

**SUMMER**  
**2018**

# WTCHP Rutgers Outreach News



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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

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

**(848) 445-0123**  
+ Option 3

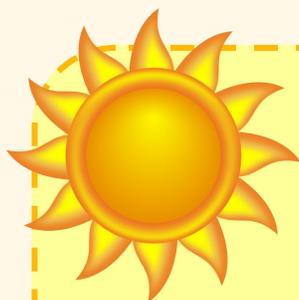
## We Would Love to See You!

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 moni-

toring 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)



# Sun Safety

Summer means having fun in the sun! However, the sun's UV rays can cause damage to your skin within 15 minutes of being outside. Here are some tips from the CDC to protect yourself against the sun's harmful rays:

- \* **Find Some Shade:** Shade can protect you from some UV rays. You can get some shade by staying under an umbrella or tree while outside.
- \* **Wear Protective Clothing:** Long sleeved shirts and long pants are ideal for protecting you from UV rays.
- \* **Don't Forget Hats and Sunglasses:** Hats offer your face more shade and sunglasses can protect your eyes from UV damage.
- \* **Sunscreen, Sunscreen, Sunscreen!:** Sunscreen can absorb, reflect, or scatter sunlight which all help protect your skin from UV rays.

Skin Cancer is extremely prevalent in the U.S., but can be prevented by using these tips. For more information on sun safety, go to [https://www.cdc.gov/cancer/skin/basic\\_info/sun-safety.htm](https://www.cdc.gov/cancer/skin/basic_info/sun-safety.htm)



## PROTECT ALL THE SKIN YOU'RE IN

**Skin cancer** is the most common cancer in the United States, **but most skin cancers can be prevented!**

### Every year—

- ▶ Nearly **5 million** people are treated for skin cancer at a cost of more than **\$8 billion**.
- ▶ There are about **76,000** new cases of and **9,000** deaths from melanoma, the deadliest form of skin cancer.



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention

CS277180

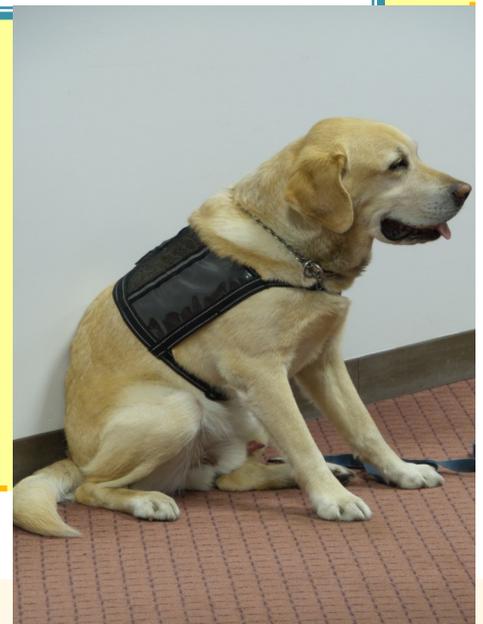
# Service Dog Workshop



Puppies Behind Bars is a non-profit organization that trains prison inmates to raise service dogs for veterans and first responders diagnosed with Post-Traumatic Stress Disorder or Traumatic Brain Injury. Puppies are trained from the age of eight weeks to 24 months and know more than 90 service dog commands when training is complete. These dogs have the advantage of being around people 24/7, which makes them well-bonded and eager to serve their humans. If you are chosen to attend service dog training, all costs related to getting this extraordinary animal are covered by the organization.

The World Trade Center Health Program at Rutgers was lucky enough to have Gloria Gilbert Stoga and Nora Moran from Puppies Behind Bars come and speak to our patients in April 2018. At the time of the presentation, Gloria and Nora also accepted many service dog applications from interested individuals. Since the presentation, three patients have already been placed with a service dog of their own. There will also be a few more training classes for qualified patients before the end of the year!

Since the initial presentation was so successful, Puppies Behind Bars will be coming back in October 2018! We will continue to partner with Puppies Behind Bars bi-annually to improve the lives of our patients! Details regarding the October presentation will be mailed soon.



## Stumbling Blocks or Stepping Stones

It would be insane to imagine that I would ever want to have throat cancer and go through the 10 months of hell, the surgeries, chemotherapy, radiation and endless doctor visits. Of course we don't choose, but as I look back, if things hadn't happened the way they did, I would never have met the kind and caring doctors and staff at the World Trade Center Health Clinic at Rutgers. There would never have been the therapy sessions which directed me to so many tools that have helped me cope with the many traumas that I've experienced throughout my life. I am grateful for the life I have now. Obviously I could do without the swallowing issues, the pain, neck spasms, and diet limitations, but I've learned to accept things and adapt.

