



February 2010

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



New Marine EFMP Office — Page 16

## Wounded Warrior Patriots' Inn Dedicated at NMCP

BY REBECCA A. PERRON  
NMCP Public Affairs

After a dedication ceremony in Naval Medical Center Portsmouth's Chapel and a cake and ribbon cutting, the new \$5.2 million Wounded Warrior Patriots' Inn officially opened Feb. 12. The inn's proximity to the medical center will ease Wounded Warriors' transition to outpatient care following their stay in the hospital.

The new facility includes a transitional living area of 13 private rooms with queen-sized beds designed like hotel rooms rather than hospital rooms. Each room features a wheelchair-accessible private bath, a desk with a computer connected to the Internet and a flat-panel television. Each room is accessed by a plastic key card, just like in a hotel.

The inn includes sustainable furnishings and finishes such as bamboo floors and products made with recycled content. The draperies, linens, art and wall colors are coordinated to provide a soothing, restful atmosphere.

It is a place for care, comfort and support for Wounded Warriors of any branch of service.

"Today we have opened the Patriots' Inn so our Wounded Warriors have a place to stay for extensive outpatient care," said Deputy Surgeon General and former NMCP Commander Rear Adm. Thomas R. Cullison during the dedication ceremony. "It is extremely important to take care of our patients and their families. With this center, we can do so much better than before."

The complex occupies the entire 7<sup>th</sup> floor of Building



Photo by MC2 (SW/AW) William Heimbuch

During the dedication of the Wounded Warrior Patriots' Inn, Lance Cpl. Bronson Bell, Gunnery Sgt. Ernest Aguayo, Deputy Surgeon General and former NMCP Commander Rear Adm. Thomas R. Cullison and NMCP's Deputy Commander Capt. Craig Bonnema cut the cake with a Marine Corps sword. Bell and Aguayo are recovering from war injuries at the medical center and are members of the Wounded Warrior Battalion there.

3. On one side, the inn occupies more than 5,200 square feet, and includes a lounge, small kitchen and a laundry area. The other side houses administrative spaces occupying more than 13,200 square feet.

This is where service members have access to all of their benefits: Administrative spaces house fleet liaison offices, disability counselors, Veterans Affairs rep-

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## Spring 2010 Cycle 1 PFA

The Spring Cycle 1 PFA 10 Week Notice is published and has been posted on the Command Fitness Web site at <https://intranet.mar.med.navy.mil/CommandFitness/>.

Members, including those returning from deployment, who check in after Feb. 16 are required to participate in the BCA only and will be less than 10 weeks for the PRT.

Spring Cycle Physical Fitness Assessment will start on April 12 and will continue through May 14.

Body Composition Assessments will be held from April 12-23 in Command Fitness from 7 a.m. to 4 p.m. daily.

The Physical Readiness Test will be held from April 27 to May 14, Tuesday through Friday, from 7 to 11 a.m. and 1 to 3 p.m. All members should muster at the main gym, Bldg. 276.

Service members who are participating in the swim option will muster at the pool. (All swim dates are subject to

change due to availability of the indoor pool.)

It is mandatory for all members who choose the swim, treadmill, elliptical or bike option sign up for a date and time beforehand in the Command Fitness office.

Deadlines for the one "bad day" repeats are:

- May 13 for BCA.
- May 15 for PRT.

Late PFA will be May 17-18 for BCA and May 19 for the PRT.

Contact Command Fitness at 953-5082/9756/6872 with any questions.

## Diversity Initiative

In support of the CNO's Diversity Initiative, Mauricio Velasquez from the Diversity Training Group will be on board NMCP March 10-12 to provide an entertaining all hands training session. Sessions will be held from 8 - 11:30 a.m. and 12:30 - 4 p.m. each day in the auditorium (Bldg. 3, 2nd deck), with VTC broadcasting to the outlying branch clinics. All staff are required to attend one of the sessions. Please contact Lt. Cmdr. Hinz at 953-4268 for more information.

## VITA

The Volunteer Income Tax Assistance Volunteer will prepare and file 2009 tax returns at no charge while commercial tax preparers can charge

more than \$140. The service is for Sailors and their families. The nearest VITA office is at Naval Station Norfolk. For more information, call 444-9081.

## MWR ITT Office

The MWR ITT office has just received restricted Regal movie tickets. The price is \$7 per ticket. If you have any questions, please contact Katrina at the MWR ITT Ticket Office at 953-5439 or via email at [katrina.barnes@med.navy.mil](mailto:katrina.barnes@med.navy.mil). Check out MWR for more discounted specials.

## USNS Comfort Addresses

### Mailing Address

Rank, First name, Last name  
USNS Comfort (T-AH 20)  
Department for Administration  
FPO AE 09566-4008

### Email address

First Name.Last Name.mil@ah20.navy.mil

## Navy College Office Testing Schedule

DSST, eCLEP and ECE testing is offered Tuesdays at 9 a.m. in the NMCP Library in Bldg 1 in the 4th floor conference room. Call 489-0969 to schedule your test. Practice tests are available on NKO.

SAT testing is set for March 22 at 9 a.m. in rm. 133. Call 953-7853 to schedule your test.

## NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Command Ombudsman Team is here to help when you are attached to NMCP or any of its outlying clinics and you or a family member are preparing to deploy!

