



Robert E. Bush
Naval Hospital

Did you know?...

You have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

- * Through the ICE website.
- * The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via:

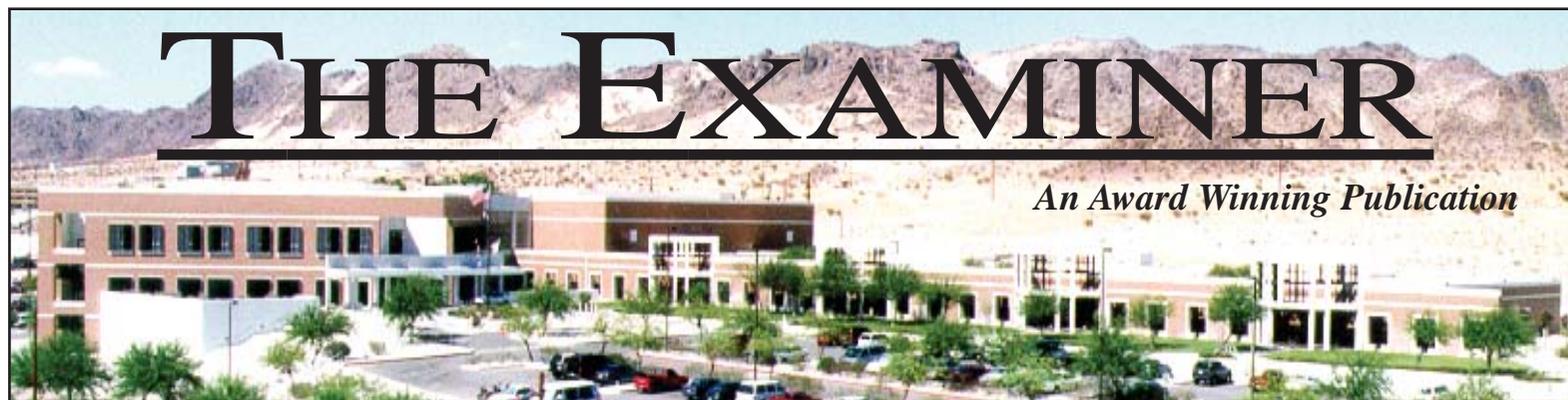
E-mail at complaint@jointcommission.org
Fax: 630-792-5636

The Joint Commission
Oak Renaissance Boulevard
Oakbrook Terrace, IL 60181

To report Fraud, Waste and Abuse contact one of the below offices by calling:

Naval Hospital: 760-830-2344
Combat Center: 760-830-7749
NavMedWest: 1-877-479-3832
Medical IG: 1-800-637-6175
DoD IG: 1-800-424-9098

Commanding Officer
Naval Hospital Public Affairs Office
Box 788250 MAGTFC
Twentynine Palms, CA 92278-8250



An Award Winning Publication

<http://www.med.navy.mil/sites/nhttp/pages/default.aspx>

New Items Available at Adobe Cafe



Culinary Specialist Second Class Jeffrey Eng

By CS2 Jeffrey Eng

Here at Adobe Cafe we know it's hard to find places in town and even here on base for healthier meal options. We strive to be the best place and the first thought on your mind when it comes to having a complete nutritious wholesome meal at a single low price. The Combined Food Service Staff is pleased to announce new items

offered at breakfast and lunch. The 10 week notice is out and many Sailors are hitting the gym and eating healthier. Look no farther than your very own Adobe Cafe. At breakfast we now offer turkey sausage, black beans, cottage cheese, and corn tortillas daily. Eating healthy at lunch doesn't mean compromising on taste. Come down and dive into our fresh and crisp salad bar. Need a little extra with your salad? We have grilled lean chicken breast available every day. Want something hot off the grill? Monday, Wednesday, and Friday we offer burgers. On Tuesdays and Thursdays you can bring back childhood memories with a state-fair corn dog. Along with our grilled chicken breast, we also offer turkey and veggie burgers on request. Come see us today. I hope to see you down here!



Cmdr. Michelle French, left, and HMI John Tugman, right, brief the senior leadership from area hospitals on the NHTP Emergency Medicine Department. Executive leadership from the Desert Regional Medical Center, Eisenhower Medical Center, Hi-Desert Medical Center, John F. Kennedy Memorial Hospital, Loma Linda Medical Center and United Healthcare attended a Mar. 16 NHTP conference to gain an understanding of the unique challenges facing military beneficiaries.

