



RESPONDER NEWS

SUMMER 2018



Dear Responders,

Summer is finally here and we are excited to enjoy all the natural beauty that Long Island has to offer. It is time to get outside and appreciate the warm weather. Whether you're spending the day swimming in the pool or sticking your toes in the sand at one of our many stunning beaches, sun protection is crucial. Inside you can find some very important tips to help you enjoy the sun safely. The warm weather also means lots of barbecues with the family. Learn how to create an amazing grilled pizza recipe that is sure to be a crowd pleaser any night of the week.

It is our job at the Stony Brook WTC Wellness Program to make sure that all of you are well informed on what is going on within the Program. There are a few different articles in this edition that you should check out. We review some research that is being done in regards to auto-immune disease being related to WTC exposure and what you might not know about the use of generic drugs.

Lastly, you can find our save the date flyers for our Responder Picnic. We are very excited to be bringing the picnic back this year and have some great things planned for the day. This summer remember to take some time to enjoy the little things and all of us here look forward to seeing you all soon.

Warmly,
The Stony Brook WTC Wellness Staff

IS AUTO-IMMUNE DISEASE RELATED TO WTC EXPOSURE?

Many responders have asked this very question and have petitioned the WTC Program to add certain autoimmune diseases to the list of covered conditions.

Before a condition can be added, it must be looked at scientifically and trends within the population have to be evaluated. If it can be shown that there is a relationship between exposure and these diseases, then the Program can consider adding them to the list of covered conditions.

Some of the research here at Stony Brook is looking to see if there are any links. In addition, The WTC Health Program's Data Center at Mount Sinai recently got the go ahead to start a health surveillance project to review the data collected at the monitoring visit and further investigate possible trends within the general responder population. This project is an important first step. You may receive a letter in the upcoming months requesting your medical records which is vital to the new project. We encourage your participation.

MEET OUR NEW STAFF



*Martha Acuna, MS
Clinical Administrative Supervisor
Mineola*

"I was born and raised in Colombia, and achieved a degree in Social Psychology and my entire career has revolved around community enhancement. I started working as a Clinical Director for an adolescent drug abuse program in South America, which focused on providing guidance and clinical treatments to teenagers that were abusing drugs and committing crimes due to the social influence of drug trafficking. Parallel to this program, I became an accredited member of The Interdisciplinary Intervention Graduate Program for the Luis Amigo University in South America training professionals to work within community outreach programs. In later years, I immigrated to the United States and started my family. In more recent years I became a Program Manager serving Long Island's children with disabilities.

I have always been fascinated in research and looking for solutions or alternatives to a human problem. When I found out that Stony Brook developed a research program to understand and support our first responders, I knew that this would be a great place for continuing my professional growth and personal development. I am eager to serve you and your family!"

GENERIC DRUGS

AND WHAT YOU MIGHT NOT KNOW



According to the Federal Drug Administration (FDA) standards compared to brand name drugs,
GENERIC DRUGS MUST:

- Contain the same active ingredient
- Be the same strength
- Be the same dosage form, such as a tablet or capsule
- Have the same route of administration, such as taking a tablet orally or using an inhaler
- Be “bioequivalent,” which means it works in the body the same way and in the same time frame
- Be manufactured, packed, and tested under the same strict conditions
- Meet the same high quality, strength, purity, and stability standards

WHAT DOES THIS MEAN FOR YOU?

We are required to prescribe generic drugs instead of brand name.

However, brand name can be dispensed based on medical necessity.

If you have refills remaining on your prescription label, you must call Optum at 1-855-640-0005 and press #2 to request a refill.

FILE A WTC-12 AND PRESERVE YOUR RIGHT TO FUTURE BENEFITS

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.

An important deadline is approaching! You should file a form whether you were employed or volunteered and whether you were injured or not. Service includes working at Ground Zero, Fresh Kills Landfill, on the barges, and at the morgues. *Please note this does not apply to police officers or fire fighters who have line of duty benefits.*

Call

877-632-4996

Visit

wcb.ny.gov/WTC12



You must register your service by **September 11, 2018.**

WE ARE HIRING

Our Commack and Mineola locations are hiring for several different positions in both administration and the clinics.

If you know of anyone that may be interested, please tell them to check out our [Facebook page @stonybrookwtc](#)

The positions are updated daily and clicking on the posting will take you directly to the application page. Also, if you haven't already done so be sure to like our page to keep up to date with what is going on at your Long Island-CCE.





SAVE THE DATE

**WTC RESPONDER
FAMILY PICNIC**

IN PARTNERSHIP WITH THE
FEALGOOD FOUNDATION

Saturday September 15th
1-5 PM

HECKSCHER STATE PARK, EAST ISLIP

INVITATION TO FOLLOW

**PLEASE JOIN US FOR AN
AFTERNOON OF FAMILY FUN!**

***BBQ FOOD PROVIDED BY TEXAS
ROADHOUSE**

***LIVE MUSIC AND DJ
ENTERTAINMENT**

***RAFFLES**

***CHILDREN'S ACTIVITIES**

***WELLNESS ACTIVITIES**

IT'S THE LITTLE THINGS IN LIFE...



