research in brain health has shown the toxic effects of the dust of 9/11 on the brain itself. This will ultimately lead to new ways to care for our patients.

Our program is growing and expanding. Follow us on our website and participate in our health and research programs. Together we will find new ways to deal with the effects of 9/11.

Benjamin J. Luft, MD
Director, World Trade Center Health and Wellness Program

WELCOME PHIL ALVAREZ



ABOUT PHIL

"I retired from the Suffolk County Police Department in 2019, having served 32 years, and 25 years was as a Detective. Since 2019 to just recently, I was the Director of Outreach & Education for one of the 9/11 law firms."



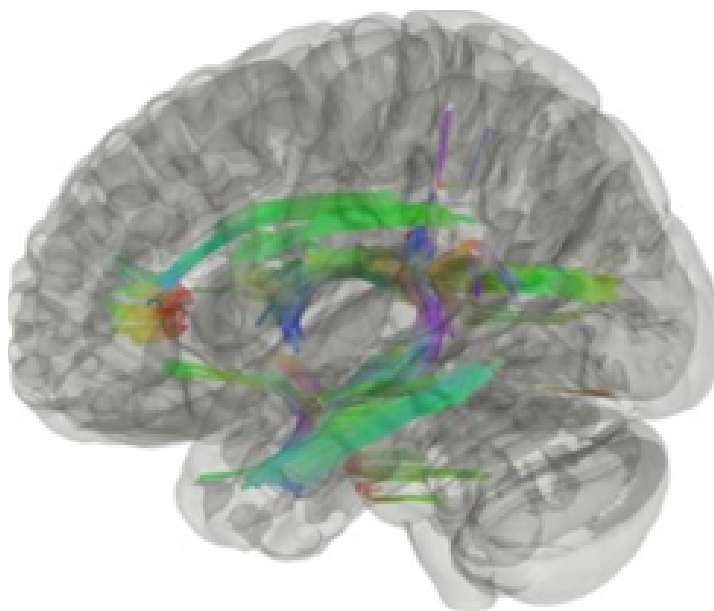
PHIL & HIS BROTHER LOU

"I am the older brother of the late N.Y.P.D. Det. Luis (Lou) Alvarez who became the face of the fight for the Permanent Authorization of the Sept. 11th Victim Compensation Fund when he testified before Congress with the Comedian/Activist Jon Stewart. My brother asked me to join him by driving him down to Washington D.C. to join the many First Responder Activists and I became involved in the process of getting the Bill passed. The Bill, which bears his name, along with FDNY FF Ray Pfeifer and N.Y.P.D. Det. James Zadroga was signed into law on July 29th, 2019 exactly one month after Lou passed. I promised him that I would continue his legacy by always advocating for the many victims of Sept. 11th, 2001."

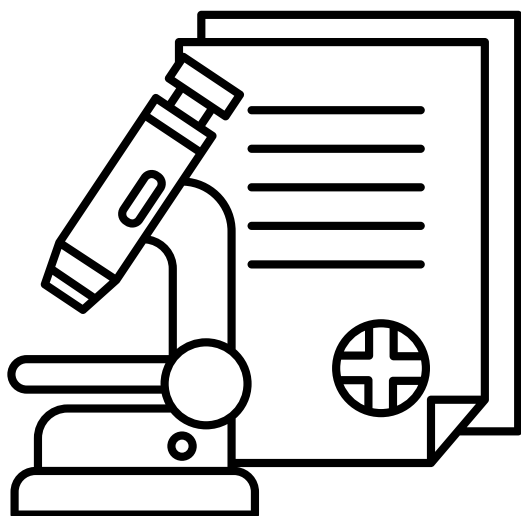
CURRENT WTC RESEARCH

BRAIN AGING SCANS

As we get older, it is important to get regular checkups for your body and your brain. Every time you come in for a monitoring visit, we use tools like the Montreal Cognitive Assessment (MoCA) or computer games (CogState) to monitor your brain health over time. Our research team studies these tools alongside other information collected during your visit, so we can better understand how World Trade Center (WTC) exposures may be linked to a variety of health conditions, including accelerated brain aging.



Research continues to investigate how lifetime stressful events and WTC dust exposures might influence health and memory later in life. To better understand the WTC responder community, some of our studies use brain imaging that lets us build a high-definition picture of your brain. For example, PET/CT scans take a series of x-rays and put them together to create a 3-dimensional (3D) picture. These scans are now using a contrast neurotracer that lets us highlight certain parts of the brain and can help find pathogens in the brains. Once a scan is complete, participants can get a report about the images on a disk so their doctor can look at how their brain is doing!



