

Navy Medicine



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LTJG Pia Francisco
Public Affairs Officer

HM2 Michael Romero
Assistant Public Affairs
Officer

VITAL SIGNS

NAVAL HEALTH CLINIC ANNAPOLIS

"Committed to Excellence Since 1845"

APRIL 2015 TO JUNE 2015

30 Jun 15



MESSAGE FROM THE CO

It is hard to believe my time at NHCA is coming to a close.

Working with this **AMAZING** team on an incredible mission made the time vanish before I could even notice and I have cherished every moment of it! Our mission of maximizing Readiness and providing an outstanding patient experience of safe, quality health care is second to none. I hope you know by now how I feel about all of you. It has been a privilege and honor to be your Commanding Officer. Your commitment to excellence, to being and doing your absolute best, and working tirelessly to gain the trust of our patients makes me so proud of you. Thank you for your teamwork. We have many clinics but we are one tremendous team. There is no other Command I'd rather lead than NHCA. Thank you for your unwavering support. I know you will do the same for CAPT McGinnis as he takes the helm.

I wish you all the Best! You have my deepest respect and appreciation.

Captain Sheherazad A. Hartzell
Commanding Officer
Naval Health Clinic Annapolis

122nd Chief Petty Officer Birthday

On April 1st, 2015 the US Navy Chief Petty Officers celebrated 122 years of loyal service, leadership and unwavering devotion to duty. At the ranks of E7 through E9, there is no other uniformed service equivalent to the level of responsibility and respect bestowed and earned with the title of Chief Petty Officer. The ratings and duties may be various but none have accomplished these tasks with such a degree of humility, expertise and the never ending pursuit of training our junior enlisted Sailors and junior officers. I feel a great deal of pride knowing that I am a part of such a unified network of professionals; with whom I can without any doubts or reservations, count on to assist me or any Sailor whether we have been longtime friends or have never met before.

We as CPO's could not accomplish what we have and continue to set the example unless we as a collective were able to live up to the common phrase, "Ask the Chief". This has everything to do with ownership of our actions and words, dedication to doing the job right and conveying the right answers through our own personal knowledge or that of our Chief's Mess as a whole. What we have achieved and what our future holds never ceases to impress and amaze. Happy Birthday Chief Petty Officers. NAVY CHIEF! NAVY PRIDE!

Written by HMC Bradford Lomba



117th Hospital Corpsman Birthday

Few organizations, military or not, can look upon their histories with the same degree of pride and awe as can members of the Navy Hospital Corps. In its century of service, the Hospital Corps has proven itself ready to support Marines and Sailors by giving them aid whenever and wherever necessary. As the years have progressed, the tools and techniques used by Hospital Corpsmen and their fore-runners have evolved, but the level of dedication has remained a strong current through the corps' history.



In its first century, the Hospital Corps has compiled a truly honorable legacy of valor and sacrifice. In addition to the wars and conflicts recounted here, hospital corpsmen have responded to natural disasters, military accidents, and other peacetime emergencies. Moreover, they have maintained the regular health of their Sailors and Marines, giving immunizations, conducting preventive medicine efforts, and holding sick call. Today, the 23,000 regular and 6,000 reserve members of the Navy Hospital Corps continue to serve around the globe. They are assigned to naval hospitals and clinics, to surface ships and submarines.

Hospital corpsmen have always had the job of maintaining the health of their shipmates. Their innumerable instances of heroism, of consciously exposing themselves to danger to save lives, are not spectacular because they were required to act. Their displays of courage have been noteworthy because these men and women cared about their shipmates.

I personally want to wish all the corpsman a happy 117th birthday. Without your excellent service and care, the Navy would not be able to maintain its shining record of amazing quality and commitment.

Written by HA Nicholas Anderson

Multi-Cultural Committee

This past quarter Naval Health Clinic Annapolis Multicultural Committee (MCC) has undergone a changing of the guard with the committee's former Chair, HM2 Denice Moore turning over leadership responsibilities to HMI Michael Weaver who has recently checked into the command in February of 2015. HM2 Moore will be PCS'ing from the command in September and will be transitioning through Field Medical Service School in Camp Lejeune, NC. Upon graduating she will be stationed at Marine Corps Air Station Miramar, 13th Dental Company in California. HM2 Moore did an outstanding job for the MCC and is one of the key leaders responsible for the new command instruction guiding the committee forward into this upcoming year. We wish her fair winds and following seas come her departure in September.



The MCC has been active this past quarter recognizing several cultural and historic events.

On April 24, 2015 the MCC held a Holocaust Remembrance Event marking the 70th anniversary of the liberation of Auschwitz, an extermination camp used to carry forward the Nazi Regime's world order to eliminate Jews and many other cultures throughout the world. The event was a moving time line of events starting with a Memorial Wall constructed to show just a portion of the 6 million victims who were killed during this time period. The event was narrated by Master of Ceremonies, HN Aguirre and key speakers (HM2 Garganta, HN Long, and HM2 Moore) helped to share the storyline, Navy Message and President's Proclamation with the 75 staff and guests in attendance. The event showcased a newly released documentary by Steven Spielberg capturing the life of Jews in this time period and inside the Auschwitz camp. The remembrance finished with a candle lighting vigil and prayer led by Rabbi, LT Josh Sherwin of the United States Naval Academy and the customary refreshments themed after the soup kitchens predominantly found during the times of Holocaust in Europe. MCC also recognized Scottish-American and Arab-American Heritage Month with weekly Plan of the Week factoids and email blasts to the command. Our sister northern clinic of Lakehurst recognized Sexual Assault Awareness with a static display within clinic that was set up with information for staff and patients regarding Sexual Assault

and Bystander Intervention with supporting resources.

