



WINTER 2023

RESPONDER NEWSLETTER

**STONY BROOK WORLD TRADE CENTER
HEALTH AND WELLNESS PROGRAM**

In This Issue

TOPIC

PAGE NUMBER

Letter From Dr. Luft	Page 1
Nurse Practitioner Introductions	Page 2
COVID-19 Research	Page 3
Smoking Cessation	Page 4
Community Involvement	Page 5
Program Statistics	Page 6
Funding News	Page 7
Uterine Cancer	Page 8
Recipes	Page 9
Virtual Wellness Seminars	Page 10
Member Spotlight	Page 11-12
Word Search	Page 13

Book your annual monitoring exam today! We are currently Booking out for March and April 2023.

Call to schedule today 631-855-1200



Letter From Dr. Luft

Greetings,

In our winter issue, I am proud to announce that Stony Brook World Trade Center Health and Wellness Program has received new federal funding to expand and build upon its multiple healthcare services for WTC responders over the next 8 years. This will enable us to expand clinical offerings and integrate services such as respiratory and psychiatric care as well as help implement technologies to diagnose, manage and monitor individual cases. This will include increased emphasis on changing habits to improve health.

Our Center has led the effort to study the long-term effects of COVID-19 infection on the health of our responders. Our study focused on brain fog and difficulty concentrating. We have found that up to 20% of post-COVID patients suffer from this. The brain image study aims to investigate how COVID-19 may have affected the brains, memories, and the ability to focus and think. If you have had COVID and have these symptoms, please contact our study coordinator Ashley Fontana at 631-638-0737.

We have a complimentary resource to help members quit smoking. You can call for an appointment at 631-638-0562 if this might be of interest to you. We strongly encourage you to consider joining one of our monthly nutrition virtual wellness seminars to learn how to manage your WTC conditions through lifestyle change. You can find information about our nutrition program on the Nutrition Website Tab: Nutrition Resources | Stony Brook Medicine.

We would also like to announce that Uterine Cancer has been added to the list of WTC related health conditions. If you have this condition, please contact case management for certification.

I have saved the best for last. In this issue we highlight our community involvement with the Breast Cancer Walk of 2022 that took place on October 16, 2022. The annual Making Strides Against Breast Cancer walk at Jones Beach was a huge success. Our team, Footsteps for First Responders, was able to raise \$1,124.25 for the cause. It was a great day for all and I thank everyone that made this possible!

Until next time, wishing you peace of mind, body, and spirit,



Benjamin J. Luft, MD
Director, Stony Brook WTC Health
and Wellness Program



Welcome Our New Nurse Practitioners!



AMANDA TRYPALUK

"Hello! My name is Amanda Trypaluk, in September I joined Stony Brook's WTC Health and Wellness team as an Adult-Gerontology Nurse Practitioner. I became a RN in 2012 and have worked for various health care systems on Long Island and in California before I decided to attain my master's degree. After graduating with my Nurse Practitioner degree from Stony Brook University, I accepted a position working for a primary care office. My career path eventually led me to working here and I could not be more honored to be a part of this community.

I will never forget the impact 9/11 had on myself and family. Although I was unable to help then, I am truly humbled to now be able to serve all the deserving members at our clinic. I look forward to meeting and getting to know you all. Please say hi if you see me in the clinic or out in the community!"



NATASHA RAMBRICH

Natasha originally attended Baruch, CUNY where she graduated with a Bachelor's in Business Administration and worked as an assistant for NYC Human Resources Administration. She received a call from a parent, desperately in need of health insurance for her son's brain surgery. Natasha later received a thank you from that parent. This impacted her decision to move from behind the desk and into the frontline. She pursued her interest in nursing soon after. Natasha left her job and attended SUNY Downstate Brooklyn full time, where she obtained a Bachelor of Science in Nursing in 2007. Natasha enjoyed 12 years a registered nurse at Northwell and Mount Sinai hospitals in NYC in various ICU settings. Her favorite experiences coincidentally came from Neurosurgical and Surgical ICU.

Once again, Natasha's gears started shifting to a more meaningful relationship with her patients. Although she loved her work, she felt it was time to change her perspective to one that was more preventative and continuous throughout the life-span of adult patients. While continuing to work in the Neuro ICU, she successfully completed a Master's of Science in Nursing, with a focus in Adult/Gerontological Primary Care in 2018. After working in a primary care office, she joined the WTC Health Program in 2022. Aside from chasing her aspirations, she enjoys nature and mostly spending time with her family.