For more information visit:

<https://news.stonybrook.edu/newsroom/press-release/medical/cognitive-monitoring-study-of-wtc-responders-supported-by-7-9-million-nih-grant/>



DR. SEAN CLOUSTON



THE DOCTOR BEHIND THE BRAIN AGING RESEARCH AT STONY BROOK UNIVERSITY

"Hi everyone, my name is Sean Clouston, and I am the primary investigator for brain aging research at Stony Brook. I am a neuroepidemiologist who studies how experiences early in life change how our brains age. As a kid, I got excited about mathematics and statistics, in part because I liked how important they were to understanding football and hockey."
(Dr. Sean Clouston)

If you think that this study or other studies might interest you:

Please contact Veronica Scott:

Phone: 631-638-0547

Email: Veronica.scott@stonybrookmedicine.edu for more information.



NEW HEALTH EFFECTS OF 9/11 ONLINE EXHIBITION

*What's
New*

ONLINE EXHIBIT

The WTC Health Program recently launched Health Effects of 9/11, an online exhibition devoted to raising awareness about the ongoing health effects linked to 9/11 exposures. This exhibition, developed in partnership with the David J. Sencer CDC Museum, provides an opportunity for a wide audience to learn about the lingering effects of 9/11 through moving visuals and firsthand stories of sacrifice, survival, and healing. Some of the content and images in this exhibition may be sensitive in nature to some audiences, especially responders and survivors of 9/11.

Reference:

<https://www.cdc.gov/wtc/exhibition/index.html>

Responders and survivors actively participated in the development of the exhibition, sharing their stories, images, and experiences as 9/11 health advocates and World Trade Center Health Program members. This is the first iteration of the exhibition; a physical installation is being planned for the David J. Sencer CDC Museum in Atlanta at a future date.

Please direct any questions and/or comments about this online exhibition to:
WTCHP_Exhibit@cdc.gov.



INFLUENZA VACCINE OFFERED AT THE STONY BROOK WORLD TRADE CENTER HEALTH AND WELLNESS PROGRAM



Staying up to date with your immunizations is an important way to keep your body healthy and fight off vaccine preventable illnesses.

WHEN TO GET THE INFLUENZA VACCINE

You will need one dose administered every year prior to flu season. Flu viruses are most common during the fall and winter. The flu season varies from year to year but generally begins in October and peaks between December and February.

The CDC recommends that you receive your flu vaccine by the end of October.



INFORMATION IS ALSO AVAILABLE AT
WWW.CDC.GOV/WTC/FLU.HTML

Reference: <https://www.cdc.gov/flu/prevent/flushot.htm>



RESPONDER PICNIC



A SPECIAL THANKS,

On behalf of the Stony Brook World Trade Center Health and Wellness Program, we would like to take a moment to thank all the sponsors and donors whose help made our 2022 WTC Responder Family picnic the best ever!

The COVID pandemic had prevented us from having this important event for the past two years and had hurt many of our local sponsors and supporters economically. Realizing the importance of having a day of community for 9/11 responders and their families, the Stony Brook WTC Wellness Program sent out an SOS for assistance and the following Donors and Sponsors answered the call with great generosity, allowing us to provide a wonderful day for our heroes:

Chef Jeff Mora, CEO of Foodfleet.com
Bobby Rodrigo of Wedobetterrelief.org

Municipal Credit Union
DeShalimar

Hansen & Rosasco, LLP
Kreindler & Kreindler, LLP

Zorns of Bethpage
Love & Quiches desserts

Essentia Water
Montauk Iced Tea

Utz Snacks

Long Island Cornhole Association

Tori Stack & Family

Chick Fil A

Costco

BJ's

Hint Water

New York College of Health Professions
Fusco, Brandenstein & Rada, P.C. Attorneys at
Law "4 ways from sunday"
Big Guns Air Mail Grill
Ronin Athletic Academy



2022



WTC PHARMACY BENEFITS UPDATES

THE WTC HEALTH PROGRAM NOW UTILIZES EXPRESS SCRIPTS TO MANAGE PHARMACY BENEFITS FOR WTC HEALTH PROGRAM MEMBERS.

