



Lowcountry
Beacon

Spring Brings Renewal & Change



On the Cover
Cupcakes for a command event made by NHB's CS1 Jeremy Dunaway

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

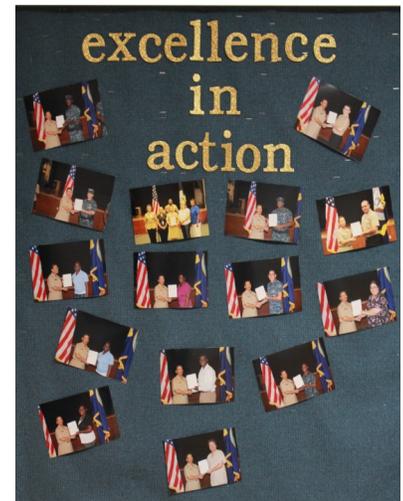
Excellence in Action

*December, January,
February*

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Excellence in Action is an employee recognition program designed to recognize a staff member who 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.

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U.S. Naval Hospital Beaufort*

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A Message from the CO

Renewing Our Lives

According to the dictionary, “renew” means to begin or take up again, to restore or replenish, to make, say or do again. It’s that time of the year when we can all take time to reflect on what we have accomplished so far in 2012, and see what things we want to do better for the rest of the year.

Three months have passed and we have still have nine months to go. We need to make sure we use those days wisely and not waste time on things that are not helping us improve our work or personal lives. Now is the time to renew your New Year’s resolutions if you have fallen off track. Now is the time to recommit yourselves to exercising more and lose a few pounds, stop gossiping, be nicer to people, save more money. Most importantly, it’s time to make sure you are doing your best at work and in your personal lives to be a better person and have a better attitude.

We have already reset our clocks to daylight savings time and gained an extra hour that we can all put to good use. As we move into spring it may be time to do some spring cleaning and get rid of some things we have been holding on to for years that have just been collecting dust. For the military, as we get ready for the spring Physical Fitness Assessment, it’s time to renew your commitment to exercising on a regular basis instead of just twice a year. For all of us it might be time to renew our commitment to live a healthier lifestyle and follow our health care provider’s advice to be more active, eat more fruits and vegetables, get more sleep, and get regular medical check-ups. Just like you take your car in for its annual tune-up, it’s time to make sure you visit your health care provider for your annual exam. It’s time for your “tune up.” All of these measures will ensure we stay healthy and prevent diseases.

For those of you who are married, you may be thinking about renewing your marriage vows, renewing those promises you made to each other on your wedding day, in order to build a stronger relationship. For others, it may be time to stop procrastinating and renew your thoughts about getting the job you really want and not just collecting a pay check for doing a job you really do not enjoy. For all of us it’s time to file our taxes and if your New Year’s resolution was to save more money, as your review your bank and investment statements from 2011, it may be time to renew your commitment to doing just that. Prepare a budget to see where your money is going and see how much you can save each month – no matter how small the amount, there is always room in the budget for savings. You just might be surprised at how much money you can save by this time next year.

So, now is the time to reflect on what you have already accomplished this year and see what more you still want to do for the rest of the year. As we watch the short South Carolina winter turn into spring, as we see how nature is replenishing itself with new growth and life, we too can commit ourselves to renewing our own lives and growing more as human beings.

Our Mission

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



A Note from the XO



*Capt. Edward D. Simmer
Executive Officer*

Renewing America's Health Care System, One Person at a Time

Renewal can mean many things, ranging all the way from a profound spiritual experience to keeping a library book for two more weeks. It can also mean the renewal of spring, and with all the beautiful flowers and trees bursting forth, I rather like the last definition! That said, I like to think of "renewal" as making a fresh start, while keeping what is good. Considered in this way, renewal fits well with an area we are focused on: the way we provide, and indeed define, care.

In the past, medical care usually meant fixing people who were sick. This might have included an annual physical, but even here the goal was to find a problem so we could then fix it. We have become very good at this: for example, compared to a 50% or greater fatality rate for injured soldiers during the Civil War, a service member who is alive when he or she reaches medical care in Afghanistan has a greater than 90% chance of surviving their injuries long-term. Similarly, we have seen great advances in non-combat care, to the point that now people with very serious diseases that would have been fatal even a few years ago (many cancers, serious infections, schizophrenia, heart attacks, AIDS, etc.) now can often be cured or have their illness controlled so they live many good years after diagnosis. This is no small achievement, and those of us in medicine can be very proud of the progress we have made. Even so, we can, and must, do much more.

Imagine a world where the primary goal of the medical system is preventing illness rather than treating it, where the most important professional is the one who helps you stay healthy, and where the most important member of the medical team is... you! This would truly be renewal of our medical system. Although this may sound unrealistic to some, it is already where the NHB team is headed. Although we are not entirely there yet, NHB, along with many others, is renewing the medical system by changing the very basis of what we do.

We have adopted a Medical Home Port at NHB, where every individual has both a personal provider as well as an entire team who knows them and helps them maintain their health. For those who already have a chronic illness like diabetes or high blood pressure, this means regular screenings to ensure the disease is controlled and the harm that these illnesses can cause is minimized. It also means maintaining health by monitoring cholesterol, getting regular mammograms, and the many other medical screenings that can identify and address problems before they have caused serious harm.

Most of all, and where the real renewal comes in, it involves putting you in charge of your health. Our responsibility is to make sure you have the information and tools you need to make the choices and do the things that will maintain your health. This could include, for example, education on eating a balanced, healthy diet on a limited budget, the risks of tobacco and excessive alcohol use, and how to maintain healthy relationships and a spiritual life. For our own staff, this means ensuring they have access to healthy food, time and facilities for exercise, and providing a safe environment to work in.

Your responsibility is to take this information and the available resources and make good use of them. In the end, we only have direct contact with those who rely on us for care a very small percentage of the time. It is what happens in the other 99+% of the time that makes all the difference. People who are empowered with knowledge and resources to make healthy choices, and who then do so, will live longer on average and will have happier healthier lives.

We have already seen the benefits of this approach with recruits, for whom the number of training days missed due to medical issues is down as is the average inpatient census. Although not the primary goal, this approach also reduces costs, of course, since healthier people spend less on health care. Thus it is a "win-win" for everyone!

