



Naval Medical Clinic Quantico

MAY/JUNE 2008

Commanding Officer (CO)

by CAPT N.G. Hight, PhD, FAAA

Since taking command of the Naval Health Clinic Quantico, I have been impressed by the dedication and professionalism of our staff. The enthusiasm of our staff in responding to deployment requirements exemplifies their commitment to the protection of our nation. This duty is made easier by the knowledge that their families will have what they need during their absence. The family support system that we provide contributes significantly in providing the assurance that their loved ones will be taken care of while they are away.



I'm very pleased to see that support strengthened by the formation of the Family Readiness Group (FRG). Working in team with our leadership staff and the family Ombudsman, the FRG will increase support to our families while providing a way to share experience, community, and resources.

I ask that our senior Navy families assist in this endeavor by providing their experience through the FRG and that our newest Navy families consider it as the group to turn to for help. I look forward to getting to know all of you through our command support programs and want you to know that I am dedicated to the success of my Sailors and their families. I'm proud to be your Commanding Officer and thank you for your service!

Executive Officer (XO)

by CAPT Dave Shiveley, M.D., M.P.H., CHE

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Hello to all our family members. I want to echo what Master Chief says below and say thank you up front to Mrs. Terminello and Mrs. Beltran for getting the Family Readiness Group (FRG) going. This is an important group that is supportive in nature, and requires two way communication and participation to work. I don't want Mrs. "T" or Mrs. "B" to be doing all the foot work here for our family members with deployed sailors. It requires a concerted effort on the family member's part to help us help you to keep informed, get help and assistance, and provide guidance while your sailor is deployed. So I solicit y'all to be ACTIVE, not passive, with the FRG. I know your deployed loved one(s) will feel much more comfortable, knowing you're engaged with his/her Command.

XO wants to know, "Are you prepared?" Disasters large and small can happen anytime, anywhere. Just look at the destruction caused by Tornados just to the south of us In Suffolk, Virginia, a couple of weeks ago. What would you do if basic services – water, gas, electricity or telephones – were cut off? Being prepared for emergencies is crucial at home, school, work and in your community. Local officials and relief workers will be on the scene after a disaster, but they cannot reach everyone right away. Be prepared; I encourage you to:

- Get a Kit : <http://www.lifelines.navy.mil/lifelines/Militarylife/index.htm>
- Make a Plan
- Be Informed

Command Master Chief

WHY WE HAVE A FAMILY READINESS GROUP (FRG)

By HMCM Timothy S. Perkett

First off, I'm extremely thankful to Mrs. Erica Terminello and Mrs. Natalie Beltran for their efforts in getting the Family Readiness Group started. It was not an easy feat! Over the last year and a half our Command Ombudsman, Mrs. Christina Lara, and I have struggled to increase communication with both our Sailors deployed over seas and their families here at home. While it's the Sailors responsibility to ensure their family is aware of military benefits and services, I find that they are often uncertain of all that is available themselves. Family Readiness Groups are an integral part of the military lifestyle. When families know there resources, have fun, and can draw on the strength of new friends, the Sailors they support are stronger for it and anxiety is greatly reduced during deployment.



On a personal note, I would not have been nearly as successful during my deployments without believing that my family was taken care of at home. I knew that if things got bad, I had shipmates to help, resources were available, and the Navy had my back. Please consider joining and supporting the Family Readiness Group today!

NMCQ Staff,

I want to thank all of you who participated in the Navy Marine Corps Relief Society fund drive this year. As a command we raised \$10,366.75! That is nearly a third more than last year. Navy Marine Corps Relief provides assistance when it is needed most to Sailors, Marines and their families. I also wish to thank LT Greg Smith, HM2 Rolando Pena, HM3 Joy Wilson, HM3 Tamisha Houslin and SK1 Jamal Bullard for their outstanding work in coordinating the drive here at NHCQ.

Well Done!

CAPT N.G. Hight, PhD, FAAA

May is Ultraviolet Awareness Month

By Prevent Blindness America

http://www.preventblindness.org/uv/sun_protection.html

UV rays can come from many directions. They radiate directly from the sun, but they are also reflected from the ground, from water, snow, sand and other bright surfaces.

