

VITAL SIGNS

NAVAL HEALTH CLINIC ANNAPOLIS

"Committed to Excellence Since 1845"

OCTOBER 2014 TO DECEMBER 2014

Navy Medicine

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LCDR David Myhre
Public Affairs Officer

HM2 Michael Romero
Assistant Public Affairs
Officer

NHC Annapolis "Winter Wonderland"



On Friday, December 12, 2014, the annual NHC Annapolis Holiday Party was held at the Double Tree of Annapolis with 130 NHCA staff members, friends and family members attending. Festivities began at approximately 6:30pm with a social hour and lasted until 10:30 pm. Detailed planning began in October and went into the final week of the event. With much excitement and some heartbreak, 20 door prizes were distributed over the course of the evening. Five major prizes consisted of two "Beats" personal headphones, two iPad Minis and a whopping 40" LED television. The remaining door prizes consisted of \$50.00 in open gift cards and two \$80.00 gift cards from Target. All gifts were distributed via lottery selected by the CO, XO, CMC, HM2 Couch (JSOY), HM3 Smalls (BJOY), and "Mr. Claus." The command staff and family members danced the night away to music selections by our veteran "DJ Pumpkin." The dinner was buffet-style with amazing desserts topped off with a chocolate fountain.

Those with children were not left out of the holiday fun, however. On Saturday, December 6th, the Children's Holiday Party took place and 40 of our staff's children showed up for a morning full of games, snacks, and of course, Santa Claus. Santa and Mrs. Claus arrived at the clinic on a fire-truck, accompanied by their two elves and carrying a bag of gifts. After Mrs. Claus read "The Night Before Christmas" to the children, the real fun began as Santa called each child up to sit on his lap and receive their gift.

Many kudos and accolades go out to the different committees established within the Holiday Party Committee. The various committees included decorating, door prizes, children's accommodations and party, food, liaison to the hotel, ticket sales, fundraisers, photographer and DJ. The many fundraisers included: hot dog sale, yogurt parfait sale, pizza sale, breakfast sale and nacho sale. Penny Wars was won by a landslide with the help of a "penny grenade" by DFA. HM2 Brown was the esteemed treasurer of the committee and did a very good job with the upkeep and regulation of money.

Notable NHCA staff members who contributed to the successful Command Holiday Party: YN1 Payne, HMI Whipple, HM3 Fletcher, HM2 Baker, T., HM3 Phillipsoden, HN Lane, PSSN Martinez, HM3 Lantern, HM3 Collier, HN Fredrickson, HM2 King, HM2 Wescott, HM3 Grant, HM3 Cortez, LT Burdick, HN Lopic, HN Henson, YN2 Hyde, HN Boulware, HN Coppedge, HM3 Resendezperez, PS2 Woody, HM3 Troy, HMI Lopez.

According to YN1 Payne, head of the Holiday Party Committee, "Meetings occurred at least once a week to establish baseline communication about progress from each committee. As a committee we respected each other's opinion and we were able to find common grounds in differences. The budget went according to plan and we did not over spend our intended budget. The Triad assisted the committee with guidance and their vision for a successful holiday party."



Santa and Mrs. Clause arrive to smiles and cheers at the NHCA Children's Holiday Party Dec 06, 2014.

Article submitted by HMI Sara Whipple, Holiday Party Committee

Message from the CMC



Master Chief Kimberly Lamb
Command Master Chief
Naval Health Clinic Annapolis

NHCA Family,

Happy New Year! I want to take this opportunity to extend my heartfelt greetings for the season, and acknowledge accomplishments and achievements that contributed to our success last year.

Each one of you is an essential part of our success. I personally thank you for your non-stop efforts. The next year is sure to bring more challenges for progress and achievements. You all will be important participants in its success. I look forward to a great, productive and successful new year.

Apply these three words to your daily life: Ship, Shipmate, Self! Can be used in reverse order to set priorities.

Again, thank you all for your support and the great work you do every day. Best wishes to you and your family for a safe and a Happy New Year! Enjoy life and have fun!

