



Lowcountry
Beacon



Access at **Y**our
Fingertips

WWW.TRICAREONLINE.COM

Inside:

- **Thunderstorm Safety**
- **Tricare Online**
- **ID Card Changes**



<http://www.facebook.com/pages/Beaufort-SC/Naval-Hospital-Beaufort/139103766109432>



CAPT Joan R. Queen
Commanding Officer

A Message from the CO

Hello Patients and Staff Members,

This is the third edition of the Lowcountry Beacon and I am very proud of the hard work that goes into making our newsletter a success. If you have any suggestions on how we can make our newsletter even better, please give your suggestions to our Public Affairs Officer, Ms. Gaynelle Dantzler at (843) 228-5306.

I have been the Commanding Officer at Naval Hospital Beaufort for ten months and I can't express to you how much I am enjoying being your CO. There are many things that make me proud to be a part of the Naval Hospital Beaufort family. The first thing that comes to mind is the staff, Sailors and Civilians. You all work very hard to make Naval Hospital Beaufort a world class healthcare facility. My staff is the epitome of excellence. From patient access and encounters with providers, to the cleanliness of our 62 year old building. You often go above and beyond to make sure that we provide the best healthcare that Navy Medicine has to offer. Keep up the good work!

We are constantly trying to meet the needs of our patients in an effort to make their healthcare experience as pleasant as possible. One of the ways in which we are trying to do that is by giving our patients easier access to their healthcare by utilizing TRICARE online. TRICARE online enables patients to schedule their own medical appointments, get test results and get information on health and wellness. Please read the featured article, "Access at Your Fingertips" on page 8, to get more information and see how TRICARE online can assist you.

In this edition of the newsletter you will see what we are doing to promote diversity, what we are doing in the community as well as one of our many accomplishments, winning the Blue H Health Promotion & Wellness Award "GOLD STAR". I am very proud of the Sailors that are deployed to the USNS Comfort as part of "Continuing Promise 2011". I am equally proud of our Sailors and Civilians of the Quarter as well as the Sailor and Civilian in the Spotlight. They are all my heroes.

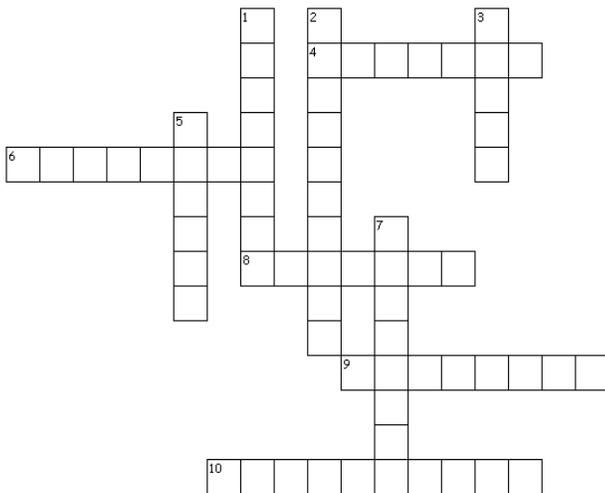
My staff at Naval Hospital Beaufort is one team with one mission: "To provide safe, efficient, effective patient and family centered health care while ensuring operational readiness", and I must say that you all do a great job at accomplishing this mission.

As we celebrate Memorial Day, May 31st, Flag Day June 14th, and Independence Day July 4th, please take time to pause and pay tribute to those who sacrificed their lives serving our Nation. Please honor all of those Veterans who paved the way so we can enjoy the liberties that we have today. Our Military members and their family members continue to make such extreme sacrifices. And for that I say "THANK YOU".

In closing, please be safe and enjoy this hot Lowcountry summer.

How Good is Your Navy Trivia?

Note: Only last names used for persons



Across

- 4. The Navy began the 13th of _____, 1775.
- 6. The surrender of Japan was signed on the USS _____.
- 8. The first American in space, a naval aviator and astronaut.
- 9. "Don't give up the ship!"
- 10. They were hired by the Continental Congress to capture British ships.

Down

- 1. The first nuclear submarine.
- 2. The core Navy values are Honor, Courage, and _____.
- 3. "We have met the enemy and they are ours."
- 5. It was the first submarine to successfully attack a ship.
- 7. "Damn the torpedoes, full speed ahead!"



Our Mission

To provide safe, efficient, effective patient and family centered health care while ensuring operational readiness.





A Note from the XO

Naval Hospital Beaufort: Part of a Great Community

Since 1949, Naval Hospital Beaufort (NHB) has been part of a great community. Our compound is located in the town of Port Royal, and in addition to Port Royal our staff members live in many other area communities, especially Beaufort, Bluffton, and Hilton Head, all of which are in Beaufort County. As one of the most beautiful and historic parts of the country, this is inherently a nice place to live. What is even more important, though, is the great support that NHB and its staff members have consistently received from our community.

*CAPT Edward D. Simmer
Executive Officer*

On a command level, we are an integral part of the community disaster response system. This includes being part of the county's communications system, having a seat at the table at the County's very advanced response center, and participating in area-wide drills. The county even helped equip our Emergency Operations Center to make sure we have full connectivity with them. This will serve us well if there ever is a severe hurricane or other disaster, and will help us to provide support to the community.