Pre-deployment brief is held at 9:30 a.m. on the 3rd Tuesday of each month in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

[NMCPombudsman@med.navy.mil](mailto:NMCPombudsman@med.navy.mil)  
or  
757- 953-1973

## *The Courier*

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

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The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Anyone who wishes to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at [deborah.kallgren@med.navy.mil](mailto:deborah.kallgren@med.navy.mil).

Submissions should be in Word format. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Building One, Third Deck, Rm. 311.

## Vikki Garner Award

# End of Life Care Program Recognized

STORY AND PHOTOS BY  
MC2(SW/AW) WILLIAM HEIMBUCH  
NMCP Public Affairs

The Adult Oncology and Hematology Unit received the Vikki Garner Memorial Award for Excellence in Quality Improvement Feb. 22 for developing the Palliative and End of Life Care Program, which aids patients and their loved ones while they are spending their final days together. Capt. Matthew Pommer, acting Naval Medical Center Portsmouth commander, presented the award plaque to Lt. Cmdr. Lisa Rose, Lt. Shauna Grover and Lt. Sarah Ledford during a ceremony held in the ward.

This semi-annual award recognizes the individual or team who has made the greatest contribution to quality improvement at NMCP or its branch clinics. The award was created in memory of Garner, who died in 2007 after serving as NMCP's Associate Director of Health Care, and who is remembered for her contribu-

tions to the culture of excellence at the medical center. Garner received her end-of-life care in the unit.

“The Vikki Garner Memorial Award is a way to highlight and recognize those people, units or work centers that go above and beyond in the dedicated care of our patients,” Pommer explained. “Vikki lived her life giving to others, making other people’s lives better. This award recognizes that kind of selfless dedication to improving our patient’s experience at NMCP.”

Guided by advanced practice nurses in the unit, the program “created and implemented the program intended to provide support, dignity and comfort for the patient and their loved ones as they make their transition in the final days of life using a multidisciplinary approach,” Ledford explained.

The Palliative Care Program consists of doctors, nursing staff, chap-



**Lt. Shauna Grover and Lt. Sarah Ledford display the Benevolence Box, which, as part of the ward’s new Palliative Care Program, is given to patients and their loved ones.**

lains, pharmacists, social workers, physical therapists and nutritionists. The rooms are unlike hospital rooms: They have hardwood floors, a kitchen table, cupboards, a microwave and even a saltwater fish tank – all to help a patient feel at home.

Patients receive a “Benevolence Box” to help them through the process of dying. The box was inspired by a patient, and contains a copy of the book, “Lighting the Path through the Final Days of Life”, a spray bottle to spray the flavor of patient’s favorite drink into their mouth when eating and drinking become impossible, a tear cloth poem and handkerchief, a comfort shawl and the Dying Person’s Bill of Rights.

The bill of rights “let(s) the patient and their loved ones know what their rights are, because there



**Lt. Cmdr. Lisa Rose, Lt. Shauna Grover and Lt. Sarah Ledford accept the Vikki Garner Memorial Award for Excellence in Quality Improvement Feb. 22 from NMCP’s acting commander, Capt. Matthew Pommer, for their ward’s Palliative Care Program.**

— See Garner, Page 4

**Inn** — *Continued from page 1*

representatives, Navy Safe Harbor members, Naval Legal Service Office representatives, medical board personnel and exam rooms. With everything centrally located near the living area, service members will have the support they need to transition from inpatient to outpatient care as they prepare to return to active service or separate from the military.

“We realized that while some of these service members have debilitating, life-changing injuries, those Marines staying at the inn would best be served by Marine leadership as they have access to Navy Medicine,” Cullison said. “So the assistance of the Wounded Warrior Battalion will ease the transition after inpatient and outpatient care is complete.”

“I can’t say enough what this new facility does for morale,” said Lance Cpl. Joe Reiss, a member of the Wounded Warrior Battalion who recently stayed in the former Patriots’ Inn, which was a ward in the hospital. “The rooms are not just like being in a hotel – they are like being in a really nice hotel. It’s amazing to have all of the administrative offices in one place as well. Running around is harder than you think, especially for the



Photo by MC2 (SW/AW) William Heimbuch

**The 13 rooms of the Wounded Warrior Patriots’ Inn evoke a hotel-like atmosphere. The rooms are a place for Wounded Warriors of all branches to stay after they have completed hospital care but still need to be near their doctors for outpatient care.**

injured. This way, it will be easier, even for those not living here. We won’t have to search around the hospital.”

The medical center’s focus on providing the highest quality of care to its beneficiaries is evident in the Patriots’ Inn attention to detail.

“We think this was a wonderful idea to have this facility,” said Cathy Wilson, executive director of the Virginia Wounded Warrior Program. “It goes a long way to helping the men, the women and their

family members as they are re-integrating into the community.”

The Wounded Warrior Patriots’ Inn is one of the last projects in Building 3’s renovation and took about a year and a half to complete. Building 3 served as the primary hospital from 1959 to 1999 when the Charette Healthcare Center (Building 2) opened as the primary hospital. The Patriots’ Inn was formerly located on the 5<sup>th</sup> floor of Building 2. That area will now resume serving as regular hospital rooms.

**Garner** — *Continued from page 3*

are a lot of people who are going through so much right then, and maybe aren’t able to hear everything that is said to them at that point,” Grover explained. “This is a reminder that they do still have rights.”

A serenity corner offers respite for patients and loved ones.

“Family members and friends can become a little overwhelmed and need to take a break for a while and recenter themselves,” Grover added.