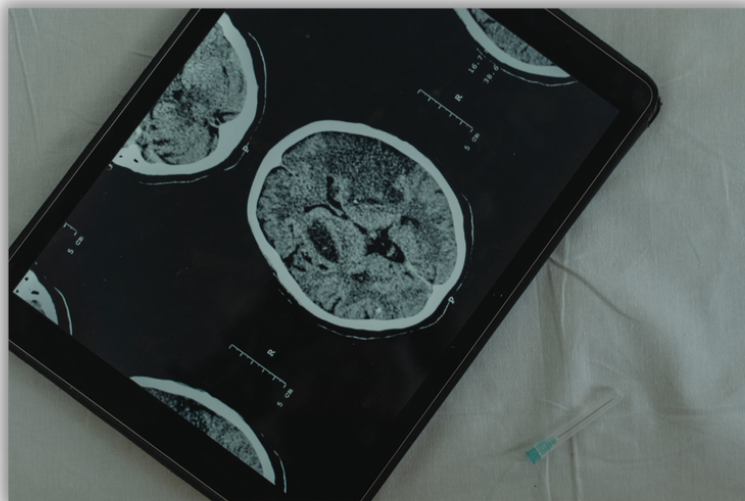
ASHLEY KUMP

"Hi! My name is Ashley Kump, I am an Adult-Gerontology Nurse Practitioner. I started my career in healthcare as a medical assistant working in occupational medicine. In 2010 I graduated from Molloy College with my Bachelor of Science in Nursing and went on to work at Stony Brook University Hospital as a registered nurse. During my tenure as an RN at SBUH, I was accepted into the Adult Nurse Practitioner program at Stony Brook which led me to accept a job at a local primary care office. In January of 2022 I had the pleasure of joining this great team here at the WTCHP. I am truly honored to be a part of this program and serving the community.

There are no words that seem adequate to express the admiration and gratitude that I have for the brave men and women that risked their lives running towards danger to selflessly save others. I am truly humbled and honored to be a part of this program and serving the community. I am very excited to continue to meet and work with all of our members!"

Stony Brook World Trade Center Health and Wellness Program: COVID-19 Research

The World Trade Center Health and Wellness Program has been monitoring instances of coronavirus in our responder population. In doing so, we have received many complaints of long-term symptoms of COVID-19 infection. In particular, we have heard numerous complaints of brain fog and difficulty concentrating post-COVID-19 infection. This brain fog has caused trouble with daily functioning and short-term memory for many responders, and we are currently researching what could be causing these troubles with a brain imaging study.



This brain imaging study aims to investigate how COVID-19 may have affected the overall health, memories, and brains of our responders. We use MRI (magnetic resonance imaging) and PET/MRI (positron emission tomography/magnetic resonance imaging) to capture pictures and 3D renderings of your brain. Once a scan is complete, participants can get a copy of the images on a disk so their doctor can assess how their brain is doing!



<https://imaging.stonybrookmedicine.edu/specialty-imaging-centers/new-mri-suite>

References:

Needell, S. (n.d.). Normal brain, PET scan - stock image - C039/3562. Science Photo Library. Retrieved December 15, 2022, from <https://www.sciencephoto.com/media/934350/view/normal-brain-pet-scan>

Stein, R. (2020, April 30). A next-generation coronavirus test raises hopes and concerns. NPR. Retrieved December 15, 2022, from <https://www.npr.org/sections/health-shots/2020/04/30/847416695/a-next-generation-coronavirus-test-raises-hopes-and-concerns>

If you think that this study might interest you:

Please contact Ashley Fontana

Phone: 631-638-0737

**Email: Ashley.Fontana@stonybrookmedicine.edu
for more information.**



Break The Habit

Did you know the Stony Brook World Trade Center Health and Wellness Program has a complimentary resource to help its members quit smoking?

Meet with our specially trained clinical pharmacist who will work with you to create a personalized treatment plan and equip you with the tools you need to be most successful in kicking the habit once and for all.

Are you eligible? Ask your Provider at your next monitoring visit for a referral or call 631-638-0562 and ask to speak with a clinical pharmacist for more information.

