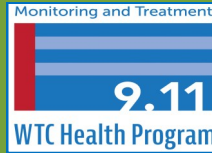


WTCHP Rutgers Outreach News



**Fall
2017
Issue**

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World Trade Center Health Program At Rutgers, The State University of New Jersey

The World Trade Center (WTC) Health Program offers services and aid to eligible rescue, recovery and clean-up responders of the 9/11 terrorist attacks in New York City, Shanksville, PA and at the Pentagon. Services are outlined by the James Zadroga Health and Compensation Act of 2010.

Rutgers Biomedical Health Sciences (RBHS) has been awarded a contract by the Centers for Disease Control (CDC) and the National Institute for Occupational Safety and Health (NIOSH) to provide monitoring exams and treatment to the first responders of the WTC attack.

Our team of doctors, nurses, and administrative staff work diligently to provide you the wellness support and care that you may need!

Program Services & Benefits

- Annual Monitoring Exam
- Medical Treatment Services
- Referral for Specialty Care
- Mental Health Treatment Services
- Medication Management
- Benefits Counseling
- Cancer Treatment

**If you would like to
schedule an appointment,
please give us a call at**

(848) 445-0123

+ Option 3

We Would Love to See You!

Even if you are feeling well, and are enrolled in our treatment program, it is still useful to come to your annual monitoring visit. If you have never come in for a monitoring visit, it is not too late to come in for your first visit—we would love to check on your health!

Coming to your annual monitoring visits, helps our clinic stay aware of your health status and provide any care necessary to ensure patient comfort.

If you have not had a monitoring visit in over a year, please give us a call at

(848) 445-0123 to

schedule an appointment.

We look forward to hearing from you!

For additional information about the World Trade Center Health Program, you can visit the CDC/NIOSH website at:

**[www.cdc.gov/
wtc/faq.html](http://www.cdc.gov/wtc/faq.html)**



M.J.

Introducing: Our new in-house case managers!

We have two new case managers joining the World Trade Center Health Program here at Rutgers: Maria J. (“MJ”) San Gabriel and Jean Sines. The Nurse Case Managers coordinate the over-all care of members and work closely with all WTC team members (physicians, co-nurses, support staff, external providers, pharmacies, etc.) to ensure a holistic quality of care. These ladies help the Rutgers WTC members navigate through the Healthcare System for coordinated and complete care.

Maria J San Gabriel (MJ)

“Thorough, professional, and caring” are some of the comments made by WTC members about Maria J San Gabriel. These remarks befit MJ whose personal mission mirrors the WTC Health Program’s goal of providing high-quality, compassionate healthcare to its 9/11 members.

Before joining the team, Maria worked in the fields of medical-surgical, psychiatric and case management in hospital settings. Extremely compassionate and an avid advocate for her clients, MJ is truly fulfilled with Nursing as a second career. A chemical engineer, MJ has had a progressive management career in the fields of global supply chain, quality, business process re-engineering, and international project management with global companies such as Apple

Meet our New Nurses Here at the Rutgers WTC Clinic!



Jean

Jean Sines

Jean was born and raised in NJ, and graduated from Nursing school in 1972, getting her BSN in 2007. After graduating and getting her RN license, Jean worked for 10 years in pediatrics, during which time she was raising a daughter, whom is now a Special Education Teacher.

Jean has worked in all aspects of surgery, as well as in family medicine as a care coordinator with very high risk patients. Through her work experience, Jean has become very knowledgeable about diabetic care working with the population. Prior to coming to the WTCHP Jean worked in Dermatology, and has been here with the University for 26 years.

Jean loves to read and learn, and believes in being a Life Long Learner. She is currently enrolled in classes for further education and certification.

Jean remains active in the community by volunteering as a member of the local firehouse. Recently, she received recognition from our state senator and honored at the annual firehouse banquet with flowers and a 25 year plaque.

“I am happy to be working here in Piscataway and working with such an excellent WTC team”, Jean revealed, “Dr. Udasin has recruited only the ‘Best’ to work here at EOHSI.” *

A special thanks to Jean and MJ for providing their time and effort for this piece

Computers and Levi Strauss & Co. Prior to her career shift, she was part of the Senior Management Team of Apple, Asia Pacific Division and served as the division’s Senior Regional Manager for Operations.

