



responder news

Fall/Winter 2016



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Dear Responders,

With the cold weather soon upon us, we hope you all are staying warm. Over here, at the Long Island-CCE, we are hoping that it doesn't get too cold and are eagerly counting down the days until its warm again. These past few months have been busy for us, as we continue to grow as an organization.

Please read on to hear about two new additions to the WTC family and a new department that is dedicated to better assisting you and your needs. Our Annual WTC Responder Family Fun Day & Picnic was a blast, but if you weren't able to attend, you can check out what went on inside! You will also find a great recipe to try this upcoming winter and an interesting article on maintaining a healthy mind. We wish you all a happy and healthy holiday season and look forward to seeing you soon.

Warmly,

The Stony Brook WTC Wellness Staff

DID YOU KNOW...

cold weather can actually increase your risk for dehydration!

In cold weather more moisture is lost through respiratory evaporation which causes the body to react differently and become dehydrated. One thing you can do to avoid winter dehydration is to make a daily water drinking goal. It is recommended to drink a minimum of eight 8oz glasses per day!

To read more visit: <http://dripdrop.com/winter-hydration-can-get-dehydrated-cold-weather>



THIS FALL WE ATTENDED NUMEROUS EVENTS TO
COMMEMORATE THE 15TH ANNIVERSARY OF 9/11

15TH ANNUAL DAY OF REMEMBRANCE INFORMATION FORUM

This event, hosted by VOICES, was a day-long event which provided an opportunity for all who were involved to gather together. Dr. Luft served as a guest speaker and provided an update on the World Trade Center Health Program.

"It was a great honor to participate at the Calling of the Names ceremony at St. Paul's Chapel on September 11th, 2016. It was a beautiful event to remember all of the World Trade Center responders that we have lost and those continuing to serve our community."

-Adam Gonzalez, Ph.D.
Founding Director, Mind Body Clinical Research Center

Julie Broihier and Peter Arce, PsyD, attended a resiliency conference sponsored by **Tuesday's Children** at Fordham University Manhattan on

September 15th.
"They gave us some great tips on how our staff can reduce their own stress to be more effective at helping our responders."
-Peter Arce

We visited **3 local libraries:** Hampton Bays, Centereach and Farmingdale to share our movie as well as the story of responder, Rafael Orozco.

Thank you Rafael for attending and sharing your story!

Throughout the fall, Dr. Luft was featured in several nationally broadcast interviews including PBS' News Hour Weekend edition, NBC and CBS. Additionally you may have seen two articles in Newsday highlighting our research progress.



9/11 RESPONDERS REMEMBERED MEMORIAL PARK

John Feal of the FealGood Foundation presented the clinic with a commemorative flag at a ceremony held at the 9/11 Responders Remembered Memorial Park on September 17th. Dr. Luft spoke at this event and several members of our staff were in attendance.

Stills courtesy of Steven Spak. Visit <https://youtu.be/E0yhvpy8HJw> to view footage from the event

WTC-12

What is it and what does it mean?

Filing a WTC-12 form with the New York State Worker's Compensation Board preserves your right to future benefits, should you ever need them. We are urging everyone to file and if you need help, your Social Worker would be more than happy to assist you in the process.

The deadline to file the WTC-12 form has been extended until September 11, 2018. It is recommended that you file a form whether you were injured or not and whether you were employed or a volunteer.

Most people who participated in the rescue, recovery and clean-up are eligible. If you think you might be eligible, go ahead and fill out the form. The WTC-12 form can be accessed online at:

<http://www.wcb.ny.gov/content/main/forms/wtc-12.pdf>

After completing the form, you are required to have it notarized and must mail in the physical copy to the address on the form. If you have any questions please contact the Worker's Compensation Board at 1-877-632-4996 or contact your clinic and speak with a Social Worker.

You must register by September 11, 2018

THE REMEMBERING 9/11 CURRICULUM: CONNECTING TO HISTORY THROUGH STORIES

Our curriculum is now available for free download via American Federation Teachers' website: sharemylesson.com. Already these important lessons have been viewed 983 times and downloaded 413. We continue to promote our curriculum as a way to share your stories and educate our children about the events of 9/11. This website allows teachers and school districts to download our curriculum at no cost for use in their school. Our documentary, "9/11: An American Requiem" and our book can also be accessed through this site.

