



Robert E. Bush  
Naval Hospital

## Did you know?...

**Y**ou have the right to express your concerns about patient safety and quality of care.

There are several avenues open to you:

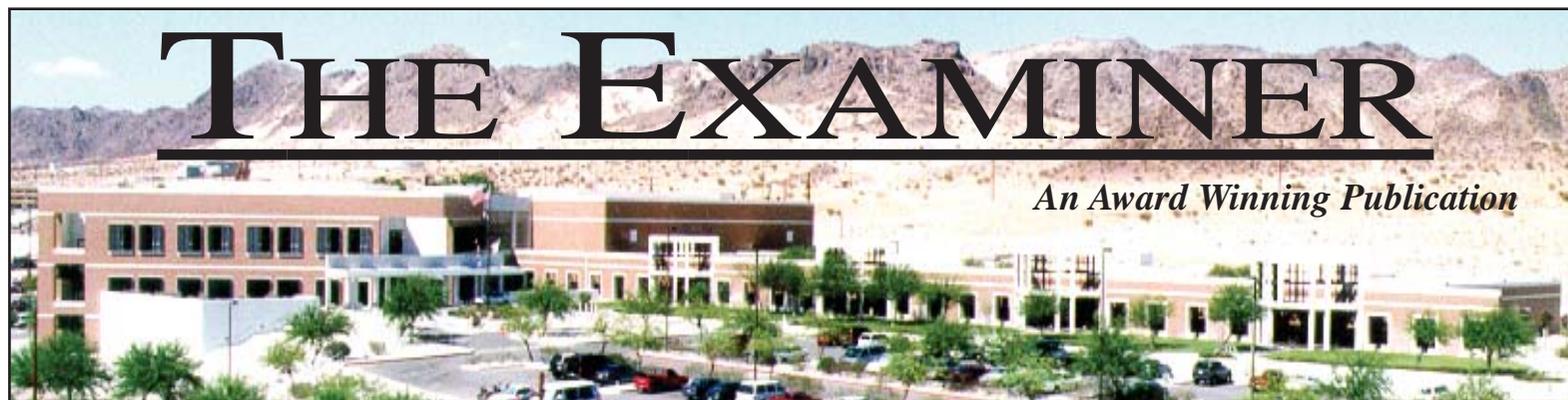
- \* Through the ICE website.
- \* The Hospital Customer Relations Officer at 760-830-2475, or any of the Customer Relations representatives in the Hospital clinics, or directly to the Joint Commission via: E-mail at [complaint@jointcommission.org](mailto:complaint@jointcommission.org) Fax: 630-792-5636

The Joint Commission  
Oak Renaissance Boulevard  
Oakbrook Terrace, IL 60181

**T**o 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



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

# Congratulations!



*Hospital Corpsman First Class (Fleet Marine Force) Danell F. Dumas*



*Hospital Corpsman Second Class Racquel N. Petticrew*



*Hospitalman Justin A. Harrison*

*Outstanding, superior, professional achievement--These are just a few of the adjectives used to describe Hospital Corpsman First Class (Fleet Marine Force) Danell F. Dumas, selected as NHTP Senior Sailor of the Year for FY 2014; Hospital Corpsman Second Class Racquel N. Petticrew, selected as NHTP Junior Sailor of the Quarter; and Hospitalman Justin A. Harrison, selected as NHTP Bluejacket of the Quarter. Give them a hearty "Congrats!" should you see them in the passageway.*

**Patients seen in October -- 10,747**

**Appointment No Shows in October -- 1,105**

In October we had an 9.3 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**

## CFC Campaign

*Our 2014 Combined Federal Campaign (CFC) officially lasts from October 15th to December 15th. Our goal is to raise \$20,000 with 100 percent of personnel contacted. The motto is "Give a little. Help a lot." Therefore, every pledge counts. The minimum is \$1 every paycheck or \$24 a year. Participation is mandatory, while contribution is highly encouraged. Contributions can be processed either through paper forms or on NHTP's SharePoint site where a hyperlink has been placed to process online donations. The point of contact is Lt. Phan (Pharmacy) or MAI Adams (Security).*

## Catch the Plane, Not the Flu

*By Teresa Turbyfill, MSN, RN, Infection Preventionist, Directorate of Public Health*

The holidays are upon us and visiting family and friends are likely a big part of your vacation plans. You might be visiting old friends, having family gatherings, or even having a small intimate get-together with a special someone. Protecting yourself and others from the flu should be a major part of your holiday plans. Per statistics from the Centers for Disease Control and Prevention, every year on average five percent to 20 percent of the population gets the flu; and over 200,000 people a year are hospitalized from seasonal flu-related complications.

