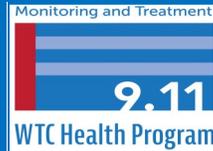


WTCHP Rutgers Outreach News

SUMMER
2016
ISSUE



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

The World Trade Center (WTC) Health Program provides medical monitoring and treatment for eligible rescue, recovery and clean-up workers who responded to the 9/11 terrorist attacks in New York City, at the Pentagon and Shanksville, PA., as outlined by the James Zadroga Health and Compensation Act of 2010.

Rutgers Biomedical Health Sciences (RBHS) was awarded a contract by the Centers for Disease Control (CDC)/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 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

We Would Love to See You!

Even if you feel fine or are enrolled in our treatment program it is imperative that you still attend your annual monitoring exams. If you have never been seen, we would love to check the current status of your health.

This will ensure that we can continue to track your health and assist you in any way that is necessary.

If you have not seen us or have not had an appointment in over a year, please give us a call at

848-445-0123 to schedule an appointment.

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

www.cdc.gov/wtc/faq.html

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James Zadroga 9/11 Health and Compensation Reauthorization Act Update

On September 17, 2014, a group of lawmakers from across the country introduced the James Zadroga 9/11 Health and Compensation Reauthorization Act.

On December 17, 2015, the bill was reauthorized for another **75 years (2090)!**

What does this mean?

The World Trade Center Health Program will be able to continue to provide medical monitoring and treatment to injured and ill 9/11 responders and survivors.

Also, the September 11th Victim Compensation Fund (VCF) will be extended for five more years with increased funding. **Please see page 5 for more information about this program.**

If you would like the details about the bill, please visit www.renew911health.org for more information.

WTC— Related Conditions Certification Process

**Do you have a condition or illness due to your 9/11 World Trade Center exposure?
If you do, you might be able to get your condition/illness certified by the
World Trade Center Health Program!**

Certification Process

1. Meet with one of our physicians for evaluation.
2. Obtain a copy of your medical records regarding your condition/illness if you saw a private physician for treatment.
3. We send a certification application to CDC/NIOSH for final determination.
4. Once a decision is made, CDC/NIOSH will send you a letter with the approval or denial of your certification. Steps 2-4 can take about 4-8 weeks.
5. If your condition/illness is certified, all of your doctor visits, medications and procedures as it pertains to **ONLY** your certified condition(s) will be covered 100% as long you adhere to the following guidelines:

(Some Restrictions May Apply)

- See an in-network provider. Please contact us to see if your provider is in our WTCHP network.
 - All doctor visits, medications and procedures **MUST** be pre-authorized. Please contact us directly or have your provider contact us for pre-authorization.
 - Coverage **ONLY** applies to your certified condition(s) and/or illness(es).
 - Attend your annual monitoring examinations.

The Cooking Corner

Is it too hot to cook in the kitchen? Try these tasty BBQ grill recipes!



Marinated Grilled Shrimp

Ingredients

3 garlic cloves, minced 1/3 cup olive oil
 1/2 teaspoon salt 1/4 teaspoon cayenne pepper
 1/4 cup tomato sauce 2 tablespoons red wine vinegar
 2 Tablespoons chopped fresh basil
 2 lbs fresh shrimp, peeled and deveined
 Skewers

Directions

1. In a large bowl, stir together the garlic, olive oil, tomato sauce and red wine vinegar. Season with basil, salt and cayenne pepper. Add shrimp to bowl and stir until evenly coated. Cover, and refrigerate for 30 minutes to 1 hour, stirring once or twice.
2. Preheat grill for medium heat. Thread shrimp onto skewers, piercing once near the tail and once near the head. Discard marinade.
3. Lightly oil grill grate. Cook shrimp on preheated grill for 2 to 3 minutes per side, or until opaque.
4. Enjoy!



Balsamic Grilled Zucchini

Ingredients

2 zucchinis, quartered length wise
 1 teaspoon Italian seasoning
 2 teaspoons olive oil
 1/2 teaspoon garlic powder
 2 tablespoons balsamic vinegar
 1 pinch of salt

Directions

1. Preheat grill for medium-low heat and lightly oil the grate.
2. Brush zucchini with olive oil. Sprinkle garlic powder, Italian seasoning and salt over zucchini.
3. Cook on preheated grill until beginning to brown, 3-4 minutes per side.
4. Brush balsamic vinegar over the zucchini and continue cooking 1 minute more.
5. Serve immediately and enjoy!

