

Spring 2024

Responder Newsletter

**Stony Brook World Trade Center (WTC)
Health and Wellness Program**

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Letter from Dr. Luft

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Greetings and Welcome Spring!

Spring is a wonderful time to reflect on our overall wellbeing. The winter is over, we may not have been as active, and maybe even gained a few pounds. Now may be time to change some old habits. We have a wonderful nutrition program and our dieticians are here to help you if you want to change to a healthier lifestyle. Just call 631-855-1200 to set up an appointment.

I would also like to remind you that our case management program is readily available.

The case managers possess the knowledge and experience to assess, plan and intervene as needed, to promote health, secure services and help you cope with serious health issues. They can assist in the care of complex aero digestive health conditions, mental health conditions, and/or cancer.

Our case managers are a phenomenal group and we are lucky to have such a dedicated group in our program.

Wishing you peace and good health,

Benjamin J. Luft, MD

Director, Stony Brook WTC Health and Wellness Program



Have you recently moved?

If you have moved or plan on moving, please let us know.

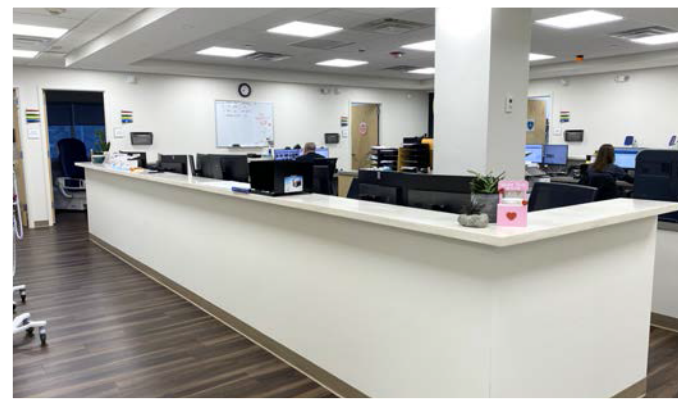
Call: (631) 855-1200 to update your contact information to be sure you receive the most up-to-date program information.

MAKE YOUR NEXT APPOINTMENT AT OUR WESTBURY CLINIC!



Heather, RN (left), Steve, RN Site Manager (middle), Alex, MA (right)

EXCELLENT CARE



10 NEW EXAM ROOMS



UNLIMITED PARKING

Our Member Services Specialists will assist you in scheduling an appointment.

Call us today at: **(631) 855-1200**

Dust off the Winter Blues Springtime Adventures on Long Island!

Spring Flower Festivals

Tulip Festival at Waterdrinker Family Farm
Manorville, NY
April 13th to May 5th

Greenport's Cherry Blossom Festival
Greenport, NY
April 20th, 2024

History/Art

Nassau County Museum of Art
Outdoor sculpture garden has over 40 pieces by 30 sculptors.
Roslyn Harbor, NY

LongHouse Reserve
Beauty of Hamptons landscape with over 60 contemporary sculptures.
East Hampton, NY

Long Island Museum of American Art, History, & Carriages
Stony Brook, NY

Cradle of Aviation
Garden City, NY

Three Village Historical Society and Farmers Market

Culper Spy Ring & Chicken Hill Exhibits
Friday - Monday 12 pm - 4 pm
Farmers Market

Dates: Fridays from May 3 - Oct 25
May - August from 3 - 7 pm
Setauket, NY

Spring Hikes

Sunken Meadow State Park
Kings Park, NY

Caleb Smith Preserve
Smithtown, NY

Caumsett State History Park Preserve
Huntington, NY

Stony Brook Avalon Nature Preserve
Stony Brook, NY

Old Westbury Gardens
Old Westbury, NY

Outdoor Sporting

Hempstead Lake State Park
A new environmental center, free and fun expeditions.
West Hempstead, NY

Nissequogue River State Park
Kayaking, paddle boarding, hiking, fishing, and more.
Kings Park, NY

Jones Beach State Park
Wildplay Adventure Park, Boardwalk, and amphitheater.
Wantagh, NY

Captree State Park
Charter boat fishing, biking, and hiking
Bayshore, NY

Eisenhower State Park
Golfing, Batting cages, Ice Skating, and mini golf.
East Meadow, NY



References:

<https://nassaumuseum.org/project/allen-bertoldi-red-bank-31-nassau-variation-1978/>

<https://www.discoverlongisland.com/blog/stories/post/dust-off-winter-blues-with-bucket-list-worthy-springtime-adventures-on-long-island/>

Member Spotlight

Charles Ferrara Painter

What was your role on 9/11?

