

Low Country Beacon

Naval Hospital Beaufort "Always Caring"

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Same Day Mammography Results at Naval Hospital Beaufort

By Lisa M. Lill, Public Affairs Officer

Most women have experienced having a screening mammogram performed, receiving a letter with their results in the mail a week or so later and possibly having to make another appointment for further evaluation. Approximately ten percent of women undergoing a screening mammogram will need to return for additional mammogram images and/or an ultrasound.

The Radiology Department at Naval Hospital Beaufort has a same day approach to mammography appointments to ease the anxiety of waiting days for results and follow up care. At Naval Hospital Beaufort all mammogram patients get their results, and if needed additional images, the same day. Patients leave their initial appointment with a negative result or an appointment for a biopsy. There is no waiting for results or need to return for additional images. Lt. Cmdr. Stephen Pearson, a doctor and radiology department head, said "We feel this approach significantly reduces the inconvenience

to patients, as well as anxiety regarding their mammogram. We think this provides our patients a better overall experience."

As the breast care coordinator for Naval Hospital Beaufort, Susan Alexander, Registered Nurse, becomes involved with a patient as soon as an abnormal mammogram is identified. She assists and guides the patients to get them the services they need in a timely manner. Alexander says "having knowledge of the breast cancer process and assisting our patients in scheduling their appointments in the order in which they need to occur, and by specialty, helps them concentrate on what they need to do, which is returning back to their families and their lives. I am here to offer them support from diagnosis through treatment."



Naval Hospital Beaufort's (NHB) Radiology Department (pictured here) has advanced certified Radiology Technicians for all imaging services and is home to the only CT and MRI-accredited Radiology Department in Navy Medicine. This helps the team provide a higher level of quality care, like same day results, to our beneficiaries. (U.S. Navy photo by Ms. Lisa M. Lill) (Released)

Many patients comment on how comforting it is to have someone to help them get through the initial fog of being diagnosed. Alexander has helped patients with housing issues, coordinating cleaning services to help with housework and provided an open door and warm heart to sit and listen as they share their hopes and fears.

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A Message from the CO



Welcome to FY16! We were able to ring in the new fiscal year with little impact to our staffing or

budget, however we are operating under a continuing resolution until December. Even with that being the case, NHB has several projects in work that are going to change how we do business and increase the level of care we provide our beneficiaries.

In February we celebrated the opening of the VA/DoD Dermatology clinic, made possible by a Joint Incentive Fund (JIF) that NHB was awarded. The clinic is open part time, but there are already discussions about extending the hours and/or adding another physician to help manage the workload. In late spring FY16 NHB and the VA will cele-

brate the opening of a joint Physical Therapy clinic, another JIF project. This renovation will not only increase the Physical Therapy clinic space but also decrease network care costs because we will be able to treat all beneficiaries (veteran's, retirees and dependents) where as we were previously limited to treating only active duty personnel.

We received approval in May to extend our Urgent Care hours to weeknights in addition to weekends and federal holidays. The response from our beneficiaries has been overwhelming. The convenience of being seen after hours without a referral has made it much easier for patients to receive same-day medical care.

Our Branch Health Clinics (BHC) onboard Marine Corps Air Station (MCAS) and Marine Corps Recruit Depot (MCRD) continue to provide outstanding care to our active duty members. The

MCRD BHC was especially busy this summer helping to support MCRD's centennial celebrations on top of managing their increased operating tempo due to the summer months. You will notice several new faces around the MCAS BHC. Our staff has been working hard to keep our Sailors and Marines medically ready and making improvements around the clinic to better serve everyone.

There are so many exciting projects going on throughout the command, and as always I value your feedback. Now that the Command Climate Survey is complete leadership is in the process of analyzing the data so we can share the findings and continue working to make NHB a great place to work and receive care.

Thank you for what you do,
Every Day!

