



# RESPONDER NEWS

SPRING 2019



Dear Responders,

Happy Spring to all! Here at the Stony Brook WTC Wellness Program, we are excited that the winter cold is over and warm weather is in the near future. There have been some exciting changes these past several months at both our locations.

Our Mineola clinic has undergone some renovations to accommodate our growing clinic. We have also revamped our member services department with a goal to provide you with better services. This department will work closely with our members, case managers, and clinic staff to ensure easy care coordination for all of our members.

Lastly, be sure to look inside for updates with the September 11<sup>th</sup> Victim's Compensation Fund and changes with Durable Medical Equipment. We look forward to seeing you all soon.

Warmly,  
The Stony Brook WTC Wellness Staff

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# Durable Medical Equipment

For some who have received Durable Medical Equipment (DME) products from us, we understand there have been challenges in receiving your supplies in recent months. We take these issues very seriously and are happy to announce that we have started to use new DME vendors, Hampton Homecare and Care One. Utilizing multiple vendors will give us more options as we work to serve your needs.

The ordering process has not changed, if you need to refill your supplies continue to call us directly at **631-855-1200**. One of our member services specialists will be happy to assist you.

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## September 11<sup>th</sup> Victim Compensation Fund

As many of you have seen the news reports, the September 11<sup>th</sup> Victim Compensation Fund (VCF) has made some important announcements in the past several weeks.

In February, the VCF announced there is an insufficient amount of funds remaining for the present and future claims. This is based on the volume and rate submitted over the past few years.

For more information, please reach out to the VCF at **855-885-1555** or visit their website at **[www.vcf.gov](http://www.vcf.gov)**.

Please keep in mind that the VCF is a separate program from the WTC Health Program and changes to the VCF do not impact the WTC Health Program.

# MINEOLA GETS A FACELIFT

Our Mineola location has gotten some upgrades over the past several months and we are happy to announce that the clinic space has been completely renovated.

These renovations have created more exam rooms to better serve our members, new consult rooms for one-on-one counseling, and a new intake and discharge area so our member service specialists can better assist you.

While our staff continues to give you the quality care and service you deserve, we hope our renovations provide you with a more comfortable space.



# NATIONAL NUTRITION MONTH

*Lets focus on developing healthy eating and physical activity habits*

**MARCH WAS NATIONAL NUTRITION MONTH, A TIME DEDICATED TO HIGHLIGHTING THE IMPORTANCE OF MAKING INFORMED CHOICES. WITH SPRING AROUND THE CORNER, YOUR STONY BROOK WTC NUTRITIONISTS ARE HERE TO HELP YOU ACHIEVE YOUR HEALTH GOALS.**



One of our goals for WTC members, is to think about improving their nutrition as a lifestyle change. With this, there are certain guidelines we recommend for overall better health. According to U.S. News & World Report, the Mediterranean diet is the best overall and easiest to follow in 2019. Numerous studies have associated the Mediterranean diet with improvements in blood sugar, cholesterol, and mental health.

The main components of any healthy diet includes consuming minimally processed foods and focusing on vegetables, fruits, whole grains, nuts, and seeds. Below are some of our favorite tips for helping you spring into nutrition and make healthy choices:

**Make half your grains whole**— limit processed and refined carbs by replacing the with heart healthy whole grains.

**Increase your vegetables**— aim to make half your plate non-starchy vegetables like broccoli, spinach, tomatoes, or peppers.

**Choose lean protein sources that swim or fly**— by limiting red meat consumption and increasing fish and poultry, you save calories and improve cholesterol.

**Sweeten up with fruit**— fruit is a source of natural sugar that is absorbed better by the body due to fiber content.

**Go nuts**— foods like olive oil, almonds, and avocados are sources of healthy fat and should be consumed for a healthy diet.

With so many different health claims and diets out there, it is that much more important to get your nutrition information from licensed professionals. There's no one diet that is right for everyone, so it is important to follow a healthful eating plan that is packed with tasty food and fits into your lifestyle.