Retirements

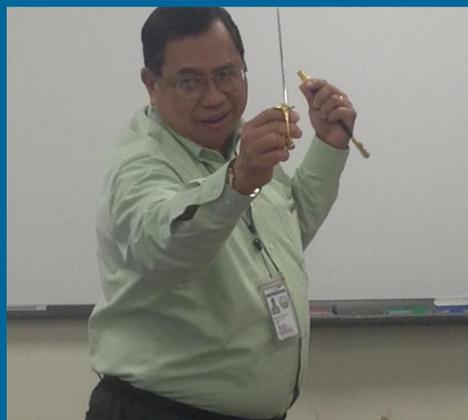
In honor of their retirements, Naval Health Clinic Annapolis would like to say a very gracious and humble "thank you" to the following individuals for their dedication and distinguished service to our Nation, Navy and our mission.

05 Dec 2014 - HMC Maurice McBride

17 Dec 2014 - CDR Kathryn Lindsey

19 Dec 2014 - CAPT Karlyna Andersen

31 Dec 2014 - Mr. Virgilio DeGuzman



Pictured Top: HMC Maurice McBride
Bottom: (L to R) CAPT Andersen, Mr. DeGuzman, CDR Lindsey

Credit Cards and Holiday Spending

The holiday season is here. The average American will spend approximately \$804 shopping on gifts according to the National Retail Federation (<https://nrf.com>). If you are smart, a gift list or budget will be set prior to holiday spending for the year. Unfortunately, many families tend to go overboard on purchasing and that can have a lasting effect on their finances. In all fairness, you have to ask yourself, "Is it worth it?"

Let's face it, many of us do not walk around with \$500 dollars in our pocket. These days, a thin piece of plastic rules; oh yes, the credit card. Even with a modest credit limit, you can easily go over the limit and keep spending. During the holiday season, retailers are boosting advertisements and offering specials to get your business. Did you know that holiday shopping could hurt your credit score? Eighty percent of consumers charge at least some of their holiday purchases on credit cards. The majority of us gives little thought on the potential risks associated with that spending. It's important to know that carrying a balance month after month could have a negative effect on your credit.

Here are four tips to help you maintain good credit during and following the Holiday Season:

1. New credit cards. It may be tempting to get a new store credit card for the discounts and special offers. Be mindful that any time you apply for a new line of credit, your score can take a short dip as a result.
2. Know your credit card information. Before you go out shopping, know your credit card limits and balance to pay off. According to Transunion, using more than 30 percent of your credit limit can lower your credit score.
3. Pay off balances. Don't pay more in interest than you have to; pay off your credit cards with the highest interest rates first.
4. Budget. Establish a budget before you shop and stick to it.

In my experience as a financial counselor, I've also noticed that many of us spend a lot of money on vacations for the holidays. The holidays of Thanksgiving, Christmas, and New Year's are when we take to the skies or hit the road to see family and friends.

To avoid costly vacation planning, here are 3 tips for a budget-friendly vacation.

1. Think beyond hotels. Hotels can be very expensive. The American and Lodging Association estimated the average room rate to be around \$110.00, which can add up quickly if you plan on staying more than a few days. Home sharing sites such as Airbnb and HomeAway allow you to rent a room or home from someone. Renting a home is often cheaper than a hotel and you could also take advantage of a full kitchen in which you can buy groceries to cook instead of going out to eat.
2. Eat smart. Using smart apps like Restaurants.com, LivingSocial, and Groupon can save you huge amounts of money. You have to make sure that they do not expire before you purchase them. A kitchen equipped hotel can also provide for alternative eating instead of going out to eat.
3. Communicate without spending. An international long distance phone call can cost big bucks from the roaming charges. In this technology age, you can get friends and family to join Skype to avoid a cellular call. There are also other social media forms such as Facebook and Google Plus which allows at least 10 people to join a video chat from anywhere in the world with Wi-Fi.

Lastly, I always like to answer a general question about finance. Here is one question that is frequently asked:

What is CardSafe? CardSafe is a registry product that helps you quickly recover the loss of credit or debit cards if your wallet or purse is stolen. By using the information that is in your credit report, CardSafe keeps a log of all your credit cards. This is important to know instead of making phone calls and ordering new ones. Let CardSafe take care of everything for you.

If you would like more information or have any questions about personal finance, please contact me at 410-293-2275 or send an email larry.lee@med.navy.mil.