We also work closely with our civilian healthcare partners, including Beaufort Memorial Hospital and the South Carolina Department of Health and Environmental Control. From providing our labor and delivery services to collaborating on public health initiatives, our partners ensure we can provide the care people depend on us for. Many community organizations also open their doors to us. The local Rotary Club recognizes one of our service members annually, and the Sun City Veterans Association gave a great presentation about what it means to be a veteran. They also recently recognized one of our heroes, HM3 Vandesande. Community leaders also frequently come to command events and invite us to events in the community, including the opening of Beaufort City Hall and the dedication of the newer, and safer, U.S. 17.

Perhaps the most important part of community support is informal, though. People here routinely welcome us when we arrive, thank us for our service, and even though we are new, make us a part of their communities and neighborhoods. It is this support and friendship that has led so many of our staff to retire here when their careers are over.

This sort of community support is invaluable, and we at NHB are very fortunate to live and work in such a supportive community. We could not complete our mission without the great support we as a command and as individuals receive from the Greater Beaufort Community. Thank you to our greatest partner: all of the people who support us in this great community we have the privilege to live and work in.

Bringing Children to your Medical Appointment

Naval Hospital Beaufort cares about the safety of you and your children. Therefore, we are asking for your help and understanding in an effort to maintain a safe patient care environment.

It can be difficult and even sometimes unsafe to bring a child to your medical appointment. It may create a challenging situation for your provider who would like you to be involved and have input regarding your care. If you bring your children to your medical appointment please bring another adult with you to provide supervision in order to reduce the risk of injury and to make sure you and your healthcare provider can focus on the issue at hand, your medical care.

Drop-In child care is available through the CDC by calling:

- (843) 228-3514 – Parris Island
- (843) 846-1160 – Laurel Bay
- (843) 228-7290 – MCAS

Thank you for your understanding and cooperation.



A Word from the CMC

A CULTURE OF EXCELLENCE

As we are in the midst of graduations, retirements, the end of the school year, members PCSing, vacations, and the 101 days of summer, let's prepare ourselves for these changes by opening a new and improved chapter at Naval Hospital Beaufort. Let's take this opportunity to continue in our efforts to make Naval Hospital Beaufort a Culture of Excellence.

Our Culture of Excellence should place emphasis on making better personal choices, taking the initiative and discipline.

Personal Choices

*CMDCM(SW/FMF) Tyrone Willis
Command Master Chief*

When you are faced with making personal choices, make sure that you are making the right decisions at the right time. Every decision you make should be sound, well thought out, and beneficial to you and Naval Hospital Beaufort. Even when your decisions go against the masses of wrong, stand your ground and make the difficult but right choice. Remember that there are consequences with every decision you make, whether it is a good decision or a bad decision. Do the right thing!

Taking the Initiative

When you take the initiative you are maximizing every opportunity available or given to you. It requires sacrifice, hard work, and dedication. "No Pain, No Gain". Be mindful that when taking the initiative and being the leaders that I know you are, you will set the standard for excellence and prepare yourselves for the challenges ahead. Only the elite will step up to the plate and take the initiative without hesitation or fear.

Discipline

The Discipline that the Navy expects and the discipline that will help you to meet your goals requires you to be at your best at all times. It requires you to be the Sailors and leaders that others can emulate. There is no room in MY NAVY for slackers or part-time employees. We only have full-time Sailor positions. If you do not have or display the personal discipline needed for full time employment, you may want to consider seeking other employment. You must be disciplined in your physical fitness, your studies, and your willingness to learn.

If you utilize these three things for a Culture of Excellence, you will open the doors to Success.

Diversity in Action

By HMC Eric Geter

The Navy has been recognized nationally as one of the top organizations in the country for the promotion of diversity, and Naval Hospital Beaufort is a shining example of Navy diversity in action. In the CO's Diversity Policy she states, "Naval Hospital Beaufort leadership recognizes that continued success in meeting the needs of our Sailors and Marines, both internal and external, requires the full and active participation of talented and committed individuals regardless of their gender, race, ethnic origin, disabilities or age." To that end, Naval Hospital Beaufort has promoted diversity through command-wide training, in-service hiring and promotion trainings for civilian employees, and staff member award programs.

The hospital has also sponsored several cultural observances organized by the

Command Multicultural Committee. In the last few months, the committee has presented outstanding programs to celebrate Dr. Martin Luther King and Black History Month. They have also been active with the Tri-Command Observance Committee in celebrating Women's History and Asian-Pacific Heritage Months. If you are interested in joining the command diversity team, please contact HMI Allen McFadden, Chairman of the Multicultural Committee at (843)228-3931 or HMC Eric



Geter, Command Diversity Officer at (843) 228-1308. The team is always looking for new members!



Blood Drives

1000-1400

Naval Hospital
Beaufort
2 June 2011

Marine Corps
Air Station
19 July 2011

Marine Corps
Recruit Depot
27 July 2011



USNS Comfort Deployment...

Naval Hospital Beaufort provided a warm sendoff to 23 Sailors on Sunday, 3 April 2011. They will be joining the five other NHB Sailors already deployed to the USNS COMFORT as part of "Continuing Promise 2011". During this six month deployment, the hospital ship will be visiting a variety of countries in the Caribbean, Central America, and the northern portion of South America providing medical, dental, and veterinary care as well as performing some community relations projects.

NAVY EXCEPTIONAL FAMILY MEMBER PROGRAM (EFMP)

The Navy's Exceptional Family Member Program (EFMP) is designed to assist Sailors by addressing the special needs of their exceptional family members (EFM) during the assignment process. Special needs include any special medical, dental, mental health, developmental or educational requirement; wheelchair accessibility; adaptive equipment; or assistive technology devices and services. EFMP enrollment is mandatory and required immediately upon identification of a special need.