A life-turning event prompted Maria to shift to the healthcare field. Her beloved sister was diagnosed with lung cancer in 2004. MJ took care of her full-time until her demise in 2005, leaving 2 sons behind, the youngest of which, has autism. Her experience of caring for her sister (as a personal caregiver, advocate, and case manager) plus her commitment to caring for her orphaned nephews, inspired Maria to pursue and graduated BSN (2008) at Rutgers University, and is currently pursuing her Master of Science in Nursing (Psychiatry/ Informatics). Maria is passionate about utmost quality care and continuous improvement. She led Performance Improvement (PI) Projects for Rutgers University Behavioral HealthCare Acute Services (UBHC), which won 1st Place in the New Jersey State PI Fair in 2015, and 1st Place in the Rutgers UBHC PI Fair in 2014.

On top of her nursing job, schoolwork, and a mother to her adoptive sons, her two daughters, and her puppy, Maria finds time to raise funds and volunteer with organizations dedicated to autism and victims of domestic abuse.

The Cooking Corner

Fall is here!! Now is a great time to try out a new tasty meal that would be perfect as the weather gets colder—and for football season!

Cranberry Glazed Sticky Chicken Wings



Ingredients:

- 2 pounds chicken wings
- 1 tablespoon vegetable oil
- Kosher salt and freshly ground black pepper
- 8 ounces frozen cranberries, thawed
- 1/2 cup Asian sweet chile sauce, such as Mae Ploy
- 3 scallions, chopped (save the greens from 1 scallion for garnish)

Instructions:

1. Preheat the broiler on high.
2. Remove the tips of the wings, and separate each wing at the joints.
3. Toss the wings in vegetable oil on a baking sheet, and sprinkle with a little salt and pepper.
4. Broil the wings until the skin begins to look crispy and brown, about 12 minutes.
5. Take out of oven and flip the wings over.
6. Return wings to the oven, and broil until the other side is crispy and light brown, about 8 minutes.
7. Meanwhile, place the cranberries in a food processor on pulse, until there are small pieces.
8. In a medium skillet, combine cranberries, sweet chili sauce and 3/4 cup.. Add scallion whites and 2 scallion greens.
9. Allow mixture to boil, then lower heat to simmer, and heat until thick, about 3 minutes.
10. Strain mixture into a bowl, squeezing all the liquid out. Return liquid to the pan and simmer until thick and shiny.
11. Check wings for doneness and toss in the sauce until well coated.
12. Return wings to oven and broil 1-3 minutes. Keep a close eye to make sure glaze doesn't burn!
13. Remove, garnish and enjoy warm!

Apple Crumble



Filling:

- 4 large Golden Delicious apples (about 3 pounds)
- 1/4 cup sugar
- 1 lemon, juiced
- 2 tablespoons all-purpose flour
- 1/2 teaspoon ground cinnamon

Topping:

- 1 cup walnuts or pecans, roughly chopped
- 1 cup all-purpose flour
- 1 1/4 cups rolled oats
- 1/2 cup packed dark brown sugar
- 1 teaspoon ground cinnamon
- Pinch fine salt
- 8 tablespoons (1 stick) cold butter, cut into small pieces
- Vanilla ice cream

Instructions:

1. Preheat oven to 350° F, with a rack. Move a rack to the center of the oven.
2. Peel, core and slice apples into 1/4-inch slices.
3. Place apples in a large bowl and toss with sugar, lemon juice, flour and cinnamon.
4. Grease a 9 x 13-in baking dish. Pour apple mixture in an even layer.
5. In another large bowl, mix nuts, flour, oats, sugar, cinnamon, and salt for the topping. Add the cold cut butter, and work into mixture until it is in small, pea-sized pieces.
6. Top the apples in the baking dish evenly with the mixture.
7. Place in the oven and bake until the apples are bubbly and the topping begins to turn light brown, about 45 minutes (rotate once halfway through baking).
8. Serve warm with vanilla ice cream!

INTRODUCING: THE B.E.A.S.T.