The corner is decorated with a memory board filled with thank you cards, photos and notes from patients and loved ones. Near the memory board are two large photos. One is a tree whose leaves are beginning to change color as the chill of autumn sets in, over the

word, “change”. The other photo shows a couple holding hands and walking on the beach.

“The scene with the couple was donated by the family of one of our patients out of gratitude for the time he spent here and gained back his strength, which allowed him to be able to make that walk on the beach with his family before he passed away,” Grover said.

Since the program started about a year and a half ago, more than 38 staff members have received training and guidance from the End of Life Care Guide, a book compiled to ensure patients and their loved ones receive quality care that’s tailored to their individual needs, while maintaining the standards of the program.

# Black History Month Celebrates Keeping ‘the Dream’ Alive

By MC2 RIZA CAPARROS  
NMCP Public Affairs

Naval Medical Center Portsmouth’s Diversity Committee recognized Black History Month Feb. 10 with a program themed, “The History of Black Economic Empowerment.”

The two-hour event attracted more than 100 NMCP personnel, as well as a group of children invited to attend from a local elementary school.

“Today’s event highlights just how far black Americans have come economically, from the slave ships to the White House,” said Sarah Montague, Diversity Committee Civilian Chairperson. “We are promoting that history and ensuring that black Americans are recognized.”

Ten-year-old Miles Smith recited Martin Luther King Jr.’s famous speech, “I Have a Dream” during the event. Miles has been reciting the speech in public settings since he was six years old.

“People pay attention when he speaks,” said Mile’s father, Zachary. “I believe it renews their spirit to hear Mr. King’s famous words, especially when coming from such a young person. I hope it encourages them to believe that there is no limit to what they can do.”

The event encouraged black Americans to use resources available to them, and lean on each another for help.

Guest speaker Richard M. Burton, a Chesapeake pastor, referenced the African proverb, “each one, teach one,” a phrase which originated in the United States during slavery, when Africans and African Americans were denied education, including learning to read.



**Miles Highsmith, 10-year-old son of Felicia Smith who works in NMCP’s Facilities Management Department, commemorated Dr. Martin Luther King’s “I Have a Dream” speech by reciting it by heart for NMCP’s Black History Month ceremony Feb. 10. Highsmith has recited King’s speech since the age of six.**

Photo by MC2(SW/AW) William Heimbuch



Photo by MC2(SW/AW) William Heimbuch

**At the end of the Black History Month ceremony, all who were gathered rose to sing “Lift Every Voice and Sing.”**

“I hope to motivate others to believe that the sky is the limit,” said Burton, who has a degree in finance. “I ask them to remember that our commander in chief has African American roots, and that is the highest position of authority our race has ever witnessed. He is inspiration for me, and therefore, I encourage inspiration in others.”

Capt. Craig Bonnema, NMCP’s deputy commander, spoke during the event, and asked the audience to “remember Black History Month because diversity is what makes America strong and it is what makes Naval Medical Center Portsmouth strong. If we forget what it is that makes us strong, it takes away our ability to accomplish the mission.”

Montague said the Diversity Committee’s goal is to help forge that thought process.

“The theme for the hospital is ‘the first and finest’ and that is what we promote,” she said. “It is a way for us here at the hospital to gather together, brainstorm on ideas and celebrate the gifts of each race and culture.”

Ship’s Serviceman 3rd Class(SW) Crystal Frazier attended the program. “It is important for me to remember what we actually had to go through to get where we are today,” she said. “We have progressed a lot because of our struggles.”

After a slide presentation and singing of the Black National Anthem, “Lift Every Voice and Sing”, by members of the committee and the audience, the program concluded with remarks from Montague and a ceremonial cake cutting.

# Heart Healthy, Heart Happy

## NMCP Recognized Heart Health Month in February

BY MC2(SW/AW) WILLIAM HEIMBUCH  
NMCP Public Affairs

When it comes to heart health, what kind of shape are you in? This is a question NMCP's cardiologists want you to ask yourself, especially during February, which is recognized in the medical community as "Heart Health Month."

"Cardiovascular disease kills more people in this country than any other cause of death," said Cmdr. (Dr.) Joseph Sposato, NMCP staff cardiologist. "Around every 25 seconds, an American will suffer a coronary event, and about every minute someone will die from one."

"A rare known fact is that more women die from cardiovascular disease in our country than men," Sposato added.

Though women make up a majority of the deaths caused by cardiovascular disease, the risk is increased



with any of the following symptoms: history of family members with cardiovascular problems, diabetes, high cholesterol, high blood pressure, metabolic syndrome, being overweight or obese, physical inactivity and tobacco use.

In an effort to get the word out about Heart Health Month, Nancy Holmes, NMCP's Population Health Department Disease Manager, said, "We market our disease management programs to our patients and staff via pamphlets, newsletters, posters and displays at various locations in the hospital."

"It is our goal to raise awareness of the risk factors associated with heart disease," Holmes

### Life's Simple 7

The American Heart Association has identified seven health and behavioral factors that impact health and quality of life.

- Abstinence from smoking
- Healthy body weight
- Adequate physical activity
- Healthy diet
- Fasting glucose <100
- Blood pressure <120/80
- Total cholesterol <200

continued, "and to encourage a change in behaviors to improve heart health and quality of life."

According to an American Heart Association 2010 study, one in three American adults has one or more types of cardiovascular disease. More than 45 percent of those afflicted are 60 years old or younger.

Sposato recommends a tobacco-free lifestyle and eating healthfully to maintain a healthy heart.