Special needs requirements are identified:

- Through routine healthcare visits (Medical Treatment Facility or TRICARE Health Provider)
- By self-referral (by service or family member)
- During Suitability Screening by the Suitability Screening Coordinator

The goal of the EFMP is to ensure the special needs of the EFM can be met at a new assignment location. EFMP enrollment information enables Navy detailers to proactively consider a family member's special need requirements during the assignment process and to facilitate the assignment to a location with appropriate resources that address the special needs. Service and family members complete DD Form 2792-1 (Exceptional Family Member Special Education/Early Intervention Summary), DD Form 2792 (Exceptional Family Member Medical and Educational Summary), and additional required addenda.

Sailors may be reluctant to enroll because of misconceptions that EFMP enrollment may limit assignments and career advancement, or preclude family members from accompanying sponsors on overseas tours. These negative perceptions are not supported by fact. Sailors enrolled in the EFMP have always received equal consideration for accompanied assignments and for promotions.

There are six Navy EFMP enrollment categories:

- Category I - For monitoring purposes only
- Category II - Pinpoint to specific geographic locations
- Category III - No overseas assignments
- Category IV - Major medical areas in CONUS
- Category V - Homesteading
- Category VI- Temporary enrollment (update required in 6-13 months)

For additional information on the Exceptional Family Member Program, contact the EFMP coordinator, HM1 Barrington Hamilton at (843)228-5494.

Lowcountry Beacon

*An authorized publication of
U.S. Naval Hospital Beaufort*

CAPT Joan R. Queen, MSC, USN
Commanding Officer

CAPT Edward D. Simmer, MC, USN
Executive Officer

CMDCM (SW/FMF) Tyrone Willis
Command Master Chief

Ms. Gaynelle Dantzler
Public Affairs Officer

Contributors:

*Ms. Mae Armstrong
Ms. Gaynelle Dantzler
HMC Eric Geter
HM1 Barrington Hamilton
Ms. Susan Hollingsworth
HMC Amanda Hughes
Ms. Triena Johnson
HM1 John McLeod
Ms. Ivette Moore
HMC Troy Murphy
RP1 Jonathan Oliveros
Ms. Peggy Simmer
Mr. Richard Tyson*

The Lowcountry Beacon is published by the U.S. Naval Hospital Beaufort Public Affairs Office and is an authorized publication for our patients, members of the military service and staff. Contents and views expressed in the Lowcountry Beacon are not necessarily endorsed by the United States Government, Department of Defense or the United States Navy.

U.S. Naval Hospital Beaufort
Public Affairs Office
1 Pinckney Boulevard,
Beaufort, South Carolina 29902
Visit our home page at:
<https://www.med.navy.mil/sites/nhbeaufort>

Health Promotion & Wellness

By Ivette Moore

WATER (AQUA) AEROBICS CAN OFFER MANY HEALTH BENEFITS!



During the summer months there is nothing more refreshing than spending some time in the water. Water aerobics is the latest cool and fun way to work out, especially during the hot weather. Water aerobics can help you relax from the hard work when performing other regular exercise routines. You may be interested to know that water aerobics is not simply about splashing in the water. It can actually help to burn away fat. While the normal aerobics exercises tend to be high impact workouts, aqua aerobics exercise will be much easier on your joints and back because the water displaces much of your weight. It can displace your weight up to 85%, depending on the level of water. Water aerobics is better than other land based exercises where the exerciser only works against gravity due to the resistance in all directions that water offers to the exerciser. Water aerobics is also an excellent exercise for rehabilitation. Water aerobics can be performed by walking, jogging or even running underwater in a pool. This can help you develop stronger legs and hip muscles. Besides that, water aerobics routines will work wonderfully for cardio-respiratory fitness. You can begin with a simple water aerobics routine, for example walking in the shallow end of the pool, before gradually moving on to more advanced routines.

Water Aerobics Schedule: Naval Hospital Beaufort (NHB)

Aqua - Fit: Shallow water-interval (low and mid tempo) full body exercise for all levels. Mondays @ 1700.

Marine Corp Air Station (MCAS)

Aqua Series Training Program. (Active Duty Only) – Upper and Lower body power and strength conditioning. Mondays @ 1130.

Marine Corp Recruit Depot (MCRD) OLYMPIC Pool

Cardio H2O+ - An invigorating aquatic workout which focuses on cardio and strength while using water resistance. All fitness levels. Tuesdays and Thursdays @1130

Aqua ZUMBA – Latin cardio dancing in the water. Get fit while dancing to your favorite zumba music. Saturdays @ 1100

Call (843) 228-7010 for more information.

Naval Hospital Beaufort receives BLUE H Health Promotion & Wellness Award GOLD STAR.

The Blue H Navy Surgeon General's Health Promotion and Wellness Award, encourages and rewards the promotion of health in Navy and Marine Corps organizations. This annual award is available at three levels- Bronze Anchor, Silver Eagle and Gold Star. For the second straight year, NHB received the Gold Star award.



Award Ceremony Photo (NMCPHC Conference, 21 March 2011). Mrs. Ivette Moore, Health Promotion Coordinator accepted the award on behalf of Naval Hospital Beaufort.

- The annual MCRD Parris Island Health & Wellness Fair will be held June 22 & 23 from 1100-1400 at the All Weather Training Facility (AWTF), Marine Corp Recruit Depot Parris Island. For more information contact Mrs. Kathy Williams at 228-7616.
- Naval Hospital Beaufort Health Promotion offers weekly Tobacco Cessation group classes and individual counseling. Classes are open to ALL beneficiaries. For more information and to register contact Health Promotion at (843) 228-5344/5486.