Article written by HMI(SW) Larry Lee, Command Financial Counselor

Individual Augmentee

Our two most recent Individual Augmentees (IA), LT Doris Lam, General Dentist, Naval Health Clinic Annapolis and LTJG Nicole Kosakowski, Physician's Assistant, Branch Health Clinic Earle, recently returned from deployment. While it was still fresh in their minds, I asked these two Officers a series of questions to get them to share their experiences, insight, and any lessons learned that would benefit personnel who may deploy in the future.



LTJG Nicole Kosakowski reports for her first day of work at Camp Leatherneck.

When you were told you were going to deploy, what was your immediate feeling?

LT Lam (Place of Deployment: Camp Lemonnier, Djibouti) : "I felt that as a young, unseasoned Officer in the Navy, that deploying was a good opportunity to catch up to my peers in terms of experience in the fleet."

LTJG Kosakowski (Place of Deployment: Camp Leatherneck, Helmand Province Afghanistan): "An IA was one of my goals for my first duty tour, so I was excited....nervous of the unknown but ready for a challenge."

What was your job on deployment and what was your typical day like?

LT Lam: "On deployment, I was the Dental Department Head and the only dentist providing dental care for the entire AOR. Every day it was a random mix of dental sick call, walk-in tobacco counseling services, dental exams, and fillings. There was the weekly root canal and the occasional extraction and cleanings as well."

LTJG Kosakowski: "I am a Physician Assistant so my job was patient care. This was a very dynamic deployment due to the Retrograde at Camp Leatherneck. For the first 6 weeks, I saw patients in a Role I Combined Aid Station setting, doing primary care procedures and visits. During that time, I was also involved in retrograde work parties, as well as helping set up the Role II Medical Treatment Facility (MTF) that our surgical company would eventually man, as the only standing Shock Trauma Platoon/Forward Resuscitative Surgical System (STP/FRSS), once the Bastion Role III MTF closed on 22SEP2014. Upon going FOC (Full Operational Capability), I rotated in 24 hour shifts with the ED physician who was part of our company. While on shift, I would be responsible for patients that came through the Role II requiring anything from urgent care type visits to initial trauma resuscitation (always with an awesome surgeon and corpsmen at my side though)."

What was your biggest challenge while being deployed? What did you do to overcome the challenge?

LT Lam: "One of my biggest challenges while being deployed was working in a joint operation where tasks are slow to get completed because either there aren't enough people assigned to a billet, supplies are slow, different branches of service don't understand one another, or the areas of help I needed fell under no one's area of responsibility. I was able to overcome this by inventorying my clinic and assessing its needs early on. One of the things I learned to do while deployed was write point papers which was very helpful."

LTJG Kosakowski: "The biggest challenge is being flexible and understanding that there are many ways to solve a problem and compromise is always the way to go. You work with a lot of personalities on a deployment and spend A LOT of time with the same people day in and day out, which can be challenging if you don't like change. I really enjoyed getting to know everyone and have become friends with many that I will probably have for my lifetime. It becomes easy, when on deployment, to struggle between feeling alone but overcrowded at the same time. The best way to overcome that is to be there for each other, but also know when to step away and take time for yourself. I think our company did that well for each other."

"It becomes easy, when on deployment, to struggle between feeling alone but overcrowded at the same time. The best way to overcome that is to be there for each other, but also know when to step away and take time for yourself."

-LTJG Kosakowski

(continued on next page)

Individual Augmentee (continued from page 4)

What did you miss the most when you were gone?

LT Lam: "The fresh seafood in Annapolis is a luxury here. In contrast, most of the meats were overcooked and bland there. I craved fresh seafood or sushi and missed a good steak while I was gone."

LTJG Kosakowski: "I missed my dog Moose. He's my running buddy, so running only with humans (and the occasional Jackal) was something that took me time to get used to."

What did you learn about yourself throughout the deployment?

LT Lam: "I learned that when you are persistent, maintain open lines of communications, and you are respectful and polite, people are more eager to help if you need it. It is highly dependent on your level of motivation though. Your motivation will influence how successful you are. Keep sight of what you are doing, why you are doing this and for whom."