If you know of a teacher or school district interested in the curriculum, please share the below link or contact Julie Broihier at 631-822-4828.

<https://sharemylesson.com/teaching-resource/teaching-911-comprehensive-unit-high-school-students-277585>

Additionally, we also have a blog that can be utilized to help educate our youth:
<https://sharemylesson.com/blog/teaching-911-using-oral-histories-avenue-compassion-and-understanding>

MEET OUR NEW DOCTORS

DR. LILY LIMSUVANROT & DR. FARAH HAQ



"After finishing my residency at Stony Brook University Hospital, I worked as a primary care physician at the Veterans Affairs Medical Center in Northport where I was known simply as "Dr. Lily". At the VA, I had the ability to spend time with my patients to manage their care and get to know them. It was there that I gained a greater awareness and respect for the sacrifices and service that our veterans made for this country."

"For eight years, I took great pride and dedication in caring for our nation's veterans and now I look forward to bringing that same pride and dedication in caring for the first responders, volunteers, and everyone whose health may have been affected by the tragedy of 9/11. I will always treat my patients with compassion, kindness, and respect while giving them the highest possible standard of care. As Dr. William James, American physician and philosopher once said, 'Act as if what you do makes a difference. It does.' "

-Dr. Lily Limsuvanrot

"I am very happy to have the opportunity to work in the WTC Wellness Program. Advocating for worker health and safety is important to me and the reason I specialized in occupational and environmental medicine. In addition to my work at WTC I am the Director of Occupational and Environmental Medicine Clinical Program at Stony Brook University Medical Center and Medical Director of the Employee Health and Wellness Service. It is particularly gratifying to work with our first responders and volunteers who bravely and selflessly served the community on 9/11 and beyond. No matter what our challenges may be, I think we all can find inspiration in their acts of compassion, courage and humanity."

"I am proud to be part of the team that cares for this diverse group of men and women and promotes their physical and psychological well-being."



COOK'S CORNER

Quinoa Chili

YIELD: 6 SERVINGS
PREP TIME: 10 MINUTES
COOK TIME: 35 MINUTES
TOTAL TIME: 45 MINUTES

INGREDIENTS:

1 cup quinoa
1 tablespoon olive oil
3 garlic cloves, minced
1 onion, diced
2 (14.5 oz.) cans diced tomatoes
1 (15 oz.) can tomato sauce
1 (4.5 oz.) can diced green chilies
1½ tablespoons chili powder
2 teaspoons ground cumin
1½ teaspoons paprika
½ teaspoons cayenne pepper
1 (15 oz.) can kidney beans, drained and rinsed
1 (15 oz.) can black beans, drained and rinsed
1½ cups corn kernels (frozen, canned, or roasted)
3 tablespoons fresh cilantro, chopped
Juice of 1 lime
1 avocado, diced



DIRECTIONS:

- In a large saucepan of 2 cups water, cook quinoa according to package instructions then set aside.
- Heat olive oil in a Dutch oven or large pot over medium-high heat. Add garlic and onions and cook until the onions are translucent (about 2-3 minutes).
- Stir in quinoa, diced tomatoes, tomato sauce, green chilies, chili powder, cumin, paprika, cayenne pepper and 1-2 cups water, making sure to cover most of the ingredients. Season with salt and pepper, to taste.
- Reduce heat to low and simmer covered until thickened (about 30 minutes). Add in beans, corn, cilantro, and lime juice. Continue to cook until heated through (about 2 minutes).
- Top with avocado and serve immediately.

Recipe from Chungah Rhee.

Do you know what to have on your Mind Platter?

The Healthy Mind Platter



The Healthy Mind Platter for Optimal Brain Matter

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Our goal is to ensure that our responders stay healthy, both mind and body. As the weather begins to get colder and we are forced to spend more time indoors, our mood can easily be affected by the 'winter blues'. This healthy mind platter gives you the tools you need to ensure peak mental health.

Healthy Mind Platter Continued...

Seven daily essential mental activities to optimize brain matter and create well-being

“The Health Mind Platter has seven daily essential mental activities necessary for optimum mental health. These seven daily activities make up the full set of “mental nutrients” that your brain and relationships need to function at their best. By engaging every day in each of these servings, you promote integration in your life and enable your brain to coordinate and balance its activities. These essential mental activities strengthen your brain’s internal connections and your connections with other people and the world around you.”