So renewing the health care system really means renewing our commitment to ourselves and taking responsibility for our own health. At NHB, we are focused on being your partner in health, rather than only providing care when you are sick. This is the "fresh start." At the same time, we continue to provide great care for those who do have an illness requiring treatment, thus maintaining what is already good.

When we work together, with a renewed focus on wellness in the broadest sense of the term and putting people in charge of their own wellness, we truly renew healthcare in America...one person at a time!

A Word from the CMC

Greetings NH Beaufort family:

My name is Master Chief Matt Simpson and I'm very proud to be part of the NHB team! I was born and raised in Spokane, WA, and I have been in the Navy for about 28 years. I plan to retire from the Navy here in Beaufort at my 30 year point. I started my career as a submarine Fire Control Technician and I spent 22 years in the Submarine Force. I have been a Command Master Chief 4 times now, to include CMC tours on a LOS ANGELES-class fast-attack submarine, a TICONDEROGA-class cruiser, and a WASP-class amphibious assault ship. I have deployed 14 times, served on 8 different ships, been to the North Pole and been around the world submerged on a submarine! Despite all the sea time, my greatest pleasure from service is the many people that I have worked with. I'm again very grateful to be part of a wonderful team of professionals here at NHB.



*CMDCM(SS/SW/AW)
Matthew Simpson*

As I think about our newsletter theme of renewal, I am reminded of the important things in my life: my family and my career. I know that I need balance between work & life. Yes, after a 30-year military career, you're going to come home that one last time and you will still have that same group of folks at home waiting for you: your family. My wife Abby is my 'rock' and she keeps me grounded and ever mindful of the important things in life. My commitment to family does require a periodic renewal because it's easy to get wrapped up in the busy and stressful tasks and commitments of work. Abby reminds me to come home early once in a while and eat dinner with the family, she reminds me to practice my marriage communication skills, she reminds me to spend quality time building memories with the children, and she reminds me to be compassionate and giving. Abby has always been the center of our family and she gives me that inspiration to periodically renew what's important to me.

My sense of renewal carries forth at work too. I am surrounded by many great people here at work—all who deserve a CMC that is approachable and mindful of our numerous challenges and needs. I do consciously think about my attitude and how it affects others, and I strive to never be mad, never be condescending, never alienate another person, never stop caring. Yes, we all have long days or hard days sometimes. Yes, we sometimes work for disagreeable people or work over people who do not want to be motivated. It's important to step back and think about your situation and realize that you must be optimistic and positive! It's also important to note that none of us really have much to complain about because there are folks in this world who do not eat every night, they do not have safety or security in their lives, or they have lost an eye or a limb. So, the next time you are inconvenienced by a front gate delay or an empty coffee pot, or a co-worker on a completely different 'wave length,' then try to remember this: renew your personal sense of appreciation for the many good things that we have in life, because life is too short to dwell on negative trivialities.

Very Respectfully,
Matt Simpson
Command Master Chief
CMDCM (SS/SW/AW)

Chaplain's Corner



What do you think of when you think of a lamp? You might immediately relate it to a present day lantern. For many, this might remind you of camping trips you took

when you were younger. It is always wise to have it on a camping trip; however, today we also have head lamps that you can wear on your head and is much lighter to transport if you are doing an extensive backpacking trip. For the families in their RVs traveling cross country, a lantern is a needed item for the campsites they might visit. It is the perfect item for the picnic table that the family can gather around for meals, conversations, or a backgammon game.

A lantern is a modern day version of a lamp. A lamp in the past is described as a container with a wick for burning oil, alcohol, etc. to produce light or heat: the wick is often enclosed in a glass tube or chimney, to protect the flame. Lamps are mentioned in all the early ages; they were in use in Egypt, Greece, and Rome.

Why talk about a lamp? The real focus is identifying what a lamp can do for you in the physical sense but, more importantly, in the spiritual sense. Do you think you need a lamp and, if so, what can it provide for you? In the physical sense a lamp illuminates the immediate area around you, which can give you enough light to make you aware of your surroundings, provide a resource to highlight your current location, and allow you to safely see your path.

Another definition for a lamp is that it is considered a source of knowledge, wisdom, or spiritual strength. It can even be looked at as something or someone that will light your way or someone or something that will

A Light for Your Path

By Lt. Jennifer Dolder

make your path visible to you.

Looking at the Scriptures, Psalm 119:105 points out that God's word is a valuable resource. Like a lamp, His words are a valuable resource for our physical, emotional, mental and spiritual being. The Psalm states, "your word is a lamp unto my feet and a light to my path." This means we have no idea what tomorrow will bring, and we cannot change yesterday, but having a resource like a lamp can be our source of knowledge as well as wisdom and spiritual strength

which can help guide us in the choices and decisions we make daily.

...we have no idea what tomorrow will bring, and we cannot change yesterday, but having a resource like a lamp can be our source of knowledge as well as wisdom and spiritual strength which can help guide us....

God's word can be a tremendous resource that can help you each day to choose wisely in every decision you make. May you choose your light wisely as you find resources to guide and lead you everyday.



In Memoriam



LCDR Michael G. Clarke (Mar. 27, 1974-Dec. 28, 2011)

A native of Tulsa, OK, LCDR Clarke graduated from Emmaus High School in Pennsylvania, from which he received a congressional appointment to the Naval Academy. He was on the Superintendents'/Commandants's List for Academic Military Excellence for all four years, received the Silver Medal-IRA National Collegiate Crew Championship in 1993, and was a member of both the Spanish Language and the Chemistry National Honor Societies. A member of the 32nd Company, he graduated with distinction with a degree in Chemistry, and became an honor graduate of the University of Salamanca, Spain.

LCDR Clarke attended the Uniformed Services University of the Health Sciences, receiving his MD in 2000. After orthopaedic surgical internship at the Naval Medical Center, Portsmouth, VA, he attended the Naval Flight Surgeon School at Pensacola, graduating in April 2002. He served as a Flight Surgeon with HMM-162 at Marine Corps Air Station, New River, NC, deploying with the First Marine Expeditionary Force in 2003 in Operation Iraqi Freedom.

In June 2004, LCDR Clarke began a four-year residency in Orthopaedic Surgery at Naval Medical Center, San Diego, then served as a staff orthopaedic surgeon at Naval Hospital Camp Lejeune, NC. In August 2010, he began an Orthopaedic Sports Medicine Fellowship at Massachusetts General Hospital and Harvard University, providing sports medical coverage to Boston's professional and local college teams. In the summer of 2011, LCDR Clarke achieved full board-certification as an Orthopaedic Surgeon and began service at Naval Hospital, Beaufort, SC.