Skipper



Low Country Beacon is an authorized publication of U.S. Naval Hospital Beaufort

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A Note from the XO



I bet no one thought they would spend FY15 working and doing work

-related homework! 4DX was a huge undertaking, but I extend my deepest appreciation to everyone for dedicating themselves to reading and digging into the material to make it relevant for their workspace. Some clinics have already moved ahead with implementing their wildly important goals (WIGS) and are seeing the change and benefit happen before their eyes. I look forward to FY16 as we begin implementing WIGS across the hospital and branch health clin-

ics and begin reaping the rewards and transitioning NHB into a high reliability organization.

We've also begun the journey through Lincoln on Leadership and If Disney Ran Your Hospital. I am anxious to see how these books will transform our thoughts on leadership and customer service. My goal is to see NHB grow and flourish as a result of the care and professionalism displayed by the staff. I want to see NHB become the place people want to go for care not come because they have to. I am confident with everyone's dedication and the get-it-done attitude I've already encountered we are on the right track to becoming that hospital for our beneficiaries.

I've thoroughly enjoyed the dialog that comes from "Coffee

with the XO". Having the one-on-one time with our civilian workforce is an important part to making, implementing and sustaining all of the significant changes discussed above. The civilian staff at NHB brings a wealth of intimate knowledge about the facility and what's worked or not worked in the past. I appreciate their candor and willingness to engage in open and honest conversation so we can work as one team to continue driving NHB forward.

I am excited to see what changes can be implemented in FY16 and I appreciate everyone's input and dedication to making NHB the medical treatment facility our beneficiaries want to come to.

Thank you for what you do, Every Day.

XO

From the Desk of the CMC



As I walk around this hospital and the branch health clinics I am al-

ways struck by the amount of talent surrounding me. The skills and dedication demonstrated daily by our chiefs and corpsman help NHB achieve our mission, and go above and beyond to provide our patients the world class healthcare they've come to expect from

military treatment facilities.

The corpsmen at NHB aren't just satisfied doing their daily tasks, so many are working on completing degrees or specialty certifications within their clinics. They couldn't do this without the support and mentorship of their LPOs and Chief's. In May, more than 45 sailors were frocked, another result of strong leadership and the tenacity of our corpsmen.

In September, we welcomed four new Chief's into the mess. It is always a great honor to publicly acknowledge the hard work and dedication these men

and women put forth to achieve the rank of U.S. Navy Chief.

A great Navy year wouldn't be complete without celebrating the birthdays of our Chief's and Corpsman, 122 and 117 years old respectively, and the 240th birthday of U.S. Navy. These significant day's serve as reminders of why we do for our family, friends and strangers alike.

I am honored to be your Command Master Chief, here's to an equally successful FY16.

CMC

Career Counselor's Corner

The Command Career Counselor (CCC) serves as the critical link between an individual Sailor, his or her command, and supporting Navy organizations, including Navy Personnel Command (NPC). On behalf of the Commanding Officer, the CCC is responsible for managing the Navy Enlisted Retention and Career Development Program within his or her command. We are here to help you with your career decisions. Career Development Team Members are your first source for career information.

Did you know Retirement requests are completed by the CCC office? This includes a flag to be flown at previous command's the member has been stationed, letters of appre-

ciation from the President, Congressman, and Governors. Please submit requests to the office at least six months prior to your retirement ceremony. Please contact HM1(SW) Brown at ext 5631 for more information.

C-School packages should be submitted at least 12 months from PRD. This allows time for the package to be processed and to make sure if the member is not approved for the school, they can still choose orders. Submitting a package within your nine month window is not ideal because members can potentially become "Needs of the Navy" if not approved for school.

Enlisted Early Transition Program (EETP) is a quota controlled voluntary separation program. Available quotas are



identified by rating, paygrade, year group and NEC. Quotas will be updated on a regular basis to reflect opportunity. Early separation will be granted on a first come first serve basis until all quotas have been exhausted. There are NO QUOTAS available for the HM rating at this time. Refer to the CCC homepage for more updates.