*Be sure to check out our Facebook page, for cooking demonstrations done by our nutritionists.*



# ZUCCHINI BROWNIES

Prep Time: 15 minutes

Cook Time: 30 minutes

## Nutrition Information

Serves: 16

Serving size: 1 brownie

Calories: 146

Fat: 8.7g

Saturated fat: 4.0g

Carbohydrates: 17.7g

Sugar: 12.9g

Fiber: 2.6g

Protein: 2.4g



## Ingredients:

- 1 cup shredded zucchini (squeezed of extra moisture)
- 1 large egg
- 1/2 cup tahini
- 1/4 cup pure maple syrup
- 1/2 cup coconut sugar
- 1 teaspoon vanilla extract
- 1/2 cup cocoa powder
- 2 tablespoons coconut flour
- 1/2 teaspoon baking soda
- 1/2 teaspoon salt
- 2 tablespoons melted and cooled coconut oil
- 1/3 cup chocolate chips

## For the Topping:

- 2 tablespoons chocolate chips
- 1/2 teaspoon coconut oil
- Sea salt, for sprinkling on top

## Directions:

1. Preheat oven to 350 degrees F. Line an 8x8 inch pan with parchment paper and spray with nonstick cooking spray.
2. In a large bowl, add your zucchini, making sure it is squeezed of all excess moisture with a paper towel. Next add in egg, tahini, maple syrup, coconut sugar, and vanilla; stir until smooth. Gently stir in cocoa powder into the batter, mixing until well incorporated. Next add in coconut flour, baking soda, salt and finally the melted coconut oil. Stir until well combined.
3. Fold in chocolate chips. Pour into prepared pan and bake for 30-35 minutes. Allow to cool completely.
4. Once ready for the chocolate drizzle: add 2 tablespoons chocolate chips and coconut oil in a microwave safe bowl. Microwave in 30 second increments, until chocolate is melted.
5. Drizzle over brownies and sprinkle with sea salt.
6. Cut into 16 squares.

# CASE MANAGEMENT

In an effort to ensure we are providing our members with optimal care we have focused on increasing collaboration between all departments at the Stony Brook WTC Wellness Program. Case management will now be working side-by-side with our providers, nurses, pharmacists, member services, and dieticians in order to provide the best care coordination to our members.

We have implemented new tools, such as our plan of care note that will provide a clear picture of our member's individual needs and annual reassessments performed by our social workers that will ensure we are on top of our members changing health. These yearly assessments will guarantee that we are providing the appropriate level of support to handle our member's unique challenges.

As we continue to move forward using this integrative model, we look forward to continue assisting our members in receiving the care and support that they deserve.



From the bottom left: Kylie Christina, Nichelle.  
From the top left: Jennifer and Evelyn.  
Not pictured: Brian, Peter and Jessica.

# MEMBER SERVICES

*Please help us in welcoming a new department here at the Stony Brook WTC Wellness Program, Member Services.*

We've worked hard over the last few months to integrate important areas within the Program to provide our members with the best care possible. Member services is often referred to as the "front line" of the program. Whether you are calling our Commack or Mineola location, a Stony Brook WTC Member Service Specialist will be on the other end answering your call. We no longer use touch tones and voicemails. Now you get a real live person ready and eager to help.

Member service specialists are able to assist with; scheduling your yearly visits, pharmacy issues, medication refills and referrals. Any issues brought to our attention that are not easily solved, we are trained to help navigate the Stony Brook WTC Wellness Program and get the issue to the right person/department for further assistance.

Member services works very closely with case management and our providers here to meet the member's needs. We look forward to working with each of you.



Top row left to right: Barbara, Kerri, Sarah.  
Middle row left to right: Stacey, Jade, Meghan, Allison.  
Bottom row left to right: Priscilla, Diane, Marie, Deb, Tina, Kayla.



From left to right: Beata, Jill, Alexandra, Massiel, Allison.  
Not pictured: Jean, Colleen.



Monitoring and Treatment



WTC Health Program

WTC Health Program  
Long Island Clinical Center of Excellence at Stony Brook Medicine  
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Visit us at: [WTCwellnessprogram.org](http://WTCwellnessprogram.org)  
Follow us on Facebook: [@stonybrookwtc](https://www.facebook.com/stonybrookwtc)

**Providing Excellent Care in Suffolk and Nassau Counties**



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