SAFETY TIP

“Thunderstorms”

By “Safety” Sue Hollingsworth

Ah...summertime! If this is your first summer in the South Carolina Lowcountry – welcome! There are so many recreational and entertainment activities - the beaches, water sports, fishing, biking, and local festivals to name a few. Whatever activity you select, or even if you're just going to hang out at home, you need to remain flexible and do a little pre-planning because there's a Lowcountry summer phenomenon that can wreak havoc on the best made plans – the afternoon thunderstorm.

In my humble opinion, the Lowcountry TV meteorologist could take off the entire summer. Why? The forecast essentially remains the same all summer “Hot and humid, with thunderstorms likely – some accompanied by damaging winds and dangerous lightning”. They are indeed almost a daily occurrence about the time that most of us are leaving the normal workday (1500-1700). The storms usually pop up and pass quickly but deliver quite a show as they blow through. Now as most of you know, I've been in Beaufort all of my life (we won't discuss exactly how long that is). I cannot recall a summer in my adult life where I didn't know someone who was affected by lightning (including myself). Fortunately, it is usually just property damage – typically major appliances and electronics which get zapped. It's unrealistic to unplug everything every day, but if you're especially fond of your TVs and computers, you may want to consider disconnecting cables and unplugging them while you're away. There is always a risk of fire spawned by the storms, along with heavy rain, flooding, damaging winds. And last but certainly not least, protect yourself.

If you're indoors:

Do not use the phone. Do not take a bath or shower. Stay away from the windows. Keep flashlights on hand because power outages are common.

If you're driving:

Reduce your speed. When the rain drenches the steaming asphalt mixing with petroleum products embedded in the pavement, the roadway becomes quite slippery. Pull off to the shoulder of the road and turn on emergency flashers, but try to stay away from tall trees which could fall due to wind or lightning. Remain in the car. Do not touch metal objects in the car. Avoid driving on roads covered by water.

If you're outdoors:

Stay low. Find shelter in a building if possible. Keep away from trees, tall objects, metal objects and water. Boaters and swimmers need to get to land as soon as possible. If you are at the beach and not close to a safe building – your safest option is to quickly get inside your vehicle. Picnic shelters (or any open-sided shelter) are not considered safe structures. If you begin to feel your hair stand on end, this indicates lightning is about to strike. You should drop to your knees and bend forward placing your hands on your knees and crouch down. Do not lie flat on the ground – this will make you a larger target.

The experts at the National Weather Service recommend staying sheltered until at least 30 minutes after you hear the last clap of thunder.

Command in the Community



Sailors from Naval Hospital Beaufort participated in a College and Career Fair at Whale Branch Early College High School. The Sailors informed students about the many exciting opportunities the U.S. Navy has to offer. Surgical Technologist, HN Reginald Smalls, got the students suited up and gave them details about what his job entails as a Navy Corpsman.



TRICARE Online

Access at Your Fingertips

By: Richard Tyson



Have you ever needed to make an appointment with your Primary Care Manager (PCM) but had to wait until the next morning when Central Appointment opens? Ever wanted to find out your lab results and could not reach your PCM or a nurse? Do you want to get health and wellness information? If you answered yes to any of these questions then you should log on to www.tricareonline.com.

TRICARE Online (TOL) is the Military Health System's (MHS) patient portal and is designed to provide online capabilities and information for beneficiaries of the TRICARE healthcare program.

Patients can schedule a routine appointment requiring an office visit with their PCM for a new healthcare problem that is not considered urgent or an established appointment for follow-up care. Only TRICARE Prime patients (including all active duty) may book appointments on TRICARE Online.

On the website, patients can create their own personal healthcare homepage. This page gives them information about their healthcare team and allows them to store their medical information in a secure online journal.

Another benefit of this website is that patients can also access an online wellness center and comprehensive medical library, providing information on hundreds of common health maladies, as well as a wealth of health maintenance and nutrition tips. It even has a children's section, complete with "Games for Kids" that can help children learn more about themselves and the world around them.

Before you can use TOL you have to register online at www.tricareonline.com. To register, review the Security and Privacy policy and click the "I Agree" button. At the login home page, click on the "Register Now on TOL" link located under the Login area of the home page. From there, follow the instructions to complete your account registration.

Healthcare Business Operations (HBO) is currently assisting beneficiaries with registration for TRICARE online. Representatives from HBO will be in the Pharmacy waiting area from 1000-1200 and 1400-1600 daily.

TOL currently offers a variety of online services to its users. The following are some features available on TOL:

- Book, view and cancel appointments for oneself and authorized family members.
- Scheduling routine, new, and follow-up appointments.
- Pharmacy refills, including a link to the TRICARE Mail Order Pharmacy (TMOP).
- View up to 5 years of your personal health data and download your record to a PDF or text file via a click of the [Blue Button](#).
- Access to a secure messaging portal to communicate with your healthcare provider team.
- Access to complete health risk assessment questionnaires.
- Access to other health information resources, including TRICARE enrollment, benefits information, and claims.



For additional information or assistance please contact Mr. Richard Tyson at (843) 228-5640.