Use eyewear that absorbs UV rays and wear **a brimmed hat or cap**. A wide brimmed hat or cap will block about half of UV rays. A brimmed hat or cap can also limit UV rays that hit the eyes from above or around glasses. Eyewear that absorbs UV rays gives you the most protection. All types of eyewear, including prescription and non-prescription glasses, contact lenses and lens implants, should absorb UV-A and UV-B rays. For UV protection in everyday eyewear, there are several options like UV-blocking lens materials, coatings and photochromic lenses. UV protection does not cost a lot of money and does not get in the way of seeing clearly.

Choosing Sunglasses Sunglasses help you in two important ways. They filter light and they protect your eyes from damaging UV rays. Mounting evidence shows that exposure to UV rays can damage your eyes. Long-term exposure to UV rays can lead to cataracts, macular degeneration or skin cancer around the eyelids. Sunglasses should be worn when you are outdoors so you can protect your eyes.

You should choose sunglasses that reduce glare, filter out 99-100% of UV rays, protect your eyes, are comfortable to wear and do not distort colors. Be aware that if you are at the beach or on the ski slopes, you should wear sunglasses with a darker tint to block more light. Your risk of eye damage from the sun is greater because of reflection off the water and snow. Sunglasses makers do not always attach a tag or label stating the amount of UV radiation that sunglasses block. Only buy sunglasses that provide a clear statement about how much UV radiation is blocked.

Read the labels! Always read labels carefully and look for labels that clearly state the sunglasses block 99 to 100% of UV-A and UV-B rays.

For more information visit: www.HealthySightforLife.org.

What's new with...

TBS (The Basic School)

by HMC Michael Terminello

I am Chief Terminello, the new Leading Chief for The David R Ray Branch Health Clinic TBS. I have been blessed with a great staff that has a long legacy of outstanding performance. Chief Dunkerley (Previous "Leading Chief") made sure that their hard work was recognized and the staff has received many awards from both the command and community. It is my strongest aspiration to continue this tradition which my staff has made so easy to do through all the hard work that they provide year round. Our medical clinic provides medical support to the trainee's attending The Basic School. Our services include sick call, field medical support, heat casualty care during the warm seasons and in- processing of new trainees through-out the year. I am extremely proud of my staff and all their accomplishments and look forward to helping them succeed in their own careers. There will be many transitions with hail and farewells for our staff in the upcoming months. This is bitter sweet for me as it is always easy to welcome new people, but hard to see good people and great relationships part. I thank my chain of command and God for this opportunity and hope to make the best of it.



OCS (Officers Candidate School)

by HMC Terry Somers

The John H. Bradley Branch Health Clinic Officer Candidate School Staff is preparing to meet the surge of a record number of Marine Corps Officer Candidates this year. The clinic normally supports the officer candidate program year-round providing medical coverage to an average 3000 Officer Candidate annually. During the summer months of the esteem Operation BULLDOG, the medical staff can anticipate a 20% increase where the future leaders of the U.S. Marine Corps will total approximately 2500. In addition to rigorous in-house training, the clinic will be bolstered by 70 augmentees coming from the National Capital Area, Reserve Units and new graduates of Hospital Corps School.

The Directorate would like to congratulate HM3 Katie Perez on her selection as Junior Sailor of the Quarter (1st Qtr/CY 08) and HN Jasmine Wood on her selection as Blue Jacket of the Quarter (1st Qtr/CY 08). During the recent Command inspection, the Directorate acknowledged the following individuals for their outstanding uniform appearance:

HM2 Seery

HN Quinn

HA Elliott

Main Side Clinic

by Heidi Linscott

NAVAL HEALTH CLINIC, QUANTICO WELCOMES SAILOR HOME



On 13 April 2008, the staff members from the Naval Health Clinic, Quantico welcomed back Hospital Corpsman 2d Class (HM2) Kenneth M. Dougherty, who recently returned home from deployment to Iraq in support of Operation Iraqi Freedom. HM2 Dougherty reported to Marine Wing Support Squadron 272, in May 2007. He participated with the unit during their pre-deployment exercises in Yuma, Arizona and departed for Iraq during August 2007. While in Iraq he was assigned to the Aviation Combat Element Medical Clinic and to the Emergency Flight Line Response Platoon. HM2 Dougherty also participated in MWSS-272's convoy missions which brought supplies to engineering units located in the Al Anbar province "I really enjoyed working with the Marines on an everyday basis and taking care of their medical needs." he stated.

The military staff members at Naval Health Clinic, Quantico not only support the military members, retirees and their families on base but are also required to support Navy and Marine Corps deployments around the globe. Seventeen staff members from the clinic are currently deployed to Iraq, Africa, Kuwait, and Afghanistan serving as surgeons, doctors, corpsman, logisticians, and medical administrators.