LTJG Kosakowski: "This is a pretty loaded question...so without getting philosophical, I think that I learned more self-confidence and appreciation for simplicity. When you break down your life on deployment, the bottom line is that, it is simple in comparison to life back at home. Your days develop routines that don't include getting the dogs out, making dinners, cleaning the house, making lunches, etc. You work and work out. Sleep. Repeat. And the self-confidence bit...I was with the Marines and they bleed self-confidence and hard work...so it's difficult for that not to rub off on you. I loved being with the Marines. The discipline and camaraderie is mind-blowing. They have great pride in what they do and it's hard not to appreciate that and want to be a part of it. And just read the book *MARINE! The Life of Chesty Puller*, the story of the greatest Marine that ever lived...you'll never be the same."



LT Lam during pre-deployment training.

What advice would you give to someone who is preparing for an IA deployment?

"Dare to dream. If you feel that deployment is lacking, you have a blank canvas to create upon."

-LT Lam

LT Lam: "Dare to dream. If you feel that deployment is lacking, you have a blank canvas to create upon. For example, there wasn't much of an ultimate Frisbee or swim team where I was and I desired to keep my skills up, so I created an ultimate team and attempted to create a U.S. Masters Swim program there. It took constant work since we were losing and gaining players due to the constant turnover of redeployment dates

every 2 weeks. I also invited friends to join my swim workout or I taught friends how to swim. Be involved. Deployment is a great opportunity for an individual to interact with other military branches and other nations, to be creative and be productive."

LTJG Kosakowski: "The paperwork and the things you will do before you even get to pre-deployment training will be the most stressful. Between paperwork and phone calls and DTS, as well as trying to get your family ready for your absence, things will get hectic fast. Best piece of advice is finding someone you know who has deployed and talking to them (or now you can call me)! They will be a source of comfort and sanity. Pack your bags in advance...don't do it 2 days or a day before you leave because it may overwhelm you. And it will be hard to leave, but you WILL be fine. You WILL make friends. And you are not alone in the way you feel...guaranteed! Work hard and take every opportunity to experience new things. You will have opportunities on a deployment that you may never have the chance of doing again in your lifetime (for example helping raise an M-777 Howitzer). Some of these things may take a lot of time and effort to make happen, but do it, because you won't regret it, and will likely create a memory that will last forever."

Information and photos submitted by LT Lam and LTJG Kosakowski.
Article compiled by LCDR David Myhre
Public Affairs Officer

Naval Health Clinic Annapolis Haunted Hospital

For the last three years, when fall comes around at the Naval Academy, the hospital grounds become sanctuary for the dead. Halloween has been the perfect excuse to make the old building, established in 1845, a gathering point for the most horrifying entities up and down the Severn River.

The Command Recreation Committee (CRC) at Naval Health Clinic Annapolis spearheads this annual event which has become the largest and most profitable fundraiser of the year. Due to the many moving parts and heavy logistics involved with the Haunted House, the planning stages begin early in the year and takes a few months to come to full fruition. Each year since its inception, the Haunted House has had a different theme. In 2012, casualties of a shipwreck haunted the hospital hallways. In 2013, the hospital became an experimental treatment facility for tuberculosis patients and this year, the creepiest clowns ever imagined congregated to construct the “Haunted Carn-evil,” a haunted carnival motif.

On October 24th and 25th, up to 90 military and civilian staff members transformed into the “haunted carnie crew” to give the Naval Academy and NSA Annapolis residents a good night’s scare. The event proved extremely successful, garnering over \$3,000 in profits which were used to help defray costs of the Command Holiday Party. Kudos to everyone involved!



Article and photos submitted by HMI Jose Palacios, the “Ringleader” of this year’s Haunted Hospital

Nurse Advice Line

Questions About Urgent Care? The Nurse Advice Line Can Help

When an urgent health problem arises, it is hard to know whether you should try to tough it out or seek medical care. Luckily, TRICARE beneficiaries can call the Nurse Advice Line (NAL) to get advice on their health care questions. Not all health problems require a visit with a medical specialist but a Registered Nurse at the NAL can help you make the decision on whether you should seek care at an urgent care center.

