

VITAL SIGNS

NAVAL HEALTH CLINIC ANNAPOLIS

“Committed to Excellence Since 1845”

JANUARY 2016 TO MARCH 2016

Navy Medicine



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LT Michael Bohman
Public Affairs Officer

LT Pia Francisco

HM2 Michael Romero

Assistant Public Affairs Officers

Message from the XO

“Everything happens for a reason” – a phrase I have repeated through most of my life.

Whatever the reasons are and through a series of unexpected and happy events I find myself in Annapolis – my 13th duty station– in one of my favorite U.S. cities, newly promoted, and honored to be your new Executive Officer.



Captain Maryann C. Mattonen
Executive Officer
Naval Health Clinic Annapolis

My husband Kevin and I are arriving from Jacksonville Beach and have moved into one of the beautiful historic homes on the grounds of the Naval Academy. We now live closer to family than at any time in my career. This includes in-laws, nieces, and nephews along the eastern seaboard and two stepsons and their wives in the local area. The oldest and his wife live in Annapolis and are about to make us first time grandparents this spring! The middle son and his wife are just over the bridge on Kent Island. They too are expecting with an arrival forecast for late November. The youngest is close to our hearts but on the road touring the US and Europe as lighting designer and producer for the band *Explosions in the Sky*.

My career has landed me in places from Iceland to underway, jobs from Ward Nurse to Officer in Charge, and forward deployed on land and sea. The opportunity to work with a variety of Officers, Chiefs, Sailors, and Civilians over the course of many years, many jobs, and many duty stations are the things that have shaped my leadership principles and philosophy.

I'd like to share some of those principles with you.

Visibility and Accessibility - These are critical for me to know you and for you to know me. Do not be alarmed if I drop by your spaces and outlying locations unannounced. This is how I check the pulse of our day-to-day operations, engage with our patients, and make myself available to help you in any way I can so that you can do your job and keep us on course at full speed ahead. Talk to me. Ask me questions. Make suggestions. I am there to look, listen, and learn.

Respect and Courtesy - Treat people as you would want to be treated. There is no place here for those with abrasive, condescending, or selfish personalities. There is nothing wrong with being nice – the ability to do so is a sign of confidence and competence.

Take care of one another - My job goes up and down the chain of command. I look up to the Commanding Officer to ensure I execute his orders, policies, and direction. I look down, out, and across the Command to ensure I am taking care of you so that you can take care of our patients. Always remember that we serve as shipmates who take care of each other.

Take care and stay safe!

College Fair

On Friday, January 15, 2016, the clinic was visited by more than 20 colleges in a college fair for the staff. Whether it was an EMT certification using already earned HM "A" school credits or a graduate degree, there was something for everyone.

The Command Career Counselor's office organized this event as a way of making it easier for our staff to see the many options and opportunities that exist for furthering one's educational goals.



Multi-Cultural Committee

The Multi-Cultural Committee continues to be very active at Naval Health Clinic Annapolis, holding their annual heritage fair in January, with 10 different heritages represented.



In February, Black History Month was celebrated recognizing some of the great contributions from African Americans in our country.



March included presentations honoring some of the great women in our history and the many roles they have assumed in the defense and establishment of our nation.

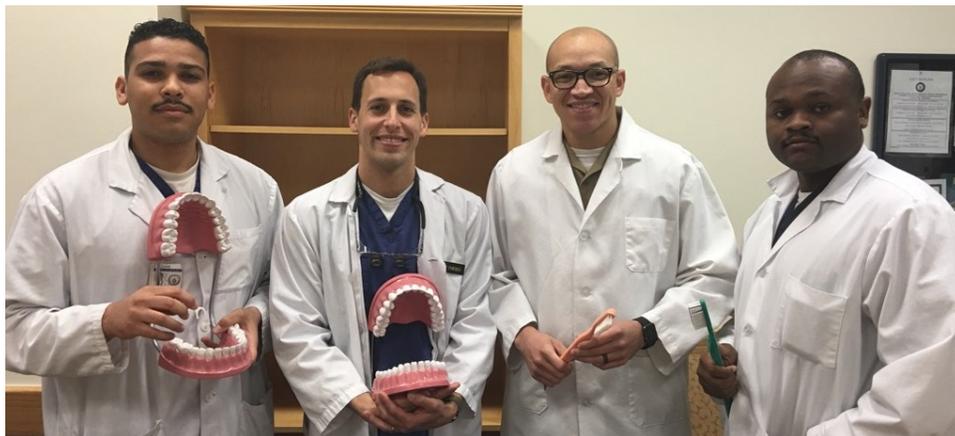


National Children’s Dental Health Month



On February 24th, 2016, representatives from Naval Health Clinic Annapolis Brigade Dental clinic visited the Children’s Development Center (CDC) at NSA Annapolis teaching good dental and oral hygiene as part of National Children’s Dental Health Month.

What began as a one-day event in Cleveland, Ohio, on February 3, 1941 has grown steadily over time. The American Dental Association held the first national observance of Children’s Dental Health Day on February 8, 1949. This observance became a week-long event in 1955. In 1981, the program was extended to a month-long observance known today as National Children’s Dental Health Month.



During their visit, LT Forbes, HM3 McRae, HN Nieves, and HM3

Wesley had the opportunity to teach with an interactive presentation covering topics including proper brushing and flossing techniques, smart snacking, and staying cavity free, while passing along fun facts about teeth.