Scholarship America®

Families of Freedom Scholarship Fund®

**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. Below are the eligibility requirements for permanently disabled victims:

1. Was in one of the impact areas.
2. Was an airplane crew or passenger; World Trade Center worker or visitor; Pentagon worker or visitor; or a first responder that were involved in the rescue and recovery efforts.
3. Was present at the site between the dates of September 11, 2001 and September 16, 2001 **AND** have proper documentation to prove presence.
4. Medical Doctor must confirm the victim is Permanently Disabled as a direct result of the terrorist attack. (Please contact us if you would like one of our physicians to complete the form. You **MUST** be up to date with your monitoring exam for us to process this request).
5. Currently receiving **Social Security Disability Benefits** from the Social Security Administration.

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 Coordinator, Chantel Wright, MPH, CHES, at 848-445-6047.

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 monitoring exam.

A few days before 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.

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, a couple of months before you are due you will receive a call requesting you to contact us to schedule your annual monitoring appointment. 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 will be greatly appreciated. As always, we very much look forward to meeting with you!



September 11th
Victim Compensation Fund

Do you have a PHYSICAL World Trade–related injury and/or illness? You might be eligible for the September 11th Victim Compensation Fund!

The Victim Compensation Fund (VCF) provides compensation to individuals or families related to deceased individuals that were physically affected by the September 11th terrorist attacks.

Recently, the VCF underwent some new and very important changes. The changes are as follows:

- DUE TO THE RECENT REAUTHORIZATION OF THE JAMES ZADORGA 9/11 HEALTH AND COMPENSATION ACT OF 2010, THE VCF HAS BEEN EXTENDED FOR 5 YEARS AND IS NOW ACCEPTING NEW CLAIMS.
- A CLAIMINANT HAS UNTIL 12/18/2020 TO REGISTER AND FILE A CLAIM, BUT IS STRONGLY ENCOURAGED TO REGISTER WITHIN TWO YEARS FROM YOUR DATE OF DIAGNOSIS.
- ELIGIBLE CLAIMANTS ARE NOW SEPERATED INTO 2 GROUPS– **GROUP A & GROUP B**

GROUP A

- IF YOU RECEIVED A LETTER NOTIFYING YOU OF THE ‘LOSS CALCULATION DECISION’ ON YOUR CLAIM AND THE LETTER WAS DATED **ON OR BEFORE DECEMBER 17, 2015.**

GROUP B

- ANY CLAIM THAT IS **NOT** IN GROUP A WILL AUTOMATICALLY BE PLACED IN GROUP B.
- IF YOU HAVE **NOT** RECEIVED A LETTER DATED DECEMBER 17, 2015 OR EARLIER NOTIFYING YOU OF THE LOSS CALCULATION DECISION ON YOUR CLAIM.

ALL GROUP A CLAIMS HAVE BEEN PAID!

**For more detailed information about both groups, please visit:
www.vcf.org/faq.html**

Here are Some More Helpful Tips

- If you have missed the 2 year deadline, we still encourage you to submit a claim. Each claim is evaluated on a case by case basis and you still **MIGHT** receive compensation.
- You do **NOT** need to have a World Trade Center Health Program Certified condition to apply! The VCF is a separate entity and adheres to different guidelines.

For more information and to apply, please visit **www.vcf.gov** or call **1-855-885-1555**.

If you need assistance with the application process please contact our Member Services Coordinator, Chauntel Wright, MPH, CHES at (848) 445-6047.

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 and messages pertaining to the WTC Health Program .

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

Similarly, please follow us on Twitter at
www.twitter.com/RutgersWTCHP



Switch to Generic First Protocol for Medications

On March 1, 2016, the WTC Health Program started the generic first protocol. What does this mean?

- ◇ For all medications, all patients **MUST** receive the generic version. (Except for patients with special circumstances).
- ◇ If you cannot use the generic form, the WTCHP physicians must have proper documentation in order to provide a medication override.

How does this affect you?

- ◇ Unless you already have documented approval for the medication override, if you were receiving a non-generic form of a medication you will need to switch to the generic version.
- ◇ If you received the medication override allowing the non-generic form of medication, you may still experience issues at your pharmacy.

- If this happens please do not be alarmed. Kindly give us a call at **848-445-0123** and we will happily look into the medication rejection for you.

Thank you for your help and cooperation!

9/11 Remembrance Events Throughout New Jersey

As the memorial of September 11th is right around the corner, many counties are preparing for their remembrance events.

In honor of this day, Dr. Udasin and the clinic staff members will either run the 5K or cheer on participants at the 9/11 Heroes Run located in Bridgewater. Please feel free to join us! If you would like to donate, please visit www.classy.org/fundraise?fcid=740062

Many lives were lost on September 11, 2001, but will never be forgotten!

