



Fall/Winter  
2010

Volume 1,

# The Anchor Naval Health Clinic, Quantico

Serving Virginia, West Virginia and Washington DC



**Have a Happy  
and Safe Holiday  
Season**

In Observance of the Christmas  
and New Year Federal  
Holidays, Naval Health Clinic  
Quantico will be closed on:

24-26 December  
and  
31 December-2 January

**Best wishes to you and  
your Family for a  
Wonderful and Safe  
Holiday Season**

## NHCQ to be a "Tobacco Free Campus" January 2011

Naval Health Clinic Quantico (NHCQ) is proud to announce the implementation of a "Tobacco-Free Campus" starting January 1, 2011. The Surgeon General of the United States has determined that tobacco use is the single most preventable cause of illness and death in the US. Research has consistently shown that the use of tobacco products increases the risk of cancer, heart disease, and other major illnesses. Recent studies demonstrate that exposure to second-hand tobacco smoke causes an increase in heart attacks and stroke among nonsmokers. The use of tobacco products, to include cigarettes, cigars, pipes, smokeless



NHCQ Tobacco Free Campus Committee

tobacco ("snuff"), electronic cigarettes and any other tobacco products, will not be permitted in any form indoors or on the NHCQ facility campus.

Tobacco use is prohibited on NHCQ governed property. This includes parking lots and grassy areas that are maintained by

the mainside clinic. Becoming tobacco-free clearly demonstrates our commitment to the health and wellness of our staff and beneficiaries.

If you smoke and are interested in becoming tobacco free, please visit your health care provider or Semper Fit (Barber Gym) to get started. Make your quit day today!

## Flu Shots are Here.

The flu vaccine is now available for active duty military members and all eligible TRICARE beneficiaries ages six months or older. For more information, contact our Immunization Clinic at (703) 784-1712 or visit our website at [www.quantico.med.navy.mil](http://www.quantico.med.navy.mil)



## NHCQ Makes a Large Impact on the Marine Corps Marathon

You don't see them advertised on the race photos or mentioned in articles in the local newspapers, over 550 NHCQ sailors, staff and volunteers played one of the most essential roles in the 35th Marine Corps Marathon on October 31st 2010. Four months prior to the race the clinic staff began working with the Marine Corps Marathon to ensure that supplies were ordered, tents were available and the clinic was ready to support over 30,000 Marathon and Fun Run participants. This year's medical staff and volunteers assisted over 670 runners with various types of medical needs including physical therapy, hypo/hyperthermia and



Hospital Corpsman assists injured runner

dehydration cases, handing out Vaseline and Tylenol and assisting with patient transports to local hospitals. NHCQ staff were everywhere along the race route and finish lines ensuring that every runner had a place to stop if they needed medical assistance. Lieutenant Junior Grade Traverso, NHCQ, Marine Corps Marathon, Medical Liaison, led the clinic's role in this event. He stated, "Without medical support, there would not be a Marathon. We are important and we really do make a difference. I would like to give special thanks to all the teams who worked together. It's their professionalism and skills that made the race so successful."



### *Skipper's Corner*

Happy Holidays Naval Health Clinic Quantico. It's hard to believe that two seasons have flown by so quickly! For the past six months I have watched with awe and amazement how much you have accomplished and how flexible you have remained in keeping pace with the ever changing landscape. As we briefly pause to catch our breath, let us reflect on a few examples of how our team has "made a difference" for patients, families, and the commands we serve: a highly successful (and hot) Operation Bulldog, TBS in-processing and support of training activities, medical logistics for the 35<sup>th</sup> Annual Marine Corps Marathon and Healthy Kids Fun Run, Medical Home Port Teams, grand opening of our Audiology Clinic, Tobacco Free Campus Campaign, deployment of tele-pharmacy, renovation of the Tricare Service Center, integration of our prefabricated modular building ("the Barn"), Mainside Clinic Facility Utilization Study, installation of new computer drops and phone lines, along with countless facility renovations, Open Access appointment scheduling, and a brand new Customer Service recognition program.

