Congress Passes Zadroga 9/11 Extension funding the WTCHP through 2090

Shortly before Christmas, the Zadroga 9/11 Health and Compensation Extension successfully made it through both houses of Congress providing for another five years for the Victims Compensation Fund and another 75 years for WTCHP services. This historic legislation’s passage is due to tireless efforts by FDNY members active and retired and their families. Many other people took part in the advocacy effort including the UFA, UFOA, NYPD, NY Senators Kristen Gillibrand and Chuck Schumer, Representatives Carolyn B. Maloney, Jerrold Nadler and Peter King, not to mention Jon Stewart.

FDNY members with WTC health related conditions can now rest assured that the FDNY WTCHP will be here to serve their needs and give them the healthcare they deserve.

Program Updates: Generics First Policy

You may have already received a letter informing you of the WTC Health Program’s Generics First Program.

Starting March 1, 2016, NIOSH, the federal agency which oversees WTC healthcare, is requiring that all WTC prescriptions for brand medications that are also available in generic form be filled using the generic medication.

1. If you are on a brand name drug, and need to be switched to a generic, the change will occur at your next WTC Monitoring or Treatment appointment.

2. For members who have medication refills remaining, in most cases the generic medication will automatically be substituted when your next brand medication refill is due.

For medications without an FDA approved generic form, the WTC Health Program will cover the most cost effective drug for your health condition starting March 1, 2016.

After consulting specialists in the various WTC-covered health categories, it was determined that by using generic medications or by prescribing the low cost brand within a medication category, the WTC Health Program will be able to:

1. Continue to provide high quality care for our members, with excellent symptom relief.

2. Conserve limited WTC Health Program funds, savings which can then be applied to less well-funded and growing areas of WTC healthcare, such as cancer.

Generic medications are as equally safe and effective in treating your condition as the brand name drugs and should be taken the same way.

FACT: Today, Nearly 8 in 10 prescriptions filled in the U.S. are for generic drugs.
You may have wondered to yourself when considering counseling what the point is of talking about things that are upsetting. You might think “won’t it make it worse” or “I have friends and family to talk to, I don’t need a professional”. The truth is that not all talking is the same. Many of us were brought up in families where if something upsetting was happening, we were taught to grab the broom and sweep it all under the rug. This can become a lifelong habit that leaves you either emotionally isolated or, paradoxically, overwhelmed by emotion and feeling out of control. Our feelings are powerful inner guides that act as a compass in our lives, and being able to listen to and regulate our feelings provides us with both vitality and stability. Maybe most importantly, it helps us heal from losses and traumatic experiences like 9/11 and the health issues and losses that have followed.

Have you ever noticed that replaying stuff inside your own head is not so helpful? Recently there has been an explosion in neuroscience research showing that our brains are literally wired for connection. Trauma research definitively shows that healing happens in the presence of a caring other. Just as a child needs caregivers and teachers to grow and develop as adults, we need others to connect with in our lives to spur us on. A counselor/therapist can be one of those people in your adult life who can be there to help you through a difficult stretch or stimulate growth in an area you have tried and failed to conquer on your own.

Have you been dealing with prolonged sadness and unable to lift your mood? Unsure how to deal with episodes of powerful anxiety that make it hard to get daily tasks accomplished? Feeling cut off from family members and not able to find your way back to the closeness you once had? If so, you might consider giving counseling a try. If you are interested, call FDNY-CSU for a consultation.
GERD RECIPE: Sautéed Shrimp with Angel Hair Pasta

Directions

1. Fill a large pot with water and bring to boil. Add salt.

2. Add the pasta and cook for about 3-4 minutes. Drain.

3. Heat a non-stick pan with 1 Tbsp of the olive oil. Sear the shrimp until the flesh is opaque on both sides, approximately 4-6 minutes. Remove the shrimp and keep warm.

4. Drain the excess oil and add the second tablespoon of oil to the pan. Sear the snow peas and carrots for about 1 minute.