While going to an urgent care clinic for a high fever or a sprained ankle may seem like the easiest option, if you call the NAL first you can save time and money. The NAL is made up of a team of registered nurses (RNs), who can answer your healthcare questions. There is always a live person on the line to answer your concerns. When you call, the nurse will ask several medical questions based on your symptoms. These questions were developed by physicians to help the RNs get the most accurate assessment of your medical problem. If you are not calling for yourself, please make sure that the family member in question is present so you can assess their condition as the nurse asks questions. If the person is over age 13, the nurse may ask to speak to them directly. Feel free to stay on another line or use a speakerphone option if that makes you more comfortable.

If self-care is recommended, the nurse may provide you with advice on home treatments and remedies. However, if you or your family member needs an urgent care appointment, the NAL will help you with the next steps. If you are on TRICARE Prime and enrolled to an MTF or clinic, the NAL will try to schedule a same or next-day appointment for you. If you are a TRICARE Prime beneficiary enrolled to an MTF and the NAL is unable to get you an appointment in your MTF when you need it, the NAL will follow-up with your MTF to ensure your urgent care referral is submitted. If you are a Prime beneficiary and receive care through the civilian network, and the NAL determines you need urgent care, contact your PCM for care or to obtain a referral to an urgent care facility. Claims for urgent care services without a referral may process as Point of Service, which has higher out-of-pocket costs. Please keep in mind that if you get urgent care from another provider without a referral from your PCM, or if the NAL did not recommend you seek urgent care, you will be using the point-of-service option. The NAL will advise beneficiaries on all other TRICARE plans to seek care within the network.



NURSE
ADVICE
LINE

Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week

The NAL is a new and easy option for beneficiaries to get information on their medical problems quickly and at any time. To access the NAL dial 1-800-TRICARE (874-2273) and select option 1. Get more information about the Nurse Advice Line on the TRICARE website (www.tricare.mil/Home/ContactUs/CallUs/NAL.aspx). During normal working hours, Naval Health Clinic Annapolis enrollees can still call their primary care managers at (410) 293-2273 to discuss their care or to make an appointment; the NAL is a valuable option for beneficiaries to access the care they need in a timely fashion.

Source: TRICARE, <http://www.tricare.mil/HealthWellness/HLArticles/>

Compiled by: LCDR David C. Myhre, Naval Health Clinic Annapolis Public Affairs Officer

Promotions and Awards

Promotions

HM1 Isaac Kimble
 HM2 Rafael Garganta
 HM2 Keara King
 HM2 Thomas Molnar
 HM3 Marquia Boulware
 HM3 Chantel Collier
 HM3 Nicolette Grant
 HM3 Patrick Intal
 HM3 Jordan Paramore
 HM3 Justin Stapleton
 HM3 Charles Steward
 HM3 William Troy

Awards

CAPT Karlyna Andersen, MSM
 CDR Kathryn Lindsey, MSM
 LCDR Anthony Putney, NCM
 LT John Munyan, NCM
 HMC Maurice McBride, NCM
 HM2 Ryan Hevener, NCM
 HM1 Godwin Nwuha, NAM
 HM2 Kirklando Lee, NAM
 HM3 Matthew Hurley, NAM
 HM3 Kayla Kirk, NAM
 HM3 Ryan Kirk, NAM
 HM3 Jeffrey Parkinson, NAM
 HM1 Dwayne Lopez, FLOC
 HM2 Michael Couch, FLOC
 HM3 Carl Benjamin, FLOC

Quarterly Awards

HM1 Dwayne Lopez, Senior Sailor of the Quarter
 HM2 Michael Couch, Junior Sailor of the Quarter
 HM3 Carl Benjamin, Blue Jacket of the Quarter

Yearly Awards

HM1 Jose Palacios, Senior Sailor of the Year
 HM2 Michael Couch, Junior Sailor of the Year,
 HM3 Reginald Smalls, Blue Jacket of the Year