LCDR Clarke married Rebecca Jane Miller on July 14, 2001 at the USNA Chapel. They have three children, Maura (5), Abigail (4), and William (2). LCDR Clarke is also survived by his parents, Leo George Clarke, III and Patricia Clarke, his sister, Jennifer Clarke-Sirignano, and many loving aunts, uncles, and cousins.

LCDR Clarke was a very loving husband and father, a true friend and shipmate, a dedicated physician, and an inspiring teacher, and will be greatly missed.



HN Velencia Compton (Oct. 31, 1990-Jan. 26, 2012)

HN Compton enlisted in the Navy in February 2010, and attended Basic Recruit Training Command in Great Lakes, Illinois until April 2010. From April 2010 to September 2010, HN Compton attended Naval Hospital Corpsman School for basic HM "A" School with follow on Dental Technician training. In September 2010, she reported to her first duty station, Naval Hospital Beaufort, Branch Health Clinic-Dental, Parris Island, South Carolina.

Upon completion of all required clinical rotations, HN Compton was assigned to the endodontic department from December 2010 to April 2011, where she assisted numerous dental officers in the treatment of more than 300 active duty and Marine Corps recruits in all phases of endodontic clinical procedures.

From April 2011 to June 2011, HN Compton participated in a three month, medical and dental cross training pilot program where she obtained her qualifications in the Acute Care Area, Recruit Medical Readiness, and Recruit Sick Call departments. HN Compton was subsequently transferred to the front desk and managed care as Administrative Support Technician from June 2011 to January 2012, where she provided exceptional customer service to 23,000 Marine Corps recruits and active duty patients.

HN Compton represented the Navy with pride, was a dedicated Sailor, and was passionate about pursuing a career as a dentist. She would go above and beyond the call of duty by being proactive in the Beaufort community and at home. She represented the Navy in numerous community projects including the Veterans Day Parade, Parris Island CDC Fall Festival and the MCAS Harvest Walk. During her visits home to Georgia, HN Compton would motivate other friends to join military service and would personally perform physical activities with them so they could be physically fit to join.

Survivors include her son Jayden of Columbus, GA; her parents, Bobby Hunter and Michelle Compton of Columbus, GA; three brothers, Jordan Compton, Javaughn Compton, and Antonio Hunter, all of Columbus, GA; her grandfather, Bobby Hunter and his wife, Debra; her grandmother, Juanita Compton; as well as numerous other family members and friends.

HN Compton will live on in the memory of her family, friends and shipmates forever.

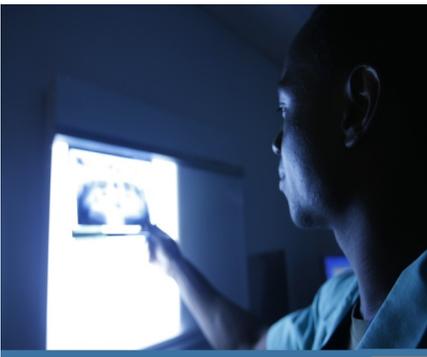
Spring into a New Career with the Dental Assistant Program

By Regena Kowitz, Lt. Cmdr. Bryan Rasmussen, and Monica Masanto

It's that time of year, when the weather starts to warm up and flowers start to bloom, when life seems new, and fresh starts are possible. Because of that sense of renewal, it's also a time when people follow the motto, "out with the old and in with the new," which often spurs spring cleaning. And, it's a great motto for other areas of our lives too – even careers!

If you are a military family member looking for a new career that is portable – something you can take with you from duty station to duty station – Dental Services at Branch Health Clinic (BHC) MCRD Parris Island and MCAS Beaufort has a partnership with the American Red Cross to facilitate dental assistant training that typically takes place once a year. This year's students have been selected and will begin the program on May 7.

So what does a dental assistant do? Dental assistants often work chair-side with dentists, helping with dental examinations and treatments, but they can also work in an office, performing administrative tasks. When it comes to helping with patient care, dental assistants make patients comfortable in the dental chair, prepare them for treatment, and ready dental records. During the exam, they assist by handing the dentist instruments and keeping patients' mouths dry and clear by using suction and other devices.



(Photo courtesy of Lance Corporal Michael Rogers)

Once the treatment is done, they can provide instruction to the patient on general oral health care or post-operative care, depending on the procedure and the patient's needs. Dental assistants can also disinfect instru-



Capt. Queen presents a student in the American Red Cross Dental Assistant Program with her certificate.

ments and equipment and prepare trays of instruments for upcoming procedures.

For those interested in becoming a dental assistant, participation in the Dental Assistant Program is open to all military dependents, ages 18 and older, who can dedicate themselves to completing the training. There is a minimal charge of approximately \$100 to cover administrative fees. The program lasts six months and begins with two weeks of classroom education followed by hands-on practical training at either the dental services clinic at MCRD Parris Island or MCAS Beaufort. To graduate from the program, students must complete 600 hours of volunteer clinical, "chair-side," training within the six month period.

...the Dental Assistant Program is open to all military dependents, ages 18 and older, who can dedicate themselves to completing the training.

Each class accepts 15 students, with 5 alternates. All 20 students are required to complete the classroom training, with the 15 accepted students moving on to the practical training. Should one of the students be unable to complete the chair-side training, the first alternate will be allowed to take their spot. Each alternate who does not move on to the clinical training is guaranteed a spot in the next session. Assignment to the different clinics will be based primarily on the needs of the clinics, but student preference will also be taken into consideration. The MCRD Parris Island

(Continued on page 9)

Spring into a New Career with the Dental Assistant Program

clinic is definitely the busier of the two with the high volume of recruits who come through every year in addition to the permanent party personnel.

During their week-long classroom training, students will learn a variety of skills including:

- Customer service
- Administration
- CPR
- Dental theory
- Medical terminology
- Sterilization of dental equipment
- Dental record maintenance
- X-ray procedures
- Four handed dental assisting (a term used to explain how a dentist and assistant work in tandem to treat patients)

Upon completion of the program, graduates are qualified to work in a military dental clinic or, in many cases, at civilian dental clinics where a degree or other state certificate is not required. According to Monica Masanto, dental readiness coordinator at BHC Parris Island's dental services and herself a graduate of the program, many civilian dental offices do recognize

Upon completion of the program, graduates are qualified to work in a military dental clinic or, in many cases, at civilian dental clinics where a degree or other state certificate is not required.

choose to further their education and training once they've completed the program.