The flu season in the United States, occurs in the fall and winter with the highest risk time between November and March.

One of the best ways to prevent the seasonal flu is by receiving the influenza vaccination each year. "Our beneficiaries and family members can receive the influenza vaccine at the Immunization Clinic located at Naval Hospital Twentynine Palms," said Cmdr. Wendy Stone, Director of Public Health. Cmdr. Stone, also noted that the immunization clinic is

open on Monday, Tuesday, Wednesday, and Friday from 7:30 a.m. to 3:30 p.m., and from 9 a.m. to 3:30 p.m. on Thursday. The clinic is closed on weekends and holidays.

Other important preventive measures are practicing good hand hygiene and following good respiratory etiquette. Washing your hands frequently with soap and water or using an alcohol-based hand rub are great preventive measures for everyone to practice. Also, avoid touching your eyes, nose, or mouth and if you have little ones, teach them the same safe practices. When there is a need to cough or sneeze, follow good respiratory etiquette by covering your nose and mouth with a tissue and making sure the tissue is thrown away in a trash receptacle. Another respiratory etiquette practice is to cough and sneeze into your upper sleeve and not into your hands.

If you are exposed to the flu virus, symptoms may begin one to four days after exposure. Symptoms include fever, body aches, tiredness, cough, chills, fatigue and possibly nausea, vomiting and/or diarrhea.

*Continued on Page 3, Flu*



**John Talbert, NHTP Chief Technical Officer for the Information Management Department (right), is recognized for 15 years of faithful federal service by NHTP Commanding Officer, Capt. Jay Sourbeer. Mr. Talbert is originally from Hesperia, Calif. He worked as a contractor for one and a half years before coming on board as a government services civilian. He was notified that he was hired on his birthday in November of 1999.**



**The mantle is passed. Lt. j.g. Thomas Sarti (left) passes the Bull, as in Bull Ensign, to Ensign April Currie Oct. 15. According to the Naval History and Heritage Command, "the Bull Ensign is the senior ensign of a Navy Command. In addition to normal duties, the Bull Ensign assumes various additional responsibilities such as teaching less-experienced ensigns about life at sea, planning and coordinating wardroom social activities, making sure the officer's mess runs smoothly, and serving as an officer (such as treasurer) for Navy-related social organizations. The Bull Ensign is responsible for preventing junior officers in his/her command from embarrassing themselves and the Navy." And woe to the Bull Ensign who loses the Bull! (Photo by Alex Hogan)**



**Call 1 (800) TRICARE (874-2273) Option 1, 24 hours a day, seven days a week.**

### **Flu, continued from Page 1.**

Although, symptoms such as fever, tiredness and cough are also related to the common cold, these symptoms tend to be more intense with the flu. The flu usually lasts for an average of seven to 10 days. For the most part the seasonal flu does not pose a serious health risk to individuals and individuals affected tend to get better on their own.

Seeking medical attention should be immediate if you experience shortness of breath or difficulty breathing, purple or blue discoloration of the lips, pain or pressure in the chest or abdomen, sudden dizziness, confusion, severe or persistent vomiting, seizures, and/or when flu-like symptoms improve but return with fever and a worsening cough.

To protect yourself and others from the seasonal flu, follow good preventive measures. If you get the flu protect others by isolating yourself until symptoms are gone. Remember, "Catch the plane, not the flu."