As always...we are here for you!

Provider in the Spotlight: Dr. Erich R. Heinz, Captain USN



Dr. Heinz is a board certified Family Physician. He was born in Huntington, WV and

raised in nearby Proctorville, OH. He graduated with a BS degree in Mechanical Engineering from the United States Naval Academy in 1991 and returned home to Marshall University School of Medicine where he graduated with an MD degree in 1995. He completed his residency training in Pensacola, Florida. While in the Navy he has served at teaching hospitals, overseas, and has deployed to

both Iraq and Afghanistan. He also completed the Naval Flight Surgery program in 2007.

FAST FACTS:

TIME ONBOARD NHB: 2 years and 4 months

NUMBER OF YEARS IN THE NAVY: 20+

WHY DID YOU JOIN THE NAVY: I visited the Naval Academy in high school and developed no interest in any other branch of military service.

WORK CENTER: Medical Home

AREA OF PRACTICE: Family Medicine and Emergency Room
WHAT DO YOU ENJOY MOST ABOUT YOUR JOB: Developing relationships with my patients

HOBBIES: Running and outdoor activities

FAVORITE MOVIE: Gladiator

FAVORITE FOOD: Pepperoni Pizza

FAVORITE VACATION SPOT: Switzerland in the winter

INTERESTING FACT: I have ten children

WHO INSPIRES YOU AND WHY: Ravi Zacharias – he is a great logical thinker and he is able to present the gospel of Jesus Christ well to others by asking and answering the meaningful questions of life that we all have.

NHB Pharmacy, A Small but Mighty Force

By Lisa M. Lill, Public Affairs Officer

With a team of only 23 personnel spread across three locations Naval Hospital Beaufort's (NHB) Pharmacy Department receives accolades regularly. Most recently, they led Navy Pharmacy in Brand to Generic conversion with a compliance rate of 90 percent, surpassing the DoD compliance rate by 43 percent. This achievement resulted in the NHB Pharmacy Department being recognized in the Defense Logistics Agency Customer Pharmacy Operations Center newsletter for the month of July.

The team, comprised of 13 active duty and 10 civilian personnel, work shifts to support the departments 24x7 operating hours. "We have some of the most knowledgeable and dedicated pharmacy staff I've ever worked with here at Naval Hospital Beaufort," said Lt. Cdr. Joane Tillman, Naval Hospital Beaufort Pharmacy department head.



Naval Hospital Beaufort's (NHB) Pharmacy Department (pictured here) are always ready to serve the patients at NHB. (U.S. Navy photo by Ms. Lisa M. Lill) (Released)

In 2014 the team's experience, more than 150 years of pharmaceutical expertise, and dedication led to the processing and safe dispensing more than 160,000 prescriptions with an average wait time of only seven minutes. This metric is well below the average pharmacy wait time of thirty minutes.

Locally, the pharmacy staff is often recognized during award ceremonies for their exceptional customer service and professionalism. Patients regularly submit Excellence In Action comments about individual staff members and the department

as a whole. One particular beneficiary recalls having been a patient at Naval Hospital Beaufort since it opened in 1949. The retired Marine Corps Master Sergeant stated he does not remember a time he was ever unhappy with his visit. Other patrons call attention to the professionalism and patience exhibited by the pharmacy staff and note the ease with which they can refill and pick up prescriptions.

In 2005, as a newly appointed hospitalman, Joseph Cornell arrived at Naval Hospital Beaufort for his first duty station. Cornell, a native of Saint Marys W.V., worked in various departments throughout the hospital during his first three years in the Navy including the pharmacy. Ten years, several duty stations and multiple deployments later, he was offered orders to come back in a leadership position. "I accepted the orders without hesitation and I'm thankful I did. I love this area, the people, and I have an amazing staff that truly cares about our beneficiaries," said Hospital Corpsman 1st Class (SW/FMF) Cornell.