NAVMED West on Deck!

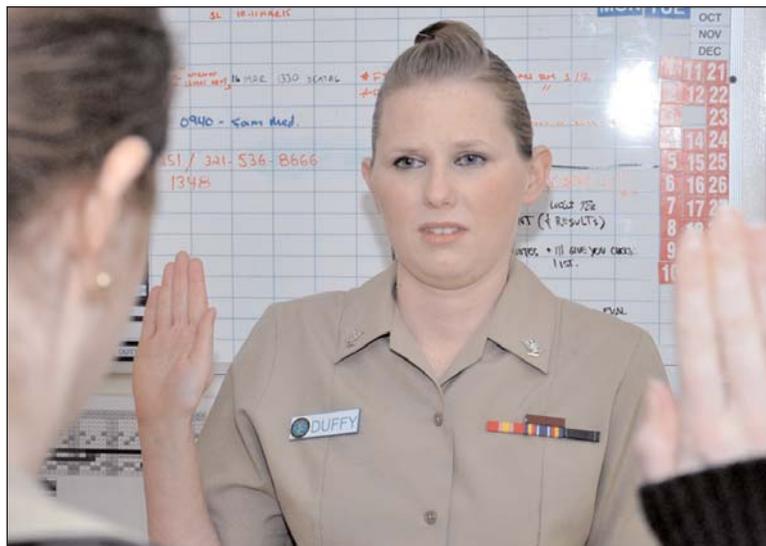


Rear Adm. Bruce L. Gillingham, Commander, Navy Medicine West, was on board NHTP Mar. 23-24 for his annual visit and tour of the facility. Rear Adm. Gillingham visited NHTP departments and clinics, bestowing NAVMED West coins to Corpsmen who were nominated for distinctive accomplishments and saves. The Admiral emphasized the importance of TeamSTEPPS and stopped frequently to shake hands and ask hospital staff if their department holds a morning and afternoon huddle. "If you saw something wrong, would you feel comfortable speaking up?" Admiral Gillingham asked Corpsmen at every stop. In all cases, the answer was yes, attesting to NHTP's strong and established TeamSTEPPS program. Rear Adm. Gillingham held an Admiral's Call on Mar. 23 and discussed the importance of striving to be a "high-reliability organization." A culture of safety, leadership's commitment to quality, and a robust process improvement are the three elements of a high-reliability organization. Rear Adm. Gillingham took particular note of the Process Improvement Posters displayed throughout the hospital and was impressed with the Corpsmen who confidently and knowledgeably explained the process improvements. Pictured above: Rear Adm. Gillingham offers words of encouragement to Business Performance Office personnel. The Admiral departed NHTP to tour Branch Health Clinics China Lake and Bridgeport. For more Rear Adm. Gillingham photos, please see page 7.

Tobacco Cessation Class Available at NHTP

Easier breathing, less stress and more energy are only a phone call away. The Navy Hospital's Health Promotion and Wellness offers a nationally-recognized tobacco cessation program. You can even attend with a buddy. Health Promotions also offers one-on-one basic stress management and sleep workshops. Please call Martha Hunt, (760) 830-2814, to schedule an appointment or for more information.

Reenlistments!



Hospital Corpsman Third Class Sonia Duffy reenlists for three more years Mar. 13. HM3 Duffy works the front desk in NHTP's Radiology Department. She's originally from Colorado Springs, Colo., and has been in the Navy for four and a half years.



Hospital Corpsman Second Class Adalberto Gutierrez reenlisted for five more years Mar. 18. HM2 Gutierrez is the Leading Petty Officer for NHTP's Human Resources Department. He's been in the Navy seven years and is originally from Cathedral City, Calif. HM2 Gutierrez has orders for Yokosuko Naval Base on the USS Ronald Reagan. Also pictured: HM2 Gutierrez' wife, Adriana, and son, Isaac, age 2. Lt. Cmdr. Nathaniel Rial, Department Head for Family Medicine Gold Team, was the reenlisting officer.



Hospitalman Steven Rogers, Quarterdeck staff, reenlists for three more years Mar. 20. Rogers' hometown is Los Angeles. He's been in the Navy nine years in Reserve and Active duty status.