**Lt. Cmdr. Tara Van Drunen (right) receives her End of Service Award from NHTP Commanding Officer, Capt. Jay Sourbeer, on Nov. 18. Lt. Cmdr. Van Drunen was Assistant Department Head for Emergency Medicine. She's been in the Navy nine years and will continue to provide emergency medicine in NHTP's Emergency Room as a contract provider. (Photo by HMI Tanya Wheeler)**

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#### **Commanding Officer**

Capt. Jay C. Sourbeer, MC, USN

#### **Executive Officer**

Capt. Angela S. Nimmo, NC, USN

#### **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...**

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Yucca Valley, CA 92284  
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FAX: (760) 365-8686



# Preventive Medicine Corner

Submit Questions/Concerns and Tanya Will Provide Answers



**Tanya Stuckey**

Dear Tanya,

Why do all festivities have to be centered around food this time of year? It feels like a set up when I think of all of the holiday celebrations and then the dreaded New Year's resolutions that will follow and likely be forgotten by February. Do you have any tips on how to stay on

track during the holiday season?

Signed,

Mixed Signals

Dear Mixed Signals, I was having this same conversation with a friend last week. You are not alone in your struggle to maintain a healthy lifestyle through celebrations that last from Halloween (let's face it, there are a lot of temptations!) through the New Year's Day open houses. There are so many opportunities to enjoy warm, hearty meals and cocktails with family and friends. I have found a few ways you can enjoy the food and beverages you love without packing on the extra holiday pounds.

- Avoid snacking while preparing meals. Those extra bites, licks and tastes add up! We often consume extra calories

without even noticing.

- Get moving! Listen to your favorite music and dance, clean or organize and decorate. Every little bit helps. Instead of evening television after dinner, take a walk alone or with family. This is great for digestion and stress relief too!

**Looking for a daytime walking group?**

NHTP Health Promotions leads a group that meets in the Emergency Room parking lot at 11 a.m. every Tuesday and Thursday. Join us for a short 45-50 minute walk and enjoy the beautiful weather and scenery our desert has to offer! What a great way to fit in a little exercise and take that much needed mid-day break to re-energize. Civilian employees: Please make sure you are approved by your supervisor to

participate in the BUMED Physical Fitness Program that allows you to use up to one hour per day of excused time for physical fitness, not to exceed three hours per week. (BUMED Form 12000/1).

If you plan to travel for the holidays or are joining others for a party away from home, plan ahead. Get in the right frame of mind and go into the party with a plan for choosing healthy options, smaller portions or limiting your alcohol intake. Put a few healthier items on a small plate and walk away from the table. Also, mingle and socialize in areas that are farther from the buffet of foods so you are less likely to reach for that extra dessert mid conversation.

If you are on a long road trip or flying, pack your own healthy snacks. Healthier airline choices are limited and unless you spring for first class or business class, those options are gone before the flight attendant makes it to you.

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A healthy lifestyle is too important to wait until the New Year. Make a plan and start on it now.

Remember to set small, attainable goals and you will be on the road to reaching those goals in no time!

For more information on personalized food plans, choosing the best foods at your commissary (or any grocery store), how to set personal fitness goals and the best workout tips for your lifestyle, contact the NHTP Dietician, Cooking Matters Coordinator and MCCS Semper Fit.

- NHTP Dietician: Lt. j.g. Smith, (760) 830-2274

- Cooking Matters: Cat Arias, (310) 921-0988

- Semper Fit: Felicia Crosson, (760) 830-6451

- Health Promotions Walking Club: Tanya Stuckey, (760) 830-2173

## Stress Relief Adds Up to Better General Health

Feeling Stressed?

Winter holidays -- do they fill you with joy or with worries about gift-giving and family gatherings? Do summer vacations leave you relaxed or fretful over travel and money? If you're feeling stressed out over supposedly fun things, it might be time to reassess. Take a few moments to learn how stress affects your health and what you can do about it.

Everyone feels stressed from time to time. Stress can give you a rush of energy when it's needed most--for instance, competing in sports, working on an important project, or facing a dangerous situation. The hormones and other chemicals released when under stress prepare you for action. You breathe faster, your heartbeat quickens, blood sugar rises to give you energy, and your brain uses more oxygen as it shifts into high alert.

But if stress lasts a long time--a condition known as chronic stress--those "high-alert" changes become harmful rather than helpful. "Stress clearly promotes higher levels of inflam-

mation, which is thought to contribute to many diseases of aging. Inflammation has been linked to cardiovascular disease, diabetes, arthritis, frailty, and functional decline," says Dr. Janice Kiecolt-Glaser, a leading stress researcher at Ohio State University. She and other researchers have found that stress affects the body's immune system, which then weakens your response to vaccines and impairs wound healing.