Benefits Eligibility and Counseling



We are providing a new in-house service to assist all of our participants of the World Trade Center Health Program discover benefits that you can take advantage of! The Benefits Eligibility Assessment Screening Tool (B.E.A.S.T.) is designed to determine what extra assistance you specifically may be eligible for.

Our new social worker, Laura Smith, (pictured in right corner) will be meeting with you during the time of your scheduled monitoring visit. Laura will invite you into a private room to discuss your role in rescue and recovery in order to complete the B.E.A.S.T. This survey

is generally very short and should only take about 15 minutes of your time.

Based on your responses to the questionnaire, the B.E.A.S.T. will determine which benefits you can qualify for. Once the B.E.A.S.T. indicates available benefits, Laura will discuss these benefits with you. The benefits are very broad, so there is likely one that will be a good fit for you!

Call us to schedule your monitoring visit today at:

(848) 445 - 0123

Option 3

**The
BEAST**

...and more!

These benefits include:

- Disability Benefits**
- Victim Compensation Fund**
- Line of Duty Injury Benefits**
- Union Based Benefits**
- Cancer Care Assistance**
- Care for Non-Covered Conditions**
- Social Services Assistance**



WINTER IS COMING!

Keep yourself protected against the flu and respiratory illnesses!



As the weather gets colder and winter weather approaches, we want to make sure that you stay healthy and happy!

One way to keep yourself and your family healthy is to opt to receive vaccines for common illnesses. Many neighborhood pharmacies and doctors' offices offer flu and pneumonia shots. Here at the clinic, we offer the flu shot to our patients. These vaccines are offered at little or no cost to you! Vaccines typically take a week or two to protect your body after you receive them, so it is never too early to find out where they are available near you!

It is important to dress warmly when the weather gets colder. Wearing layers will help to keep your body warm and healthy. It is especially important to wear layers if you are working outside for extended periods of time. A hat and some gloves can make all the difference and can be purchased around the neighborhood at department stores and convenience stores when you are in a pinch! Your body will thank you!

It's going to be a chilly winter this year!

The winter months are tough on everyone! From the cold weather to the few hours of daylight! Staying warm and healthy is not just beneficial for your physical health, but also for your mental health. Physical and mental health affect one another, so it is easier to stay physically healthy if you are mentally happy and healthy!

If you having any questions regarding vaccines or mental or physical health doctor visits, give us a call!

OUR WORLD TRADE CENTER HEROES AND PHYSICAL HEALTH: LEARNING FROM ONE ANOTHER

DR. SUNDERRAM WOULD LIKE TO THANK ALL OF THE PARTICIPANTS OF THE OBSTRUCTIVE SLEEP APNEA STUDY!

With the help of rescue, recovery and clean-up workers, we have just completed a 5-year research project evaluating the relationship of nasal symptoms (chronic-rhinosinusitis) with obstructive sleep apnea (OSA). We found:



- A very high prevalence of OSA in responders. 75% of those tested were found to have OSA.
- Chronic sinusitis increases the risk of having OSA by 70%
- We are still in the processing of evaluating the results of our study looking at CPAP therapy for OSA.

This research was made possible by funding from NIOSH and due to the extraordinary generosity and willingness of responders to participate in the study. We cannot thank them enough for this.

Jag Sunderram, MD
Associate Professor
Department of Medicine
Rutgers RWJ Medical School

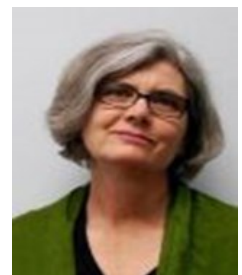
Participation in studies such as this will help us continue to unravel the mechanism that leads to such high prevalence of OSA in responders and find ways to improve treatment as well.

More results to come!!!

RESEARCHING NEW WAYS TO HELP PROTECT AND SERVE OUR POPULATION!

Introducing: Rutgers Study Examining Head and Neck Cancers after 9/11 Terrorist Attacks

Dr. Judith Graber, Assistant Professor at the Rutgers School of Public Health and the Environmental and Occupational Health Sciences Institute (EOHSI) is conducting a study about head and neck cancers (HNC) among World Trade Center (WTC) responders. The WTC Cancer Risk Epidemiology Study (WTC-CARES) began in June 2017 and is enrolling WTC Health Program participants with and without head and neck cancer. Selected responders will get a letter inviting them to join the study and participate by taking a survey either online or by telephone.