Hails

HM1 Corwin, Wesley, DCSS
HM2 Mayba, Thorin, DCSS
HM2 Miller, Thershana, MCRD/OPS
HM3 Boyd, Kendrick, DBC
HM3 Gaston, Sharday, DSS
HM3 Sobo, Eyitayo, DFA
MA3 Myers, Shadena, DFA
HN Garner-Glenn, Morgan, DMS
HN Moore, Talmadge, MCRD/Primary Care
HN RamirezAlcala, MCRD/Operations
ATAN Raymond, Chosnel, DFA
MASN Campbell, Brandon, DFA
MASA Jamison, Nathaniel, DFA
Ms. Arrowsmith, Joan, DBC
Mr. Atkins, Edward, MCRD/Dental
Mr. Cole, Max, DFA
Ms. McKenna, Candace, DMS
Ms. Toler, Jimmie, DPH

Farewells

LTJG Ionescu, Katrina, PCS
HM1 Cummings, Travis, PCS
HM1 Figuera, Mary, PCS
HM1 Hanks, Matthew, PCS
HM2 Hobson, Gregory, PCS
HM2 Narvaez, Axel, PCS
MA2 Holloway, Aldarious, PCS
PS2 Jackson, Derrick, Separation
SH2 Arant, Nicholas, Separation
HM3 Baker, Lukus, PCS
HM3 Barnard, Anthony, PCS
HM3 Edwards, Justine, PCS
HM3 Harris, Jason, Separation
HM3 Hendrick, Sarah, PCS
HM3 Herrera, Jorge, PCS
HM3 Howard, Jaquella, PCS
HM3 Nunez, Emily, Separation
HM3 Okdie, David, PCS
AD3 Llorens, Kristina, Separation
HN Byrd, Eddie, PCS
HN Carrington, Nicholas, PCS
HN Fitzgerald, Thomas, Separation
HN Salabarria, Alejandro, PCS
HN Young, Matthew, PCS
HN Zebreski, James, PCS
ADAN Blackwood, Jheri, PCS
ADAN Pittman(Crocker)Lashayla, PCS
MASN Lane, Nicholas, PCS

Recent Deployments

CAPT Kane, John
CDR Thier, Gregory
LCDR Wicker, Arcelia
LT Calvo, Angel
ENS Termine, Neil
HM1 Aguilar, Carlos
HM1 Champagne, Iona
HM1 Russell, William
HM1 Starkey, Robert
MA1 Brower, William
PS1 Magness, Gregory
HM2 Givens, Jason
HM2 Sanchez, Juan
LS2 Williams, Alvin
HM3 Cotton, Joshua
HM3 Guzmanyeppez, Francisco
HM3 Howell, Samuel
HM3 Nuehring, Jennifer
HM3 Solomon, Henri
HM3 West, Delphan
MA3 Breaux, Chad
HN Bullock, Ian
HN Burdine, Jesse
HN Delph, Zachary
HN Dyar, Joseph
HN Ferriola, Danielle
HN Hanke, Adam
HN Hunter, Lucas
HN McCrary, Justin
HN McGuire, Matthew
HN Pellegrino, Bryan
HN Salter, Brittney
HA Callahan, Joshua
HA Keene, Jessica
HA Lynn, Erique
MASR Broussard, Stephanie

Recent Homecomings

LCDR	Bible, Daniel	OPS DJBOUTI
LT	Lang, Ian	GTMO
LT	Palazzolo, Matthew	GTMO
LTJG	Caraballo, David	GTMO
LTJG	Cone, Stephen	OPS AFGHANISTAN
LTJG	Rausa, Rebecca	EMF-KUWAIT
HM1	Knuth, Jennifer	OPS IRAQ
HM1	Rorabaugh, Heather	OPS AFGHANISTAN
MA1	Kile, Steven	OPS AFGHANISTAN
HM2	Whitehead, Robert	CVN-77 USS GEORGE HW BUSH
HM2	Woodson, Samuel	OPS AFGHANISTAN
HM3	Camacho, Michael	RMTEX EXERCISE
HM3	Truong, Harrison	GTMO

Sailors of the Quarter



HMI R. L. Starkey
Senior Sailor of the Quarter



HM2 R. C. Songco
Junior Sailor of the Quarter



HN K. Krysa
Blue Jacket of the Quarter

Civilians of the Quarter



SENIOR CIVILIAN
Mr. W. Stephens
MCAS Primary Care Services



CIVILIAN
Mr. T. McCants
Materials Management



CONTRACTOR
Ms. L. Whitacre
MCRD Dental Services

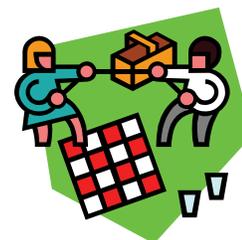
Save the Date!!!

NHB's Command Family Picnic

Date: Thursday, 16 JUNE 2011

Time: Starting at 1200

Location: Pavilion Park (near the flagpole at Naval Hospital Beaufort)
*Food, beverages, and fun - all free! Sponsored by NHB's MWR Committee
Open to TRI-COMMAND and their families*



NHB's Hospital Corpsman Birthday Celebration

Date: Friday, 17 JUNE 2011

Please watch for additional details...

56th Beaufort Water Festival Opening Ceremony

Date: Friday, 15 JULY 2011

Time: Ceremony begins at 1900; Gates open at 1800

Location: Waterfront Park (downtown Beaufort off of Bay Street)

*Featuring our Naval Hospital Beaufort Color Guard and the Parris Island Marine Corps Band along with our very own HMC Troy Murphy singing the National Anthem
Followed by a fireworks show at dusk*



This Quarter's Department in the Spotlight Medical at BHC MCAS Beaufort

By HMI John McCleod



The Medical Clinic at MCAS Beaufort first opened its doors to patients over 51 years ago, in November of 1959. Though the building itself may not be the “latest and greatest”, its medical staff and services certainly are. The Medical Clinic is staffed with 15 Hospital Corpsmen, two providers (a Navy Physician and a civilian Physician’s Assistant), a registered nurse, and a number of professional civilian support staff. Down its hallways are doors which



lead to a large array of services: Acute Care, Optometry, Laboratory, Radiology, Immunizations, and Mental Health. The clinic and its staff are responsible for approximately 4,000 active duty members stationed onboard the Marine Corps Air Station – a larger permanent party than

found at MCRD Parris Island.