SPECIAL FEATURE: Breast Cancer Survivor's Stories

By Lisa M. Lill, Public Affairs Officer

Kim Mullins-Greenwell



With a long family history of breast cancer Kim Mullins-Greenwell was very diligent about performing self-breast examinations and getting regular mammograms. In June of 2014, Greenwell arrived at Naval Hospital Beaufort for her annual exam and she told her doctor she had felt something in her right breast during a recent self-breast exam. She had walked these halls several times as a child while her father was stationed at the hospital from 1973 until retiring in 1981, but nothing would prepare her for the walk she was about to take.

Immediately following the mammogram, Navy Lt. Bradley Davis, doctor of medicine, notified Greenwell that it was not clear. Greenwell was immediately put in touch with Susan Alexander, NHB Breast Health Coordinator who began guiding her through the numerous next steps. Alexander also sent Greenwell some information on breast cancer and the treatments. She was referred for a biopsy later in June that returned positive for cancer.

At the time, Greenwell recalls, she was taking care of her father, W.R. Mullins, the 15th commanding officer of Naval Hospital Beaufort. He had recently been diagnosed with dementia and congestive heart failure and Greenwell said "I knew I had to be strong for him so I wasn't going to have any side effects so I could care for him."

Alexander helped ease Greenwell's fears immensely, she was available at any time to talk and answer questions. "She answered all of my questions and relieved my fears" said Greenwell. "You don't have to worry about referrals to see the doctors; the breast care coordinator takes care of that."

In an ironic twist, Greenwell's surgeon, Dr. Holton Pearce, was originally hired by Greenwell's father in 1981 as a surgeon at Naval Hospital Beaufort. Greenwell recalls sharing that information with her father shortly before he passed away. Greenwell commented "I think my father knew I was in good hands and that he could rest peacefully." Pearce, now in practice with Beaufort Memorial Hospital, completed Greenwell's mastectomy January 8, 2015, the day following her father's funeral.

Greenwell completed treatment in August of 2015 and will return for regular checkups over the next three years. When asked what advice she would give others that have recently been diagnosed she

responded "have a positive attitude, drink as much water and fluids as recommended, have a good supportive family and always believe you are a survivor".

Greenwell's husband and extended family have been right by her side the entire time. "My husband supported all my decisions regarding my treatment and surgery" said Greenwell. Her sister and brother-in-law live in Beaufort and she visits frequently to spend time with them and her niece and great nephew.

Susan Jackson



On October 15, 2014 Susan Jackson walked into Naval Hospital Beaufort (NHB) for an appointment with her primary care physician regarding some ongoing foot pain and an overdue wellness exam. Her friend Sheila came with to keep her company during her appointment.

During the self-breast exam the doctor noticed something out of the ordinary and recommended Jackson have a mammogram done immediately following the appointment. Jackson and her friend made their way to radiology to have the

mammogram done and wait for the results. Dr. Brent Libby, Radiologist, delivered the results to Jackson, the mammogram was abnormal. Libby requested she come back for a biopsy. Susan Alexander, NHB Breast Health Coordinator, met with Jackson and helped schedule the next few appointments for her and explain what she should expect.

On October 21, 2014, less than a week later, Jackson arrived at NHB for the ultrasound guided biopsy and was officially diagnosed with Breast Cancer on October 28, 2014.

Jackson shared "Alexander was wonderful. She took care of appointments and kept me informed all through the process." She recalls the days after diagnosis as a blur of tests and doctors' visits.

Jackson underwent two surgeries and began treatment in February. As of September 21, Jackson had completed treatment, which included eight sessions of chemotherapy and 25 days of radiation. Her friends, family and Breast Cancer Support Group have been a huge help and source of motivation through her journey.

"The thing that keeps me motivated is that I still have more life to live. I want to travel, learn more about gardening; I love doing crafts, reading and visiting and learning more about U.S. history. I have friends and family who encourage me to stay positive."

