

# RUTGERS WORLD TRADE CENTER HEALTH PROGRAM

*E-NEWSLETTER FROM THE DESK OF  
WTC MEDICAL DIRECTOR, IRIS UDASIN, M.D.  
AND MENTAL HEALTH DIRECTOR, JODI STREICH, PH.D.*



## GREETINGS FROM THE TEAM!

Welcome back!

We have missed all of you! We are happy to let you know that we are committed to your ongoing care and have continued to meet with our patients face-to-face and via telehealth. It is our pleasure to introduce you to Dr. Ruth Lin, an experienced internist, who has recently joined our team. We would like to remind you to please call our clinic to schedule your annual monitoring exam, which can be in-person or via telehealth. We also have some new programs that our Mental Health Department will be offering to all of our members this Fall and wanted to share with you!



*Left: Iris Udasin, MD. Right: Ruth Lin, MD*

## IN THIS ISSUE

**A MESSAGE FROM OUR DIRECTORS**

**FALL GROUPS**

**NATIONAL SUICIDE PREVENTION MONTH**

**9.11**  
**WTC Health Program**



# Project Uplift



This is a program that teaches mental health skills along with mindfulness and meditation skills to help members cope with increased stress, anxiety, depression, or chronic health problems.

You will learn information, practice activities, and engage in peer support. Group sessions will be held by phone, once a week for 60 minutes. This program runs for 8 consecutive weeks.

### WHO IS THIS FOR?

Anyone who is experiencing increased stress, anxiety, depression, or chronic health problems and is interested in learning new coping skills.

## RETIREMENT SUPPORT GROUP

This group aims to provide support around life changes related to retirement. It is a peer support group led by trained facilitators with a focus on sharing coping strategies, relating personal experiences, and building a sense of community after retirement. Group sessions will be held through a secure video platform once a week for 60 minimum with a maximum of 8 participants.

### WHO IS THIS FOR?

Anyone who is retired from full-time employment and is interested in receiving support around this life transition.

## COUPLES WORKSHOP

The Couples Workshop will be led by two trained facilitators. It aims to provide skills and support for you and your partner and will focus on topics such as improving communication, managing stress and increasing fun and play! The workshop consists of 4 sessions, which will be offered through a secure video platform once a week for 2 hours. Both individuals must be willing to participate.



### WHO IS THIS FOR?

Anyone interested in forming and maintaining a better relationship with their partner!

## HEALTH & WELLNESS



This group will focus on enhancing your overall well-being. Topics to include will be maintaining stress and well-being; social support, problem-solving; good sleep hygiene; eating & living well and healthy thinking.

### WHO IS THIS FOR? ANYONE!



## SEPTEMBER IS NATIONAL SUICIDE PREVENTION MONTH

All month, our mental health advocates, prevention organizations, survivors, allies, and community members unite to promote suicide prevention awareness.

You never know when you, or someone you know, may be in crisis. The National Suicide Prevention Hotline is open 24/7 and is available to everyone. We have also created WTCHP suicide prevention wallet cards to keep with you at all times.

They are available for download on our website:

[WWW.CDC.GOV/WTC/MENTALHEALTH.HTML](http://WWW.CDC.GOV/WTC/MENTALHEALTH.HTML)

