

Monitoring and Treatment



WTC Health Program

# RESPONDER NEWS

SUMMER 2020



Dear Responders,

We would like to first start off by thanking you all for your patience and understanding throughout these last few months. It is always our priority to provide to you all the care and services to which you are accustomed to. However, we do understand that our operations these past few months have been vastly different from what we all were used to.

Inside you will find how we have transitioned back to seeing members in-person for your annual exams and what we are planning for the future. We are looking forward to seeing you all in our offices soon.

Warmly,  
The Stony Brook WTC Health and Wellness Staff

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# WTC RESPONDER FAMILY PICNIC

*postponed until next year*

Our Responder Family Picnic hosts over 1,000 responders and their families each year. It is a day that we look forward too putting on as it gives us a chance to thank each and every one of you.

With the uncertain times, we are saddened to announce that at the present time we are not able to have our annual WTC Responder Family Picnic. In order to ensure the safety and well-being of you, your family, and our staff we need to follow the mandates set forth by the state of New York.

The sense of community that we have built with you all is something we deeply cherish and our WTC Responder Picnic is an event that means so much to all of us. We are hopeful that we will see you at our annual picnic next year.

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## Our Commack Clinic Is Relocating

We are excited to announce that our Commack Clinical Center of Excellence will be relocating! We want to ensure that we are providing you the best care possible and as our organization continue we felt it necessary to expand.

You will still be going to 500 Commack Road in Commack, NY but we will now be located at Suite 160. This larger space will allow for us to better serve you.

Please keep an eye out for additional details to follow in the near future!

# CLINICAL ETIQUETTE

## COVID-19 and CDC Guidelines

***New York state is cautioning against travel, both internationally and within the United States. For those that choose to travel to a restricted state and plan to re-enter New York, a two week self quarantine is required. COVID-19 cases and deaths continue to be reported in all 50 states and the list of restricted travel states continues to change.***

While we are seeing members in office for yearly monitoring exams, please understand that we are taking precautions to ensure that we are keeping you all and our staff safe. The following protocols are what to expect if you are coming in for your yearly monitoring exam:

1. **Confirmation Call** - You will receive a phone call 24 hours prior to your scheduled appointment to confirm and go through the necessary screening questions. If you have a voicemail from our office and are scheduled for a pending exam, please call us back so we can ensure the safety of yourself and others.
2. **Restricted Travel** - If you recently traveled to a restricted state you are required to quarantine for two weeks. We will have to reschedule your appointment for at least 14 days post return date. For an updated list of restricted states refer to [coronavirus.health.ny.gov/covid-19-travel-advisory](https://coronavirus.health.ny.gov/covid-19-travel-advisory).
3. **Arriving For Your Exam** - We ask that you please wait in your car on the day and time of your scheduled exam. Our intake team will be calling your cell phone when they are ready to have you enter the clinic. This will ensure that we do not have too many members in the waiting room at a time.
4. **Temperature Taking** - Your temperature will be taken upon arrival in the clinic before you begin the intake process.
5. **Face Masks** - A face mask must be worn upon entrance into the building and remain on for the duration of your stay.

These new measures are in place to keep everyone safe and remember even if you do not have symptoms, you can still spread COVID-19 to others.

For additional information regarding COVID-19 please refer to the Centers for Disease Control and Prevention. Learn more about COVID-19 prevention and symptoms at:  
[coronavirus.gov](https://coronavirus.gov)

# *The Healthy Guide To Summer Eating*

**SUMMERTIME ON LONG ISLAND  
MEANS GOOD WEATHER AND  
GOOD FOOD.**

**IF YOU'RE TRYING TO EAT  
HEALTHY, SUMMER MENUS MIGHT  
SEEM LIKE A CHALLENGE. HERE  
ARE SOME TIPS TO EAT HEALTHY  
AND LIGHTER.**



## **1. Lighten Up**

You can always substitute out traditional ingredients when making staple recipes. Try using non-fat Greek yogurt in place of traditional sour cream for your potato salad recipe. For dessert, opt for a fresh fruit salad instead of cupcakes or cookies.

## **2. Look for Lean Protein**

When you think Summer, you immediately picture hamburgers and hot dogs, but keep in mind that there are other great options for grilling. Consider getting turkey or veggie burgers in addition to traditional burger patties. Grill up some chicken marinated in fresh herbs with lemon and olive oil as a light refreshing option.

## **3. Double Up on Those Veggies**

Working fresh vegetables into your menu is a great way to keep things healthy. Instead of heavy antipasto side dishes or a cheese platter appetizer keep things light. Make a veggie platter to accompany dips or try making your own dip - watermelon salsa with pita chips. For side dishes, keep things simple by making grilled veggie kabobs. Corn and fresh bean salads are also great options for an extra fiber boost.

## **4. Move That Body**

You may be eating heavier foods than normal so to improve digestion and maintain your energy plan some fun activities whether it be Frisbee, corn hole, or volleyball.

## **5. Better Beverages**

Staying hydrated is important when you're out in the sun. Make some fruit infused water to keep hydrated and refreshed. For alcohol aim for low sugar options such as light beer, dry wine, or seltzer options.

## **6. Enjoy the company**

Make sure you are spending quality time with your loved ones and don't just focus on the food. Be mindful, but enjoy.