Since my treatments in 2010-11, I have lived a very different life. I have stepped out of my comfort zone. I am grateful for the many wonderful experiences in the past seven years. Building playgrounds all over the world with the "Where Angels Play Foundation" has taught me the joy of giving. I have learned a tremendous lesson that whenever you give or help someone, you receive so much more back. While building playgrounds helps heal those affected by loss or tragedy, they have also helped my own healing journey in so many ways. At the young age of 70 I want to learn more, teach more and experience all the world has to offer. I've met enough good people to realize that most people are good and the world can be a beautiful, peaceful place.

I write this not to boast but to share my joy in learning that I am able to receive so much, just by giving a little. I don't know if all this would have happened but for my cancer, my traumas and the help that I've received from so many. I am truly grateful and hope to share more.

If you would like to learn more, please go to [whereangelsplayfoundation.org](http://whereangelsplayfoundation.org). Bill Lavin, the founder of the project, has written a book "Where Angels Live, Work and Play" and its proceeds help build more playgrounds. \*

-Bob Lavin, Retired Battalion Chief, Elizabeth, NJ Fire Department

\*If you would like to speak to a World Trade Clinic mental health counselor, please contact us at (848)- 445- 0123.

# The Cooking Corner

## Ingredients:

3 tablespoons soy sauce  
 3 tablespoons brown sugar  
 2 tablespoons sherry  
 1 tablespoon sesame oil  
 1/4 teaspoon ground ginger  
 1/4 teaspoon garlic powder  
 8 skinless, boneless chicken breast halves cut into 2-inch pieces  
 1 (20 ounce) can pineapple chunk, drained  
 Skewers



## Hawaiian Chicken Kabobs

### How to Prepare:

1. Mix soy sauce, brown sugar, sherry, sesame oil, ginger, and garlic powder. Stir the chicken pieces and pineapple into the marinade until well coated. Cover, and marinate in the fridge for at least 2 hours.
2. Preheat grill to medium-high heat
3. Lightly oil on the grill grate. Thread chicken and pineapple alternately onto skewers. Grill 15 to 20 minutes, turning occasionally, or until juices run clear.

## Easy Watermelon Sorbet

### Ingredients:

2 cups watermelon, cubed  
 1/2 lime, juiced



### How to Prepare:

1. Dice watermelon and place in freezer overnight. After freezing, place the watermelon into the food processor and add some lime juice. Don't add too much lime juice at the beginning and slowly add in more as you blend the sorbet.
2. Continue until you get a sorbet-like texture. You may add a sweetener of your choice to make it slightly sweeter.

## 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 psychiatrists, 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.

## Victim Compensation Fund Updates

The Victim Compensation fund was created to provide compensation for an individual who suffered physical harm or was killed as a result of the terrorist attacks on September 11th, 2001. If you're interested in submitting a claim, you must have a certified 9/11 related condition. The last day to file a claim is **December 18th, 2020!**

For more information about the September 11th Victim Compensation fund, you can visit their website: <https://www.vcf.gov/> or call their toll-free helpline at 1-855-885-1555

# WORLD TRADE CENTER

Register your service and preserve your right to future benefits



You must register your service by Sept. 11, 2018

Call 877-632-4996

Visit [wcb.ny.gov/WTC12](http://wcb.ny.gov/WTC12)

## Tell us you were there

If you participated in the rescue, recovery and clean-up of the World Trade Center through September 12, 2002, register your service with the New York State Workers' Compensation Board. This preserves your right to future benefits, should you ever need them.

You should file a **WTC-12** form whether you were injured or not and whether you were employed or volunteered. Service includes duty at Ground Zero, Fresh Kills Landfill, on the barges, the piers, and at the morgues.

*Employees and members of entities that participate in the New York State workers' compensation system are eligible.*

It only takes a minute to tell us about the service of a lifetime.

The deadline to file a WTC-12 form for the Worker's Compensation Board is **September, 11th, 2018!**

By registering your service, you can ensure that you have the right to any future benefits.

Photo courtesy of the Federal Emergency Management Agency



WTC-Register-poster-82x101-5-18

## 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](http://www.facebook.com/rutgerswtchp)

Similarly, you can follow us on Twitter at: [www.twitter.com/RutgersWTCHP](http://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!**