Research has linked chronic stress to digestive disorders, urinary problems, headaches, sleep difficulties, depression, and anxiety.

"Some studies have found the physical, emotional, and social effects of a disease like cancer to be stressful for patients, caregivers, and long-term cancer survivors," says NIH's Dr. Paige Green McDonald, an expert on stress and cancer biology. "However, there's no definitive evidence that stress causes cancer or is associated with how long one survives after a cancer diagnosis."

The top causes of stress in the U.S. are money and work-relat-

ed pressures, according to a 2013 survey from the American Psychological Association. Stress can also arise from major life changes, such as the death of a loved one, divorce, illness, or losing a job. Traumatic stress is brought on by an extreme event such as a major accident, exposure to violence, or a natural disaster such as a hurricane or flood.

Caring for a person with severe illness--such as dementia or cancer--can also be a significant source of stress. More than a decade ago, studies by Kiecolt-Glaser and others showed that the stressful demands placed on caregivers can lead to poorer health, lower responses to vaccines, increased inflammation, and a more than 60 percent higher death rate compared to non-caregivers.

It's not clear why some people can sidestep or recover more quickly from stress than others. These resilient people seem to "bounce back" more easily after stressful situations. Recent studies of animals suggest that resiliency may depend at least in part on our genes. But learn-

ing healthy ways to cope with stress can also boost your resilience.

"There are many different ways to cope with stress. We know from a lot of different studies that having close personal relationships--people with whom you can talk, with whom you can share your feelings--can be helpful," says Kiecolt-Glaser. "So spending time with family and friends in order to maintain those relationships is perhaps one of the most crucial things you can do as a stress reducer."

Unfortunately, Kiecolt-Glaser adds, "when we're stressed, we tend to do the worst things that are not at all helpful to our health."

For instance, stressed out people may tend to isolate themselves and not seek social support. "Exercise is a great stress reducer. But when people are stressed, exercise becomes less common and less appealing," Kiecolt-Glaser says. "Instead of maintaining a healthy diet--also

*Continued on Page 8, Stress*

2X3  
Smith's Family  
Properties

# Super Stars...



*Ms. Diane V. Brisco, Medical Support Assistant, Gold Team, receives a Letter of Appreciation from NHTP Commanding Officer, Capt. Jay Sourbeer, "for expertly relaying our patient's needs to the team to help expedite patient care. 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."*



*Hospital Corpsman Second Class Seung Y. Dyal receives 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 Leading Petty Officer, Pediatrics Department, NHTP, from August 2013 to November 2014. HM2 Dyal significantly contributed to the increase of command relay health enrollment from 23 percent to 39*

*percent in a period of six months to meet Bureau of Medicine and Surgery guidelines. Petty Officer Dyal'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."*



*Culinary Specialist Second Class Kristofferson A. Masicampo receives a Navy and Marine Corps Achievement Medal "for professional*



*Lt. Kenton S. Tarver, Medical Service Corps, United States Navy, is awarded a Navy and Marine Corps Commendation Medal for: "Meritorious service while serving as Staff Audiologist, Occupational Health Department, Naval Hospital Twentynine Palms, California from February 2012 to February 2015. As the command-managed Equal Opportunity Manager, he led the command assessment team in the completion of 351 surveys, 19 interviews and 12 focus groups to improve command climate. Lt. Tarver's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect credit upon himself and are in keeping with the highest traditions of the United States Naval Service."*

*achievement in the superior performance of his duties while serving as Bachelor Enlisted Housing Front Desk Clerk, Patient Diet Clerk, and Combined Food Service Culinary Specialist, Naval Hospital Twentynine Palms, from November 2011 to November 2014. Petty Officer Masicampo provided 4,000 quality meals for patients and staff and 200 therapeutic meals to inpatients on a monthly basis. Petty Officer Masicampo's personal initiative, perseverance and unswerving devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."*

*Signed J. C. Sourbeer, Captain, Medical Corps, United States Navy*



*Lt. Ashlyn A. Lobenberg, Medical Service Corps, United States Navy, is awarded a Navy and Marine Corps Commendation Medal "For meritorious service while serving as Clinical Psychologist, Mental Health Department, Naval Hospital Twentynine Palms, California, from November 2011 to November 2014. A recognized expert in management of post traumatic stress disorder, she was the only mental health provider practicing all three department of defense-care protocols for the management of complex cases. Lt. Lobenberg's distinctive accomplishments, unrelenting perseverance, and steadfast devotion to duty reflect credit upon herself and are in keeping with the highest traditions of the United States Naval Service."*