We have much to celebrate on the people side as well: pinning of new Chief Petty Officers, Advancement of Sailors, Quarterly Sailor, Blue Jacket, Civilian, Contract and Volunteer awardees, safe return of deployers, generosity in giving, weddings, births, healing, and day-to-day personal triumphs. So here we go into the New Year and I will let you know right up front that we will not be slowing the pace. There is much ahead of us and your leadership team will soon be sharing with you the "Big Rocks" to focus on in 2011. It takes a cohesive team to move forward through change, it takes trust and cooperation at every level, and never forget it takes EVERY command member's valued contribution to successfully meet our mission.

In closing, I am ever impressed with your talents, dedication and commitment. To you and yours, I extend my warmest wishes for a relaxing and safe Holiday Season and a Happy New Year!

### *Navy Celebrates 235 Years of Honorable Service*

On 13 October 2010, Naval Health Clinic Quantico, held a short ceremony in celebration of the Navy's 235<sup>th</sup> Birthday. The ceremony commenced with the reading of the Secretary of the Navy, The Honorable Donald C. Winters' message. In his message he thanked everyone for their service to the Navy and in making it a global force for good. The Commanding Officer, NHCQ, Captain Neil added her own message and thanks for the hard work that the clinic does every day. She also stated that the event was not just to

celebrate sailors but also the Marines and their families that we serve.



*Captain T. Spradlin, oldest sailor, HA B. Honsinger, and HA K. McCarthy newest and youngest sailor at NHCQ participate in the cake cutting ceremony.*

### *IDES - One Stop Shopping for Wounded Warriors*

On December 31, 2010 Naval Health Clinic Quantico will incorporate a new DoD and VA program called the Integrated Disability Evaluation System (IDES). This new program will be a new change to the current military medical disability

DOD/VA claims will be processed faster and ratings will be more accurate with less duplication of paperwork and medical exams. The old system first determined medical suitability and percentage through the military. Once the member was

discharged they would seek another rating through the VA. IDES consists of a single disability medical examination appropriate for determining both fitness for duty and disability as well as a single-sourced disability rating.

### *Comprehensive Audiology Services Now Available*



*(CAPT Neill, CO, NHCQ, Col Krail XO, WTBn, Dr. Cook and Dr. Gray cut ribbon at grand opening ceremony)*

NHCQ is proud to announce the grand opening of its new Audiology Clinic. The clinic was established via Wounded Warriors funding in response to the increasing prevalence of hearing loss and tinnitus in military personnel, especially those returning from combat zones. The audiology clinic is one of several expansions in audiology services in the National Capital Area as a result of the recent funding. Dr. Kara Gray, Occupational Audiologist, will be providing comprehensive audiology evaluations in-house, preventing the need for referrals

typically sent to Bethesda for routine audiology services. She will also serve as the local Hearing Conservation Program Manager. The mission of the Audiology Clinic is parallel to that of the Hearing Conservation Program: primarily to prevent occupational noise-induced hearing loss, but also to support combat readiness, to maintain fitness for duty, to reduce hearing loss compensation costs, and to promote hearing health and good quality of life. All active duty personnel and all civilian personnel enrolled in the local Hearing Conservation Program will be eligible for audiology consultations. Appointments will soon be available by referral. The Audiology Clinic is located on the 1<sup>st</sup> Deck of Naval Health Clinic Quantico, in the back hallway behind the TRICARE Service Center.



### From the Command Master Chief

Greetings everyone, I would like to start by saying, "I am having a blast serving as your Command Master Chief." I truly appreciate your extreme professionalism and the long hours you dedicate in providing outstanding service to our constituents.

The holiday season is upon us and I wanted to remind our staff of a few items. Think safety both on and off duty. Pay particular attention to your surroundings and if notice something out of the ordinary, report it to a responsible source. Take the time to plan out your holiday travels and have a back-up plan in case of inclement weather. Make sure you have an up to date recall bill on your person at all times. For the First Class Petty Officers, the Chief exam is quickly approaching. Becoming board eligible is the most important part of the selection process, so prepare accordingly. All staff should make a concerted effort to close out the calendar year by updating all your required training.