When asked what advice she would give a newly diagnosed patient Jackson said "Let yourself be helped. There are won-

derful people who want to help you. They understand what you're going through. I would never have made it without them."

Jackson has lived with her husband in the low country for 17 years. She loves the people, history and variety of things to do. In her free time she enjoys gardening, reading, crafts and learning about U.S. history.

Carol Sotelo

June 24 started out like any other day for Carol Sotelo, the wife of a retired marine and mother



of two young children. Her husband, Efrain, had recently retired from the Marine Corps and was training with the Beaufort County Police Department. Summer vacation had started only two weeks prior and her oldest child, Fernando was enjoying the break from school. Karisa, Sotelo's four year old, was also home enjoying the summer weather. Sotelo had no idea how her life was about to change.

That afternoon, Sotelo arrived at Naval Hospital Beaufort (NHB) for a routine mammogram. Unfortunately, there was nothing routine about this particular mammogram. Susan, Alexander, NHB's Breast Care Coordinator, Susan Alexander vividly remembers being called out of a department meeting to speak with Sotelo regarding her

abnormal mammogram result. "I met her in radiology and she was visibly trembling from head to toe. We called her husband to come to the hospital and when he arrived Dr. Davis her primary care physician, Dr. Libby the radiologist and I explained the ultrasound guided biopsy procedure."

Five days later, on June 29, Sotelo underwent an ultrasound guided biopsy at NHB. On July 9 she met with her primary care physician, Lt. Bradley Davis, MD; Dr. Brent Libby, radiologist and Alexander to discuss the results of the biopsy, Invasive Ductal Carcinoma (IDC).

Alexander got involved immediately and helped Sotelo set up appointments and navigate through all of the questions she and her family had.

"Susan was wonderful; she answered all of our questions, helped with appointments and supported us at each step." Sotelo said, "She even helped us remain in military housing because my husband had just retired and was training with the Beaufort Police Department."

Sotelo began treatment on August 11 and has completed two sessions.

Alexander is inspired by Sotelo's positive attitude and strong spirit. "I knew Carol came into her mammogram with fear because she had lost her mother to breast cancer. She took very little time to wrap her head around it and said to me, let's go for it, let's get this cancer out of me! I have two children, a husband and a family that I love. She is a light, and has a great sense of humor

CONTINUED: SPECIAL FEATURE: Breast Cancer Survivor's Stories

considering what she is going through." Said Alexander.

Sotelo and her family have lived in Beaufort for more than four years and enjoy the beautiful scenery of the low country. She and her husband have been married for 13 years. Her son is in middle school and Karisa, her daughter, is in prekindergarten. The children play sport with Parks and Leisure Services (PALS) and really enjoy it. Sotelo volunteers at her children's school as a room mother and has served as the PTO Treasurer for two years. She also enjoys crocheting and stays motivated with the help of her family.

IDC is the most common type of breast cancer, making up nearly 70-80% of all breast cancer diagnoses. It is also the most common type of breast cancer found in men.

The abnormal cancer cells begin forming in the milk ducts and spread beyond the ducts into other parts of the breast tissue. Invasive cancer cells can also spread to other parts of the body. It is also sometimes called infiltrative ductal carcinoma.

**http://
www.nationalbreastcancer.org/invasive-ductal-carcinoma**

Tisha Riley

In March Tisha Riley arrived at Naval Hospital Beaufort for a routine mammogram as recommended by her gynecologist because of her family history. Riley's paternal grandmother was diagnosed with breast cancer in both breasts in the late 1980's. She underwent a double mastectomy and radiation.

Riley had cancelled two previous appointments because she did not see the need, regular



physicals and self-breast exams never revealed anything suspicious. The only issue she had was occasional pain after nursing her youngest son. A friend urged her to go this time, and she gave in.

"I would not have gone to the one that started me on this journey if my sweet neighbor and friend had not pushed me to go. I am here to tell everyone... DO NOT PUT IT OFF...get screened as young as you can especially if you have any feelings you should have one done. Trust your gut!"