Awards Legend

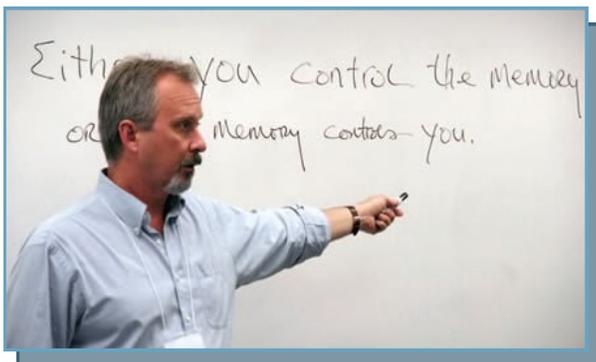
MSM: Meritorious Service Medal
NCM: Navy and Marine Corps Commendation Medal
NAM: Navy and Marine Corps Achievement Medal
FLOC: Flag Letter of Commendation

Veteran's Writing Project

Military members are unlike most sectors of society and as such they are likely to have some especially unique experiences. For some, these experiences are positive and they are the kinds of memories that the member can't help but tell everyone about. For others, they are left with less positive and sometimes damaging memories. The Veteran's Writing Project (VWP) is a Washington DC based non-profit that seeks to equip active duty, veterans, and family members with the tools to put those experiences down in writing. They do this by providing no-cost writing seminars and focusing on three goals: literary, social, and therapy.

Their literary goal is simply to nurture writers and help create great literature, whether it is military centric or not. This goal is what their seminars focus on most. Anyone who has ever taken a writing class will be familiar with the basics of their lessons. Literary elements like plot, character, and setting are all discussed in depth. However, even seasoned writers will find something new to learn in these familiar topics.

The social goal is not so much about technique, but about content. While the VWP primarily wants to give writers the tools to write any type of story, they still hope their students will write military stories. The reason for this is that such a small percentage of the population serves in the military and thus there is a risk of losing these stories.



Founder, Ron Capps, teaches a class.
 Photo by Jacqueline Hames, Soldiers Magazine

Their last goal focuses on writing as therapy. While they emphasize that they are not doctors, they believe that writing is therapeutic. Their typical seminars tend to brush over this goal, but they run special workshops at hospitals throughout the country as a means of providing writing therapy.

Perhaps you've never considered yourself a writer or you feel like you wouldn't even know where to get started. Maybe you've already written a novel and have a dedicated writing time every night. Regardless of where you're coming from, the Veteran's Writing Project is an amazing resource and one that any burgeoning writer should check out. More information can be found on their website:

<http://veteranswriting.org>.

Article written by HM2 Michael Romero
 Naval Health Clinic Annapolis Assistant Public Affairs Officer

A MESSAGE FROM THE PATIENT SAFETY MANAGER (PSM)

We are committed to Patient Safety at Naval Health Clinic Annapolis. Any medicine or vitamin can cause harm if taken the wrong way, even medicines you can buy without a prescription. Please discuss all medications with your provider or pharmacist. Keep resources like the poison help information in an accessible place at home.



Put your medicines
up **AND** **away**
and out of sight

More than **60,000** young children end up in emergency departments every year because they got into medicines while their parent or caregiver was not looking.

**Keep
your child
safe.**

- * Pick a place your children cannot reach
- * Put medicine away every time
- * Make sure the safety cap is locked
- * Teach your children about medicine safety
- * Tell guests about medicine safety
- * Be prepared in case of an emergency

Poison Help Information

www.poisonhelp.hrsa.gov

(800) 222-1222

Up & Away is an initiative of PROTECT in partnership with the Centers for Disease Control and Prevention (CDC). To learn more, visit UpandAway.org.

Andrea Shafer

RN, BAN, C-EFM, RNC-OB

Phone: (410) 293-1342

Andrea.Shafer.ctr@med.navy.mil



Ombudsman Corner

On October 1st and December 16th, we hosted 'Meet and Greets' at the Fleet & Family Center. Both events were a success with a lovely spread of desserts, treats and even dancing!

On November 24th, Family Pizza Night was held at the Fleet & Family Center where all commands came together for a good time with family and friends. We will continue to host events such as these to spread awareness of our Ombudsman program as well as bring everyone together for a great time. News of upcoming events will be posted to the NCHA Facebook page (<https://www.facebook.com/NavalHealthClinicAnnapolis>) as well as the Navy Support Activity Fleet and Family Support Center Facebook page (<https://www.facebook.com/FFRAnnapolis>). Feel free to contact us anytime at NHCAombudsman@yahoo.com or by phone 410-980-7165. Yours Truly, Nicole Couch and Dawn Segundo, NHCA Ombudsmen.