I will close for now, but not without letting you know that I'm truly enjoying myself and I look forward to serving with you and for you in the future. Happy holidays and talk to you again soon.

## NHCQ Participates in Breast Cancer Awareness Month

According to the American Breast Cancer Association about 1 in 8 women in the United States (between 12 and 13%) will develop invasive breast cancer over the course of her lifetime. About 39,840 women in the U.S. are expected to die in 2010 from breast cancer, though death rates have been decreasing since 1991. These decreases are thought to be the result of treatment advances, earlier detection through screening, and increased awareness.

During October, Naval Health Clinic Quantico (NHCQ) Health Promotion staff participated in two events to raise awareness regarding breast cancer. At the NHCQ Main-side clinic a display was set up for all clinic visitors on breast health education, the importance of early detection and the associated risk factors related to breast cancer. On October 13, 2010 the Semper Fit Health Promotion staff hosted the "Pink Ribbon Bunco Night" at the Clubs at Quantico. The event began

with food, refreshments and a social hour followed by a presentation by Lieutenant Commander Melinda Kaplafka, Nurse Practitioner, NHCQ who discussed the importance of early detection, risk factors and preventive screenings. A candle lighting ceremony followed to honor breast cancer survivors and those who are currently undergoing treatment. The evening events culminated with Pink Ribbon Bunco and prizes for game winners.

## Washington Navy Yard News

**SAILORS HONOR VETERANS.** On 13 August, eight sailors from the Washington Navy Yard branch health clinic volunteered at the Armed Forces Retirement Home (AFRH) in northeast Washington, D.C. to support their "Fruit Festival". Currently, the center is home to both local residents and displaced Veterans from Gulfport, Mississippi. Visiting with the residents, Navy Yard Corpsmen prepared and served a variety of fruits and vegetables to the veterans. The true blessing was sitting and sharing with the residents. Learning the valiant stories of the Veterans who served our nation during World War II, the Korean and Viet Nam conflicts brought into focus their struggles and tribulations and the impact that Navy Medicine had in their lives.



HN Daniel St.Louis prepares beverages for War Veterans



**WASHINGTON NAVY YARD SUPPORTS SEMPER FI RUN.** Concern for our Marine Corps wounded warriors was the common thread for Navy Yard personnel who ran and/or volunteered at the Semper Fi 5K Run to benefit the Semper Fi Fund held on October 9th at Hains Point along the Potomac River in downtown D.C. The volunteers and runners were focused on the race and improving the lives of our disabled heroes by raising money for the Fund. Over \$19,000 in proceeds were donated to the Fisher House rehabilitation center on the grounds of National Naval Medical Center. (Left Photo HM2 Pullen and HM3 Ford)

## Deployment News

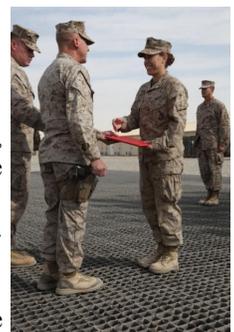


Welcome Home Commander C. Rad (photo on left), HMC A. Chubb (photo on left), HM2 I. Phillpot and LCDR R. Fowler who recently returned from deployment aboard the USS Iwo Jima in Support of Operation Continuing Promise.

Also recently returned from deployment in Afghanistan: LTJG K. Selva, HM2 A. Dutcher and HM2 Coulston. Bravo Zulu on a job well done!



Congratulation to LT Elise Carlo (right) who recently received her Fleet Marine Force Pin. She is currently on deployment in Afghanistan.