Hospital Corpsman First Class Denecia Weekes' reenlisting officer was Rear Adm. Gillingham on Mar. 24. HM1 Weekes, NHTP Lab LPO, reenlisted for three more years. Her hometown is Boston, Mass. Weekes was accompanied at her reenlistment by husband, HM1 James Frymire, who is assigned to the 23rd Dental Company.



L-R: Lt. Kaley Gray, Audiologist, **Lt. Cmdr. Amanda Feigel**, General Surgery, **Lt. j.g. Rachel Smith**, Staff Nutritionist, **Lt. j.g. Glenda Palomino-Nuflo**, Operations Management Dept., breath easy after completing the Navy Rifle and Pistol Qualification Course during the week of 17-20 Feb. Twenty staff members from NHTP qualified on rifles and pistols.

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Commanding Officer

Capt. Jay C. Sourbeer, MC, USN

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Command Master Chief

HCMC (FMF/AW/SW) Carol Merricks, USN

Public Affairs Officer/Editor

Dave Marks

Command Ombudsman

Bright Opoku (760) 910-2050 email: nhtpombudsman@yahoo.com

The Examiner welcomes your comments and suggestions concerning the publication. Deadline for submission of articles is the 15th of each month for the following month's edition. Any format is welcome, however, the preferred method of submission is by e-mail or by computer disk.

How to reach us...

Commanding Officer Naval Hospital
Public Affairs Office
Box 788250 MAGTFTC
Twentynine Palms, CA 92278-8250
Com: (760) 830-2362
DSN: 230-2362
E-mail: david.marks@med.navy.mil
Hi-Desert Publishing Company
56445 Twentynine Palms Highway
Yucca Valley, CA 92284
Com: (760) 365-3315
FAX: (760) 365-8686



Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



Tanya Stuckey

Dear Tanya,
My wife just had our first baby and it seems like she's not herself anymore. I expected this to be the most joyful time in our lives. Don't get me wrong, I'm not full of unreasonable expectations. I know babies are stressful and it takes time to adjust to a newly configured household. But Misty just seems depressed and our daughter is not the bundle of joy for her I expected her to be. I'm not a dummy. I've heard of post-partum depression but I'm walking on eggshells around here and I'm afraid to bring up the subject. What do you think I should do?

*Signed,
Concerned Husband and Dad*

Dear Concerned Husband,

Help Prevent Osteoporosis with Diet Tips, Lifestyle Tweaks

By Tanya Stuckey

We are going to focus on how to protect our bone density while addressing some of the newest information being released in the media about foods and supplements.

Calcium: Did you know that calcium not only helps to keep our bones strong, but according to the National Osteoporosis Foundation (NOF), it also helps to send messages from our nerves, assists with necessary contraction of muscles and helps our blood clot. Dairy products such as milk, yogurt and cheese are high in calcium (consider low and no fat versions). Non-dairy foods that contain calcium are green vegetables such as spinach, collard greens, broccoli, kale, edamame and bok choy are a few to get you started. Not a fan of the

First, congratulations to you and your wife on your new addition! Children change our lives in so many ways. We often imagine what it will be like to grow our family and share the love we have with a child so precious that we created...

Then, we realize that along with this beautiful gift, is a life-changing reality check. We are responsible for another human being. We are tired, overwhelmed and lacking in personal time. Why can't it be as easy as the other families make it look? Well, that's because the other families are doing the same things we are... faking it! Let's face it, parenting is tough! You are right on track when you say mothers and fathers need time to adjust to their new roles. If there are siblings in the home, they need time too!

On the other hand, it is also important to be aware of the warning signs of a distressed family member. If your partner is having difficulty and there is a concern for the well being of mom, baby or the family unit, please do not hesitate to reach out for support. Common post-partum mood swings, anxiety, irritability, sleep disturbances and poor concentration may last a few days up to two weeks. This is often referred to

greens? How about fish, fruit or nuts? Did you know that sardines, salmon, oranges, figs and almonds contain calcium and can boost your daily intake?