Here is a brief description of known issues and their solutions

- If you need a prior authorization, contact your prescriber to have them submit the prior authorization for you.
- If the pharmacy receives a rejection for your prescription that says, “prescriber is not covered” or “provider not in network,” contact your Stony Brook CCE at 631-855-1200.
- If you don’t know why you cannot fill your prescription, contact Express Scripts at 1-800-935-7179.
- If you have multiple plans with Express Scripts and the wrong plan was billed, please call Express Scripts at 1-800-935-7179 to have it resolved. You should never have a copay on WTC-related medications.

Express Scripts Home Delivery Process

Step 1: Obtain Prescription.

Ask your doctor to send a prescription electronically to Express Scripts Home Delivery & to include your WTC ID number (911#) on the prescription to ensure proper billing.

Step 2: Create account.

Register online at express-scripts.com or download the Express Scripts® mobile app to easily access your prescription information, track shipments, and order refills.

Step 3: Set up home delivery.

Call Express Scripts Customer Service at 1 (800) 935-7179 to verify account details and schedule initial delivery to ensure all WTCHP medications are delivered to your door.

Step 4: Easily refill your prescriptions.

Check your medication container or online account for any remaining refills. You can renew online, via mobile app, or by calling the number listed on your medication container. No more refills? Call us at the Stony Brook CCE! Be sure to do so at least 2 weeks before running out for timely delivery.

Step 5: Renewing your prescriptions.

You must attend your annual Monitoring Visit at least once per year to review your medication before renewing your prescriptions.

Accredo Reminder

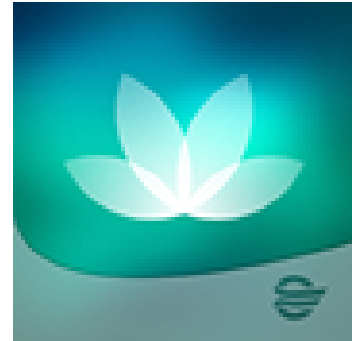
If you have WTC-related specialty prescriptions, please switch your prescription to Accredo by calling Accredo at 1 (855) 540-1780. If this applies to you, you should have received a letter from Express Scripts with instructions. To fill specialty prescriptions online, track shipments and access your plan information, visit www.accredo.com or call Accredo at the number above.

MYHEALTHELIFE

PATIENT PORTAL

PATIENT PORTAL BENEFITS:

- Quick access to lab results and radiology results
- Request appointments and view your upcoming appointments
- Ability to view your health record, including medications, allergies, visit notes, and immunizations
- Ability to download and print health records



INTERESTED IN SIGNING UP FOR OUR PATIENT PORTAL?

- Call our Commack office at 631-855-1200 and follow the prompts for Member Services and general questions
- Member Services will assist you by verifying your email address and emailing you a sign-up link
- Upon clicking on the link in your email, in just a few easy steps, you will have completed creating your account and are now officially enrolled in the patient portal

SCAN QR CODE FOR STEP BY STEP VIDEO TUTORIAL!



MOBILE TUTORIAL

Scan above to view a video tutorial on navigating the patient portal's mobile application



BROWSER TUTORIAL

Scan above to view a video tutorial on navigating the patient portal's mobile application

QUESTIONS OR CONCERNS?

**CALL OUR
COMMACK OFFICE
AT 631-855-1200
TODAY!**

WTC's New Tanita Scale!

What Are You Made Of?

Whether your goal is to increase muscle mass or reduce body fat, a body composition analysis can show you the details no regular scale can!

Tanita Body Composition Scale

- Fast at least 3 hours
- Drink at least 8-16 fl ounces of water
- Avoid Exercise

Fat %/Fat Mass – the amount of fat as a proportion of body weight and total fat mass.

Muscle Mass – Bone-free lean tissue mass (LTM)

TBW/TBW % – Total Body Water is the amount of water retained in the body. TBW is 50-70%

Visceral Fat – Features indicated the rating of visceral fat

Tanita Body Composition Scale

Tanita uses BIA (Bioelectrical Impedance Analysis) that sends low electrical signal throughout hydrated muscle tissue in the presence of water, but meets resistance when it hits fat tissue.

This resistance, known as impedance, is measured and input into scientifically validated Tanita equations to calculate body composition measurements.



How does the Tanita scale benefit me?