"The best way to reduce the likelihood of coronary events or heart attacks is to maintain a healthy weight with exercise, a heart-healthy diet and completely avoid the use of all tobacco products," Sposato continued. "With these lifestyle changes, it will be less likely that the arteries in your heart and elsewhere will fill with blockages. This will help extend both the quality and quantity of your life."

According to an American Heart Association survey, 74.5 million Americans have high blood pressure, more than 17 million suffer from coronary heart disease, nearly 6 million have experienced heart failure and 6.4 million have had strokes.



Get your personal heart health score and customized plan with the interactive My Life Check tool at [www.mylifecheck.heart.org](http://www.mylifecheck.heart.org) in order to start living your best life now. For more information, contact NMCP's Population Health Department at 953-9733. For further information on heart health, visit the American Heart Association Web site at [www.americanheart.org](http://www.americanheart.org).

# NMCP Promotes Patient Safety Awareness

STORY AND PHOTO COURTESY OF  
CAROLINE DEUTERMANN

In a nationwide effort to encourage and strengthen collaboration among patients, families and their health care providers – and to improve patient safety through collective action – NMCP is joining other leading health care organizations in celebration of Patient Safety Awareness Week March 7-13, sponsored by the National Patient Safety Foundation.

This year's observation will include a Patient Safety Fair in the mall on the 2nd floor of the Charette Healthcare Building. Stop by and see how we are making a difference to improve patient safety.

NMCP, a member of the NPSF's

Stand Up for Patient Safety program, will engage staff, patients and community by emphasizing the critical need for partnership and participation in the drive for a safer health care system.

Programs highlight new methods for improving the information exchange that occurs during patient and provider encounters will be launched and promoted throughout the course of the week.

"Clear and open communication between patient and provider is at the very core of safe patient care, and is a



**Capt. Elizabeth Savage, NMCP Patient Safety officer, promotes the importance of SBAR discussions at the 2009 Patient Safety Fair.**

vital component in keeping patients safe during their journey through the health care system," stated Diane C. Pinakiewicz, president of the NPSF.

## NMCP Breaks Ground for Child and Youth 24/7 Center

Ground was broken Feb. 18 at Naval Medical Center Portsmouth for the Child and Youth 24/7 Center, a \$1.5 million facility that will provide care for the children of active duty and civilian hospital staff who work the second and third shifts,

where," said Capt. Craig Bonnema, NMCP deputy commander, during the groundbreaking ceremony. "Capt. Nathan understood the need was great here and secured the funding. This center will add a facet for the staff and the families of the

dining area, play room, living room, a crib room for up to eight cribs, and a boys' and a girls' room for up to four children in each room. There will also be an outdoor play area.

The center will comply with design and construction requirements and energy performance standards for new federal buildings and is expected to be completed by the end of the year.

Participating in the groundbreaking, from left, is Lt. Cmdr. Kreg Everleth, head of Base Operations Medical Installations - Facilities Department; Cmdr. Connie Scott, head, Combined Food Operations Department; Capt. Jimmy Bradley, Director for Administration; John McLaren, director of General Construction; Capt. Craig Bonnema, deputy commander, NMCP; Kecia Brothers, Child Development Center director; Dan Walker, architect; and Cmdr. Rolfe Ashworth, Public Works officer, Norfolk Naval Shipyard.



Photo by MC2(SW/AW) William Heimbuch

times when available day care is limited. The need for the center was identified more than two years ago by former NMCP Commander Capt. Matthew Nathan.

"Originally, the funding stream for the center was dedicated else-

where," said Capt. Craig Bonnema, NMCP deputy commander, during the groundbreaking ceremony. "Capt. Nathan understood the need was great here and secured the funding. This center will add a facet for the staff and the families of the

The 4,249-square-foot facility can accommodate up to 16 children per shift and will provide an at-home feeling, complete with a kitchen and

# NMCP's 'Got Talent'

PHOTOS BY MC2(SW/AW) WILLIAM HEIMBUCH

Naval Medical Center Portsmouth staff members were invited to showcase their talents during a talent show put on by NMCP's Junior Enlisted Association on Feb. 18 in the auditorium.

The performances by staff and children of staff members included a praise dance, a poetry reading, songs ranging from pop to country to R & B, as well as instrumental performances.

"It was great to the staff members showcase their talents and even more exciting to see the staff that showed up," said HM3 Amanda Mosley, JEA treasurer.

Judging the contest was NMCP's command master chief, CMDCM Carl Morgan, HMCS Marsha Burmeister, HMC Fealofani Peau and William Ragulsky.

"It was remarkable to have the CMC and the other chiefs and civilian staff judging," said Mosley.

First to perform were the children. All walked away

with trophies and received praise for their courage from the four judges. Then, 10 staff members performed.

After all the performers had finished, the judges gathered and made their selections for the top three contestants. The audience then voted with their applause to decide who took home which of the three prizes.

"I thought it was outstanding to be able to get up in front of a group of your peers first off is very hard, but to get up there and be able to do it as well as they did and still look like they were having fun the entire time, phenomenal," Morgan said.

SH3 Crystal Frazier from Central Supply Distribution Branch won first prize for her performance of a Yolanda Adams song.

"I was a little nervous going up there, because I was a little hoarse before singing," Frazier said. "It felt great to win although I think everyone did a really great job."

Coming in at second and third place, respectively, were Dr. Anthony Ciotti with his accordion boogie and Marsha Jordan with her rendition of a Walter Hawkins and Family song.