Tofu and white beans are on the list of calcium-rich foods too! You may decide to add a calcium supplement to your diet. As with any supplement, be sure to talk with your physician first. Be sure you are shopping smart and looking for supplements that have been "verified" and are safe. Pay attention to dosage instructions while also paying attention to your body's response and possible side effects such as gas or constipation. You may find it helpful and there may even be guidance on the label to take your calcium supplement with food.

as "baby blues." If symptoms persist for more than two weeks, become more intense, or if there is difficulty bonding, risk of harm to self or baby, inability to perform daily tasks, this is the time to seek medical attention. In any case, where there is a threat of harm, do not wait for things to get better, seek care immediately. Although this can be a difficult topic to address, it is for the health, safety and well-being of the family. Love and support, along with open and honest communication can lead us into uncomfortable territory, but it is necessary.

NHTP OB/GYN providers are trained in guiding new parents through education as well as resources. The New Parent Support Program also provides home visits that assist with safety precautions, parenting challenges and child development education. A behavioral health consultant is available as a part of your primary care team along with the chaplains and MCCS counseling resources. All services aboard the base are free and there are a variety of programs to meet your needs. If you're not sure where to start, talk to your provider and he/she will be glad to help you set up a personalized plan.

We build ourselves up through strengthening our minds and our bodies. Reducing stress and making healthy choices will result in a holistic strength that will keep us motivated to eat well, create a supportive environment and get moving. It is a wondrous cycle that perpetuates wellness!

Exercise is one of the least expensive and easiest tools to increase mental and physical strength. Exercise also helps keep our bones strong. National Institute of Health (NIH) suggests weight-bearing, bone strengthening moves such as weight training, walking, hiking, jogging, climbing stairs, tennis, and dancing to your favorite tunes. Bonus points if you have workout/dance partner.

Breast-Care Coordinator Arrives on Board

Aloha NHTP! My name is Shannel Matthews and I am the new Breast-Care Coordinator here at the hospital. I wanted to introduce myself and make everyone aware that I am available for questions/feedback/concerns on breast health issues. I am excited and pleased to inform our patients that our facility will be offering in-house mammography services in the Radiology Department coming soon. You won't have to drive down the hill for screening/diagnostic mammograms or breast ultrasounds. By the way, did you know that one in eight women will be diagnosed with some form of breast cancer in her lifetime? If a cancerous lump is detected during the initial stages (0 or 1), there is almost a 100 percent five-year survival rate according to the National Cancer Institute. Is that great news or what? However, you have to do your part, perform monthly breast self-examinations, and get your yearly mammograms (for those who are 40 and over). The odds are in your favor as long as you stay proactive about your health. We at the hospital are here to help you stay on track and remind you of your yearly preventive exams. You are important to us and we care about your health and wellness. Now that we have that relief off your shoulders please don't hesitate to contact me with questions regarding scheduling mammograms, follow-up appointments for abnormal results, or just general knowledge concerns about breast health. I'm sure I can either answer your questions or put you in touch with the right people who can.

Ms. Shannel Matthews, NHTP Breast-Care Coordinator, can be reached at (760) 830-2652; email: shannel.matthews.ctr@med.navy.mil

Osteoporosis, continued.

If you have limitations that restrict weight-bearing activity, work with your medical team and a fitness instructor to customize a program just for you.

As for those TV ads that promise extreme and immediate results with the use of their products, be wary of any advice that does not come from a credible source such as your primary care team, trained and credentialed experts and a good sweat and healthy diet practices. Not sure how much calcium is



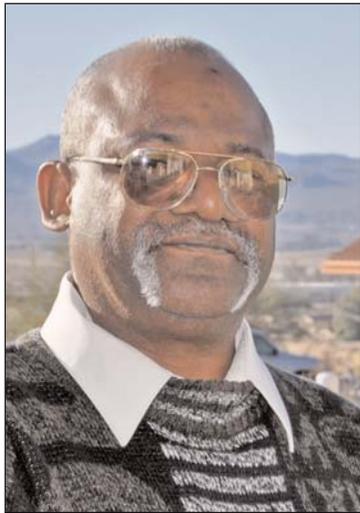
Shannel Matthews

right for you or how you are doing with your daily intake? Make an appointment to speak with our dietary and nutrition staff, telephone: (760) 830-2274.

Want more guidance on how to get moving for stronger bones? MCCS Semper Fit has you covered: (760) 830-6131. NHTP also has a walking club that is a great way to meet new people, get some exercise and take that much needed mental break from your daily routine. For more information on the walking club, call 8360-2173.

2X3
Smith's Family
Properties

Super Stars...