The clinic and its staff recently finished providing support to the U.S. Navy Blue Angels air show held at MCAS Beaufort. And although this posed its challenges, LCDR Kathy McCall – the Officer-in-Charge of the clinic, called it “a worthwhile effort to [help] showcase the DoD’s aviation capabilities to the community”. When LCDR McCall first came onboard as OIC of the clinic, there were also some challenges present within the clinic that needed to be overcome. She found that although the clinic’s layout had character, it was not “logistically optimal” for present-day medical requirements, such as HIPAA. However, with good business processes and allocating training time, and along with staff who were willing to learn skills outside of their normal job specialties, the MCAS clinic has adapted and “succeeded to meet” the challenges. Improvements at the clinic ranged from the complex – such as IT support for network connectivity once at dial-up speeds -- to the simplest of solutions, such as signs to help in giving patients hallway directions.

“Continuity of care” is a challenge which LCDR Payton Fennell, the Senior Medical Officer, pointed to as his main concern. Presently there



are three squadrons deployed, but their schedule is unpredictable and that can be a challenge. With the medical staff assigned to squadrons – and more importantly their personnel – that are constantly pulled away from home base, it becomes a bit of an undertaking to see that patients receive quality health care. Yet the clinic overcomes the challenge with a friendly, caring attitude and with “solid teamwork” – teamwork that LCDR Fennell claims, is the best part of his job.



The teamwork approach applies not only within the confines of the clinic itself, but also to accomplishing the mission onboard MCAS. One of the clinic’s biggest accomplishments has been establishing better communication and developing a more harmonious relationship with the other commands on the Air Station. This relationship was evident in the successful completion of the most recent base-wide mass casualty drill which included other base components (such as Structural



Fire), along with other entities including the FAA (Federal Aviation Administration) and USMC HQ. LCDR McCall, who is on the EOC (Emergency Operations Center) as the medical representative, noted that the clinic staff are abundant

on expertise and “have the knowledge.” It is in this manner that the clinic has substantially contributed to the mission of MCAS. “We provide knowledgeable medical professionals to MCAS’s mission, to include combat experienced HM’s, registered nurses, and top-of-the-line providers,” stated LCDR McCall.

MCAS Beaufort is slated to receive three squadrons of the new F-35 Joint Strike Fighter aircraft, and so with more work on the way in integrating the new aircraft, that means another challenge for the Branch Health Clinic – as well as the air station as a whole – to meet.



However, the medical clinic looks forward to the challenge. The Branch Health Clinic at MCAS may have been around for a while, but its sturdy staff is sure to keep it going strong, long into the future.

Puzzle Answers:

Across	Down
4. October	1. Nautilus
6. Missouri	2. Commitment
8. Shepard	3. Perry
9. Lawrence	5. Hunley
10. Privateers	7. Farragut

A Note from Your NHB Command Ombudsman...

	<p>Contact Information:</p> <p>E-mail: NHBombudsman@med.navy.mil</p> <p>Office Phone: 843-228-5631</p> <p>Cell Phone: Kelly 843-476-0949</p> <p>Office Hours: Monday and Wednesday 0900-1200 and by appointment.</p> <p>My office is located in the Command Suite on the 1st Deck near the Quarterdeck of the Main Hospital, across from the Command Master Chief's Office.</p>	 <p data-bbox="1321 688 1390 722">Kelly</p>
---	--	--

Hello Naval Hospital Beaufort Family and Friends!

It is hard to believe that it has been almost six months since I was appointed as a Naval Hospital Beaufort (NHB) Command Ombudsman, and I am excited about where we have been and where we are going. Thanks to our wonderful Plans, Operations, and Medical Intelligence (POMI) Staff, NHB now has a quarterly "Pre thru Post Deployment Dinner & Brief for Service Members and their Families", so that those getting ready to deploy will have an opportunity to meet those that have returned from deployment to share experiences and to build a support network as well as have the opportunity to receive information about what to expect and to learn about resources available before, during, and after deployment. The next pre thru post deployment dinner and brief will be in June.

In addition to reaching out to the families of our deployed Sailors, I have been extending the outreach of the Ombudsman to families new to NHB. Eventually, I would like to expand this to the families of all active duty service members at Naval Hospital Beaufort. To do this however, I need your help. If you are an active duty service member at NHB, please stop by my office to complete your authorized POC form. This will allow me to keep your families connected to the Command and keep you informed of available resources and family readiness opportunities through e-mail and periodic phone calls.

I would like to mention a few family centered events at NHB. On May 6, Naval Hospital Beaufort celebrated National Military Spouse Appreciation Day. Service members had the opportunity to bring their families to work. Their spouses and significant others were recognized at the command's weekly awards ceremony. A big THANK YOU goes out to each and every military family member for all that you do while your loved one serves our great country.

On June 16, I hope that I will have the pleasure of meeting you at NHB's next family event, the annual Command Picnic. Please watch for additional details.

Now it's your turn. I have had the pleasure of working with the Command Chaplain, LT Jennifer Dolder. We would like to have a monthly "NHB Friends and Family Event" – a potluck dinner game night with crafts for the kids. Please contact me or Chaplain Dolder, if you have any suggestions on how to support our families or would like to get involved.