“The training we provide is the first step in becoming an expanded duty dental assistant in South Carolina,” said Lt. Cmdr. Bryan Rasmussen, a dental officer at BHC MCRD Parris Island. To become an expanded dental assistant an additional 18 months of on the job training is required. By continuing education and

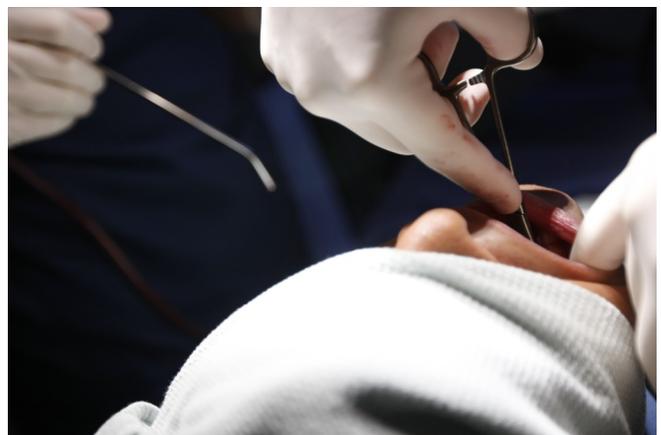
seeking certifications, dental assistants can increase their responsibilities, as well as their salaries.

As program participants move from state to state, they will need to confirm the different regulations for working as a dental assistant in the civilian sector with the individual states. A good starting place to learn more is:

- <http://www.danb.org/main/statespecificinfo.asp>

For dental assistants who continue working at military clinics, they will work at the level at which they were trained. For instance, according to Dr. Rasmussen, an expanded duty dental assistant cannot make a temporary crown at a civilian dental practice in South Carolina, but a dental assistant working at a military dental clinic can do so if the dentist oversees the procedure. This, Rasmussen says, is one of the benefits of being trained and working on a military base.

If you are ready to spring into a new career and dental assisting sounds like the perfect job for you, call either Mr. Democrito Gamboa at 228-4198 or Ms. Monica Masanto at 228-4255 to find out how you can sign up for the training next spring. If you are moving before the next class is available, contact the dental clinic at your next duty station – there's a good chance they will have the same program.

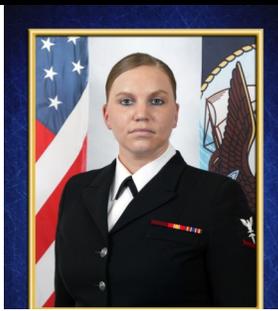


(Photo courtesy of Lance Corporal Michael Rogers)

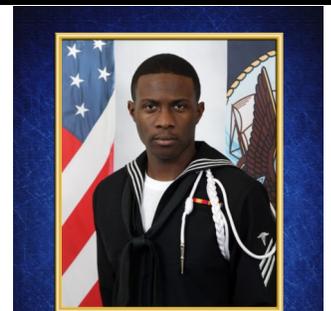
Sailors of the Quarter



Senior Sailor of the Quarter
HM1 Booher



Junior Sailor of the Quarter
HM3 Riffenburg



Blue Jacket of the Quarter
HN Farrington

Civilians of the Quarter



Senior Civilian
Dr. Theodore Rocha
MCRD Dental Services



Civilian
Ms. Kimberly Monroe
MCAS Dental Services



Contractor
Ms. Janet Reeves
NHB Medical Home Port

Patient Safety: Making Health Care Safer

By Jim Weiss



Patients can ensure a safer health care experience by being involved and informed about their treatment. Improving patient safety requires continuous learning and constant communication between caregivers, organizations, and patients. Everyone has

a role in patient safety. What can consumers do to make sure they have a safer experience with the health care system?

Become a more informed health care consumer:

- Seek information about illnesses or conditions that affect you.
- Research options and possible treatment plans.
- Ask questions of your doctor, nurse, pharmacist and team.
- Seek more than one opinion.

Keep track of your history:

- Write down your medical history including any medical conditions you have, illnesses, immunizations, allergies, hospitalizations, all medications and dietary supplements you're taking, and any reactions or sensitivities you've experienced
- Write down the names and phone numbers of your doctors, clinics, and pharmacies for quick and easy reference.

Follow the treatment plan agreed upon by you and your team:

- Be sure you receive all instructions verbally and in writing that you can read and understand and ask questions about any instructions that are confusing or unclear
- Take medications exactly as prescribed
- Report anything unusual to your doctor or team.

Department in the Spotlight: Dental Services

By Regena Kowitz

Dental Services at Branch Health Clinics Parris Island and Marine Corps Air Station Beaufort are two of the busiest clinics around, having seen nearly 70,000 patients in 2011 combined.

The clinic at MCRD Parris Island is responsible for not only providing quality dental care for the permanent party active duty personnel, but also for conducting the initial screenings and any follow up care required by the 20,000 plus recruits who report to boot camp every year. The Sailors who work in the Recruit In-processing Facility (RIF) work long hours, typically starting at 4:45 a.m., to prepare for the 200 or more recruits they see on an average day.

Each recruit receives a full dental exam complete with x-rays.

At Branch Health Clinic MCAS Beaufort, four active duty and two civilian dentists along with three civilian hygienists keep busy providing annual dental exams, sick call coverage, and more for all active duty service members assigned to the air station.

Dental services at MCAS and MCRD are responsible for maintaining the overall dental health and readiness of the entire Tri-Command active duty population. This means not only performing routine care and annual exams, but taking care of any dental emergencies or problems that may arise. From extracting teeth, performing root canals, and creating dental prosthetics such as crowns, bridges, and implants, dental services offers comprehensive care and treatment for Sailors and Marines. Currently the operational dental readiness at MCAS is 97 percent and at MCRD just over 94 percent.



Cmdr. Wright performs a dental procedure at Branch Health Clinic MCRD Parris Island (photo courtesy of Lance Corporal Michael Rogers)

care, helping ensure that when the squadrons deploy, their Marines and Sailors are dentally fit.