1. Keeping track of your muscle mass over time let's you know if you are atrophying.
2. According to the Mayo Clinic, the dangers of Visceral Fat (>12) influence our risk for heart disease, diabetes, stroke, and dementia
3. Monitor your body water. Your urine should be the color of pale straw to clear

FFM— Muscle, bone, tissue, water, and all other fat free mass

BMR – Basal Metabolic Rate is the total energy expended by the body to maintain normal functions at rest such as breathing and circulation

For Mineola patients please contact us at (631) 855-1200 if interested in scheduling to use the scale at our Commack location

Butternut Squash & White Bean Kale Stew

Prep Time: 20 min

Cook Time: 45 min

Servings: 6

Instructions: B



Ingredients: B

- 2 tbs olive oil
- 1 large onion, diced
- 2 cloves garlic, minced
- 3 cups butternut squash, diced into 1-in cubes
- 1 cup zucchini, diced into quarters
- 5 carrots, sliced
- 5 celery stalks, sliced
- Thyme off 4 thyme leaves
- 1 spring of rosemary leaves, roughly chopped
- 1/2 cup Cashewmilk (Silk or Elmhurst)
- 3 cups low-sodium vegetable broth
- 2 15 oz cans of cannelloni (white) beans, drained and rinsed
- 2 handfuls of kale
- salt and pepper to taste

1. In a large pot such as a dutch oven, add olive oil and heat over medium-high heat. Once oil is hot, add onions and garlic to the oil. Cook for 2 minutes, or until fragrant and slightly softened.

2. Add vegetables, thyme, and rosemary to the pot. Continue to cook until ingredients are slightly softened, 7-10 minutes.

3. Add cashew milk, vegetable broth, and beans to pot. Season with salt and pepper. Bring the mixture to a boil then reduce to simmer. Cover the pot and let simmer for 15-20 minutes, or until all vegetables have softened and the liquid is reduced slightly.

4. OPTIONAL: Add meat such as chicken sausage or ground turkey, OR use blender to make it slightly creamy and thicker.

5. Finally, throw in kale, stir and incorporate and wilt.

6. Serve warm. Serve leftovers in airtight container in the refrigerator for 4-5 days.



-A recipe with minimal to no waste. For more check out - <https://www.jamesbeard.org/wastenot>

Nutrition: B

Calories: 270 | Carb 44g | Fiber 10g | Protein 12g | Fat 5g | Sat Fat 1g Sodium 650 mg | Sugar 7g

<https://www.tablefortwoblog.com/butternut-squash-white-bean-kale-stew/>

FALL FUN

corner



**A. WHAT DID THE
MAMA LLAMA SAY TO THE BABY LLAMA
AS THEY PREPARED FOR A PICNIC?**



**B. WHY DID THE RUNNER LIKE TO RUN
ALONG THE OCEAN?**

A: Alpaca Lunch
B: For the endorphins

FALL FUN

corner

A G R Q U N C L E A V E S R O I U K
S M O N I T O R I N G V I S I T M D
E P P H I L P B N W Y K V M B G L O
M S P G E P U M P K I N E S L D J C
W R A B H K O C K S Q U A S H S V T
B O D Y C O M P O S I T I O N F L O
M G Y Y S E P T E M B E R D N R A B
I S E K Q Y O M O S Q A D U K R H E
M O C A U T U M N A L V A R E Z K R
F B Z C R E S E A R C H W H X V L V
G N U T R I T I O N I H G Q V M D Y
M O R J P A T I E N T P O R T A L S

AUTUMN
BODY COMPOSITION
SEPTEMBER
SQUASH
PUMPKIN

PHIL
ALVAREZ
NUTRITION
SPPB
RESEARCH

MOCA
OCTOBER
PATIENT PORTAL
MONITORING VISIT
LEAVES



Stony Brook World Trade Center Health and Wellness Program
500 Commack Road, Suite 160
Commack NY, 11725

LOCATIONS:

**STONY BROOK WORLD TRADE CENTER
HEALTH AND WELLNESS PROGRAM**
500 COMMACK ROAD, SUITE 160
COMMACK, NY
P: 631-855-1200

**STONY BROOK WORLD TRADE CENTER
HEALTH AND WELLNESS PROGRAM**
173 MINEOLA BOULEARD, SUITE 302
MINEOLA, NY
P: 516-419-5900



www.stonybrookmedicine.edu/WTC
cdc.gov/wtc