I was a retired NYPD Lieutenant and former U.S. Army Special Forces Captain when 9/11 happened. At the time, I was serving as a Methodist Pastor and Police Chaplain in Connecticut. I immediately felt compelled to travel to Ground Zero to volunteer as a Police Chaplain, later sponsored by the American Red Cross. I remained at Ground Zero from September through December 2001.

How long have you been painting?

I have been interested in art since I was a child, drawing with crayons. When I was around twelve years old, my parents allowed me to enroll in a home study course at the Famous Artist School founded by Norman Rockwell. Art classes in school were always my favorite and I excelled in them. After High School, I enlisted in the Army for three years and when I returned home I enrolled in a BFA program at the New York Institute of Technology. I matriculated for one year when the NYPD called me to start the police academy causing me to discontinue my fine arts program. Soon after, I switched majors to Criminal Justice and received my degree in 1975. It was at that time that I put my paintbrushes down for many years. After 9/11, I once again took up drawing and painting, leading me to continue creating art ever since.

What is your process?

I mostly work in oils and acrylics; however, I recently started to dabble in airbrushing. My primary interest in subject matter is cityscapes and military/first responder scenes. Because I work in extreme detail, the process takes much longer than regular paintings. Sketching out the scene, and then laying down a foundation leads to several passes of paint and glazing. Working in oils requires substantial drying time before another layer can be applied, even though I use a drying medium with the paints.



How does creating make you feel?

Painting becomes my happy place, just listening to some music, an audiobook, or a podcast while painting makes me happy.

It is very relaxing and I find it to be very therapeutic after 9/11. I have given several paintings to VFWs, veterans, police officers, and firefighters, which provided great gratification knowing how appreciative they were.



Member Spotlight

Have you experienced unexpected positives from creating?

Creating art over the past twenty years has introduced me to other artists around the world. I have artist friends in Bermuda and Key West! Each year I go to Key West and I visit them. I have participated in numerous art shows on Long Island through Art Councils and Veterans organizations. There are so many positives when creating art. The only drawback is sometimes spending too much time in front of a canvas; this can occasionally annoy my wife! However, she is fully supportive of my art endeavors.

Do you have any advice for fellow responders?

It is so important to develop an activity outside of our normal scheduled activities. For me, it is creating art. Many will not even try their hand at creating art, especially painting, because they believe one has to be born with such a talent—and that is simply untrue. There are so many ways to draw directly or transfer an image onto a canvas to begin the painting process. We need to keep in mind that we are not trying to create a Michelangelo masterpiece—just something that gets us into a creative mode. You can find an endless number of places on Long Island that provide inexpensive instruction in drawing and painting. In fact, there are a plethora of tutorials available free on YouTube. If you are not interested in painting, perhaps you would be attracted to sculpture, poetry, writing, or drama.

After 9/11, having never written a book before, I wrote a book, “Beyond the Badge” to help police officers struggling with several challenges with their job. When you try challenging your creative side, it can become a tremendous source of peace, comfort, and fulfillment.



Interested in Sharing Your Art?



We are aware that many of our patients create impactful pieces of art including, but not limited to woodworking, books, paintings, plays, music, poetry, comedy, etc., inspired by your time serving our country on 9/11/2001, and in the recovery efforts thereafter.

We are interested in knowing how you've coped using art throughout the years, and we'd like to feature your creations to assist and inspire other responders.

The art would be shared in our newsletter or waiting room slideshow to display some helpful outlets to the community.

If you are interested in sharing what you've created, contact:
Camile Arnone, Communications Coordinator
(631) 638-0323 or Camile.Arnone@stonybrookmedicine.edu

Responder Patch Wall

Drop off Your Patch at the Commack
or Westbury Clinic

or

Mail your patch to the Commack Clinic:

Attention: Communications Committee
Stony Brook WTC Health & Wellness Program
500 Commack Road, Suite 160
Commack, NY 11725

1. Attach your first and last name.
2. The name of the organization that your patch is affiliated with.
3. You can write us a brief history/story of your patch, if you want to share!



We are especially in need of representation from these unions.
We hope you will consider donating patches:

IBEW - International Brotherhood of Electrical Workers

CEA - Construction Employee Association

CWA - Communication Workers of America

IUOE - International Union of Operating Engineers

IBT - International Brotherhood of Teamsters

CSEA - Civil Service Employees Association

TWU - Transport Workers Union

Ironworkers



Cancer Screenings Available to You

Lung Cancer Screening



Annual lung cancer screening is available to eligible **members aged 50 to 80 years** who have a **20 pack-year smoking history** and **currently smoke or have quit within the past 15 years**. A pack year is the equivalent of smoking an average of 20 cigarettes, or one full pack, per day for a year.