By the Numbers

- Total patient visits—69,286
- Teeth pulled—17,858
 - Fillings—35,106
- X-rays taken—146,461

Totals for MCRD and MCAS Dental Services in 2011

Command in the Community



Navy Chief Petty Officers from NHB mentor First Class Petty Officers during a community service event on Feb. 3, 2012

In February, Sailors from Naval Hospital Beaufort's Chief Petty Officer 365 (CPO 365) program performed community service by lending a helping hand to Help of Beaufort, a local nonprofit organization that provides financial assistance, food, and clothing to members of the community who need support and a new beginning.

Led by Navy Chief Petty Officers (CPO), the Navy's senior enlisted leaders, CPO 365 is designed to prepare First Class Petty Officers for one day joining their ranks by opening lines of communication. The program, which was started by the Master Chief Petty Officer of the Navy, encourages Navy leaders to mentor the next generation.

Sailor in the Spotlight: HM3 Heather Graham

By Regena Kowitz



Hometown: Fort Myers, FL

Years of naval service: 2yrs 11mos

Time onboard: 2yrs 4mos

Work center: MCAS Dental

What do you enjoy most about your job? The people I get to meet and work with.

What do you do in your off duty time? I like to relax with friends, go down to Savannah or explore the historical areas around town.

Favorite movie: Battle L.A.

Favorite food: Sushi

Share something interesting about yourself: I joined the Navy because my older brother is in and he loves it. In Corps School, when we were picking where we were going to get stationed, I picked Beaufort because it had the warmest weather out of my 3 choices. Once I picked it and I told my brother where I was going he told me that he was stationed here about ten years ago, so I think that it's pretty neat that I am following in my brother's footsteps and hopefully I keep on doing so; that way I can hopefully have as good of a career as he has had.

Civilian in the Spotlight: Ms. Monica Masanto

By Regena Kowitz

Hometown: Bardstown, KY

Time onboard: Since March 2002

Work Center: BHC MRCD, Dental Services

What do you enjoy most about your job? I enjoy providing and assisting patients and solving issues while managing more than 2000 active duty dental records. It gives me pleasure when I know customers are satisfied with the services I provide. Training the new American Red Cross volunteer dental assistants and watching them grow in their new field gives me a sense of personal fulfillment.

What do you do in your off duty time? Reading, listening to music

Favorite movies: The Notebook

Favorite food: Sushi

Share something interesting about yourself: I interact with multiple providers on a daily basis, all of whom have commented on my positive attitude and willingness to adapt to the ever changing environment associated with scheduling dental care delivery.



Health Promotion & Wellness

NOFFS: Navy Operational Fitness and Fueling Series Is Here to Stay! LIFT – PUSH – PULL – CARRY

By Ivette Moore



Looking to revamp your fitness?

The Navy Operational Fitness and Fueling Series

(NOFFS) is the new fitness program that provides the Navy with a "best in class" physical fitness and nutrition performance resource that provides guidance to Sailors and Navy health and fitness professionals. NOFFS instructs individuals on how to physically train effectively and safely, and how to make healthy nutrition choices in both shore-based and operational environments.

As the Navy is called to intensify operational tempo based on current worldwide mission requirements, it is imperative for Sailors to be physically fit. Physical fitness is an essential and critical component of operational readiness and meeting deployment schedules. Sailor resiliency and durability are the primary goals of the development and distribution of the NOFFS.

The purpose of NOFFS is to provide a complete physical training program that will "eliminate the guesswork" for the individual Sailor who is participating in his/her personal, physical training program and the Navy health and fitness professional who is interested in obtaining a readily-prepared comprehensive and biomechanically-balanced individual or group physical training program.

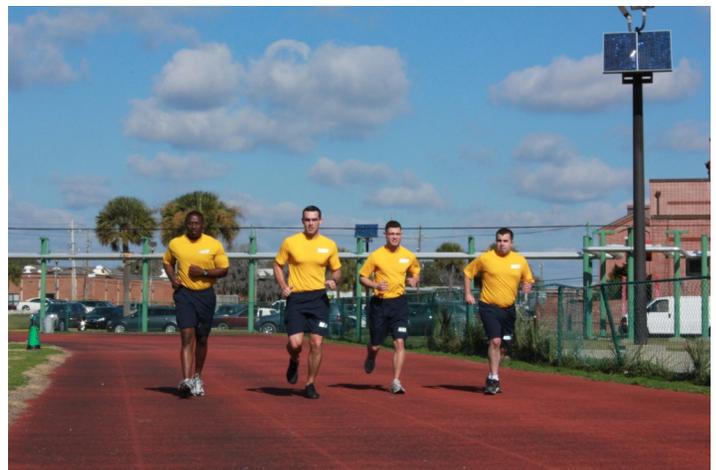
Rather than focusing specifically on the physical readiness test (PRT), NOFFS emphasizes how to specifically improve the functional performance of a Sailor during daily operations, including: lifting, pushing, pulling, carrying, aerobic/anaerobic demands, and body movement skills with balance, agility and coordination. The focus of the project is to optimize operational physical performance and fueling for Sailors while preserving Navy combat power.

For more information or to find a class near your contact the Command Fitness Leader, 228-1342 or Health Promotions, 228-5344.

To learn more about NOFFS, visit:

- <http://www.navyfitness.org/fitness/noffs>

Physical fitness is an essential and critical component of operational readiness and meeting deployment schedules. Sailor resiliency and durability are the primary goals of the development and distribution of the NOFFS



Sailors from the Branch Health Clinic MCRD Parris Island at the MCRD fitness center track.

Ah...Springtime in the Lowcountry

By Sue Hollingsworth

Our southern equivalent of weather-forecasting Pennsylvanian groundhog, Punxsutawney Phil, is General Beauregard Lee who resides in Lilburn, Georgia. Southerners typically accept General Lee's prediction as more accurate for the southeast than Punxsutawney Phil's. General Lee did not see his shadow on February 2nd, therefore, he predicts an early spring.

For most folks, this is terrific news. Springtime in the South Carolina Lowcountry is a beautiful time of year. Azaleas seem to burst into bloom overnight. Spring festivals, concerts and other outdoor events abound. But, alas, there are a few less-desirable and potentially harmful aspects associated with this time of year.

First, our world-famous "no see-ums" (aka, "sand gnats") invade full force. They deviously time their massive assault in conjunction with the springtime PRT and little league baseball, causing thousands of dedicated parents to endure tremendous hardship while faithfully attending each game (selfishly hoping that the team doesn't make the playoffs). Unfortunately, I am not aware of any product that is 100% effective in repelling the little devils. Most experts recommend a repellent that contains "DEET".