1. **Focus Time:** When we closely focus on tasks in a goal-oriented way, we take on challenges that make deep connections in the brain.
2. **Play Time:** When we allow ourselves to be spontaneous or creative, playfully enjoying novel experiences, we help make new connections in the brain.
3. **Connecting Time:** When we connect with other people, ideally in person, and when we take time to appreciate our connection to the natural world around us, we activate and reinforce the brain's relational circuitry.
4. **Physical Time:** When we move our bodies, aerobically if medically possible, we strengthen the brain in many ways.
5. **Time In:** When we quietly reflect internally, focusing on sensations, images, feelings and thoughts, we help to better integrate the brain.
6. **Down Time:** When we are non-focused, without any specific goal, and let our mind wander or simply relax, we help the brain recharge.
7. **Sleep Time:** When we give the brain the rest it needs, we consolidate learning and recover from the experiences of the day.

The Healthy Mind Platter was created by Dr. Daniel J. Siegel, Executive Director of the Mindsight Institute and Clinical Professor at the UCLA School of Medicine in collaboration with Dr. David Rock, Executive Director of the NeuroLeadership Institute.

To learn more visit: www.drdansiegel.com/resources/healthy_mind_platter

Case Management

Q&A with Cori Murphy-Phillips, NP, MSN, RN

We recently sat down with Cori Murphy-Phillips to learn more about Case Management and what it means for YOU, our responders!



What is case management? Case Management is a service that focuses on coordinating patient care and providing education for all treatment that the patient may need.

What are some of the things a case manager can help me with?

Case Managers can help with:

- scheduling specialist appointments
- connecting you with services and resources
- serving as your advocate to communicate your care preferences

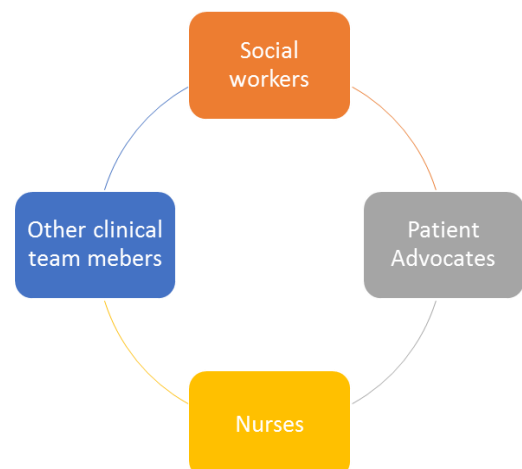
Does everyone get a case manager? We look at each individual patient on a case by case basis.

How do I find out if I have a case manager? If it is during your visit speak to our clinical staff. If you are not scheduled for an upcoming appointment, contact your clinic to speak with a Case Manager.

I have been working with a social worker at the clinic for the past few years, do I still get a case manager? More than likely the social worker with whom you have been working with will be your case manager.

Do I have to make a separate appointment to talk with my case manager? Most patients meet with their Case Manager at the time of their appointment. If you and your Case Manager determine that you need more time, a separate appointment or phone call will be scheduled.

What qualifies someone to be my case manager? Most case managers come from the fields of nursing and social work. In addition to these specialized fields of study, our case managers are very experienced with the WTC Health Program. They understand its complexity and are familiar with challenges associated with securing healthcare services. They are proven problem solvers!



2016 Annual WTC Responder Family Fun Day & Picnic



On August 13th, over 400 responders and their loved ones joined us for our annual WTC Responder Family Fun Day and Picnic at the Deer Park Fire Department. We were thrilled to see so many people enjoying the food from Texas Roadhouse, while listening to The Buggy Jones Band, all as the sun was shining above. The kids were kept entertained with a handful of different friendly sporting games, crafts, and even an amazing magic show. From the puppet show for the kids to the raffles, provided by the FealGood Foundation, this event gives us an opportunity to get outside of the clinic and build a special lasting bond with our patients.

This event, which is co-sponsored by the World Trade Center Health Program LI-CCE and the FealFood Foundation, is about celebrating life and loved ones and we were overjoyed to see so many of our responders in attendance. We would like to thank the many businesses and our volunteers for donating their time, as we say thank you to our responders.

Monitoring and Treatment



WTC Health Program

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Visit us at:
WTCwellnessprogram.org

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