Details:

Location:



500 Commack Road
Suite 160
Commack, NY 11725

*Offered in person or telehealth visit



By appointment only: 631-638-0562



One-On-One Appointments

- Compassionate and personalized care to give you the best chance at success
- Latest evidence-based tobacco cessation approaches
- Support with cessation of any tobacco products including vaping



Tobacco cessation medication and/or nicotine replacement
(fully covered)



Behavioral techniques to help manage cravings & follow up support as needed

Community Involvement Breast Cancer Walk 2022



On October 16, 2022, employees of the Stony Brook World Trade Center Health and Wellness Center, along with our friends and families, band together to walk as a team in the Making Strides Against Breast Cancer walk at Jones Beach. Our team, Footsteps for First Responders, was able to raise **\$1,124.25** for the cause (224% of our original goal of \$500!) and had a great day participating in the walk.

**Footsteps for
First
Responders
raised
\$1,124.25!**

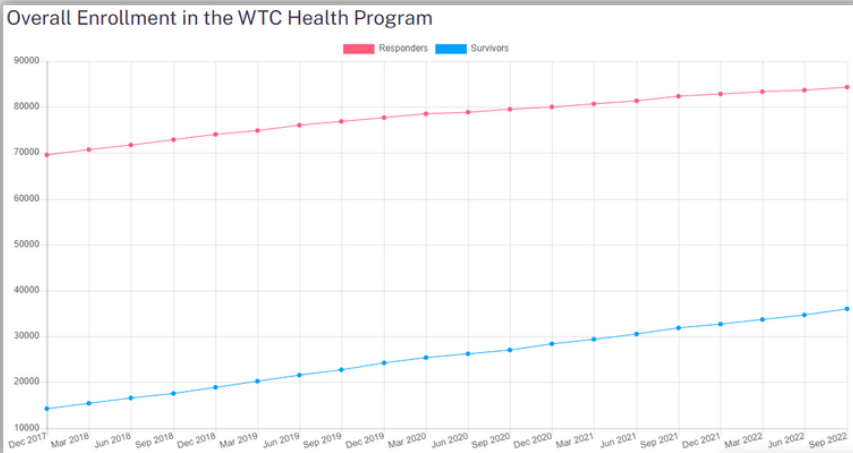


Program Statistics

Please note: The following statistics represent the wtc health program as a whole as of Decemeber 31, 2022

Overall Enrollment in the WTC Health Program

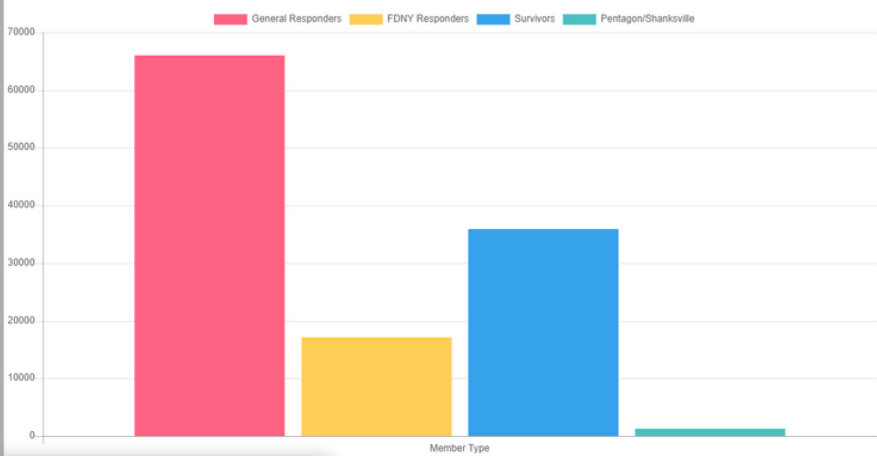
The line chart on the left shows that the number of both responders and survivors enrolled in the wtc health program has increased exponentially over the last 5 years.



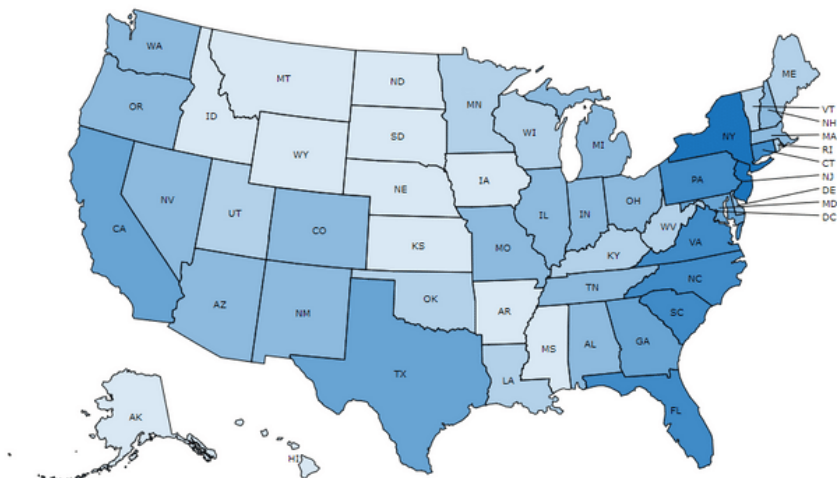
WTC Health Program Enrollment by Member Type