Deployed Sailor Information

POST DEPLOYMENT READJUSTMENT FOR FAMILIES & SERVICE MEMBERS

By Laurie Giertz PA-C (Deployment Health Clinic)

The welcome home from a deployment is a very exciting and stressful time for not only the Marine/Sailor, but for the children and spouses. Everyone has expectations once they have returned to the family and this can be overwhelming for everyone. It is both the responsibility of the service member **and** the family to be prepared for some big changes. We have designed this site to provide you resources and support during this transition for you and your family.

For the service member, he or she may have had significant traumas occur during their deployment. There are mixed feelings of being glad they made it home, but also much sadness and some times guilt that their fellow troop did not. In combat zones, behavior and thinking process are performed at much faster pace than here in garrison (back home). They are use to living amongst fellow Marines/Sailors and have to readjust their approach to simple family issues. They may speak bluntly, to the point and come off as though they are mad or barking orders. Children and spouses become frustrated with or even fearful of their loved one, which can in turn cause isolation for the service member. They do not want to hurt their family, but they have difficulty shutting off the mentality of "combat mode". The work environment they have returned to can be very frustrating as well. In combat zones, mission focus is the number one primary goal. If they do not perform this, life and mission can be compromised. When back in garrison, the mission is different and does not hold the same sense of urgency. Frustration over little details at work, people demanding deadlines be met can become a huge annoyance. This attitude can often follow them home to you where now he is short tempered and has little tolerance for fussy children or issues you may want to address. Educating yourself and providing children information about some of these transitions, will help everyone to adjust a little easier.

The Marine Corps has website information for spouses in a power point presentation that really addresses our concerns as spouses and how to help our loved one adjust back with us. The address is: www.manpower.usmc.mil go to active duty, then personal and family readiness. You will see a list of resources for Marines and one for spouses. Navy or Marine spouse, we are all the same when it comes to deployment issues.

NHCQ Staff Currently Deployed

KUWAIT

CAPT William Adams

LT Heather Boyd

HM2 Arvin Baylon

HN Katharine Nutting

HN Haley Williams

DJIBOUTI

CDR Chatchaval Pongsugree

LT Dawn Bowman

HM3 Francisco Figueroa

HN Zackry Ayres

HN Kristin Bovaird

HN Emmanuel Busingye

HN Daniel Chavez

HN Matthew Poteet

HN Ramon Salgado

AFGHANISTAN

HMC Elisabeth Thompson

IRAQ

HM1 Jeffery Kerrigan

HM3 Aaron Beltran

Sailor's Section

by HM1 Pamela Pratt

Hail's and Farewell's

MAY 2008

LCDR Marlow Perez HM3 Patricia Lopez-Cruz

JUNE 2008

CAPT William Ayers CDR Ivan Roman CDR Kevin Whitwell
LT Evelyn Weber HMC Paula Africa HMC Adrian Dunkerley
OS2 Joseph Bovain HM2 Harold Brinson HM2 Shane Seery
HM3 Adam Miller HN Katelyn Krayewsky

Retirement's

MAY 2008

HMC Kevin D. Joyner HM1 Harry T. Johnson

JUNE 2008

HM1 Barron J Gunnings YN1 Sonya M. Moore

Promotion's & Awards

LETTER OF COMMENDATION

Ms. Rocelle Jones – Junior Civilian of the Year
Mr. Kris Weaver – Senior Civilian of the Year
Mr. Leroy Middleton – Contractor of the Year

GOOD CONDUCT AWARD

HN Daevita King HM3 Zipporah Lewis

FLAG LETTER OF COMMENDATION

HM2 James Limer – Senior Sailor of the Quarter

FLAG LETTER OF COMMENDATION

HM1 Pamela Pratt HM2 Miguel Burgos CS2 Natasha Diggs
SH2 Carol Johnson HN Roshaunda Alston HN Matthew Poteet

FLAG LETTER OF COMMENDATION

HMC Kevin Joyner – Leadership Award

MILITARY OUTSTANDING VOLUNTEER SERVICE MEDAL

HM2 Pablo Lara

NAVY AND MARINE CORPS COMMENDATION MEDAL

HM1 Christopher Gregory

HEALTH PROMOTION AND WELLNESS AWARD

CDR Ella Bradshaw Ms. Patricia Padgett

Family Support Community

Family Readiness Group (FRG)