The results of her mammogram showed a mass in her left breast, so Riley underwent a Stereotactic Biopsy on June 12 to determine if the cells and patterns were indeed cancerous.

On June 16 Riley was diagnosed with Ductal Carcinoma In Situ (DCIS) Grade 2 Estrogen and Progesterone +, BRCA - in her left breast. This diagnosis came from her very first mammogram showing some not so nice cell patterns that were suspicious and scattered.

"I got a phone call from Susan Alexander at Naval who is the most amazing Breast Care Coordinator and friend and still a huge help to me now. She wanted me to come in to discuss the results. Well...we all know if we need to come in it is probably not good news in this situation. It was not. I received my diagnosis and was given names of a whole slew of people that would become my breast cancer fight team."

Riley was given the names and numbers for her surgeons, oncologist, radiation oncologist, and plastic surgeon. Alexander walked her through the process effortlessly.

Riley opted for a lumpectomy followed by radiation and a follow on treatment of Tamoxifen for five years. She was hopeful that she would have surgery to remove the mass, then treat and be done. The immediate results looked great and the pathology report showed clear margins. The final pathology report, however, sang a different song. The margins were not clear and an invasive cancer was also found but the surgeon believed he got all of it during the biopsy.

On August 21 Riley went back into surgery for a second lumpectomy and a sentinel node biopsy. "I spent some time in my surgeon's office deciding if I should just go for the double mastectomy and be done with it. I still wanted to try for the easiest solution."

The pathology report looked great again, but a few days later Riley got a call from the sur-

geon notifying her that there are clear lymph nodes but not margins. As the surgeon looked for clear margins more DCIS was found and there was still invasive cancer present also.

“On this phone call I immediately knew what my choice would be and I feel like it is the smartest choice I can make in this fight. On October 6, I will return to the OR at Beaufort Memorial to have a skin sparing bilateral mastectomy with right sentinel node biopsy and since I like to

make things interesting for my surgeons, an immediate implant surgery with faith this will be the end of my breast cancer battle.”

“I am so exhausted, yes, but I am so thankful that we have found this cancer quick enough for me to continue to live my life while I am fighting this battle. My faith in God and all the brilliant minds and hands that are taking part in this journey with me is strong. I will win this fight in the end.”

Riley and her family moved to Beaufort in 2013. She and her husband, a recently retired Marine, along with their two boys plan to make Beaufort home. Riley’s oldest son is eight and has Down syndrome and ADHD. She stays very active in his educational needs and therapy. Her youngest likes to talk, a condition Riley and her husband have lovingly coined Jabber Jaw Syndrome. Riley is also a worship band vocalist at Tidal Creek Fellowship.

CEREC Machine: A Technological Marvel

By D.S. “Jong” Gamboa, Clinic Manager, MCRD Parris Island Dental Clinic

Do you need to have a crown put in but don’t have a lot of time? The Dental Clinic at the Marine Corps Recruit Depot has the technology to make your dental visit in a much shorter period of time using the Chair-side Economical Restoration of Esthetic Ceramics (CEREC) machine. CEREC is a technological wonder that can make a crown for a tooth in a matter of minutes.



Kim Monroe and Patricia Rodriguez of MCRD Parris Island Dental Clinic are standing by the CEREC machine ready to serve their patients (Photo courtesy of MCRD PI Dental Clinic) (Released)

Prior to the CEREC technology, most dental restorative methods require more than one visit to the dentist. This means that on the first visit, the patient gets an injection of anesthesia, the tooth is prepared, an impression taken, and a temporary restoration put on the patient’s tooth. The patient makes a second appointment to have the temporary pried off and replaced with a permanent restoration.

“The procedure is done in a sin-

gle appointment, start to finish. The CEREC eliminated the need for the lab which used to take a minimum of six weeks before they can finish your crown,” said Kim Monroe, head technician for the CEREC division at the MCRD Parris Island Dental Clinic. She added that the CEREC practically replaced the need for a dental laboratory.