5. Add clam juice, chicken stock, thyme, parsley, and half of the sesame seeds, and bring to a simmer.

6. Add the pasta and shrimp, and toss. Add salt as needed.

7. Serve in a soup bowl or deep dish, and sprinkle with remaining sesame seeds.

8. Garnish with a few shrimp and a sprig of thyme.

For more recipes that you can enjoy while maintaining a GERD friendly diet refer to Dropping Acid: The Reflux Diet Cookbook & Cure by Jamie Koufman, M.D. & Jordan Stern, M.D. with French Master Chef Marc Bauer.

Ingredients

- 1 lb shrimp (16 to 20 shrimps per lb, shelled and de-veined)
- 3/4 lb angel hair pasta (capellini)
- 1 lb snow peas (tips removed, cut into 1-inch diamond shape by cutting on the bias)
- 1 cup carrots (peeled and grated or cut on a mandolin to make long thin sticks)
- 1 cup chicken stock
- 1 (8 oz) bottle clam juice
- 5 sprigs thyme (washed, stems removed, chopped fine)
- 1/2 cup parsley (washed, stems removed, chopped fine)
- 2 tsp sesame seeds (toasted to an amber color)
- 2 Tbsp extra virgin olive oil

FDNY-CSU Locations

<table>
<thead>
<tr>
<th>Lafayette</th>
<th>Staten Island</th>
<th>Ft Totten</th>
<th>Orange County</th>
<th>Brentwood</th>
</tr>
</thead>
<tbody>
<tr>
<td>Address</td>
<td>251 Lafayette St. 3rd flr. New York, NY 10012</td>
<td>1688 Victory Blvd Staten Island, NY 10314</td>
<td>Building 413A Bayside, NY 11364</td>
<td>2279 Goshen Turnpike Middletown, NY 10941</td>
</tr>
<tr>
<td>Call to make an appointment</td>
<td>212-570-1693</td>
<td>718-815-4111</td>
<td>718-352-2140</td>
<td>845-695-1029</td>
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</table>

This program is funded by the National Institute for Occupational Safety and Health
When was the last time you came for your WTC Medical?
Call **718-999-1858** to make your appointment.

**WTC Medicals**

are available annually to active members in Brooklyn (Metrotech) and retired members at all 5 locations.

Not all testing is done On-Site at every location.

Retirees, please use table below to find your location and testing information:

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>Days</th>
<th>Hours</th>
<th>Blood Tests</th>
<th>X-Rays</th>
</tr>
</thead>
<tbody>
<tr>
<td>Brooklyn HQ</td>
<td>9 MetroTech Center, Brooklyn, NY 11201</td>
<td>Tuesday — Friday &amp; Occasional Sundays</td>
<td>8:00AM to 2:00PM</td>
<td>On-Site</td>
<td>On-Site</td>
</tr>
<tr>
<td>Fort Totten</td>
<td>Building 413A Bayside, NY 11364</td>
<td>Monday — Thursday</td>
<td>M &amp; W 8:30AM to 3:30PM, T &amp; TH 9:00AM to 3:30PM</td>
<td>On-Site</td>
<td>Off-Site</td>
</tr>
<tr>
<td>Orange County</td>
<td>2277 Goshen Turnpike Middletown, NY 10941</td>
<td>Monday, Thursday, Friday</td>
<td>9:00AM to 1:00PM</td>
<td>On-Site</td>
<td>Off-Site</td>
</tr>
<tr>
<td>Staten Island</td>
<td>1688 Victory Blvd Staten Island, NY 10314</td>
<td>Monday — Thursday</td>
<td>8:30AM to 3:30PM</td>
<td>Off-Site</td>
<td>Off-Site</td>
</tr>
<tr>
<td>Commack</td>
<td>66 Commack Road Suite 200 Commack, NY 11725</td>
<td>Monday, Wednesday, Friday, Tuesday Treatment Only Occasional Sundays</td>
<td>8:00AM to 3:30 PM</td>
<td>Off-Site</td>
<td>Off-Site</td>
</tr>
</tbody>
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Referrals to nearby facilities for off-site tests will be given to you by a WTC nurse.