*Lt. Amanda M. Jack, Nurse Corps, receives a Letter of Appreciation "for your outstanding performance in Patient Services, Obstetrics and Gynecology Clinic, Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., for Fiscal Year 2014, Fourth Quarter. The accomplishments*



*Ms. Jennifer Flores, NHTP Patient Relations Officer, is recognized for 15 years of faithful service to the federal government.*



*Ms. Theresa Partin, NHTP Pharmacy Technician, Adult Medical Care Clinic, is recognized for five years of faithful service to the federal government.*

*of your team has helped to create a climate within the hospital of enthusiastic competition amongst the departments to start their own departmental programs. 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."*

*Signed,*

*J. C. Sourbeer, Captain, Medical Corps, United States Navy*



Hospital Corpsman Third Class (Surface Warfare) Shawn K. Awan is awarded the Military Outstanding Volunteer Service Medal. "From May 2011 to May 2014 you consistently served as a leader of integrity as evidenced by your volunteer efforts and by representing what is good about our society, the United States Navy, and the United States military. Your volunteer efforts are most noteworthy and deserving of this award. Your untiring, conscientious and loyal dedication to duty was critical to the success of these programs and reflect credit upon yourself and are in keeping with the highest traditions of the United States Naval Service."



Ms. Dinah Olivera receives a Letter of Appreciation from NHTP Commanding Officer, Capt. Jay Sourbeer, "for your outstanding performance in Patient Services as Licensed Vocational Nurse, Obstetrics and Gynecology Clinic, Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., for Fiscal Year 2014, Fourth Quarter. Your compassion and ability to listen to your patient's needs have made you a leader in patient satisfaction and a role model for your peers and co-workers. Your exemplary professionalism and outstand-



Culinary Specialist Second Class (Surface Warfare) Javonnie Beall receives a Letter of Appreciation from NHTP Commanding Officer, Capt. Jay Sourbeer. The letter reads, "It is with great pleasure that I extend to you my sincere appreciation for your outstanding performance in Customer Services, Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, Calif., for Fiscal Year 2014 Fourth Quarter. As the Galley's customer relations representative, you ensured that customer concerns are addressed in a timely manner and take all feedback to meet the command vision to be a Center of Excellence. 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."

Signed,  
J. C. Sourbeer, Captain,  
Medical Corps, United States Navy

ing 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."

Signed,

J. C. Sourbeer, Captain,  
Medical Corps, United States Navy



Lt. Cmdr. Nathaniel S. Rial, Medical Corps, receives a Letter of Appreciation "for your outstanding performance in Patient Services as an Internal Medicine Physician, Family Medicine, Blue Team, Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, California for Fiscal Year 2014 Fourth Quarter. Your patients consistently praise your professionalism, courtesy and attentiveness in explaining their healthcare needs. 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 First Class Lilia A. Gardner is awarded a Navy and Marine Corps Commendation Medal "for meritorious service while serving as Leading Petty Officer, Physical Therapy Department, NHTP, from Dec. 2011 to Dec. 2014. Her involvement was key to the preparation and opening of the new Occupational Therapy Clinic which reduced

purchased care costs by 21 percent and realized a cost avoidance of \$160,000 in annual network costs. Petty Officer Gardner's 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."



Hospitalman Dante X. Price (Fleet Marine Force) is awarded a Navy and Marine Corps

Achievement Medal "for professional achievement in the superior performance of his duties while serving as General Duty Corpsman, Family Medicine Gold Team, NHTP, from Oct. 2013 to Nov. 2014. He contacted 98 patients in need of follow-up appointments dramatically improving anti-depressant healthcare data and information. Hospitalman Price's exceptional professional ability, initiative and loyal devotion to duty reflect great credit upon himself and are in keeping with the highest traditions of the United States Naval Service."