It is easy to get swept away in the day to day demands of life. We often become distracted with what society considers to be the groundbreaking moments or the frustrating situations, that we forget to see the beauty in the everyday joys. In truth, the “little things” are the things you’ll remember most.

We often get caught up in the bigger picture that the joys of the small things go unacknowledged. Catching the sunset, gardening on a Saturday morning, or a family day spent at the beach are all everyday pleasures that can easily be taken for granted.

But, what if we made an effort to embrace the beauty in the everyday? Because when you look back, often the moments you hold closest to your heart are the small ones. Learning to appreciate the wonders of life can be a challenge especially when everything seems to be passing by so quickly. Here are some suggestions to get you in the mindset of reveling in the small things:

Be Present In The Now- In today’s world, technology can instantly be connected to anyone or anything. With that comes constant distraction and it is easy to not be fully present. Perhaps try having family dinners where no cell phones are allowed at the table or plan an outing where cell phones are left at home. You’ll be amazed at how much more engaged everyone is.

Slow Down- Life is hectic and there is continually what seems like too much to do in a day. Don’t be scared to slow down and absorb the moment. Take the time to listen to the waves crashing along the shoreline or spend some extra time with a loved one.

Treat Yourself- Treat yourself to that ice cream you’ve been craving, spend the day relaxing instead of doing the house chores, or buy yourself that thing you’ve had your eye on for months. It’s okay to splurge on that little something that will make you happy.

End The Day With Gratitude- Before you go to bed at night take a moment appreciate the life that you have. Remind yourself to be thankful for all those little things, and you’ll stop worrying so much about what you don’t have.

DID YOU KNOW...

EXPOSURE TO THE SUN CAN DAMAGE YOUR SKIN IN 15 MINUTES?

In the United States, skin cancer is the most common type of cancer. Nearly 5 million people are treated for skin cancer every year.

However, most skin cancers can be prevented. Keep reading to get some recommendations to help you enjoy the sun safely.

Shade: Reduce your amount of exposure to the sun by seeking shade. Staying in a shady area can reduce your chances of sun damage.



Clothing: Your clothing can provide additional protection from UV rays. Typically darker colors and more tightly woven fabrics provide more coverage, but keep in mind that this does not replace wearing sunscreen.

Hat: Hats are a good way to protect your face from the sun. Remember that you still need to apply sunscreen to the areas that aren't shaded.

Sunglasses: To protect your eyes from harmful UV light make sure to be wearing protective eyewear. Look for sunglasses that block both UVA and UVB rays to ensure the most protection.

Sunscreen: Before heading outside, apply a broad spectrum sunscreen even on cooler cloudy days. You should be using a sunscreen with at least SPF 15 (see box, "Sunscreen: Selecting and Application").

SUNSCREEN: SELECTING AND APPLICATION

What should you be looking for?

- It needs to be broad spectrum with UVA and UVB protection of at least SPF 15.
- Look for a waterproof sunscreen.
- Be aware of the expiration dates because ingredients will degrade over time.

When should you be applying?

- Approximately 30 minutes before sun exposure.
- Remember to reapply sunscreen throughout the day.
- Shake well before use to make sure to mix ingredients.

Grilled Peach and Prosciutto Pizza

Yield: 8 slices

Ingredients:

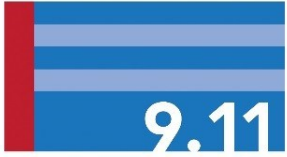
- 1 lb. store bought pizza dough
- Extra-virgin olive oil, for drizzling
- 3 cloves garlic, thinly sliced
- 1-2 cups fresh mozzarella
- 2 peaches, cut into 1/2-inch wedges
- 12 thin slices prosciutto, cut in half
- 1/3 cup fresh basil
- Reduced balsamic to garnish (optional)



Directions:

1. Turn and warm the grill to high heat then brush with a bit of olive oil.
2. Grill the peach wedges for about 90 seconds on each side until they have caramelized grill marks.
3. Shape the dough into 2 medium pizzas on a clean floured surface. Let the dough sit for 5 minutes and then re-form to make sure it's as big as you'd like. Place the dough on a lightly floured surface to transport to the grill.
4. Brush with grill with more oil. Transfer the dough directly onto the grill. Grill the dough for about 2 minutes with the lid closed. Using a pair of tongs flip the dough and then grill for 2 more minutes. The dough should be golden brown with grill marks on both sides.
5. Once the dough is cooked, remove from grill; brush with olive oil and sprinkle with garlic and fresh mozzarella. Grill until the cheese has melted.
6. Using tongs, remove the pizza from the grill and top with the peaches, prosciutto, and basil. Drizzle with more olive oil or your store bought balsamic reduction and season with salt and pepper.
7. Slice and serve immediately.

Monitoring and Treatment



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WTC Health Program

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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