# Watermelon Salsa

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 3 cups

## Ingredients:

- 1 tsp. lime zest (about 1 lime)
- 1/4 cup fresh lime juice (about 3 limes)
- 1 tbsp. sugar
- 3 cups seeded and finely chopped watermelon
- 1 cucumber peeled, seeded, diced
- 1 mango peeled and diced
- 1 jalapeno, seeded and minced
- 1 red onion, finely chopped
- Fresh basil leaves, finely chopped
- Garlic salt and pepper to taste
- Pita chips for serving



## Directions:

1. Stir together the lime zest, lime juice, sugar and pepper in a bowl. Add the watermelon, mango, cucumber, jalapeno, onion, and basil tossing gently.
2. Add the garlic salt just before serving with pita chips.

Recipe provided by: [foodnetwork.com/trisha-yearwood](http://foodnetwork.com/trisha-yearwood)



## Directions:

1. Add white beans, cucumbers, tomatoes, green onions, parsley and mint to a large bowl.
2. Add lemon zest, oregano, salt and pepper. Finish with lemon juice and olive oil.
3. Give the salad a good toss to combine. Add feta cheese if desired.

Recipe provided by: [www.themediterraneanish.com](http://www.themediterraneanish.com)

# Mediterranean White Bean Salad

Prep Time: 15 minutes

Total Time: 15 minutes

Yield: 4 servings

## Ingredients:

- 2 cans cannellini beans, rinsed and drained
- 1 English cucumber, diced
- 10 oz. grape or cherry tomatoes, halved
- 4 green onions, chopped
- 1 cup chopped parsley
- 15 to 20 mint leaves, chopped
- 1 lemon, zested and juiced
- 2-3 tbsp. of olive oil
- Pinch of oregano
- Salt and pepper to taste
- Feta cheese, optional

# Receiving Vaccinations Through the Program

*Protect yourself and those around you by getting vaccinated*

## Top 5 Reasons to Get Your Flu Vaccine:

- 1. Helps to keep you from getting sick with the flu** - flu vaccinations prevent millions of illnesses and flu-related doctor visits each year.
- 2. Prevents influenza-related deaths** - each year 36,000 people in the U.S. die from the flu. More people die from the flu than any other vaccine-preventable disease.
- 3. Prevents severe illness** - flu vaccines have reduced the risk of flu hospitalizations among adults by about 40%. Studies have shown that flu vaccination reduces the severity of illness.
- 4. Protects other people** - getting a flu shot yourself protects the people around you including those who are more vulnerable to serious flu illness.
- 5. IT'S FREE** - influenza and pneumonia vaccinations are covered by the World Trade Center Health Program! Please show your WTCHP Optum pharmacy insurance card at your local pharmacy for coverage. If you do not have a Optum Card—you can still get the vaccinations through the Program.

\*\*For the upcoming flu season, flu vaccination will be **very** important because it can help reduce the overall impact of respiratory illnesses and thus lessen the burden on the healthcare system during the COVID-19 pandemic.

## Pneumococcal (Pneumonia) Disease

What is pneumococcal disease?	Pneumococcal disease is caused by bacteria that can lead to serious infections in the lungs (pneumonia), blood, and brain (meningitis).
Is it serious?	Yes. Even with good medical care, pneumococcal disease can be deadly.
How common is pneumococcal disease?	Each year in the United States, pneumococcal disease hospitalizes or kills thousands.
Who is at greater risk of getting pneumonia?	At risk populations include; individuals 65 or older, people with certain underlying conditions, people with conditions that lowers the body's resistance to infections, and smokers.
How can I protect myself from pneumococcal disease?	GET VACCINATED! Speak to your pharmacist or other health care provider to determine which pneumonia vaccination is right for you!
Where can I get these vaccines?	Check with your doctor or pharmacist to help find places that provide pneumococcal vaccines near you.
How Do I Pay for These Vaccines?	Pneumococcal and influenza vaccinations are covered by the World Trade Center Health Program. Just show your WTCHP Optum pharmacy insurance card at your local pharmacy for coverage.

**For questions about vaccinations and coverage, please call 631-855-1200 to speak to the Pharmacy Department.**

# RESEARCH UPDATES AND HIGHLIGHTS

## *Understanding the COVID-19 Pandemic*

Thank you to everyone who responded to our brief needs assessment survey. Through your valuable feedback we have been able to better understand how the COVID-19 pandemic has affected our responder community, we want to share some of our findings with you:

- We have received 8,500 responses and have heard from over 4,500 of you at least once.
- From the survey, it seems that health worries peaked in April during the height of pandemic but have since declined.
- When questions or concerns were communicated to us through the survey the appropriate team was informed and over 1,800 calls were made to help address them.
  - To date we have had over 200 confirmed positive COVID cases within our responder community.
- We have also had over 200 members that experienced symptoms. Of those members who experienced symptoms - 28% tested positive for antibodies to COVID-19 despite never formally being tested or testing negative for COVID-19.

**If you believe you had COVID-19 or become sick and have not spoken to us about it, please call our main number at 631-855-1200 as we may be able to provide support.**

## *Using Technology to Understand Responder's Future Risks*

Recent work in Artificial Intelligence (AI) has developed language-based assessments of psychological health, which have shown promise for unlocking key patterns in natural language related to health.

As part of an on-going responder language and health study, researchers at the Stony Brook WTC Health and Wellness Program and the Stony Brook Human Language Analysis Lab sought to investigate whether the oral histories of responders could provide data, beyond that of traditional questionnaires, to more accurately assess responder's health.

Soon we will be inviting responders to answer a few questions for us so we can utilize this new technology to better understand how language can be used to understand health. The results show promise for more accurate and personalized medicine.

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WTC Health Program

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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**



500 Commack Road, Suite 204  
Commack, NY  
(moving to Suite 160)



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