### Bravo Zulu

CAPT K. Moore – Legion of Merit  
 CDR Young – Meritorious Service Medal  
 CDR Clement – Navy Commendation  
 HM1 Crawford – Navy Commendation  
 LT J. Nash – Navy Achievement Medal  
 HM3 R. Cook – Navy Achievement Medal  
 HN J. Hitchcock – Navy Achievement Medal

HM1 S. Rudy – Sr Sailor of the Qtr  
 HM2 M. Nunez – Jr Sailor of the Qtr  
 HN Perito – Blue Jacket of the Qtr  
 Mr. J. Boelman – Sr Civilian of the Qtr  
 Mr. S. Mitchell – Jr. Civilian of the Qtr  
 Ms. Spangenberg – Contractor of the Qtr

Ms. K. Caldwell – Volunteer of the Qtr Award

**Federal Length of Service Awards:**

Ms. C. Dufficy- 20 Yr  
 Ms. A. Diaz – 20 Yr  
 Ms. D. Hogan – 20 Yr  
 Ms. R. Thompson – 15 Yr  
 Ms. L. Baffone-Lawracy – 15 Yr  
 Dr. J. Blake 10 Yr  
 Ms. Q. L. Washington 10 Yr  
 Dr. T. Ryder 10 Yr

**Completed Emergency Medical Technician Training:** Ms. E. Velez, HM2 Nunez, HM2 Goble, HN Johns, HN Boykin



*A Very Special Welcome aboard to Ms. Whitney Crawford our New NHCQ OMBUDSMAN*

### Your Partner in Health - November 14-19 Nurse Practitioner Week!!

Nurse practitioners (NPs) are advanced practice nurses who provide high-quality health care services in a wide variety of settings and practices. They provide high-quality primary care, acute and specialty health care. NPs diagnose and treat a wide range of health problems, have a unique approach and stress both care and cure. Besides clinical care, NPs focus on health promotion, disease prevention, health education and counseling. Over 20% of NP's practice in rural or frontier settings, 39% have hospital privileges. Most work in primary care settings. Here at Quantico, you will find them in family practice, deployment health, mental health, pediatrics, and the branch clinics. There are currently over 140,000 Nurse Practitioners, in the 50 states.



*Pictured Left: Dr. Cariello, CDR Blumling, Mrs. Yoo, Ms. Clemente, Ms. Cotter, LCDR Kaplafka, Ms. Shafer, Ms. Hoffman. Not pictured are LCDR Lawhorn, CAPT Krayer, CDR O'Connor, and Ms. Shockley.*

**Also Welcome Aboard:**

Ms. Evie Eckert  
 Dr. Kara Gray  
 Ms. Pamela Holmes  
 Ms. Anna Jimenez  
 Ms LeAnne Mason  
 Ms Lori Odum  
 Ms. Dawn Reeves  
 Ms Hiwot Robi  
 Ms. Carlotta Sommers  
 Ms. Rachel Tolla  
 Ms. Robin Tyer  
 HMC Sandra Wells

**Fair Winds and Following Seas to:**

PSSN Michael Brennan  
 Mr. Michael Cabrera  
 Ms. Jennifer Dickerson  
 Ms. Desiree Dombeck  
 HN Julio Fajardo  
 HM2 Francisco Figueroavega  
 LT Jeffrey Gelles  
 Ms Keyommie Jennings  
 HM3 Gregory Jones  
 HM3 Theodore Kucera  
 Ms. Gina Kucera  
 Ms. Jennifer Lane  
 HM3 Pablo Lara  
 Ms. Christine Lara  
 Mr. Jared McEwen  
 Mr. Mark Price  
 Ms. Yolanda Robinson  
 Mr. Larry Speight  
 HN Matthew Them  
 Ms Margaret Toy  
 Ms. Tressie Ward  
 Mr. Michael Whitecotton

### Snapshots of Fall 2010



Congratulations Hospital Corps on 112th Birthday October 2010



(Above) Halloween Costume Winners, Ms. Shelli Mellor, HM1 Subrina Strauss, and Ms. Yolanda Ruescher pictured with CO.

(Below) Congratulations to our new Chiefs GMC Menchaca, HMC Crandang and HMC Osei.



(Left) NHCQ Staff take part in CBRNE exercise 1Dec 2010



(Above) NHCQ Sailors participate in NHCQ's first Career Day