Secondly, everyone's vehicle mysteriously becomes the same color, a lovely neon yellow due to our native pollen. If you are an allergy sufferer, you will not be a "happy camper" for several months.

Thirdly, as you begin springtime gardening or recreational activities, be on the lookout for our local reptile friends who tend to emerge with rising temperatures. Most of our snakes are harmless; however, venomous copperheads are fairly common and blend in perfectly with our oak leaves.

Next, afternoon showers typically begin in the late spring escalating into potentially

damaging thunderstorms as the season progresses. Rainstorms, in conjunction with spring tides, often result in dangerous roadways due to shallow flooding.

Finally, remember your sunscreen. If it's been sitting in the cabinet since last summer, check it closely. Besides checking the expiration date, see if the ingredients look like they are separating. If so, go ahead and invest in a new bottle, and use it faithfully. In closing, the "good" outweighs the "bad"; and, with a few precautions (and perhaps a bit of patience), I'm confident that you will discover plenty of springtime adventures to explore and enjoy.



Springtime in the South Carolina Lowcountry is a beautiful time of year



DAPA Debrief

Don't Second Guess Your New Year's Resolution

By HM1 (FMF) Adam Morris

Welcome to the time of year again when many people try to remember what their 2012 goals or resolutions were and why they made them. I know I have a hard time remembering what I ate for dinner last night much less a decision I made months ago.

Try to think back on what your goals were for 2012. A common goal or resolution for many people would be to cut back on their alcohol consumption or maybe to keep a closer eye on friends or family members at parties or celebrations. Maybe last year, there was a situation where you thought you should have stepped in and helped someone. There are many examples of resolutions, but these are important and should not be forgotten about.

As the Command Assistant DAPA, I have the opportunity to sit down and talk to departing and reporting personnel about drugs and alcohol. Many of them voice concerns about friends or families who they believe may have a problem. Of course, if they are close to them then it is normal to want to help.

Situations may arise when you, as a relative or shipmate, must step in to help. For instance, if you are at a party and notice someone about to drive af-

ter having too much to drink, you may have to step in. This can be a tough situation for some. Here are some suggestions that may help you deal with this situation in the future.

- Using a calm approach, let them know it would be a better idea for someone else to drive. Try to make it seem like you are doing them a favor.
- You could also try to locate their keys and take them. Most likely they will think they lost them and be forced to get a ride with somebody else.
- Most importantly, try to avoid humiliating or being confrontational with the person.

Of course, these are just suggestions and depending on the person, you will know which approach is best. For example, someone once told me that after trying all the above, the only way they knew to prevent their buddy from driving drunk was to disconnect the battery in their car. I am not suggesting this but that outcome is remarkably better than what could have happened.

Neither I nor the Navy preach abstinence, unless you are under 21 or have dependence issues, and your goal for 2012 may have been to cut down on

drinking. . If you just want to cut back then here are some suggestions that may help.

- Keep track of how often and how much you drink
- Notice how drinking affects you and make a list of pro's and con's about changing your drinking patterns.

Like before, these are just a few suggestions for those who are contemplating a change. However, if you are thinking about your patterns then it may be a good sign that they need to be changed. It is always better to initiate change on your own.

According to a survey of 430,000 people done by the National Institute of Health, 35% of the individuals did not drink at all. Additionally, 7 out of 10 of the remaining individuals drank at low-risk levels. There are more people out there either not drinking or doing so responsibly, which means that you are not going to be alone in your journey.



For information on the Navy's drug and alcohol policies and programs, please contact your Command DAPAs HM1 Adam Morris at (843)228-5006 and HM1 Carlos Aguilar at (843)228-5499.

Education and Training Department (EDTRA)

Per NAVADMIN 386/11 the following General Military Trainings need to be completed by active duty staff by May 31:

- Code of Conduct - Level A (eLearning only) SERE 100.1 - Level A Code of Conduct Training JKDDC-Level-A-COCT-100.1
- Introduction to Anger Management CPPD-GMT-IAM-1.0
- Introduction to the Navy's Drug Abuse Policy CPPD-GMT-INDAP-1.0
- Introduction to the Navy's Tobacco Cessation Policy CPPD-GMT-INTCP-1.0
- Operational Risk Management - Time Critical CPPD-GMT-ORMTC-1.0
- Uncle Sam's OPSEC (eLearning only) NIOC-USOPSEC-1.0
- Physical Readiness - Preparing for the PRT CPPD-GMT-PRT-1.0
- Records Management in the DON: Everyone's Responsibility DOR-RM-010-1.1 (required by all hands – civilian and contractor, clinical and non-clinical)

For more information, contact EDTRA at 228-5616.

Uniformed Business Office: Working for You!

By Lt. Jodi Philips

One of the many departments at Naval Hospital Beaufort that staff and beneficiaries alike may not be familiar with is the Uniform Business Office (UBO). Our main function is to collect payments owed to NHB for services rendered and one of the most important activities their staff does is collecting the DD2569 forms. This is the “Other Health Insurance” form that captures necessary insurance information to bill other insurance companies and provides NHB with an important source of revenue. The Uniform Business Office needs the DD 2569 to operate the Third Party Collection (TPC) Program, Medical Services Account (MSA), and Medical Affirmative Claim (MAC) Programs.

The TPC Program requires NHB to bill Other Health Insurance (OHI) for outpatient visits or inpatient stays. NHB is entitled to receive the same reimbursement from other health insurers that any other medical care providers would receive. They also bill for all ancillary services provided such as pharmacy, laboratory and radiology services. This program does not delay admittance to NHB or affect the type of care our patients receive.

Participants in the TPC Program are retired military members and the family members of active and retired members who have insurance in addition to TRICARE. Beneficiaries will not be billed for any costs that the hospital cannot collect. When NHB files claims, the amount billed may count toward the deductible. As a result, a beneficiary may actually spend less money out of pocket.

In the past few months, the UBO staff has been busy enhancing the billing and collection process to increase efficiency. One enhancement is to the MSA process with the implementation of pay.gov. MSA's are normally for patients ineligible to receive care at NHB, such as emergency care for a civilian, and these patients will be billed for services received. MSA's are paid via a secure website through the Department of the Treasury designed for patients to make electronic payments online. A patient no longer needs to visit the hospital or mail in a check.