By Erica Terminello (President)

Hello NHCQ families,
My name is Erica Terminello and I am your FRG President. Mrs. Natalie Beltran is your Vice President and we are both very excited about this opportunity to help our sailors' families. The command saw a need for better support for our families and so we volunteered to get things started. Our goal for the FRG is to provide you with additional support, offer a variety of training classes and help you build lasting friendships by holding social events. We are also going to be sending out this newsletter every other month to help keep you better informed. It will include updates from the command as well as family events and other useful resources. A survey has been given to all Sailors attached to NHCQ and they are responsible for signing up the family members to receive both the newsletter as well as other communications from the FRG. The FRG is a voluntary group and so the command is unable to share any family information with us. If you want to be updated by the FRG then please make sure your sailor has signed you up. I look forward to meeting all of you and should you need anything or are interested in helping the FRG with events, please contact me at 757-319-7223.

FRG Role

Family Readiness is the mutual reinforcement and support provided by the command to Sailors and their families. Family Readiness Groups are a key component of family readiness, which is a vital component of mission readiness. Family Readiness Group functions and activities include:

- Activities during deployments
- Mentoring new family members
- Assistance in times of personal, unit, or area crises
- Coordinating deployment farewells and homecomings
- Assisting with command sponsor program to include:
 - (1) Welcoming new families
 - (2) Facilitating family member attendance at orientation sessions
- Family networking to include:
 - (1) Unit family phone trees
 - (2) Web sites
 - (3) Newsletter content
 - (4) Unit information and education briefs
 - (5) Social events and activities, such as holiday and children's parties

Command Ombudsman

By Christina Lara

Ombudsman Role

The Ombudsman is a volunteer, appointed by the commanding officer, to serve as an information link between command leadership and Navy families. Ombudsmen are trained to disseminate information both up and down the chain of command, including official Department of the Navy and command information, command climate issues, local quality of life (QOL) improvement opportunities, and "good deals" around the community.

They also provide resource referrals when needed. They are instrumental in resolving family issues before the issues require extensive command attention. The command ombudsman program is shaped largely by the commanding officer's perceived needs of his/her command. The command ombudsman is appointed by and works under the guidance of the commanding officer who determines the priorities of the program, the roles and relationships of those involved in it, and the type and level of support it will receive.

Upcoming Family Events

May 2008

14th 10am-2pm Women's Health Expo (Gym on Base)
15th 12:30-3:30 Command Family BBQ (Main Side Clinic Lawn)
18th 7am Marine Corps Historic Half (Fredericksburg)
7:15 Semper "Fred" 2 mile Family Fun Run
**Registration has re-opened for race
21st 10am-3pm Safety Fair/Motorcycle Rally (Barnett Field)
30th 6:30pm FRG "Ladies' Night" at Macaroni Grill (RSVP by May 28th)

June 2008

14th 1800-2300 Corpsman Ball
TBD FRG "Family Night"
TBD FRG Bake Sale

July 2008

4th Independence Day Fireworks (TBD)
19th 1800-2100 FRG "Ladies' Night" @ American Laser Center's Fredericksburg

August 2008

TBD FRG Family Day "Kings Dominion" day

September 2008

TBD FRG "Ladies Night"

October 2008

TBD Halloween "Haunted" Clinic

November 2008

TBD Thanksgiving Feast
TBD FRG "Ladies' Night"

December 2008

TBD Holiday Party (Hosted by the Main Side Clinics)
TBD FRG Sponsored "Shopping Day on Base"



Holiday Party 2007



Chaplain's Office

By Chaplain Kim Donahue, LCDR, USN

SPIRITUAL RESILIENCE

There are seven strengths of resilience that have been identified in different words and ways by many researchers. The following list comes from a book entitled The Resilient Self by authors Steven and Sybil Wolin. They based their study on a group of socially under privileged children followed into adulthood. Those who proved resilient had the following seven strengths. There are also many studies of post traumatic stress syndrome and the aspects of life that contribute to worsening or lessening the effects of trauma in veterans. I have combined these studies with my own study of scripture. I find Jesus and his disciples as the ultimate trainer and pupils at living the resilient life in the face of approaching the most traumatic event possible-wrongful, shameful, painful death of the most loving human known.