"I think it was awesome, and I really believe that we should do this way more often than once a year," Morgan said.

The prizes for the talent were a \$50 Visa gift card for first place, \$25 Visa gift card for second place and a \$15 Visa gift card for third place. Each child received a trophy.



SH3 Crystal Frazier, Central Supply Distribution Branch, won first place for her performance of a Yolanda Adams song.



Bob Brown of the Information Management Department played the guitar and sang "Sweet Caroline" by Neil Diamond.



Kimberly C daughter of of NMCP's Untion bran



**CMDCM Carl Morgan, HMC Fealofani Peau, HMCS Marsha Burmeister, and William Ragulsky served as judges.**

**Dr. Anthony Ciotti, right, a civilian contractor from Boone Dental Clinic, placed second while Marsha Jordan, below, a civilian contractor from NMCP, placed third with her rendition of a Walter Hawkins and Family song.**



**Corrigan, below, Germeline Corrigan of Navy Federal Credit Union, plays the flute.**



**HM3 LaRanda Holt, right, of the Staff Education and Training Department sang “Dangerously in Love” by Beyonce.**



**Akira Thorns, left, granddaughter of Claudette “Gina” Williams of the Transcription Department, sang “Doesn’t Mean a Thing” by Alicia Keys, while Tyron and Tyki Langston, right, sons of Takeala Langston of the Radiology Department, performed a praise dance.**



# Fitness and Fun - An Easy Stretch at NMCP

BY MC2 RIZA CAPARROS  
NMCP Public Affairs

Naval Medical Center Portsmouth is not only a place to get medical treatment, it is also a great place to get physically fit! From a weight room to an Olympic-sized swimming pool, the Morale, Welfare and Recreation facilities are here to help promote physical fitness, no matter where you are on base.

There are gyms in Building 3 and Building 276, at the back of the base. A tennis court is across the street. The indoor swimming pool is centrally located near the Sandbar Club. The entire base makes a great location for a run.

But perhaps group activity is more your speed, such as a soccer league, ping pong tournament, volleyball league or dodgeball tournament?

Assistant athletic director, sports coordinator and facility manager Joseph Powers said the program at NMCP offers a variety of activities to help its patrons have fun while staying fit.

“Our sports program has something for everyone,” Powers said. “We have an indoor and outdoor soccer league, flag football in the fall, volleyball in the spring and swim lessons in the summer. Our goal is to keep our customers active, while participating in clean, friendly and fun competition.”

Participation in MWR activities is open to anyone who holds a DoD ID card including active duty, civilians, retirees and family members. According to Powers, more than 600 patrons a day use NMCP’s MWR facilities. His goal is to increase those numbers

as well as provide more sports programs for customers to engage in.

“The gym is a great place to get a good workout,” said Religious Program Specialist 2<sup>nd</sup> Class Tani-sha Daniels. “There is a good selection of weight equipment and group exercise classes to choose from.”

Hospital Corpsman 2<sup>nd</sup> Class(FMF) Zainob Andu agreed.

“It is all about changing things up,” she said. “The more options the MWR provides, the more enticing it is to keep everyone interested in staying fit. Fitness is a very important thing, not only for active duty military but for everyone. Staying healthy is not only in what you eat, but also how active you are in life.”

“I never tried racquetball until I came here, said Yeoman 2<sup>nd</sup> Class Rogers Fluellen. “Now I consider myself pretty good at the sport.” Fluellen has been a regular at the base gym in the four years he has been assigned to the medical center.

Powers said he aims to bring a variety of activities to the medical center MWR program to attract more people to the facility and he is frequently scheduling new events. Future events include a volleyball league, racquetball tournament, bench press contest and lifeguard classes.

For more information on these events and other MWR sports programs at NMCP, visit [www.med.navy.mil/sites/nmcp/Partnerships/MWR/Pages/Sports.aspx](http://www.med.navy.mil/sites/nmcp/Partnerships/MWR/Pages/Sports.aspx).

## SPC Weeks wins Almost Golf Challenge

Congratulations to SPC Justin Weeks from the Naval School of Health Sciences on winning both of the MWR Almost Golf Challenges on Feb. 11. Justin won the long drive contest with a drive of 384’ feet and the closest to the pin challenge by being only 21.5 inches from the pin. The next Almost Golf Challenge is April 20 at 4:30 p.m.

## 2010 Portsmouth MWR Volleyball League

The volleyball league is scheduled to begin March 22. Roster sizes are unlimited, play will be 6 on 6. Play will be Monday through Thursday from 5 to 6:30 p.m. Registration is free and open to active duty, retirees, reservists, DoD civilians and NMCP contractors with current membership. If you do not have a team, contact Joseph Powers to be placed in a free agent pool. Deadline for registration is March 17. All games will be held at the NMCP Fitness Center. For more information, call Powers at 953-7108 or email at [joseph.powers2@med.navy.mil](mailto:joseph.powers2@med.navy.mil).

## 2010 NMCP Racquetball Tournament

Sign up for the free singles tournament set for March 8-11. Open to active duty, retirees, eligible active duty family members, reservists, DoD civilians, and NMCP contractors with current membership. Register by March 3 by calling or emailing Joseph Powers at 953-7108 or [joseph.powers2@med.navy.mil](mailto:joseph.powers2@med.navy.mil). Matches will be held at the NMCP gym courts.