Awards January-March

Awards

HM3 Christopher Taylor -LOC
 HM1 Dwayne Lopez -COM
 HM1 Jonathan Pruss -COM
 PSSN Christopher Martinez -LOC
 CAPT Clifford Blumenberg -MSM
 HM3 Elliot Burke -LOC
 HM2 Roland Samaroo -NAM
 HM3 Michael Griffin -LOC
 LCDR Ian McGuinness -COM
 LT Amy Welkie -COM
 HM1 Travis Baker -NAM
 HM3 Cameron Walker -NAM
 HM2 Linda Moreno -NAM
 HN Christian Howard -LOC
 HM3 Miguel Uvina -LOC

Quarterly Awards

HMI Cory Bemis, Senior Sailor of the Quarter
 HM2 David Yi, Junior Sailor of the Quarter
 HM3 Jordan Varney, Bluejacket of the Quarter
 Ashley Benson, Senior Civilian of the Quarter
 Brenda Walsh, Junior Civilian of the Quarter

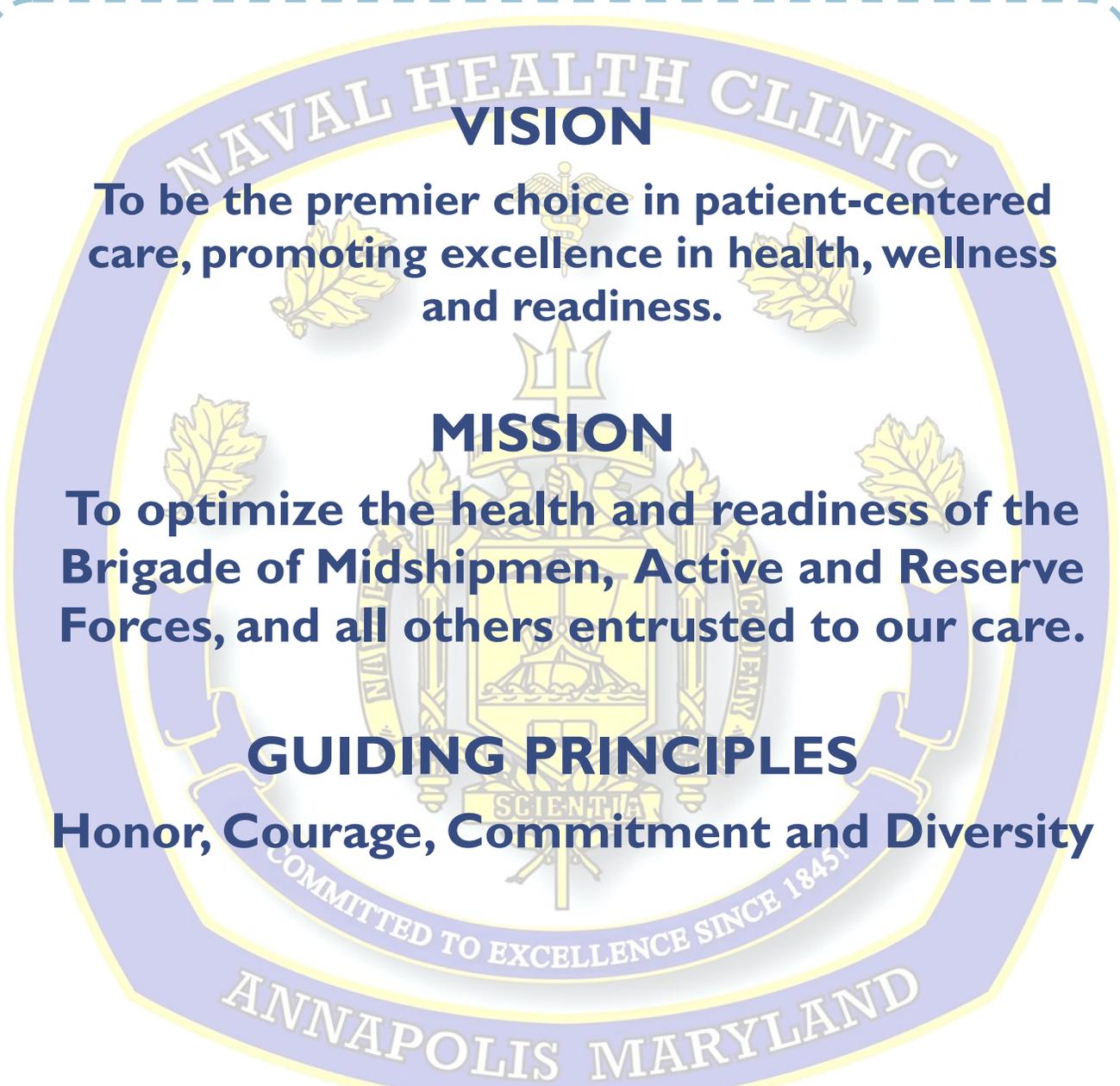
Awards Legend

MSM: Meritorious Service Medal
COM: Navy and Marine Corps Commendation Medal
NAM: Navy and Marine Corps Achievement Medal
MOVSM: Military Outstanding Volunteer Service Medal
LOC: Letter of Commendation

Promotions



At the stroke of midnight on New Year's Eve, CDR Mike Klemann, DFA, promotes LTJG Pia Francisco, Healthcare Administrator, to Lieutenant.



VISION

To be the premier choice in patient-centered care, promoting excellence in health, wellness and readiness.

MISSION

To optimize the health and readiness of the Brigade of Midshipmen, Active and Reserve Forces, and all others entrusted to our care.

GUIDING PRINCIPLES

Honor, Courage, Commitment and Diversity



Check out our Facebook page for more photos from the command and updates on what's happening at the command.

<https://www.facebook.com/NavalHealthClinicAnnapolis>

If you would like to contribute an article or announcement to this newsletter, please email HM2 Michael Romero at Michael.C.Romero11.mil@mail.mil or call him at 410-293-3617 or ext. 1790