May 15, 2015 marked the Asian Islander and Pacific Heritage Month Celebration which was a huge hit. Narrated by Mistress of Ceremonies HM3 Grant the event welcomed the clinic's very own Amy Palmer to provide a moving depiction of her family's travels to escape their home country of Laos following the Vietnam War. The 150 plus in attendance were treated to the USNA Filipino Club's Tinkling Dance, a folk Filipino dance, and the USNA Japanese Club's Japanese food art called "Onigiri". Key presenters were HM2 Romero and HN Gutierrez reading the Navy Message and President's Proclamation and the event was followed by a feast of Asian American and Pacific Islander food donated by staff and committee members of the NHCA and MCC/Diversity Committees.

In June MCC recognized both LGBT and Caribbean Heritage with observances for both. The month of June was extremely busy at NHCA and due to the schedule of events no MCC event was held. The cultural diversity and depth of heritage in these two themed observances were displayed in weekly Plan of the Week Posts and email factoid transmittals, to include the President Proclamations and PowerPoint Presentations, to the command. The heritage and people represented by LGBT and the Caribbean Heritage are interwoven throughout our military and American Culture and play a large role in who we are and what we represent today.



The Northern Branch Clinic of Lakehurst celebrated Asian American and Pacific Islander Month on June 19th, which consisted of a food tasting and on July 1st they will be celebrating Caribbean Heritage Month with a potluck to demonstrate the rich food history of the culture.

The MCC looks forward to our next event in August, Women's Equality Day, and is currently planning their schedule for FY 2016.

Written by HMI Michael Weaver and HM3 William Troy

Sexual Assault Awareness and Prevention Month

The Department of Defense (DoD) observes Sexual Assault Awareness and Prevention Month (SAAPM) each April. This year's NHCA SAAPM observance was held 2 April.

During the event, LT Danielle Muckenthaler, NHCA's Sexual Assault Prevention and Response (SAPR) Program Manager, spoke on the importance of promoting sexual assault prevention on a daily basis and presented this year's motto: "Eliminate Sexual Assault. Know your part. Do your part."

Commanding Officer, CAPT Hartzell, signed a proclamation against sexual assault at NHCA and presented Certificates of Appreciation to LT Muckenthaler and each of NHCA's SAPR Victim Advocates.



The event ended with the serving of cake to all in attendance.

Written by LTJG Pia Francisco

Annual Command Picnic

This year's command picnic was held 18 May at Hospital Point. The event featured good food, lots of fun with co-workers and family members, and a great show by the Blue Angels. In addition to the festivities, Commanding Officer, CAPT Hartzell, presented HM2 Leslye Thompson with a Navy and Marine Corps Commendation Medal.

The event featured a dunk tank, corn hole toss, and pie-in-the-face fundraiser.

A great time was had by all!

Written by LTJG Pia Francisco



FAIR WINDS AND FOLLOWING SEAS, CAPT HARTZELL!



Promotions and Awards

Awards

CAPT David Keblish, MSM
 CDR Martha Scotty, MSM
 LCDR David Myhre, NCM
 LT Willie Collins, NCM
 HMC Tiffanie Gibbs, NCM
 HM2 Andrew Brown, NCM
 HM2 Leslye Thompson, NCM
 LT Joseph Grant, NAM
 LT Nicole Kosakowski, NAM
 LT Doris Lam, NAM
 LT Danielle Muckenthaler, NAM
 HM1 Kelvin Vasquezluna, NAM
 HM2 Michael Baker, NAM
 HM2 Tyson Brindamore, NAM
 HM2 Paul Kretzchmar, NAM
 HM2 Jack Lo, NAM

HM2 Kevin Terront, MOVSM, NAM
 HM3 Dorlemae Aguirre, NAM
 HM3 Eric George, NAM
 HM3 Jack Lo, NAM
 HM3 Jordan Paramore, NAM
 HM1 Palacios, MOVSM
 HM3 Nathaniel Jump, LOC
 HM3 Michael Grinstead, LOC
 CAPT Rita Shapiro, LOA
 HM3 Carlton Wilson, LOA

Promotions

LT Matthew Chung
 LT Kawika Segundo
 LT Amy Welkie
 HM1 Bavis Baker
 HM1 Andrew Brown
 HM2 Sabiki Alexanderreaves
 HM2 Brandon Blyden
 HM2 Louis Olmos
 HM2 Tyheria Phillipsoden
 HM2 Pamela Quarterman
 HM2 Marygrace Scott
 HM2 Sarah Thrasher
 HM2 David Zwiers
 HM3 Jacob Anthony
 HM3 Zachary Martin
 HM3 Edwin Pena
 HM3 Kevin Sanchezshafer

Quarterly Awards

HM1 Jose Palacios, Senior Sailor of the Quarter
 HM2 Latoya Jones, Junior Sailor of the Quarter
 HM3 John Crysler, Blue Jacket of the Quarter
 Ms. Clemencia Religioso, Junior Civilian of the Quarter
 Mr. Bill Korman, Senior Civilian of the Quarter
 Ms. Sunshine Garganta, Contractor of the Quarter

Awards Legend

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

Retirements

CAPT David Keblish CAPT Rita Shapiro HMC Tiffanie Gibbs Mrs. Sue Mason



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.

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



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>

GUIDING PRINCIPLES
 Honor, Courage, Commitment and Diversity