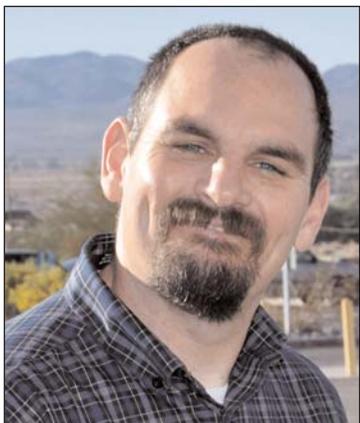
Mr. Andrew Bonner received the Individual Safety Award for 2014. "Your hard work in ensuring that military drivers under the age of 27 completed the required 'Driving for Life' course, inspecting the command's government operated vehicles (GOV), and coordinating with the Safety Office when one of the command's GOVs is involved in a mishap has significantly improved the command's traffic safety program."



Ms. Teresa Turbyfill, Infection Preventionist, Directorate of Public Health, was recognized with a Length of Service Award in grateful recognition and appreciation of her five years of faithful service to the Federal Government. Additionally, Ms. Turbyfill was presented a Letter of Commendation upon her selection as Senior Civilian of the Quarter, for the period Oct. 2014 to Dec. 2014. "You achieved this distinction by demonstrating exceptional initiative and dedication to duty. Your enthusiasm and contributions epitomize the Navy Medical Department's 'motto: World Class Care... Anytime, Anywhere.'"



Hospital Corpsman Second Class Evan Fitch was awarded the Individual Safety Award. "Congratulations on being selected as a winner of the Individual Safety Award for 2014. Your involvement in organizing command off-duty motorcycle mentoring rides, tracking motorcycle training requirements, and personally contacting each military motorcycle rider has significantly improved the command's commitment to motorcycle safety."



Mr. Beven Webb, Operations Management Department, received a Letter of Commendation upon his selection as Junior Civilian of the Quarter for the period of Oct. 2014 to Dec. 2014. "Throughout this period you consistently performed your duties in an exemplary and highly professional manner. Your enthusiasm and contributions epitomize the Navy Medical Department's motto, 'World-Class Care... Anytime, Anywhere' and provides tangible evidence of the vital role that Navy Medicine plays in support of today's Navy and Marine Corps. Your exemplary

professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest tradition of the United States Naval Service. I commend you for a job 'Well done' and wish you continued success in your future endeavors."



Lt. Amelia Buttolph received a Letter of Commendation upon her selection as Officer of the Quarter for the period, Oct. 2014 to Dec. 2014. "Throughout this period you consistently performed your duties in an exemplary and highly professional manner. This prestigious recognition sets you apart as a true professional and personifies the reputation of high standards of performance and conduct expected of our staff. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest tradition of the United States Naval Service. I commend you for a job 'Well done' and wish you continued success in your future endeavors."

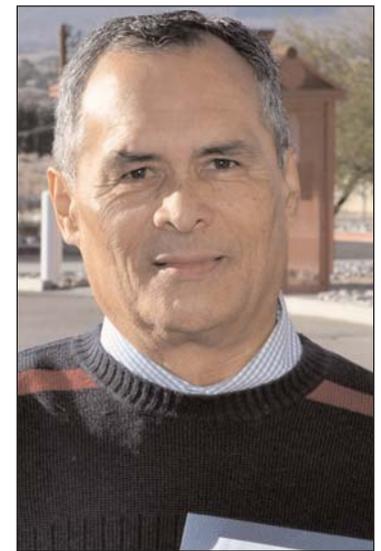


Hospital Corpsman Third Class Christopher Bastean is commended, by Commander, Fleet Activities Sasebo, Japan, "For professional performance