Ms. Teresa Lopez, MCCA Sales Associate, receives a Letter of Appreciation from NHTP Commanding Officer, Capt. Jay Sourbeer: "It is with great pleasure that I extend to you my sincere gratitude for your unselfish and continued support and services to Naval Hospital, Marine Corps Air Ground Combat Center, Twentynine Palms, California. You provide an invaluable service with outstanding professionalism and a positive attitude which contributes to the morale of our staff members. 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."

# Introducing New Staff -- Welcome Aboard!



*Lt. Kaley Gray*

*Lt. Kaley Gray has always wanted to join the Navy. An audiologist in the Public Health Directorate, she had only been in the Navy six weeks prior to her arrival at NHTP. "You can tap out fairly quickly in private practice" (as an audiologist), Gray said, in reference to her three years working for an ears, nose and throat specialist in Bergen County, New Jersey. "Being in the Navy keeps me focused." She earned her clinical doctorate degree from the University of Massachusetts. She says she likes the high desert. "It's definitely different from where I grew up and what I'm used to. But it's a good different." Gray found a house in Twentynine Palms. For hobbies, she enjoys biking and cooking, but says as a cook she's a work in progress. Lt. Gray enjoys home improvement projects. Music tastes include blue grass, country and Americana.*



*HMC Miguel Mata*

*Chief Petty Officer Miguel Mata is the new Leading Chief Petty Officer for the Directorate of Nursing Services. He arrives from a three-year stint with Fleet Surgical Team Three in San Diego. Originally from La Puente, Calif., Mata and his wife, Jennifer Reyes, own a home in West Covina, Calif. Chief Mata has been to the Combat Center twice before, in 1998 and in 2006, both times for pre-deployment training at Camp Wilson in support of large-scale combined arms exercises. With no children and no pets, he has a penchant for sartorial splendor. "I like to buy shoes and I like to buy a matching hat with my shoes. I don't have kids, so I spend my money on shoes and hats." Chief Mata also enjoys working out. "I like to challenge my sailors to come work out with me. My wife's a personal trainer so I have to stay at her level of fitness."*



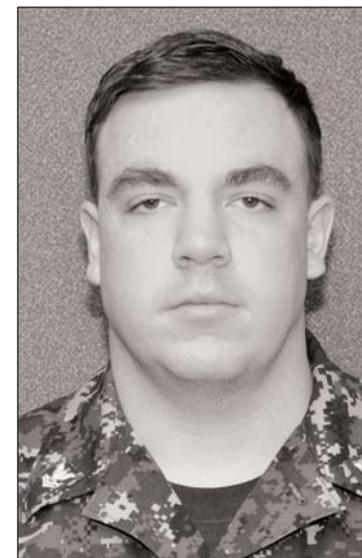
*Ms. Debra Johnson*

*Debra Johnson is a familiar face, having just retired this past June after 24 years as Chief Petty Officer, Yeoman. Johnson was assigned to NHTP from 2011 to 2014. Now she's returned as NHTP's newest Physical Evaluation Board Liaison Officer (PEBLO), working with transitioning Marines and Sailors as they face the Physical Evaluation Board. Originally from Eureka, Calif., Johnson said she's been a secretary "since I was 12-years-old," and originally enlisted "because I wanted to do more for my country." For hobbies, Johnson loves to crochet and make quilts. Her husband, William, is a psychologist with the 7th Marines. Debra Johnson loves being back, but she says it's hard to remember, she's a civilian and not a chief, especially when her former sailors seek her out for advice.*



*Lt. Cmdr. Patrick Magajna*

*Lt. Cmdr. Patrick Magajna (pronounced: Ma-guy-na), is NHTP Emergency Medicine's newest staff physician. He arrived from a four-year tour at Naval Medical Center San Diego where he transitioned from resident to Emergency Department staff. Lt. Cmdr. Magajna spent two years with 2nd Battalion, 5th Marines, deploying twice out of Okinawa, the second time in support of Operation Tomodachi, humanitarian disaster relief following the 2011 Japanese earthquake and tsunami. "I was struck by how well the Japanese were carrying on," Magajna recounted. "They were already rebuilding bridges and the Japanese people were amazing." Magajna's wife Stephanie, continues to live in San Diego. Leisure activities include downhill skiing, hunting, fishing and motorcycling. Favorite music: Country.*