Additionally, we have added Signature Performance to our team, a company that assists with optimizing our TPC revenue opportunities. As part of this partnership, there will be a person in the pharmacy waiting area during peak hours collecting and educating patients on the importance and mutual benefit of ensuring their OHI on file is always current. As part of this initiative, patients will receive an OHI card to show front desk staff that their information is current.

The MAC Program provides the statutory and regulatory authority to recover the reasonable value of medical care rendered to active duty members and beneficiaries at government expense for injuries or illnesses provided (as defined at 10 U.S. Code 1072), and retirees (as defined at 10 U.S. Code 1074b), under circumstances creating third party tort liability. MAC often involves collection from health insurance or other insurance carriers, in cases resulting from accidents, contractual medical coverage, such as no-fault or personal injury protection (PIP), and worker's compensation. If a patient is involved in an accident of any type, the “Medical Care Recovery Act Questionnaire” will need to be completed and forwarded to the UBO office who will process these cases for reimbursement.

When patients check in at the front desk of one of the hospital's clinics, they are asked to complete paperwork that often includes information for patients who have insurance other than TRICARE. Our front desk staff has the important role of accurately collecting this information, and ensuring every patient updates their health insurance information at each visit. The payments collected from each of these programs go directly to NHB's operating budget. The money is then used to enhance the hospital's total health care services and improve our facilities. Put simply: every time a beneficiary enters NHB, they can be assured that they are receiving the very best healthcare available today, whether they have third party insurance or not.

Historic Highlights

A Community Goes Through Many Changes

By HMC Amanda Hughes

According to Webster's, one of the definitions of re-new is to make extensive changes in or rebuild. Well, you can definitely apply that definition to Naval Hospital Beaufort. Not only the land that it sits on, but the building itself, has had many changes in its almost 63 year history.

One of the biggest changes is obviously the galley space. When the hospital first opened its doors in 1949, we had a full service galley facility, with commissary offices, dietician offices, and both a Chief Petty Officer and Officer Mess. There was even a butcher! Now, that space is taken up with the Navy Exchange, the Information Technology department, and Subway.

The area just outside the auditorium has gone through multiple changes as well. Where Physical Therapy is now located, was a space that was used as a game room and library. Across from the auditorium's foyer area you will now find the Safety and Civilian Human Resources office. In 1949, those areas included the Ship's Service Store and a Soda Fountain (a picture of how it once looked is located right outside the Command Master Chief's office).

A little further down the hallway, the American Red Cross had three offices where the Laboratory waiting area is now. These offices were there to aid the patients and their families. Then, as it is now, when the recruits from MCRD are admitted to the NHB, they couldn't usually be discharged as quickly as they would if they were in a private hospital. The greater part of their convalescent period was spent here at the hospital, because they could only be discharged when fit for active duty or when the

convalescence had progressed enough for them to return to normal civilian life.

Probably one of most noticeable areas where the naval hospital's structure has

been renewed consists of the changes made to the building's inpatient floors or wings. The wings where the TRICARE Service Center, Orthopedics, the Wellness Center, Medical Home Port, Human Resources, and Patient Administration are currently located were once three floors of open-bay inpatient wards, including two general medical wards, a psychiatric ward, two general surgical wards, and an isolation ward. All these inpatient facilities totaled 302 beds for our beneficiaries, compared to the 20 we have today.



A new television set, that latest technology in 1955, for one of the hospital's inpatient wards.



Naval Hospital Beaufort's Soda Fountain, circa 1950's. Smoking was once allowed inside the hospital. Now, the entire hospital compound is tobacco-free.

So, through all the different renewal and change that Naval Hospital Beaufort has gone through in the last 63 years, one thing has remained constant since we first opened our doors: whether we have American Red Cross offices in our building or not, 302 beds or 18, our motto of "Always Caring" was as true then as it is today.

Veterinarian Viewpoint: Moving with Your Pet

By Capt. Brianne Gustafson, USA, DVM

It's that time of year when military families are gearing up for PCS'ing to a new location. Moving is stressful, and military families move more often than most. Often, amidst the packing, the family pet is overlooked in the planning process. This can result in pets being left behind with family or friends, or worse, abandoned or euthanized, when they don't meet the requirements for travel or importation. Here are 10 easy steps to help facilitate the pet PCS process:

1. **Start early.** For importation to most overseas destinations, there are required timelines for vaccinations and diagnostic testing. These usually require 3-6 months of lag time between the start of the process and arrival in country. Failure to comply with these time requirements may result in extended quarantine periods, return of pet to the country of origin, or euthanasia.

2. **Use only one veterinary hospital.** Using multiple hospitals results in multiple unlinked medical records. Missing records limit documented vaccine history and may result in incomplete importation documents. Failure to provide complete vaccine history at the point of import may result in extended quarantine periods, return of pet to the country of origin, or euthanasia. If you do use more than one hospital, be sure to keep meticulous copies of your pet's medical history, not just receipts.

3. **Obtain signed rabies certificates.** Most importation regulations have to do with rabies vaccination history, especially in countries that are officially rabies-free (UK, Australia, Hawaii, and Japan are examples). Incomplete documentation of rabies vaccination will result in extended quarantine periods, return of pet to the country of origin or euthanasia. A rabies certificate filled out incompletely or without a licensed veterinarian's signature is just a piece of paper.

4. **Do your homework.** Each country has slightly different importation requirements. Some require only one or two vaccines, while others may require many more. Some require diagnostic testing. Some only allow import on certain days of the week, or during certain hours, or at certain ports. Some require treatment for ectoparasites (fleas) and others require treatment for endoparasites (gastro-intestinal worms). There are both reliable and unreliable sources of information regarding pet importation. If you have questions, please feel free to call the Parris Island Veterinary Treatment Facility (VTF) – we are experts at sending pets overseas.

5. **Get your pet microchipped.** In addition to being a good ownership practice, microchips are widely regarded as official, permanent identification for pets, and are mandatory for importation. When travelling overseas, nearly all countries require a history of two rabies vaccines administered after the microchip is placed. In addition, required blood work cannot be collected and submitted without a microchip placed first. Microchips must be of the ISO frequency standard to be permissible for international

travel, so if your chip is placed by a non-military organization, be sure to ask about the frequency.