of duty while serving as 2013 Navy Ball Committee member, Fleet Activities, Sasebo, from Jan. 2013 to Oct. 2013. Petty Officer Bastean demonstrated outstanding initiative and motivation in coordinating the 238th Navy Birthday Ball Celebration. His steadfast dedication and enthusiasm resulted in a highly momentous event attended by over 425 military and civilian personnel and strengthened the strong bonds between the United States and Japan. Petty Officer Bastean's professionalism and devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman Second Class Eleanor Camarao received a Navy and Marine Corps Achievement Medal (Gold Star in lieu of second award) "For professional achievement in the superior performance of her duties while serving as an Advanced Radiologic Technologist, Radiology Dept., NHTP, from Jun. 2013 to Mar. 2015. Petty Officer Camarao provided quality healthcare to 27,000 beneficiaries through the delivery of 6,025 radiologic exams. She coordinated 50 peer-review evaluations with Naval Hospital Lemoore to sustain radiologic credentials in accordance with Joint Commission standards. Petty Officer Camarao's personal initiative, perseverance, and unswerving devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Mr. Amilcar Cordova, Information Management Department, received a Letter of Commendation upon his selection as Contractor of the Quarter from Oct. 2014 to Dec. 2014. "You achieved this distinction by demonstrating exceptional initiative and dedication to duty. This prestigious recognition sets you apart as a true professional and personifies the reputation of high standards of performance and conduct expected of our staff. Your exemplary professionalism and outstanding performance of duty reflect great credit upon yourself and are in keeping with the highest tradition of the United States Naval Service. I commend you for a job 'Well done' and wish you continued success in your future endeavors."



Culinary Specialist Second Class (Surface Warfare) Dominique Demeritte received a Navy and Marine Corps Achievement Medal (Gold Star in lieu of third award) for "Professional achievement in the superior performance of his duties as Master-at-Arms and

Culinary Specialist, Operations Management and Combined Food Services Departments, NHTP, from Mar. 2012 to Mar. 2015. Petty Officer Demeritte assisted with 42 disciplinary review boards, executive-officer inquiries, and commanding-officer non-judicial punishment proceedings and performed 125 anti-terrorism measures. He supervised the preparation of 4,000 quality meals for patients and staff and 200 therapeutic meals to inpatients on a monthly basis. Petty Officer Demeritte's personal initiative, perseverance and unwavering devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman First Class Amanda Cervantes was congratulated upon receiving the Individual Safety Award for 2014: "When an issue arose concerning reliability of a needle safe device, you took immediate action to assess the risk and to determine a solution to mitigate the risk of future needle sticks. Your actions have significantly contributed to improving work-place safety." Additionally, HMI Cervantes was awarded the Navy and Marine Corps Commendation Medal for: Meritorious service while serving as Leading Petty Officer, Immunization Clinic and Medical Readiness Coordinator, NHTP, from Jun. 2014 to Mar. 2015. She created an individual medical readiness checklist which improved medical readiness from 80 percent to 90 percent in two months and was recognized as a best practice approach by the Medical Inspector General. Petty Officer Cervantes' distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman Second Class (Fleet Marine Force) Adalberto Gutierrez was awarded the Navy and Marine Corps Commendation Medal for: "Meritorious achievement while serving as Leading Petty Officer, Human Resources Department, NHTP, from Apr. 2012 to Apr. 2015. Petty Officer Gutierrez led 13 Sailors in updating demographic data for 1,870 patients for the National Commission on Quality Assurance submission, resulting in an overall score of 96 percent. Petty Officer Gutierrez' distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Lt. Wesley Poirier, Medical Service Corps, was awarded the Navy and Marine Corps Commendation Medal for: "Meritorious service while serving as department head, Material Management, NHTP, from Feb. 2012 to Mar. 2015. Lt. Poirier's expertise in business process improvements resulted in his equipment management program being ranked highest in Navy Medicine West while receiving a 96 percent audit rating. Lt. Poirier's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Mr. Larry Richelli, Information Management Department, was recognized with a Federal Length of Service Award in grateful recognition of his 10 years of faithful service to the Federal Government.



Hospitalman Jaimey Monroe was awarded the Navy and Marine Corps Achievement Medal for: "Professional achievement in the superior performance of her duties as General-Duty Corpsman, Anesthesia Department, Naval Hospital Pensacola, Florida, from Dec. 2012 to Dec. 2014. Hospitalman Monroe managed a budget of \$184,000 and led four Sailors supporting 9,247 patient visits. As Sexual Assault Prevention and Assault Prevention Advocate, she devoted 720 hours to first response and emotional support for victims of sexual assault in Pensacola. Hospitalman Monroe's personal initiative and unwavering devotion to duty reflect great credit upon herself and are in keeping with the highest traditions of the United States Naval Service."