# MWR Holds Ping Pong Tournament

PHOTOS BY MC2(SW/AW) WILLIAM HEIMBUCH

NMCP's Morale, Welfare and Recreation Department Ping Pong Tournament pitted eight of NMCP's best players against each other during the two-day tournament held Feb. 22 and 23.

## 1st Place

SN HAROLD BARING, STUDENT  
Naval School of Health Sciences

## 2nd Place

BRYAHN IVERY, NAVY CIVILIAN  
Navy & Marine Corps Public Health Center

## 3rd Place

SAM SCHEULLER, STUDENT  
Uniformed Services University of the Health Sciences



HM1 Francisco Abano, a biomedical engineer in the Materials Management Department prepares to receive a serve from HN Harold Baring, a student at the Naval School of Health Sciences.



HM3 Ebere Ozurumba, a student at the Naval School of Health Sciences, returns the serve of Bryahn Ivery of the Navy & Marine Corps Public Health Center.



Joseph "Jody" Powers of the Morale, Welfare and Recreation Department informs the players of the rules before the MWR-sponsored ping pong tournament.



CS2 Ganiu Jubrila from the Galley gives his all during the ping pong tournament.

## MWR Sit-Up/Push-Up Contest Results

The 2010 NMCP contest was held Feb. 24. The winners of each age bracket who had participants each received a T-shirt and their name on the new Sit-up/Push-up Challenge board.

### 1st Place Women's Sit-Ups

HM2 LANA LAVINE - 84 SIT-UPS  
HN KATELYN CARR - 66 SIT-UPS

### 1st Place Women's Push-Ups

HM2 LANA LAVINE - 40 PUSH-UPS  
HN KATELYN CARR - 34 PUSH-UPS

### 1st Place Men's Sit-Ups

HM2 KORRIN WEBB - 126 SIT-UPS

### 1st Place Men's Push-Ups

HM2 KORRIN WEBB - 100 PUSH-UPS

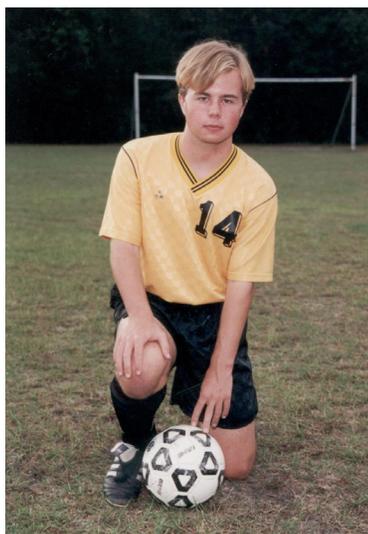
# Lt. Inge Remembered as a Quiet, Dedicated Resident

BY REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth held a memorial service in the chapel Feb. 18 for Lt. Eric Inge, MC, 30, who passed away unexpectedly Feb. 13. He was a resident physician in the Psychiatry Department. More than 130 medical center staff attended the service, with several of Inge's closest friends eulogizing him.

They described him as a dedicated worker and a quiet person with a great sense of humor and inner strength. One resident referred to Inge as "the Rock" while another called him "the Viking," referring to his Scandinavian ancestry. One friend sang a song in tribute.

Through many tears and appreciation for the time they knew him, mixed with the sorrow of his loss, Inge was remembered as a great friend and a great doctor.



"Eric was delightfully shy, incredibly smart, fun to talk to and great to work with," said Lt. Monica Ormeno, a resident physician in Psychiatry. "He inspired confidence and he

was so kind. People reacted to his kindness. We as colleagues looked up to him, and his patients felt how much he cared for them. Eric was a beautiful person with a well-hidden and hilarious sense of humor. Eric never bothered anyone and needed very little action in his life to be happy.

"I admired Dr. Inge as a resident. With him gone, we lost a great physician with potential to become an awesome psychiatrist, and the Navy lost a superb officer amongst its ranks in the medical corps," added Dr. Hamid R. Tavakoli, M.D., a psychiatrist in Consultation-Liaison Service and one of Inge's supervisors.

Lt. Julie Cohn, a resident physician

in Psychiatry, was given the honor of escorting his remains to be reunited with his family in Florida.

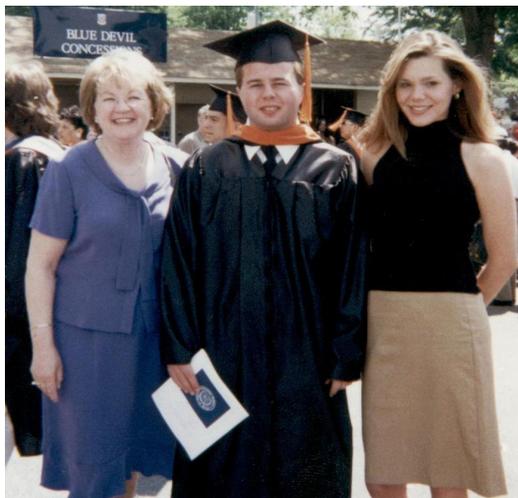
"We shared many of the same interests, and I have a lot of memories outside of work between going to dinners or the few parties he decided to join us at. Our offices were next to each other, and many times we talked about soccer, our pets, why we didn't take leave, and very often nothing of significance."

Many who knew Inge understood he was a quiet person, but Cohn said it did not take long for their rowdy class to help him feel like he fit in. Cohn said she will miss his wit and his amusing one-liner jokes in class and on the wards.