The recommended screening is a low dose CT chest without contrast.

Breast Cancer Screening / Mammograms



If you are a **female member between the ages of 50 and 74**, you may receive a **mammogram once every other year**.

The Program will also cover an additional mammogram if you receive a positive test result from a mammogram. A screening ultrasound test may accompany mammogram if such a test is warranted based on clinical history.

Colon Cancer Screening



In most cases, the Program provides **colon cancer screening for members between the ages of 45 and 75**. The program offers **two cancer screenings**.

Colonoscopy

- During your annual monitoring visit, discuss with your provider when to begin screening, which test is right for you, and how often to get tested.

Or

Cologuard is available to members with:

- **No** family history of colon cancer.
- **No** personal history of colon cancer, adenomas, or other related cancers.
- **No** positive result from another screening method in the last 6 months.
- **No** diagnosis of high-risk conditions including IBS, Ulcerative Colitis, Crohn's disease, or familial adenomatous polyposis.

Cervical Cancer Screening



Most female members between the ages of 21 and 65 are eligible to receive cervical cancer screening covered by the Program. **Female members between the ages of 21 and 65 may receive a Pap smear every three years.**

Female members between the ages of 30 and 65 who wish to lengthen the screening interval may choose to receive a Pap smear in combination with HPV testing every five years.



For more information on cancer screenings, visit:

- [Program fact sheets at: www.cdc.gov/wtc/cancerfactsheets.html](http://www.cdc.gov/wtc/cancerfactsheets.html)
- [Member Handbook: https://www.cdc.gov/wtc/handbook.html](https://www.cdc.gov/wtc/handbook.html)



Call us today
to schedule your annual monitoring visit.
(631) 855-1200



Spring Cleaning for Your Mental Health

Reprioritize Your Sleep

- Put your phone away before going into bed.
- Recommit to a reasonable bedtime.
- Listening to calming music or sounds

Actively Contribute to Community

- Help out a neighbor
- Volunteer at:
 - A local food pantry
 - A community garden
 - An animal rescue
 - A local Veterans home



Change Up Your Physical Space

- Paint your bedroom
- Clean up your backyard
- Rearrange your furniture
- Try a different hairstyle
- Take a vacation!

Make a New Creative Goal

- Build a model car
- Make a feel-good playlist
- Paint a sunset
- Design a flowerbed
- Learn to knit
- Scrapbook



Improve Your Physical Health

- Walk with a friend or neighbor
- Take a bike ride
- Go roller-skating
- Go on a hike
- Stay hydrated!

Ditch the couch and relax outdoors

- Grab a blanket or lawn chair and something to read and set up camp on a shady patch of grass!



How to Use Your Nasal Spray



1



- Shake the bottle.
- Prime the nasal spray.
- To prime, pump the applicator a few times in the air until a fine mist appears.

2



- Blow your nose gently to make sure your nostrils are clear.

3



- Cover one nostril with your finger.
- Tilt your head forward.

4



- Place nozzle tip inside open nostril pointing tip away from the center of your nose.
- If your nose hurts or if you begin to have nosebleeds, stop using the spray for 1 to 2 days.

5



- Squeeze the pump and breathe in gently through your nose.
- Do not sniff hard.

6



- Repeat in other nostril.
- When complete, wipe the nozzle so it is clean and replace the cap.



References:

<https://www.bsaci.org/wp-content/uploads/2019/12/Howtouseanasalspray.pdf>

<https://www.asthma.org.uk/advice/inhaler-videos/nasal-spray>

https://www.pharmacytimes.com/view/rd362_july2015

<https://www.uhs.nhs.uk/Media/UHS-website-2019/Patientinformation/Respiratory/How-to-use-a-nasal-spray-patient-information.pdf>



WTC Health Program

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

Nonprofit
U.S. Postage
PAID
Stony Brook
University

Locations:

Commack Clinic

500 Commack Road, Suite 160
Commack, NY 11725
(631) 855-1200

Westbury Clinic

1600 Stewart Avenue, Suite 220
Westbury, NY 11590
(631) 855-1200

Clinics Closed:

May 27 - Memorial Day
June 19 - Juneteenth
July 4 - Independence Day
July 5 - Independence Day Weekend
September 2 - Labor Day



www.facebook.com/stonybrookwtc



www.stonybrookmedicine.edu/WTC