How does CEREC work? CEREC uses Computer Aided Design/ Computer Aided Manufacturing (CAD/CAM) technolo-

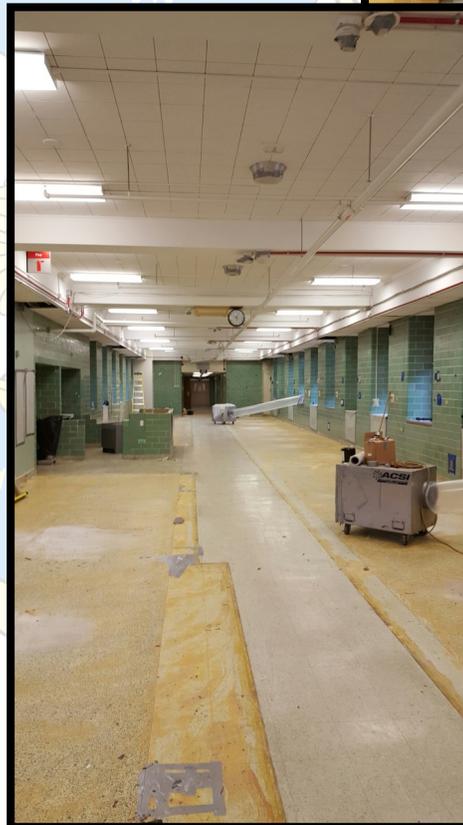
gy, combining a camera, computer and milling machine in one instrument. The dentist uses a special camera to take a precise picture of the damaged tooth or the crown. This optical impression is transferred and displayed on a computer screen, where the dentist uses CAD technology to design the restoration. Then CAM takes over and automatically creates the restoration while the patient waits. And for the final touch, the dentist bonds the new restoration to the surface of the old tooth. The whole process is completed in one single appointment.

Capt. Martha Villalobos, Director for Dental Services, Naval Hospital Beaufort, said that the clinic has two CEREC machines being used by 10 dentists and three more are on order and are expected to be in operation by the end of summer.

A facelift for the "Grand Ole Lady"



Naval Hospital Beaufort's auditorium is getting a much deserved facelift with new paint, curtains, carpet and a sound system to mention just a few of the updates. The refurbished auditorium will reopen later this year. (U.S. Navy photo) (Released)



Naval Hospital Beaufort and the Department of Veteran's Affairs have entered into another Joint Incentive Fund to share Physical Therapy services and increase our access of care. Opening spring 2016, the Joint Physical Therapy clinic will serve active duty, beneficiaries, VA patients and retiree's. (U.S. Navy photo) (Released)

Wreaths Across America, A Token of Remembrance

By Lisa M. Lill, Public Affairs Officer

The smell of pine permeated the air as hundreds of families and volunteers gather wreaths to pay tribute to loved ones and veterans during the Wreaths Across America celebration December 12 at Beaufort National Cemetery.

A motorcycle procession rolled into the cemetery escorting a local Pepsi truck carrying the memorial wreaths. Onlookers snapped photos and local ROTC units lined the way standing at attention rendering salutes. As the roar of motorcycles ceased a bagpiper began to play, alerting the crowd to take their place around the flag pole.

"We couldn't have asked for better weather" commented David Edwards, the event organizer and location leader for Wreaths Across America Beaufort.

Edwards, along with Navy Captain Anne Lear, commanding officer of Naval Hospital Beaufort, and Navy Captain Ron Martel, executive officer of Naval Hospital Beaufort placed the wreath honoring veterans of the



Wreaths adorn the graves of veterans at Beaufort National Cemetery. Hundreds gathered to place the wreaths during the December 12th Wreaths Across America celebration. (U.S. Navy photo by Ms. Lisa M. Lill) (Released)

U.S. Navy. "It is an honor to take time out of a busy holiday season to remember our service members that have gone before us and reflect on why we serve" said Lear.