Judith Graber, PhD
Assistant Professor
Department of Epidemiology
Rutgers School of Public Health

“Preliminary data show that individuals exposed to WTC dust resulting from the 9/11 terrorist attacks and the WTC collapse may have an increased risk of developing head and neck cancers”, said Dr. Graber. “Helping these individuals better understand their risks may help them to modify their risks and improve long-term health.”

Dr. Judith Graber and her team will examine whether alcohol and tobacco use and human papillomavirus (HPV), all known risk factors for HNC, increase WTC responders’ overall risk for these cancers. The findings will help guide the development of recommendations for prevention and early detection, leading to better treatment and improved outcomes.

Stay tuned for information on upcoming studies!!!

James Zadroga 9/11 Victim Compensation Fund Reauthorization Act

The Department of Justice has recently reached the final reauthorization of the James Zadroga 9/11 Victim Compensation Fund, on December 15, 2015.

The fund was designed to help individuals who were physically harmed or deceased by the attacks on September 11th, 2001

The final rule for the extension took effect on **September 2, 2016**.

What does this mean?

With the update of the James Zadroga 9/11 Health and Compensation Reauthorization Act, there has been a simultaneous extension of the Victim Compensation Fund.

Claims for the fund are now extended for five more years, until **December 18, 2020**.

There may also be some changes to the evaluation and calculations of losses.

In order to be eligible for benefits, all claims to receive compensation by the above date.

For more information regarding the extension of the Victim Compensation Fund (VCF), visit their informational website at <https://www.vcf.gov/genProgramInfo.html>.

Families of Freedom Compensation Act

Are you permanently disabled due to your 9/11 World Trade Health Center Exposure?

Do have a child or children enrolled in a 2 year or 4 year college or a technical school?

If you answered yes to these questions, please continue reading to find out about the

Families of Freedom Scholarship Fund!

“The purpose of the Fund is to provide education assistance for postsecondary study to financially needy dependents of those people killed or permanently disabled as a result of the terrorist attacks on September 11, 2001, and during the rescue activities relating to those attacks.”

—From the Fund Declaration

To determine eligibility for this Scholarship Fund, you must first Register and then Apply.

For more a more comprehensive list, detailed information and to access the registration form and application, please visit www.familiesoffreedom.org, call 877-862-0136 or email info@familiesoffreedom.org.

**If you need further assistance, please feel free to contact our Member Services Manager,
Chauntel Richardson, MPH, CHES, at 848-445-6047.**

9/11 Remembrance Events Throughout New Jersey

As another anniversary passes for September 11th, many counties continue to show their respects for the heroic efforts put forth by members following the tragedy. Below is a list of some successful events that took place throughout New Jersey. Please contact your local municipality for more events. Many of these events are celebrated annually, so look for them next year in your area! Many lives were lost on September 11, 2001, but will never be forgotten!

Bergen County

9/11/2017 @ 5:30 P.M.
9-11 Commemoration Service
Veteran's Memorial Park
1 Depot Sq.
Englewood

Essex County

9/11/2017 @ 8:00 A.M.
Remembrance Ceremony
Eagle Rock 9-11 Memorial
Eagle Rock Avenue
West Orange

Gloucester County

9/11/2017 @ 8:30 A.M.
Memorial Ceremony
Chestnut Branch Park
579 County Highway Alt 553
Sewell

Hudson County

9/11/2017 @ 8:00 A.M.
Interfaith Service and Wreath-Laying
Jersey City 9-11 Memorial
End of Grand St, waterfront
Jersey City

9/11/2017 @ 8:30 A.M.
Memorial Ceremony
Secaucus Public Library
1379 Peterson Plank Road
Secaucus

9/11/2017 @ 11:00 A.M.
Memorial Ceremony
Hyatt Regency
2 Exchange Pl
Jersey City

Middlesex County

9/11/2017 @ 7 p.m.
Remembrance Ceremony
American Legion, 4 JFK Drive.
Milltown



The Eagle Rock 9-11 Memorial is located in West Orange and features gorgeous views of the city.



The Eagle Oaks 9-11 Memorial is located in Howell NJ and features a piece of steel from one of the towers.