Hospitalman Michael Waltz was awarded the Navy and Marine Corps Achievement Medal for: Professional achievement in the superior performance of his duties while serving as General-Duty Corpsman, Staff Education and Training and Family Medicine

Blue Team, NHTP, from Mar. 2013 to Mar. 2015. Hospitalman Waltz tracked and delivered training for 665 staff members and assisted in achieving a command-wide training compliance of 93 percent. Hospitalman Waltz' personal initiative, perseverance and unwavering devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Hospital Corpsman Third Class Julian Ortiz was awarded the Navy and Marine Corps Achievement Medal for: "Professional achievement in the superior performance of his duties while serving as General-Duty Corpsman, Immunizations Clinic and Pediatrics Clinic, NHTP, from Mar. 2013 to Mar. 2015. Petty Officer Ortiz led two Sailors and one civilian in the administration of 19,919 vaccines while executing an annual budget of \$548,434 with zero discrepancies as the clinic supply petty officer. Petty Officer Ortiz' personal initiative perseverance and unwavering devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



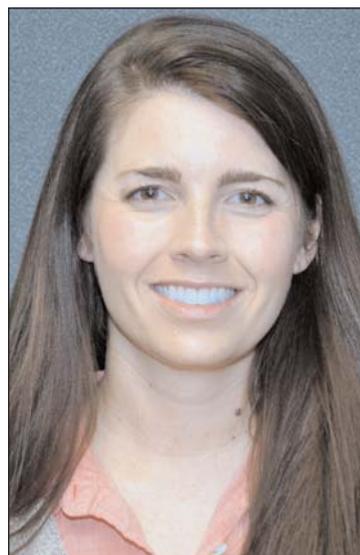
Call 1-800-TRICARE (874-2273); Option 1
24 hours a day, 7 days a week

Introducing New Staff -- Welcome Aboard!



HMC Robert Beedles

Chief Robert Beedles, Directorate of Surgical Services' new Senior Enlisted Leader, arrived from the USS Somerset, LPD 25, where he was Independent Duty Corpsman for the previous three years. "It was very busy with long periods spent away from family," Beedles said. The ship routinely sailed from New Orleans to San Diego and back. The Chief commutes from his home in Riverside County where he lives with his wife, Jackie, and three children, Bobbie, 7 (Robert), Billie, 4 (William) and Brodie, 2 (Edward). "I'm excited at being at a shore command after being at sea for so long," Beedles said. Originally from Rolla, Mo., Beedles enjoys motorcross, four-wheeling, camping, fishing and "hanging out with the kids." He has a degree in Healthcare Management and has almost completed his Master's Degree in Public Health.



Brittany Englehart

Ms. Brittany Englehart is NHTP's new Behavioral Healthcare Facilitator for the primary clinics. She works with physicians who diagnose depression, anxiety or PTSD, and follows up with counselling and tracking. Ms. Englehart is an Air Force Captain in the Reserves, serving as a flight-nurse. In October she returned from a deployment in Bagram. Capt. Englehart comes to NHTP by way of 1st Tanks where her husband, Marine 1st. Lt. Mason Englehart is assigned. Originally from Murfreesboro, Tenn., Englehart met her husband in high school, "but we didn't talk in high school," she said. She earned her RN degree from Cumberland University, Lebanon, Tenn. The Engleharts live on Base with their german shepherd, Addison. When she's not training in the Reserves, Englehart enjoys running.



Lt. Chelsey Flohe

Lt. Chelsey Flohe recently arrived from Cherry Point, N.C., where she was a clinical social worker in the Mental Health Department, as well as Internal Behavioral Health Consultant for the Medical Homeport. Married to Marine Capt. Ryan Flohe--instructor at the Marine Corps Communications-Electronics School, she's closer to hometown, Orange, Calif. Lt. Flohe earned her undergraduate degree from UC Irvine, and her Master's degree (Social Work) from the Univ. of Southern Calif., teaching in the graduate program following graduation. The Flohes are building a horse barn on their property in Twentynine Palms with the goal of developing an equine-assisted psychotherapy center. "It's a growing field and it's effective with all populations, whether they are children, veterans or wounded warriors," Flohe said.