The bar graph on the right displays a breakdown of members. General responders account for the majority of members, with survivors being the second largest. The remaining members consist of fdny responders and pentagon/ shanksville responders.

WTC Health Program Enrollment by Member Type



WTC Health Program Members by State



WTC Health Program Members by State

The map to the left represents a breakdown of states in which members currently reside. New Jersey and new york have the most members, 10,000+, while other states on the east coast house the remaining majority.

1-49: 50-99: 100-499: 500-999: 1,000-9,999: 10,000+:

FOR MORE STATISTICS, VISIT [HTTPS://WWW.CDC.GOV/WTC/ATAGLANCE.HTML](https://www.cdc.gov/wtc/ataglance.html)



Stony Brook World Trade Center Health and Wellness Program Gets \$147M in Federal Funding



*What's
New*

Stony Brook's World Trade Center Health Program Clinical Center of Excellence has been awarded \$147 million in federal funding to continue caring for 9/11 responders for the next eight years.

The funds from the National Institute for Occupational Safety and Health will enable the program to expand its clinical offerings and integrate such services as respiratory and psychiatric care, said Dr. Benjamin Luft, the program's director.

It will also use the funding to implement technologies to diagnose, manage and monitor individual cases.

Stony Brook's program monitors and treats more than 13,000 World Trade Center responders at its main facility in Commack and satellite clinic in Mineola. Many patients are dealing with multiple health issues simultaneously—from cancers and respiratory illnesses to post-traumatic stress disorder and many of them are chronic. "As time moves on, the medical cases of WTC responders become more complex and challenging to treat," Dr. Luft said in a statement.

The program is part of Stony Brook Medicine, which encompasses the university's schools of dental medicine, health professions, medicine, nursing and social welfare, four hospitals and more than 200 community-based health care settings in Suffolk County.

Stony Brook University is a public research university in Stony Brook, Long Island. –M.K. (Crain's New York Business, 2022)

Reference:

Crain's New York Business. (2022) *Outpatient job gains keep city's health care workforce on growth trajectory*. Crain's Health Pulse.

Uterine Cancer Added to the List of World Trade Center (WTC)-Related Health Conditions



As of January 18, 2023, all types of uterine cancer, including endometrial cancer, have been added to the List of WTC-Related Health Conditions (List).

The addition of uterine cancer to the List means that uterine cancer is now eligible for certification by the WTC Health Program. Program members with certified uterine cancer can receive treatment covered by the Program at no out-of-pocket cost on and after January 18, 2023.

UTERINE (ENDOMETRIAL) CANCER SIGNS & SYMPTOMS:

- Abnormal vaginal bleeding.
- Vaginal discharge that is watery, pink, or white instead of red.
- Difficulty urinating
- Pain when urinating
- Pain during sexual intercourse
- Pelvic pain (usually a symptom of later stages of disease)
- Unexplained weight loss (usually a symptom of later stages of disease)



<https://seedwellness.co.uk/womenshealth/>

“This rule is significant as it not only provides access to life-saving care and treatment, but also recognition for the women who sacrificed so much on and after 9/11 that their diagnosed uterine cancer is a WTC-related health condition,”

- WTC Health Program Administrator John Howard, M.D.

For additional information visit:

https://www.cdc.gov/wtc/uterineCancer_20230118.html

Lightning Fast Lunches

Instead of skipping lunch, try one of these quick & easy recipes to maintain energy, balance blood sugars, and prevent overeating later on in the evening!