Atlantic County

9.11.16 @ 8:30 A.M.
Remembrance Ceremony
City of Somers Point Patriot Park
Bethel Road & 1st Street
Somers Point

9.11.16 @ 6:00 P.M.
Dedication Ceremony
Farmington Volunteer Firehouse
Maple Avenue off Doughty Road
Egg Harbor Township

Bergen County

9.11.16 @ 6:30 P.M.
Memorial Ceremony
Veteran’s Park
Rodney Street & Main Street
Glen Rock

9.11.16@ 6:30-9:30
Processional and Observance
Saddle Brook High School to
St. Philip the Apostle
Saddle Brook Township

Camden County

9.13.16 @ 9:11 A.M.
The South Jersey 9/11 Heroes Run
Pennsauken Township
Registration Required

Cape May County

9.11.16 @ 5:00 P.M.
9/11 Patriot Day Ceremony
Crest Haven Complex
Cape May Court House
4 Moore Road
Cape May

9.11.16 @ 7:00 P.M.
Remembrance Football Game
Carey Stadium
5th & Atlantic Avenue
Ocean City



The “Empty Sky” is located in West Caldwell.



The “WTC Memorial Gardens” is located in Middletown.

There are several other memorials located throughout New Jersey!

If you do not see an event listed close to you, please contact you local municipality for more information.

Cumberland County

9.11.16 @ 8:00 A.M.
Memorial Stair Climb
Bridgeton Housing Authority
high-rise on Commerce Street
Bridgeton

Essex County

9.11.16 @ 8:00 A.M.
Remembrance Ceremony
Essex County Eagle Rock 9/11 Memorial
Eagle Rock Avenue
West Orange

Gloucester County

9.11.16 @ 8:30 A.M.
County Patriot Day Ceremony
Chestnut Branch Park on Main Street
Mantua

Monmouth County

9.11.16 @ 8:00 A.M.
Remembrance Ceremony
Mount Mitchell Scenic Overlook
Atlantic Highlands

Morris County

9.11.16 @ 10:00 A.M.
Memorial Service
Morris Plains 9/11 Memorial
Corner of Littleton Road & Tabor Road
Morris Plains

Salem County

9.11.16@ 7 P.M.
Remembrance Ceremony
Salem County Fairgrounds
Route 40
Pilesgrove Township

Somerset County

9.11.16 @2:00 P.M.
9/11 Heroes Run
Route 22 West
Bridgewater

Registration Required

Dr. Udasin & Clinic Staff Members are Running & Supporting!



NYCOSH the New York Committee for Occupational Safety and Health is a membership organization of workers, unions, community-based organizations, workers' rights activists and health and safety professionals.

This non-profit organization uses training, education and advocacy to improve health and safety conditions in our workplaces, our community and our environment.

To mark the 15th anniversary of 9/11, NYCOSH's #health4heroes outreach campaign, NYCOSH will coordinate outreach and education efforts by partnering with labor and community organizations in order to ensure that more workers are fully informed about the services provided by the World Trade Center Health Program. To learn more information, please visit:

nychosh.org/initiatives/world-trade-center-health-program

Or Call (212) 227-6440

NYCOSH's Upcoming Event

The Future of 9/11 Health:
15th Year Commemorative Conference
Open to the Public
Friday, September 9, 2016
UFT Headquarters
52 Broadway
New York, NY

Registration Begins: 8:00 AM

Program: 9:00 AM—1:00 PM

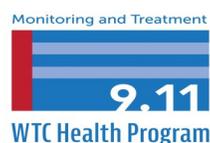
To register please visit:

<http://bit.ly/2aTvt5F>

This event will include presentations of recent 9/11 medical research
&
Important updates for the September 11th Victim Compensation Fund

If you can, please attend!

Our Medical Director, Dr. Iris Udasin, will be a panel speaker!





VOICES has helped families heal after tragedy, a mission that began after 9/11. Today, the organization continues to address the long-term needs of those impacted by 9/11, while helping communities prepare for, respond to, and recover from other acts of mass violence and disasters. There are two offices; one located in New Cannan, Connecticut and another in New Brunswick, New Jersey.

Voices serves families of victims, survivors, responders, emergency managers and communities in crisis. To learn more about Voices, please visit www.voicesofsept11.org or call **732-543-2300** for the New Brunswick Office.

Voices of September 11th Upcoming Event

15th Annual Day of Remembrance Information Forum
Free Program for 9/11 Family Members, Responders and Survivors

Saturday, September 10, 2016

Marriott Downtown Hotel

85 West Street

New York, NY

Registration Begins: 8:00 AM

Program: 9:00 AM—5:00 PM

For more information and to register please visit:

<http://voicesofsept11.org/initiatives/911-information-forum/2016>



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!