YN2 Gabriel Glover

Yeoman Second Class Gabriel Glover is NHTP Manpower Department's new Lead Petty Officer. He arrived from the USS Nimitz where he was Lead Yeoman for the Weapons Department, Commanding Officer's Department and Air Department. "It was a lot of responsibility," Glover said. "I had 600 personnel, so there was a lot to organize and keep track of." Glover has been in the Navy 11 years. He enlisted from his hometown, San Diego. He is here with his wife, Maria, and three daughters, ages, 16, 14 and 7. For leisure activities, YN2 Glover enjoys "anything involving art, drawing, painting. I like to build things from wood and I like to work on my car (2012 Dodge Avenger)." Glover earned his undergraduate degree in Technical Management from DeVry University. "I can organize or straighten out any business or organization," he said.



Brittany Tyndall

Ms. Brittany Tyndall is the new Medical Assistant for the Deployment Health Clinic. She's originally from Newark, Del. Tyndall's husband, Mark, is a sergeant assigned to VMU3. The Tyndalls have lived here since Nov. 2013 and love it. "We do all kinds of things," Tyndall said. "Rock climbing. We're in this Jeep club, so we go out four-wheeling. We love the outdoors." The Tyndalls met in Florida through mutual friends. They've been married since Aug. 2010 and were stationed at Camp Lejeune previous to this assignment. They have a mixed-breed dog, Costa, which Brittany says is enough for now. Brittany earned her Licensed Vocational Nursing (LVN) degree from Craven Community College, in New Bern, N.C. "I would love to go back to school to earn my registered nursing degree," she said.

Branch Health Clinics: Sailors of the Month--March

Adult Medical Care Clinic



Hospitalman Jacob Mayhall - As the sole department training officer for the AMCC, HN Mayhall single handedly raised the training compliance from 65 percent to 100 percent in a matter of two weeks. As Treatment Room Work Center Supervisor, he ensured the proper health care and patient satisfaction of over 1,500 patients.

Branch Health Clinic China Lake



Hospitalman Dylan Kramp - The driving force behind the Aviation Medicine Department, HN Kramp, Aviation Technician, assisted two flight surgeons, performing over 1,290 physicals to include FAA, SARP, and special duty physicals, and booking over 700 appointments and assisting with 141 procedures. He volunteered off-duty time and assisted Family Medicine with medical records retirement.

Branch Health Clinic Bridgeport



Hospital Corpsman Third Class Anthony Wolden - Consistently led junior Sailors in daily clinic operations which had a positive impact regarding patient surveys. Also, he streamlined the patient check in process which reduced patient wait time and increased the Clinic's overall sick-call efficiency.



Top: Rear Adm. Gillingham addresses the NHTP Officer Symposium Class, filled with Sailors and Marines interested in becoming Mustangs. **Top right:** HMI Joshua Lukacovic asks Rear Adm. Gillingham a question during Admiral's Call Mar. 23. **Right:** Rear Adm. Gillingham discusses the importance of striving to be a high-reliability organization. The Admiral mentioned special forces and nuclear submarines as examples of high reliability organizations.



Admiral Bestows Coins to Corpsmen of Note



HM3 Wanda Lorde, OBGYN Clinic, receives an Admiral's coin. "Look, she knows how to accept it!" Rear Adm. Gillingham noted.



HN Ronel Dalisay, Family Medicine Gold Team, receives an Admiral's coin. HN Dalisay described the Gold Team Process Improvement poster to Rear Adm. Gillingham with confidence and aplomb.



HN Corey Luce, General Surgery, standing between Master Chief Petty Officer Hosea Smith and Rear Adm. Bruce Gillingham, shows off his Admiral's coin, received as a result of his Good Catch Award.



HM3 Jonathan Kirkpatrick, Radiology Dept., receives a coin for being a "hard charger."



CS2 Javonnie Beall, NHTP Galley, receives a coin from Rear Adm. Gillingham in recognition of her significant contributions to NHTP food services and special events.



HN Sean Thomas, Multi-Service Ward, receives a coin from Rear Adm. Gillingham for being MSW Sailor of the Month for two consecutive months.

Patients seen in February -- 10,700

Appointment No Shows in February -- 904

In February we had an 7.8 percent no-show rate. We need to keep trending downward by keeping the appointments we make, or by canceling in enough time for someone else to use the slot...

To help patients obtain appointments, the Naval Hospital now shows the number of open appointment slots each day on the hospital Facebook site, check it out. On Facebook, search: *Naval Hospital Twentynine Palms.*

To make an appointment call -- 760-830-2752

To cancel an appointment call -- 760-830-2369