*HM2 Ian Smith*

*Petty Officer Second Class Ian Smith arrived to NHTP from the 1st Marine's 1st Tank Battalion. During his five years in the Navy he's deployed with the 2nd Battalion, 5th Marines for six months, operating out of Okinawa but at sea for two months; and he served three years as a medevac clerk and patient administration specialist at Branch Health Clinic Iwakuni, Japan. At NHTP, Smith looks forward to joining the Patient Administration team. Originally from Colorado Springs, Colo., Smith enjoys working out but keeps his options open. "Anything that comes up, that seems fun to me I'll try at least once," he says. Smith is appreciative of the "welcoming" atmosphere he's encountered here. Smith lives in the barracks. He enjoys "all types" of music and he drives a Jeep, but mainly sticks to paved roads.*



*Cmdr. Thomas Baldwin is administered the officer's oath from NHTP Commanding Officer, Capt. Jay Sourbeer, Nov. 7 during Baldwin's promotion ceremony to his present rank. Baldwin, an NHTP staff internist has been in the Navy 21 years. Originally from Rochelle, Ill., Baldwin has been at NHTP for one and a half years. His wife, Cara, daughter, Scout, and sons, Cole and Bryce, were on hand for the ceremony.*



*Logistics Specialist First Class (Surface Warfare) Anthony R. Lambert, United States Navy, Retired, is awarded a Navy and Marine Corps Commendation Medal "for meritorious service while serving as Leading Petty Officer and Equipment Manager, Materiel Management Department, Naval Hospital Twentynine Palms from Oct. 2012 to*

*October 2014. As the wide area workflow voucher examiner, certified invoices for 60 companies valued at \$4.3 million and 38 personal service contracts valued at \$8.6 million. Petty Officer Lambert's performance of duty during this tour is the hallmark of a career devoted to accomplishing broad and diverse tasks which highlighted the culmination of 20 years of honorable and dedicated Naval Service."*



*Hospitalman Jeffrey D. Poulson receives a Letter of Appreciation "for outstanding performance of duties while serving as General Duty Corpsman for the Maternal Infant Nursing Department and Medical Home Port Blue Team, Naval Hospital Twentynine Palms, from Nov. 2012 to Nov. 2014. HN Poulson displayed responsibility and motivation while assisting with the direct care of 3,200 outpatient encounters, 692 medical procedures, 354 inpatient encounters and 120 infant deliveries. Hospitalman Poulson's exceptional professional ability and loyal devotion to duty reflect credit upon himself and are in keeping with the highest traditions of the United States Naval Service."*

*(Bottom left): Hospitalman Evelyn G. Wembakpete is presented a Letter of Appreciation from the commanding officer, Naval Hospital Lemoore, "for exceptional achievement in the superior performance of duties while serving as General Duty Corpsman, Medical Homeport Clinic Blue Team, Naval Hospital Lemoore, from May 2013 to Sept. 2014. HN Wembakpete provided outstanding patient care to 3,150 beneficiaries onboard Naval Air Station Lemoore. Your exemplary professional performance, dedication, and unmatched commitment to duty reflect great credit upon yourself and are in keeping with the highest traditions of the United States Naval Service."*

*Signed,*

*C. J. Gantt, Captain, Nurse Corps, United States Navy*

MBTA  
2X8



*Hospital Corpsman Second Class, Tam M. Chu, is awarded the Military Outstanding*

*Volunteer Service Medal. "You consistently served as a leader of integrity as evidenced by your volunteer efforts and by representing what is good about our society, the United States Navy, and the United States military. Your volunteer efforts are most noteworthy and deserving of this award. Your untiring, conscientious and loyal dedication to duty was critical to the success of these programs and reflect great credit upon yourself and are in keeping with the highest traditions of the United States Naval Service."*

**Stress, continued from Page 3**

important to reducing stress--some people who are stressed tend to eat more donuts than vegetables."

You may think that the agitation brought on by stress might help to burn calories. But evidence hints that the opposite is more likely. Kiecolt-Glaser and colleagues found that, compared to nonstressed people, those who were stressed burned fewer calories after high-fat meals and they produced more of the hormone insulin, which enhances fat storage. "So stress may contribute to weight gain and obesity through these biological routes," Kiecolt-Glaser adds.