"Although he did not say much, what he did say was very meaningful," she continued. "I will miss how he would blush when we would go out of our way to embarrass him. I will miss how he always kept me in line on our ER rotation and provided support and words of wisdom as I struggled through three tough months of inpatient psychiatry.

"The week surrounding his death was probably the most emotional and stressful time of my adult life," she added. "However, I would rather have experienced this pain than to never have met Lieutenant Inge. He was a good friend, outstanding physician, and will forever leave a handprint on my heart."

Photos courtesy of  
the Inge family



## CIVILIAN OF THE YEAR CATEGORY I

ALLAN HO

Supply Technician, Directorate for Nursing Services



Photos by MC2(SW/AW) William Heimbuch

Ho provides supply, maintenance and equipment support for more than 12,000 annual admissions in the Operating Room and in the Oncology units. He spearheaded the printer cartridge recycling program, which resulted in an annual savings of almost \$15,000. He streamlined daily operations, implementing a daily equipment inspection and tracking procedure for work requests, resulting in an 88 percent reduction in equipment downtime and maximizing health care professional bedside time.

“I basically make sure the equipment is in working order and that everything that is not clinical in the department is functioning correctly,” Ho said.

“It is great to be selected as the Civilian of the Year,” Ho continued. “I am honored. There is much that needs to be done, and I will continue forward to assist the naval medical center to be the ‘first and the finest.’”

## CIVILIAN OF THE YEAR CATEGORY II

GREGORY CRISP

Industrial Hygiene Technician, Directorate for Public Health

Crisp is the subject matter expert for chemistry and preventive medicine components of the forward Deployable Preventive Medicine Unit. He has developed training plans for more than 60 pieces of mission-essential equipment. He operates and maintains in excess of \$1 million in deployable equipment and training sets. He is the primary instructor for FDPMU Basic Course, which is part of a three-tiered cycle leading up to deployment.

Crisp said was surprised to be the person selected from all of the great people who work in the hospital and the outlying clinics.

“Being recognized in this way puts an onus on me to do a little bit more than what I’ve done before,” Crisp said. “So, to do that, I’d like to help push public health to the forefront to allow people to think about us in a good way, other than thinking about us when there’s a flu outbreak or something like that.”



The Courier - [www.med.navy.mil/sites/nmcp](http://www.med.navy.mil/sites/nmcp)

# FEBRUARY AWARDS

## MERITORIOUS SERVICE MEDAL

Capt. LaFrancis Francis  
Cmdr. Kathleen Knight  
Lt. Cmdr. Timothy Styles

## NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Evelyn Webb  
Cmdr. Joanna Stinespring  
Cmdr. Scott Thomas  
Cmdr. Beverly Trenholm  
MMCS Scott Lockhart

## NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Rachael Baudek  
Lt. Teshara Felder  
HMC Jannine Tobler  
HM1(FMF) Edward Dede  
HM1 Monica Ford  
HM1 Julie Wilcox  
HM2(SW) Cathy Bell  
LS2(SW) Fay Clay  
HM2(FMF) Bruce Edmonds

HM2 Francis Lewis  
HM2 Kenneth Palmer  
HM2 Deanna Robinson  
HM2 Ryan Yohn  
HM3 Michael Caudullo  
HN Christopher Wisniske

## SEA SERVICE DEPLOYMENT RIBBON

Lt. Rachael Baudek

## GLOBAL WAR ON TERRORISM EXPEDITIONARY SERVICE MEDAL

Lt. Rachael Baudek

## NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Estrella Ibanez

## USPHS OUTSTANDING UNIT CITATION

Lt. Anthony Hanley

## Brossard's Work On Board Comfort Hailed by Obama during National Prayer Breakfast



Photos by MC2 Shannon Warner

HN Christopher R. Brossard, a member of NMCP's Patient Administration Department who currently works in the surgical ward aboard the hospital ship USNS Comfort (T-AH 20), prepares to give a patient a shot to prevent blood clotting.

Brossard is deployed in support of Operation Unified Response, a multinational effort to provide medical care and humanitarian aid to the people of Haiti in the aftermath of a 7.0 magnitude earthquake that struck Haiti Jan. 12.

In addition to providing medical care for patients aboard Comfort, Brossard is also working as a translator between care providers and patients. Brossard, who was born in New York, spent 17 years in Haiti where he learned to speak Creole before joining the Navy.

— Continued on next page

## Cancer Prevention Month

# Are you doing all you can to prevent it?

BY MC2(SW/AW) WILLIAM HEIMBUCH  
NMCP Public Affairs

With February designated as Cancer Prevention Month, the risk of cancer is brought to the forefront of everyone's minds. Is cancer looming in your future and, if so, can it be prevented?

According to the American Cancer Society, more than one million people are diagnosed with cancer each year. At some time in their lives, about 50 percent of American men and a third of American women will have developed some form of cancer.

Anyone can be diagnosed with the disease at any age; though about 77 percent of all cancers are diagnosed in people age 55 and older.

"Though risk factors for some cancers can be reduced, many cancers can only be prevented by specific screenings, such as yearly mammograms after the age of 40 for breast cancer," said Cmdr. (Dr.) Lawrence LeClair, director of Breast Imaging at Naval Medical Center Portsmouth. "For breast cancer and many others, the only prevention is an early detection."

There are many risk factors for cancers that can be reduced by a healthy change in lifestyle. While there is no way to prevent most cancers, the best plan is to avoid risk factors that can be controlled and make healthy lifestyle choices.