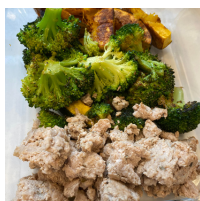
At Home: Shrimp Burrito Bowl (makes 2 servings)



- 20 shrimp, thawed & tails removed
 - 1 red bell pepper, diced
 - 1 medium zucchini, sliced
 - 1/2 cup black beans, rinsed & drained
 - 1 pouch of microwave brown rice or quinoa
 - 1 TBSP olive oil
 - 2 tsp each of paprika, cumin, chili powder
 - salt and pepper, and sriracha to taste
- 385 cals, 24g protein, 9g fiber**

1. Heat a large skillet over medium-high heat. Add the oil to the pan and swirl to coat.
2. Once hot, add the bell pepper and zucchini season with 1 tsp paprika, cumin and chili powder. Sauté until cooked through.
3. Meanwhile, microwave the rice according to package instructions. Empty into a bowl then stir in the black beans. Set aside.
4. Once the vegetables are cooked, add them into the bowl with the rice and beans. In the same skillet, add your shrimp and the remaining 1 tsp paprika, cumin, and chili powder.
5. Cook your shrimp for ~5 minutes or until pink and cooked through. Add to your bowl & enjoy!

At the Office: Ground Turkey Veggie Bowl (makes 4 servings)



- 1 LB 93% lean ground turkey
 - 1 large bag of broccoli florets
 - 2 medium sweet potatoes, diced
 - 2 tbsp olive oil
 - 1 tsp each dried oregano and cumin
 - (optional) 4 tbsp tzatziki sauce
 - salt and pepper to taste
 - 4 glass tupperware containers
- 436 cals, 34g pro, 4 fiber**

1. Preheat oven to 425F. Line a large sheet pan with parchment paper.
2. Add the broccoli and sweet potatoes to the sheet pan and toss with 1 TBSP olive oil, salt and pepper to taste. Roast for 25 minutes.
3. Meanwhile, heat a skillet over medium heat. Once hot, add in the ground turkey and season with oregano and cumin. Cook until no longer pink and heated through.
4. Add 1/4 of the broccoli, sweet potatoes and turkey into a glass tupperware. Repeat with the remaining three servings. To reheat, microwave for 90 seconds then top with 1 tbsp tzatziki or sauce of choice!

On the Road: Heart Healthy Tuna Sandwich (makes 1 serving)



- 1 can of wild caught tuna (4 oz), drained
 - 1/2 avocado, sliced
 - salt and pepper to taste
 - 1/2 red onion, chopped (optional)
 - 1 stalk of celery, chopped (optional)
 - Handful of spinach
 - 1 or two sliced tomatoes
 - 2 slices of whole grain bread
- 395 cals, 35g pro, 12g fiber**

1. In a bowl, combine the tuna with the avocado and optional onion and celery. Use a fork to mash together until combined. Season with salt and pepper.
2. Add the tuna to the bread, then top with spinach and tomatoes. Complete the sandwich by placing the other piece of bread on top. Place in a sandwich bag or aluminum foil to take on the go!



MONTHLY NUTRITION VIRTUAL WELLNESS SEMINARS

Interested in learning how to manage your WTC- related conditions through lifestyle changes?

Join our virtual **group webinars** with **Registered Dietitians** Katie and Amanda each month to discuss various nutrition-related topics.

Sessions are **30-60 minutes** in length and are currently conducted via Microsoft Teams. Members can attend anonymously if desired and there is always time at the end of the presentation for questions. If you cannot join us at the time of the live webinar, **all sessions are recorded and posted to our site within one week of the session!**



Updated 2023 Schedule

- Jan. 10 at 2:00 PM** — Goal Setting for Successful Lifestyle Changes
- Feb. 8 at 2:00 PM** — 10 Tips for Cancer Prevention
- Mar. 14 at 2:00 PM** — Minimally-Processed Foods vs. Highly-Processed Foods
- Apr. 13 at 2:00 PM** — Nutrition to Support Mental Health
- May. 9 at 2:00 PM** — Women's Health Nutrition
- Jun. 13 at 2:00 PM** — Men's Health Nutrition
- Jul. 13 at 2:00 PM** — Plant-Based Eating
- Aug. 8 at 2:00 PM** — Smarter Screen Time
- Sep. 13 at 2:00 PM** — Food Groups and Your Macros
- Oct. 10 at 2:00 PM** — Portion Control
- Nov. 15 at 2:00 PM** — Gut Health and Where to Start
- Dec. 12 at 2:00 PM** — Happy Holidays!