Getting enough sleep is also key to resilience and stress relief--although stress itself can interfere with sleep. To improve your sleep habits, go to bed the same time each night and get up the same time each morning, and limit the use of light-emitting electronics like computers and smartphones before bed. The light can reduce production of a natural sleep hormone called melatonin, which then makes it hard to fall asleep.

Beyond recommendations for exercise, healthy diet, social contacts, and getting enough sleep, Green McDonald says, "studies have also shown that mindfulness (focused attention on one's own emotions) and other meditative practices can effectively relieve stress."

"Mindfulness means staying aware and conscious of your experiences. No matter what we're doing, we can always make time to bring our attention to our breath and body and stay there for a short period of time," says NIH psychologist Dr. Rezvan Ameli, who specializes in mindfulness practice. "Recent studies show that even short periods of mindful attention can have a positive impact on health and well-being."

Other NIH-funded studies have shown that mindfulness meditation can reduce stress, alter brain structure and function, and have a positive effect on the immune system.

"Mindfulness is a simple and effective tool that anybody can use to reduce stress," Ameli says. Although the concept is

simple, becoming more mindful requires commitment and practice. You can learn more about mindfulness meditation from local resources like yoga or meditation classes, mindfulness-based stress-reduction programs, or books.

If you feel overwhelmed by stress, talk with a health care provider or mental health professional. Medications or other therapies might help you cope. In the long run, reducing stress may help you to slow down and enjoy your time with the people and activities you really care about.

**To Reduce Stress**

- Get enough sleep.
- Exercise regularly. Just 30 minutes a day of walking can boost mood and reduce stress.
- Build a social support network.
- Set priorities. Decide what must get done and what can wait. Say no to new tasks if they are putting you into overload.
- Think positive. Note what you've accomplished at the end of the day, not what you've failed to do.
- Try relaxation methods. Mindfulness, meditation, yoga, or tai chi may help.
- Seek help. Talk to a mental health professional if you feel unable to cope, have suicidal thoughts, or use drugs or alcohol to cope.

If you or someone you know is in crisis, call the toll-free, 24-hour National Suicide Prevention Lifeline at 1-800-273-TALK (1-800-273-8255).

*This article was reprinted from National Institutes of Health, News in Health, December 2014. To review the references or read other articles from this series, please visit the NIH website: <http://newsinhealth.nih.gov/issue/dec2014/feature1>*



*Hospital Corpsman Third Class Jason Vandervelden (right), NHTP Blue Team, is congratulated by Sgt. Maj. Karl Villalino, Marine Air Ground Task Force Training Command, Marine Air Ground Combat Center, following the 239th Marine Corps Birthday Pageant on the Lance Cpl. Torrey L. Grey Field Nov. 6. Marines dressed in Marine Corps uniforms dating back to 1775 took to the field as the narrator described their respective eras. HM3 Vandervelden represented the Navy Corpsmen who have cared for and defended wounded Marines throughout the Corps' hard-fought history.*



*Zombies and victims alike pose following the Zombie Ridge Run Oct. 31. Designated victims were given a head start for the 5-km run; and designated zombies gave chase, grabbing victim's flags, thereby confiscating their hero spirit. Hospitalman Chris Archer, 1st Tanks, won the race with a time of 20:39.*



*Coffee with the XO, NHTP Executive Officer, Capt. Angela Nimmo, was well attended Oct. 20. The Organizational Climate Survey, awards, new contractor awards, and respect were all lively topics of conversation. Tanya Stuckey, Public Health Specialist, and Jennifer Flores, NHTP Patient Relations Officer, also gave presentations.*



## Annual MCCS Health Fair

*Naval Hospital Twentynine Palms was well represented at the annual MCCS Health Fair Oct. 22 at the West Gym. Top (L-R): Martha Hunt, Health Promotion and Wellness Specialist, NHTP Public Health Director, Cmdr. Wendy Stone, Tanya Stuckey, Public Health Specialist, discuss wellness and stress relief programs. Bottom left: Lt. William Phan, NHTP Pharmacist, performs blood-sugar tests and counsels patrons on the visual similarities between candy and pill-form medicines. Bottom right: Lt. Cmdr. Katie Camp, provides information related to the NHTP Sexual Assault Forensic Examination Team, providing 24/7 coverage since October 2013.*