If you find you are missing aspects of these strengths in your life now, you can take action to change the imbalance. We do tend to emphasize different strengths given the circumstances that pressure us into action. It is up to us to take initiative to train ourselves to strengthen our weaknesses and ask for help. Then when a truly traumatic or stressful event occurs-it is easier to rely on the resources you have already developed. My personal and professional experience with trauma and recovery has verified this list of qualities. Life often changes radically with faith in God. Without even being purposeful-one's life appears to take on these strengths very rapidly-especially in the beginning stages of growth. I believe this is a helpful way to conceptualize our whole self as God would have us function, and these strengths as gifts of God freely given as well as gifts offered by God requiring our acceptance. From observation, resilient lives evidence these strengths in those who claim faith and those who do not.

You can keep a survival kit handy by creating reminders, visual or verbal, of these seven core strengths. Your spiritual survival kit -is unique to you. When your resilience is low, you can find the remedy in your kit. Make your kit today-before you need it. Make it with God's help, the one who knows you best. Now go ahead and fill in quick reminders of where you can find each of these critical qualities at work in your life... for those times when you just don't know what is going on. Make it a check list for health, and keep plenty of each readily on hand!

Blessings, Chaplain Donahue

INSIGHT:

INDEPENDENCE:

RELATIONSHIPS:

INITIATIVE:

CREATIVITY:

HUMOR:

MORALITY:

Service Hours

NEW SERVICE:

Tuesdays in the Conference Room at the main clinic... 11:30-11:50 A time for meditation and prayer. Come for a brief service, every Tuesday. And if you can't stay drop off your prayer requests.

RELIGIOUS SERVICES:

Islamic Prayer Center: Daily Prayer: 1300; Friday Service: 1230.

Roman Catholic Mass: Wednesday and Thursday prayer service at 1130. Sunday: 0900 at the Marine Corps Memorial Chapel.

Protestant Family Worship: Sunday at 1045 at the Marine Corps Memorial Chapel.

Jewish Services: Held at Fort Belvoir, Friday 1900, and Saturday 0930. Call 703 - 806 - 4196 for more info.

OPEN FOR MEDITATION:

Marine Memorial Chapel and Islamic Prayer Center (Building 3043): Are both short walks from the main clinic. The Chapel and Islamic Prayer Center are open from 0730-1630 on weekdays for meditation.

<http://www.quantico.usmc.mil/activities/?Section=Chaplain>

Resources

Command Contact Information

Command Master Chief
HMCM(SW) Timothy S. Perkett
timothy.perkett@med.navy.mil
703-856-3607
<http://www.quantico.med.navy.mil>

Ombudsman Contact Information

Mrs. Christina Lara
(703) 986-8762

FRG Contact Information

Mrs. Erica Terminello (President) (757) 319-7223
Erica.Terminello@med.navy.mil
FRGQuantico@aol.com

Mrs. Natalie Beltran (Vice President) (208) 403-3452
Natalie.Beltran@med.navy.mil

Other Resources

Navy-Marine Corp Relief Society
<http://www.nmcrcs.org>

American Red Cross 1-800-REDCROSS
<http://www.redcross.org>

Navy Alcohol & Drug Abuse Prevention Program
www.navdweb.spawar.navy.mil

Alcohol & Drug 24-Hour Hot Line 800-252-6565

Tri-care
www.tricare.osd.mil

Military One Source 800-342-9647
www.militaryonesource.com

Pay & Allowances
www.dod/mil/dfas

Defense Finance and Accounting Services (DFAS)
<http://www.dfas.mil/>

Recreation, Info, Tickets & Tours (MCX Ticket Outlet) 703-432-8850
http://www.quantico.usmc-mccs.org/SemperFit/Recreation_RecITT.htm

Lifelines
<http://www.lifelines.navy.mil>

Motomail (spouses of the deployed write letters to the IA for free)
www.motomail.us

The Military Family Network
<http://www.emilitary.org/>

Military Spouse Magazine
www.milspouse.com

Marine Corp Community Services Quantico 703-784-2570

www.quantico.usmc-mccs.org

- Hearts Apart Deployment Support Group (Thursday 10-11:30am MCFTB House) 703-432-1903
- Post-Deployment Support Group (Thursdays 11:45-12:45 MCFTB House)
- Personal Financial Management Program (Contact MCCA for info)
- Summer Youth Program (Offer's a variety of activities for kids of all ages)

If you would like to be removed from the FRG distribution list please email Erica.Terminello@med.navy.mil and type "remove from distribution" on the comment line.