Speaking of getting involved, I will leave you with a challenge... Do you know someone that you think might make a wonderful Command Ombudsman or have you ever thought about becoming a Command Ombudsman yourself? Currently, Naval Hospital Beaufort is looking for 2-3 more individuals to join the Command Ombudsman Team. Are you the spouse of an active duty service member assigned to NHB? Do you like helping others? Do you have a few hours a week to give back? If so, please contact me for additional information and I will be happy to answer any questions you may have about the Ombudsman Program at NHB.

Very Respectfully, Kelly
Your NHB Command Ombudsman

Sailor in the Spotlight

HM3 (FMF) Bryan Vandesande

By HMC Troy Murphy

This quarter's Sailor "In the Spotlight" is Hospital Corpsman Third Class (Fleet Marine Force) Bryan W. Vandesande. Petty Officer Vandesande currently serves as a General Duty Corpsman assigned to the Medical Home Port Clinic at Naval Hospital Beaufort.

Hailing from beautiful Rochester, NY, HM3 Vandesande enlisted in the Navy and reported to boot camp in Great Lakes, IL on 19 May 2008. "I joined the Navy to get more experience in the medical field. Also, I wanted the opportunity to meet new people and see things I might not have ever seen had I decided to pursue civilian opportunities".

Recently, Petty Officer Vandesande returned from an Individual Augmentation assignment with 2nd Battalion, 6th Marines out of Camp Lejeune, North Carolina. In July 2010, while on patrol in Marjah, Afghanistan, Hospitalman Vandesande's Combat Medicine skills were put to the test when his unit was ambushed by Taliban forces. During the engagement, two Marines sustained gunshot wounds which "Doc" Vandesande successfully treated and medically evacuated. For his decisive, life-saving actions he was awarded the Navy and Marine Corps Achievement Medal with Valor and promoted to Hospital Corpsman Third Class under the Combat Meritorious Promotion program.



"I love the tradition and history of being a Corpsman", says Vandesande. "Especially the camaraderie you have with your Marines and fellow Corpsmen. Everything we are taught, from patient care, health record maintenance, and combat casualty care, is held at a higher standard".

"Petty Officer Vandesande is an excellent worker. He is a hard charger, an inspirational leader, and a true pleasure to work with" stated HMC Mike Barker, Senior Enlisted Leader for the Directorate for Medical Services. When asked about Vandesande's actions in Afghanistan, Chief Barker stated "I wasn't surprised because for the past two years, that's the type of Corpsman he's always been. He's simply a great asset to our command, the HM Community and the United States Navy".

Outside of work, Petty Officer Vandesande loves to hang out with his close friends, play soccer, and workout. His future plans include working as hard as he can to make Petty Officer Second Class and to continue traveling around the world to experience other cultures.

The *Lowcountry Beacon* thanks Petty Officer Vandesande for his OUTSTANDING service to the Navy and Marine Corps Team and wishes him the very best in all of his future endeavors.

Civilian in the Spotlight

Ms. Darene Scott

By HMC Troy Murphy

This quarter's Civilian Employee "In the Spotlight" is Ms. Darene M. Scott. Ms. Scott currently works in the Supply and Transportation Department at the Branch Medical Clinic, Parris Island.

Hailing from Lancaster, Pennsylvania, Darene joined the Naval Hospital Team in August of 2009. "I was previously employed as a title clerk at a local automobile sales company and wanted a change in my career. The job working for the Naval Hospital sounded perfect; so I went for it", says Scott.

Among the most enjoyable parts of her job, Darene cites the ability to see so many different people interacting in a very positive and socially diverse environment. "Working here, I've gained such an appreciation for the sacrifices of our military men and women. Also, I am glad to be a part of a team which is responsible for



supporting the families of our past and present heroes".

"In my opinion, Darene is one of the hardest working people I've met at this command", states fellow co-worker HN Brian Morrison. "She always smiles and never has a bad word to say. No matter what kind of day you are having, she will do her best to make it better".

In her spare time, Darene loves to play basketball, sing, and work with local youth groups. Her future plans include helping her son with the expansion of his cleaning business and assisting her daughter with the transition from high school to college life.

The *Lowcountry Beacon* thanks Darene Scott for her tremendous contributions to the Naval Hospital Beaufort team and wishes her continued success in accomplishing her goals.

DAPA Note

The Secretary of the Navy has determined any substantiated drunk driving (i.e. DUI/DWI) offense when found guilty to be a substantial failure in judgment, behavior and leadership. Such a lack of personal responsibility and general disregard for the safety of ones self and the public is incompatible with the high standard of conduct and behavior expected of member of the Naval service. OPNAVINST 5350.4D. .

Can I be charged with Sexual Assault or Rape if I'm drunk? The answer is yes, alcohol intoxication cannot be used as a defense. Alcohol impairs judgment and lowers inhibitions making some people more likely to commit rape or sexual assault. Alcohol is also a substance that is used to facilitate rapes or sexual assaults much like "roofies" or GHB. If someone is passed out then they cannot give consent, which means don't do something you'll regret later. Be responsible. Don't let yourself get intoxicated to the point where you find yourself in this type of situation, think before you drink!

For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPA HM1 Barrington Hamilton at (843) 228-5494.



Did you know?

DoD is removing Social Security Numbers from ID cards to protect your privacy and personal identity information. Your Social Security Number (SSN) is being replaced with a DoD ID Number on all ID cards.