The importance of the service and sacrifice of the members of the U.S. military was driven home during a touching testimony shared by the keynote speaker. Father Martino Bá Thng Nguyen, a Vietnamese immigrant, shared his story of being raised on the streets of Saigon by parents that served alongside American service men and

women during the Vietnam War. "My parents weren't allowed to go back to their home because they served with Americans" recalled Martino. "I am so proud to be here among all of these heroes, I can't wait to tell my parents and aunts and uncles that I got to spend time with all of you today."

As the ceremony concluded family members of Medal of Honor recipients received the first wreaths to place at their loved ones graves; after which throngs of families

and volunteers crowded around the truck to gather wreaths. From there, the search was on to find a loved one's grave. People were seen kneeling together, praying, singing songs and quietly pausing as they remembered their service members.

Even amidst all the commotion, the national cemetery was still shrouded in a peaceful calm as the sun cast shadows across the grounds and a cool breeze occasionally blew through the trees; reminding us that the service members may be gone, but they are never forgotten.

Emergency Management Minute

Destructive weather, motor vehicle accidents, and crimes like burglaries and armed robberies are only some of the real life hazards everyone may face throughout the year.

Are you prepared for these and other crisis events? Are you thinking about and acting on the priorities? Emergency Management priorities are always (1) Life/Safety, (2) Property Preservation, (3) Incident Stabi-

lization, and (4) Mission Accomplishment. You can apply those same priorities to your family readiness plan, and there are plenty of tools on the NHB Emergency Management webpage to help you do that.

Protect lives and property by knowing who and what is happening around you. Always maintain your ability to see and maneuver. Know where you would go and what you would

do in every contingency. Trust your instincts when interacting with people and situations. Get help, leave the area, disengage from the encounter, and report the situation to Law Enforcement.

Be prepared to help yourself and others. When seconds count, professional help will still be minutes away, so be smart, be responsible, and be ready!



Naval Hospital Beaufort
"Always Caring"

Naval Hospital Beaufort was opened in 1949 on 127 acres of land. Historically, the site was formerly the John Joiner Smith Plantation that included Camp Saxton, a Civil War garrison, and Fort Frederick, both recognized as National Historical sites. The earliest federally authorized black unit to fight for the Union, the First South Carolina Volunteers, was camped at this site. On January 1, 1863, General Rufus Saxton assembled a large populace for one of the earliest readings of the Emancipation Proclamation. An annual reenactment of the reading is held at the Camp Saxton site, along with a Civil War encampment both of which are enjoyed by members of our staff and the local community.

Fort Frederick was built by the English in 1735 to protect Beaufort from the Native Americans in the area and the Spaniards to the south. Today, the remains of its walls stand within the Naval Hospital compound as a duly designated historical monument. During the Civil War, the site became a garrison named Camp Shaw. The present hospital replaced the Naval Hospital Parris Island which was open from 1891 through May 1, 1949. Naval Hospital Beaufort was commissioned on April 29, 1949, and the first patient was admitted on May 5, 1949.

Naval Hospital Beaufort consists of the hospital and two Branch Health Clinics - one at Marine Corps Recruit Depot (MCRD), Parris Island and the other at Marine Corps Air Station (MCAS), Beaufort. Located within the grounds of the Naval Hospital Beaufort are privatized family housing single-story units, Bachelor Enlisted Quarters, a Navy Exchange Retail store, Gas Station/Mini Mart and Navy Federal Credit Union. Recreational facilities include a softball field, swimming pool, racquetball and basketball courts, outdoor fitness course, a gym, fishing pier, and a children's playground.

Naval Hospital Beaufort provides general medical, surgical and urgent care services to all active duty Navy and Marine Corps personnel, as well as retired military personnel and all military dependents residing in the Beaufort area, a total population of approximately 35,000 beneficiaries.