"By maintaining a healthy diet and avoiding saturated fats and trans fats, exercising for at least 30 minutes a day for five days a week and abstaining from tobacco products, you can reduce your risk factors for getting cancer," said Lt. Cmdr. Jay Allard, NMCP staff gynecologist.

The ACS says about a third of the cancer deaths expected every year are related to poor nutrition, being overweight or obese, or lack of physical inactivity. That's how making healthy lifestyle choices can help prevent the development of cancer.

According to Allard, many people may not understand how major risk factors for certain types of cancers can affect the entire body and cause unexpected types of cancer. For example, tobacco can cause more than just lung cancer, as use of tobacco can cause carcinogens to be spread throughout the body.

"All the toxic chemicals in tobacco are secreted to various areas of the body, and cervical mucus is one area that concentrates it," Allard said. "Most people are just worried about lung cancer, but cervical cancer is a risk for smokers, too."

Millions of people live with cancer or have been cured of the disease. The quicker a cancer is found and treated, the better a patient's chances of a cure are. Early detection of cancer is one of the most important weapons, and for many forms of the disease, is the only one in the fight against it.



### **Brossard** — *Continued from previous page*

Little did he know that his ability to speak multiple languages would be essential to the mission of saving lives in Haiti, nor did he know the President of the United States would take notice.

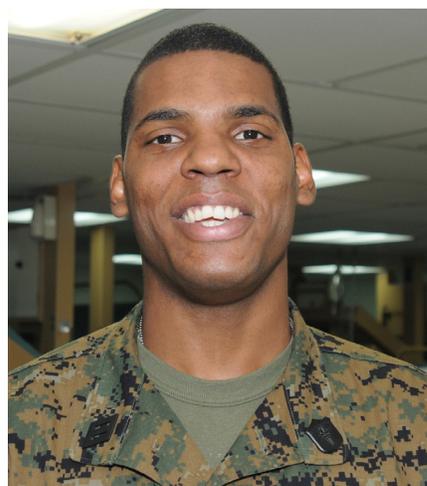
In a National Prayer Breakfast speech Feb. 4, President Barack Obama highlighted one of Brossard's many experiences aboard Comfort, citing Brossard for his "compassion and decency."

"Lying on a gurney aboard the USNS Comfort, a woman asked

Christopher: 'Where do you come from? What country? After my operation,' she said, 'I will pray for that country,'" relayed Obama. "And in Creole, Corpsman Brossard responded 'Etazini, the United States of America.'"

Brossard was interviewed from the Comfort by Mike Gooding from WVEC-TV.

"(I'm) one year in the Navy, and I'm already being mentioned by the president, so pretty shocked there," Brossard told Gooding.



# Marine EFMP Office Opens at NMCP to Support 170 Special Needs Families

BY GUNNERY SGT. A.C. MINK  
MARFORCOM Public Affairs

Lt. Gen. Richard F. Natonski, Commander, U.S. Marine Corps Forces Command, joined Navy Capt. Matthew Pommer, Naval Medical Center Portsmouth acting commander, in officially opening MARFORCOM's Exceptional Family Member Program Office at the medical center Feb. 22.

"Marines take care of each other and if we can take care of our families, it will allow our Marines to do their jobs with less worry and distractions," said Natonski,



Photo by Lance Cpl. John Hitesman

**Lt. Gen. Richard F. Natonski, Commander, U.S. Marine Corps Forces Command, speaks with the staff of the new Exceptional Family Member Program Office at its ribbon-cutting ceremony at Naval Medical Center Portsmouth Feb. 22.**

opening the program. "Having advocates in the area, accessible when they are needed, further supports the families and makes it easier on them."

People traveled from as far away as Quantico to enjoy the ribbon cutting. Families and professionals alike, sprinkled with a liberal number of Marines in uniform, toured the new offices and greeted the new EFMP team.

"It's truly about the Marines and their families – direct contact and direct support; a name and a face and a place of their own," said Karina Phillips, Camp Allen Marine Corps Family Team Building director. Phillips noted that the idea was initially presented by Gunnery Sgt. Charlie House, previously with MARFORCOM, who now serves as the uniformed EFMP advocate for Headquarters Marine Corps. House, who has an EFM, brought it to the attention of the command that families

had to travel to Quantico for support. Concerned about the hardship, he advocated for an office in Hampton Roads.

More than 600 applicants responded to the job listing. Kimberly Carmon-Stanley was selected EFMP caseworker, Mary Benbow is training coordinator and Kelley Lindroth was selected to provide administrative support for the team.

"We've got the right people for the job, and they are right where they need to be," said Natonski.

Pommer said the medical center provided the space willingly because "the Navy and the Marine Corps have been one team, one fight since inception." Though the medical center had to make adjustments to accommodate the EFMP team, Pommer was clear that supporting the families is paramount at NMCP.

"It's easy to do the right thing for good people," said Pommer. "The family members who support the warriors are the best of them."

The team, which currently has more than 170 to support, are eager to get to work.

"This is so exciting," said Carmon-Stanley. "We are here for the families, and now we just need to ensure that we get the word out that we are open for business."



Photo by Lance Cpl. John Hitesman

**Gunnery Sgt. Charlie House, his wife, Melissa, and their son, Haiden, traveled from Quantico to attend the opening of the Exceptional Family Member Program Office. When stationed in Hampton Roads, House had advocated for the opening of such an office to support local Marine EFMP families since the closest office was in Quantico.**