6. **Crate train.** While traveling by plane, your pet will have to be in a crate. Most airlines do not allow pets to be sedated, and we don't recommend it, because generally the pet is alone and unsupervised in the cargo hold. Sedatives can always have side effects, and if your pet has a medical emergency, there will be no one to intervene. Take the time to teach your pet to be comfortable and quiet in his crate six months before travel. Then, sedation will be unnecessary and your pet will be able to comfortably endure what may be a 16-hour flight.

7. **Choose the appropriate crate.** When selecting a crate, be sure that it's solid-sided plastic and not wire. Crates acceptable for air travel usually have that designated on the label. It should be large enough for the animal to stand, turn around and lay down, but not so large that the animal can be "thrown" inside if there is turbulence in flight.

8. **Don't leave your health certificate to the last minute.** Health certificates are required by most airlines for pets to fly. They're generally valid for up to 10 days before travel. We recommend scheduling an appointment for your health certificate five to seven days before travel. If you wait until a day or two before travel, there is a much higher risk that paperwork will be incomplete and that your pet won't be able to travel.

9. **Freeze the water.** You will be required to put water in the crate with your pet while he travels. Instead of giving your pet water, which will inevitably spill the moment the crate is moved and result in damp bedding during the flight, freeze the water in the clip-on dish. This eliminates spillage and meets the water requirement.

10. **Take your pet's medical record.** Medical history is extremely important for long-term health monitoring for your pet. When you move, take your pet's medical record with you to bring to your new veterinarian.

Forward planning is the key to a smooth PCS with your pet. The staff at the VTF is experienced and works hard to make your move as easy as possible. If you are moving CONUS, we recommend coming in at least 30 days before travel. If you are moving OCONUS, we recommend coming in 4-6 months before travel. We will ensure that your vaccines, diagnostics and paperwork are all completed on the appropriate timeline. It doesn't hurt to plan early, but last-minute planning will likely result in rejection of your pet for importation.

NHB VTF is located at 517 Alaska Blvd, MCRD Parris Island. The VTF is open Monday-Friday from 0800-1600. Please call 843-228-3317 to schedule an appointment.

NHB on the Move



Hails

December, January, February

HR Timothy Diehl
HR Christopher Durden
HR Courtney Tingler
HR Katelyn Johnson
HR Tasha Mueller
HA Joshua Sides
HA Austin Dugan
HA Kyungbun Lim
HA Logan Nielsen
HA Serge Shackelford
HN Donte Fuller
HN Michael Santillo
HN Alejandro Benvenuti
HN Antwan Mabry
HN Arron Craig,
HN Christopher Inman
HN Joseph Kuhns
HN Justin Foster
HN Patrick Lytle
HN Sarah Skillern
HN Spencer Fey
HN Trayvuius Wilson
HM3 Brandon Presnell
HM3 Kimberly Gibbons
HM3 Steven Jacko
HM2 Cynthia McCann
LS2 Latrice Farmer
MA2 Richard Nevico
MA2 Rubbie Johnson
RP2 Jacob Larned
CMDMCM Matthew Simpson
LTJG Donna Henderson
LTJG Rachel Bradshaw
LTJG Jennifer Bautista-Gogel
LT Amy Clark

Farewells

December, January, February

AMAN Keith Sammons
HN Austin Nieves
HN Brittney Salter
HN Catherine Malcom
HN Christopher North

HN Ermelinda Alviso
HN Joseph Dyar
HN Joshua Almond
HN Larissa Chappell
HN Louis Huerta
HN Marzell Scott
HN Matthew McGuire
HN Robert Young
HN Warren Dennis
AZ3 Justina Shade
HM3 Antwan Mabry
HM3 Desiree Lazarius
HM3 Jeffrey May
HM3 Katrina Caballeros
HM3 Kirby Page
HM3 Mayela Encinas
HM3 Napoleon Pareja
HM3 Patrick Mishler
HM3 Sergio Magdalenogarcia
HM3 Shannon Nieman
HM3 Shanquita Hill
HM3 Susane Boretsky
AD2 David Hall
AME2 Christopher Hixon
AT2 Timothy Burdette
HM2 Amanda Miller
HM2 Darren Miller
HM2 Thomas Grissom
HM2 Tommy Graham
MA2 Laquinton Lee
AM1 Brantley Jones
MA1 John Justiniano
HMC Robert Skibsted
HMCS Troy Murphy
CMDMCM Tyrone Willis
LTJG David Smith
LTJG Todd Wentz
LT Eric Gearhart
LCDR Genaia Hill
CDR Unkyong Archer

Homecomings

December, February

HM1 Allen McFadden
HM1 Ioana Champagne
HM1 Joseph McDaniel
MA1 John Justiniano
HMC Robert Starkey
LTJG Philip Richmann

Deployments

March, April, May

HN Michael Clifton
HN Jordane Coquin
HN Donald Tate
HN Serena Yesenofski
MA3 William Marck
HM3 Rex Villao
HM2 Sean McKay
HM2 Robert Whitehead
LCDR Elizabeth Reeves

Ombudsman's Corner



The Naval Hospital Beaufort Command Ombudsman is your resource, referral, and information source. Here are some terrific online resources to help you make the most of life in the military!

- www.militaryonesource.mil

Military OneSource is a one-stop shop of great information. Everything you've wanted to know from finding great childcare, to coping with stress, coordinating a smooth move, and getting your taxes done for free!

- www.militaryhomefront.dod.mil

MilitaryHOMEFRONT is the Department of Defense website for official Military Community and Family Policy. Families will find information and guidance designed to provide support and assistance.

- www.humana-military.com

Humana Military offers TRICARE to military families in the south region. Beneficiaries can download a variety of brochures, pamphlets, and handbooks, including the TRICARE Prime and Standard booklets, to help beneficiaries be informed health care consumers by fully understanding their benefits. Additionally, there are numerous health and wellness tips, disaster preparedness information, and even a game area.

- www.mccs-sc.com

The Marine Corps Community Services (MCCS) South Carolina website is packed with information about on base services for Sailors, Marines, their families, and other eligible beneficiaries. You'll find information about child development centers, youth and teen programs, classes to enhance your life, fitness and aquatics programs, clubs and restaurants, special events, and more.

We are always looking to add depth to our team. So if you are the spouse of an active duty NHB service member and would like to join the NHB Command Ombudsman Team, please contact us to find out how.

Dennis
843-228-5631
NHBOmbudsman@med.navy.mil



Mr. Dennis Smith, Naval Hospital Beaufort Command Ombudsman.