ID Card Changes:

- As of June 2011, SSNs will no longer be printed on any new ID card.
- SSN removal will occur in three phases.
- Your new ID card will have a **DoD ID Number** in place of your SSN.
- Your DoD ID Number will be used as a Geneva Conventions serial number.
- If you are eligible for DoD benefits, there will also be a **DoD Benefits Number** printed on your new ID card.

For more information about Social Security Number removal, please visit www.dmdc.osd.mil/smartcard.

Frequently Asked Questions

Q. Who will get a new ID card?

A. All DoD ID cardholders will get a new ID card with a DoD ID Number in place of their SSN.

Q. When should I go get my new ID card?

A. Current ID cards should not be replaced until your card is within 30 days of its expiration date. If your ID card has an INDEF expiration date, and you would like your SSN removed, contact your nearest RAPIDS ID Card facility for an appointment.

Q. Will my ID be rejected without a visible SSN?

A. Your ID should not be rejected but you may be asked to verbally state your SSN or sponsor's SSN to access benefits.

Q. Will my medical provider use my DoD Benefits Number to process my claims?

A. Until all ID cards are replaced, providers may use either your SSN or DoD benefits number.

Q. Where can I get my new ID card?

A. ID cards are available at over 1,500 RAPIDS ID card centers worldwide. Visit the RAPIDS Site Locator at www.dmdc.osd.mil/rsl/owa/home to find a location near you.

Q. What should I bring?

A. Bring two forms of identification. One must be a valid (not expired) federal or state issued photo ID. Visit www.uscis.gov/files/form/i-9.pdf for more information.

Historical Moment (Did You Know?)

By HMC Amanda Hughes

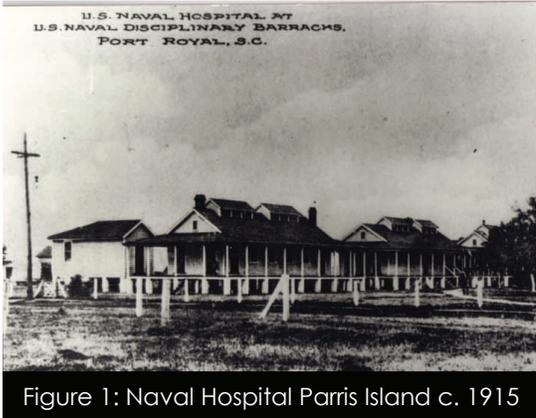


Figure 1: Naval Hospital Parris Island c. 1915

As you all know, the Naval Hospital recently celebrated the 62nd Anniversary of its commissioning on April 29, 2011. It was an opportunity for us to remember the past of this amazing structure as well as the land that it sits upon.

However, Navy Medicine's presence in the Lowcountry didn't start with Naval Hospital Beaufort. While this particular building was commissioned in 1949, as early as 1891 there are records of Navy Medical facilities on Parris Island when there was a small coaling station in operation. There is little information available

relative to this period, but it appears that the coaling station grew in size and services so that medical facilities were provided until the Spanish-American War, when it became necessary to establish a hospital.

In the early summer of 1898, two portable buildings of wood and canvas were received and erected, each accommodating about 12 cots. A central frame structure containing a hall, dispensary and an office for the medical officer were also built. In late summer of the same year, those two portable wards were destroyed by a severe tornado. These were replaced by frame and canvas structures that were considered "temporary" but were continued in use until 1917.

When the Naval Station was transferred to the Marine Corps for use as a training depot, it became necessary to enlarge the hospital facilities to care for the large number of men and officers who would be trained or stationed at Parris Island; by this time those numbers increased to 1,600 men and seven officers. A contract was awarded in March 1917, for \$16,168 to immediately begin construction on one building containing two wards of 22 beds each, a quiet room, diet kitchen, laboratory, specialist's room and a small brig. This building was completed in July 1917 and was promptly occupied. However, WWI broke out soon thereafter making additional medical facilities necessary. Tents and canvas were once again used. By



Figure 2: Naval Hospital Parris Island c. 1919



Figure 3: Naval Hospital Parris Island in 1940's

February 1918, the personnel and station increased to more than 12,000 and preparations were being made for the training of as many as 20,000 at a time. Plans for additional hospital facilities were drawn up, but not put into effect since the Armistice was signed in November. Between 1919 and 1921, additional buildings were provided and two Marine Corps buildings were transferred to the Medical Department for quarters.

In 1923 the hospital complex consisted of 27 buildings on 15 acres of land located at the extreme northeast corner of the base. Repairs and construction were continued through the 20's and 30's, expanding the buildings and personnel to meet its ever expanding support mission. In the summer of 1940, plans were completed for the construction of 3 M-type ward buildings with a bed capacity of 60 each; quarters, storehouses and other ancillary buildings were also constructed. However on August 11, 1940, a Category 1 hurricane hit the island and destroyed three of the old buildings and damaged several others.

As expected the beginning of WWII necessitated the expansion of the hospital yet again and it was during those years that proposals were made for the construction of a permanent hospital outside of the Marine Corps base. In 1949, after the completion and commissioning of the our current buildings, Naval Hospital Parris Island was deactivated.

An Interesting Fact...

Navy Medicine's presence in the Lowcountry didn't start with Naval Hospital Beaufort. The building was commissioned in 1949, as early as 1891 there are records of Navy Medical facilities on Parris Island when there was a small coaling station in operation.

Excellence in Action



Excellence in Action is an employee recognition program designed to recognize a staff member that has excelled in performance or attitude. To recognize a staff member for the Excellence in Action (EIA) program, fill out an EIA card located near ballot boxes throughout the hospital.