SCAN BARCODE

Member Spotlight

Driving Eastwards on the North Fork, Noon

I

I watch the pickers at their harvest
some there on ladders, some on bended knee
in postures fit to gather labour's fortunes

I turn from the piercing chill
as autumn's north wind
lashes steadfast leaves –
still bright ablaze in
brilliant yellow, auburn, orange –
so tenuously attached to hardening vines,
unmasked and withering

Under a long night's autumn moon
the scent of burning firewood
mingles with the drifting autumn air
and wafts with keen persistence
over a shuttered farm stand

I wonder
did you know my love for you was yours to harvest,
or could you not know, for all your seeing through me?

II

A chill wind off the Sound quivers the grapes
that hang late on the cane,
and quickens the shifts and tremors of leaf and shoot

and there is a wind that takes for its own
what is dead and detached
what is lost
or what is offered to it in zealous surrender
or in hopeless abandon

a wind that
takes the remnants of a careless heart
a heart

lighter than

air

a heart beyond

reach.



III

In that longest silence
beyond my final breath
I shall not miss
the colors of the setting sun that mark the
waning hours of the day
nor any longer yearn
for the caresses of her graceful hand
at dusk

nor shall I miss
the tranquil wave of ocean's tide
with nature's wordless pledge
to return, and again
to return

I shall not then
turn my cheek
towards
the gentle breeze that held me
bound to whispered promises
she did not keep

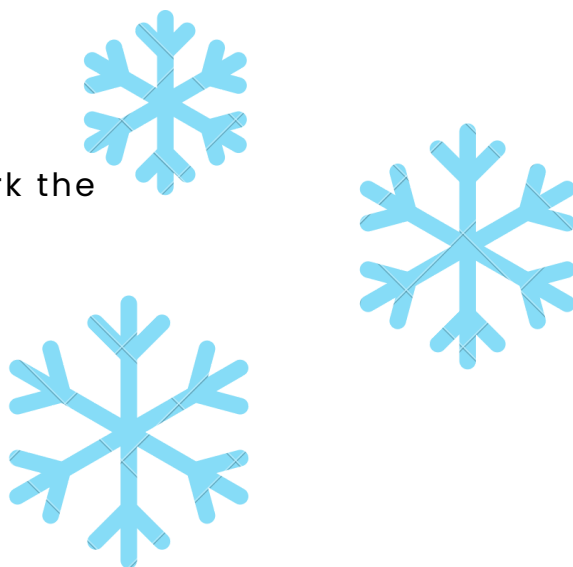
I shall await winter

its barren, fruitless,
timeless
dark

By: Stephen Vella

**

Since his retirement, Stephen Vella has been taking the opportunity to devote increasing time to his main creative pursuits. In addition to writing poetry, Stephen's painted works have been shown and sold in various venues on Long Island. He also enjoys a full and vibrant family life.



Canva

Winter Word Search

J D R A Z Z I L B O O T S N Z
 A F I R E P L A C E D D F I F
 N B Y I I W T K D L W C P L B
 U S U A E E I P R F N U M O G
 A C X Z K I I N F S C H U X I
 R L O N D N W V T Y E O B K F
 Y H A O E T S O E E B C S P E
 T L V C Y E Z L N T R K W Q B
 B T O Q H C L N E S L E A X R
 I N M C P I E S T D B Y L Q U
 E N R Y S Y N E M S D T W A A
 O Y U C F V N V N I F I A W R
 V B L O N W A O A Y X Y N O Y
 B N E S T A L L U Z O Z M G C
 C Q S A N Q F G X I B U Q L C

Word Bank

- | | | | |
|--------------|------------|-------------|--------------|
| 1. fireplace | 5. ski | 9. blanket | 13. boots |
| 2. snow | 6. ice | 10. winter | 14. sledding |
| 3. hockey | 7. gloves | 11. january | 15. february |
| 4. pinecone | 8. flannel | 12. coat | 16. blizzard |



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



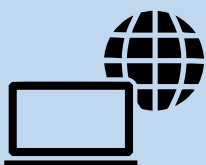
LOCATIONS:

**STONY BROOK WORLD TRADE CENTER
HEALTH AND WELLNESS PROGRAM**

500 COMMACK ROAD, SUITE 160
COMMACK, NY
P: 631-855-1200

**STONY BROOK WORLD TRADE CENTER
HEALTH AND WELLNESS PROGRAM**

173 MINEOLA BOULEVARD, SUITE 302
MINEOLA, NY
P: 516-419-5900



www.stonybrookmedicine.edu/WTC
cdc.gov/wtc