Left photo: (L to R) HMCM Kimberly Lamb (CMC), Mrs. Dawn Segundo (Ombudsman), CAPT Robert Fry (XO), Mrs. Nicole Couch (Ombudsman), CAPT Lena Hartzell (CO).

Right photo: Naval Health Clinic Annapolis Ombudsman "Meet and Greet" at the NSA Fleet and Family Support Center.



Winter Driving Safety

Safe Driving and Vehicle Maintenance Are Key

Winter is a time when safe driving and well-maintained vehicles take on even greater importance. "Failure to keep in proper lane or running off the road" and "driving too fast for conditions" are the two of the most frequent driver behaviors, according to the National Highway Traffic Safety Administration (NHTSA).

In order to avoid potentially dangerous situations, here are some winter driving tips:

- Give yourself enough time to arrive at your destination. Trips can take longer during winter than other times of the year, especially if you encounter storm conditions or icy roads.
- Bring a cellphone so that those awaiting your arrival can get in touch with you, or you can notify them if you are running late. But avoid the temptation of using the phone while driving, as it can be a dangerous distraction; pull over first.
- Drive slowly because accelerating, stopping, and turning all take longer on snow-covered roads.
- Leave more distance than usual between your vehicle and the one just ahead of you, giving yourself at least 10 seconds to come to a complete stop. Cars and motorcycles usually need at least 3 seconds to halt completely even when traveling on dry pavement.
- Be careful when driving over bridges, as well as roadways rarely exposed to sunlight—they are often icy when other areas are not.
- Avoid sudden stops and quick direction changes.
- Be sure to keep your gas tank full. Stormy weather or traffic delays may force you to change routes or turn back. A fuller gas tank also averts the potential freezing of your car's gas-line.
- Keep windshield and windows clear. Drivers in cold-weather states should have a snow brush or scraper in their vehicle at all times. Your car's defroster can be supplemented by wiping the windows with a clean cloth to improve visibility.
- Do not activate your cruise control when driving on a slippery surface.
- Do not warm up a vehicle in an enclosed area, such as a garage.
- Keep your tires properly inflated and remember that good tread on your tires is essential to safe winter driving.

Article submitted by Mr. Tilbert Brymer, NHCA Safety Manager

Naval Health Clinic Annapolis **COMMAND GOALS**



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.Romero@med.navy.mil or call him at 410-293-3617 or ext. 1790

1. READINESS

- Decrease total shore MRI rate in the NHCA AOR to below 11%.
- Establish an organized, recurring audit and improvement process for command MEDIG program and TJC requirements.

2. VALUE

- NHCA can decrease purchased care by 10% by 31 Dec 2014.

3. JOINTNESS

- Maximize opportunities for resource sharing and collaboration within Joint Areas of Operation.
- Leverage joint initiatives to optimize Access to Care for our beneficiaries culminating in reduction in purchased care.

Diversity Team Visits Elementary School

On December 4th, nine volunteers from NHC Annapolis hosted a medical and dental showcase at Eastport Annapolis Elementary school. There were 40 kindergarten students and each volunteer showcased their skill and taught valuable lessons to the students. LTJG Welkie and HMI Whipple first spoke to the students about military life and staying in school to receive an education to further their "dream" goals. In one room, HMI Kimble let students don lab coats and gloves to view cell images on a microscope, while HM2 Garganta showcased radiology images. In the room across the hall, dental volunteers (HM2 Kretzschmar, HM2 Jones, and HM3 Troy) discussed and demonstrated proper dental hygiene and brushing techniques. In the same room, HN Pena (Physical Therapy) provided information on the importance of stretching and lifting techniques, while HN Booth (Optometry) spoke to students about eye health and also gave students a mini eye exam. The event was filled with smiles and the showcase was a success as the students and teachers were very enthusiastic with our presentations. We look forward to the next OUTREACH project so come and join the NHCA Diversity Team for our next event!

Article submitted by HMI (FMF) Dwayne Lopez, Command Diversity LPO



Left photo: (L to R) HM2 Kretzschmar and HM3 Troy demonstrate brushing techniques.

Right photo: HMI Kimble shows a student what cells look like under a microscope.