There are several other memorials and monuments located throughout New Jersey and the tristate area!

Monmouth County

9/11/2017 @ 8:00 A.M.
Remembrance Ceremony
9-11 Memorial at Mount Mitchell Scenic Overlook
460 Ocean Blvd
Atlantic Highlands

Somerset County

9/11/2017 @ 8:30 A.M.
Memorial Ceremony
9-11 Memorial Clock Tower
Corner of Main St. and N. Bridge St.
Somerville

9/11/2017 @ 8:30 A.M.
Ceremony and Silent Procession
Greenbrook Rd to Somerset St
North Plainfield

9/11/2017 @ 8:30 A.M.
Heartworks House 9-11 Ceremony
Heartworks House
19 Route 202
Basking Ridge

9/11/2017 @ 4:00 P.M.
Memorial Ceremony
Bridgewater 9-11 Monument
Municipal Complex
100 Commons Way
Bridgewater

Sussex County

9/11/2017 @ 9:00 A.M.
Sussex County Remembrance Ceremony
9-11 Memorial at Sussex County Community College
1 College Hill Rd
Newton

Union County

9/11/2017 @ 6:00 P.M.
Never Forget Memorial Service
Augustine Park, Village Green
430 Park Ave.
Scotch Plains

We Would Like to Hear From You!

Volunteer Activities

We know that many of our program participants are very busy outside of the few hours a year we see everyone for their monitoring visits. We are curious what activities our members are involved in, and we are interested in hearing from you! If you are involved in an activity of interest, please feel free to share it with our clinic.

If appropriate, we are interested in sharing the activities with our other members of the program who are interested in participating in outside activities.

We understand that many of our members may be retiring or no

longer able to work. We would like to introduce our members to possible opportunities for getting out and participating in the community.

We are also interested in bragging about the activities of our participants. If there is an activity that you participate in and received recognition, feel free to share the news or an image with us to possibly put on display in our clinic!

Provider Network

We are always looking to improve our provider network. If you are currently or would like to see a particular doctor, and they are not a part of the program let us know! We are currently looking for psy-

chiatrists, psychologists, registered nurses and medical doctors. Having your doctor in-network allows you to receive services for your WTC certified conditions at no cost to you!

Support Groups

We are interested in providing groups to our program members! We would like to hear from our members to understand what type of support would be most helpful to our members, such as grief and loss support, cancer support, or simply just responder support. When providing your suggestions, please let us know when during the day would be the best times for us to meet!

Appointment Reminder Texts, Calls & Emails

Since we all look forward to seeing you every year, we wanted to make sure you are reminded of your very important scheduled annual monitoring exam visit.

A few days prior to your scheduled appointment, you will receive a reminder text, call and/or email requesting you to confirm your attendance to your monitoring or treatment appointment.

Please be sure to confirm your appointment when you receive the call/text so that we can get you in for your monitoring visit without any obstacles.

To make sure we are able to reach you, it is imperative that we have your current contact information on file.

Additionally, if you were seen last year for your monitoring exam, you will receive a call requesting you to contact us to schedule your annual monitoring appointment a couple of months before you are due. When you receive this message, kindly give us a call to schedule your appointment.

If we have not heard from you, we will then send you a post card as a friendly reminder.

If your contact information has changed since your last visit, please give us a call at **(848) 445-0123** to update the information.

Your cooperation is greatly appreciated, and helps us to stay in touch with all the most important updates about our clinic! As always, we very much look forward to meeting with you!



Like Us on Facebook!
Follow Us on Twitter!

Please visit and like our Facebook page so that you can receive more up-to-date Information, messages and events pertaining to the WTC Health Program.

You can also write to us here!

Our Facebook page can be found at: www.facebook.com/rutgerswtchp

Similarly, you can follow us on Twitter at: www.twitter.com/RutgersWTCHP



The World Trade Center Health Program

EOHSI Clinical Center at Rutgers

170 Frelinghuysen Rd., Piscataway, NJ 08854

P. 848-445-0123 | F. 732-445-0127

Even if you feel fine or are receiving treatment through one of our external providers, please attend your annual monitoring exams!

Please Do Not Forget to Update Your Contact Information!

Thank You!

