



January 2011

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



MWR Sports

— Page 16

New 24/7 CDC Is Ready for Kids

By DEBORAH R. KALLGREN
NMCP Public Affairs Officer

Dignitaries cut a ceremonial ribbon Jan. 10 officially opening a new ‘round-the-clock child care center at Naval Medical Center Portsmouth. The center began receiving children at 7 a.m. on Jan. 11 and will never close.

“This Child & Youth Center is specifically designed to help ease the burden financially to those second- and third-shift workers that are here supporting patient care in Portsmouth,” said NMCP Commander Rear Adm. Alton L. Stocks. “It extends the normal Child Development hours that don’t normally meet the needs of medical care providers, to include weekends and evenings.”

Last February, ground was broken for the 24/7 Child Development Center, a \$1.5 million facility that provides high-quality educational and recreational programs for children and youth, 24 hours, seven days a week.

The NMCP CDC was created specifically to meet the unique needs of service members and their families. The



Photos by FC3 Jovante' L. Washington

From left, Third District Congressman Robert Scott, D-Va.; Rear Adm. Matthew Nathan, commander, National Naval Medical Center and former NMCP commander; Kecia Brothers, CDC and Child Youth Program; Capt. Charles Melcher, commanding officer, Naval Support Activity; and Rear Adm. Alton L. Stocks, commander, NMCP cut the ribbon in celebration of NMCP’s 24/7 Child Development Center’s grand opening.

24/7 program is available to all active duty military and Defense Department civilians (watchstanders and shift

— See CDC, Page 11



Photo by MC2 Riza Caparros

Millie Brockwell, NMCP’s lead radiology technician, adds to her seasonal mural, decorating the front windows of the Radiology department. Brockwell has been painting since a youngster and has shared her love for art by creating seasonal and scenic paintings on the windows continually throughout her more than 20 years of employment at the medical center.



BMR Advancement Study Sessions Rescheduled

The Basic Military Requirement advancement study session for all rates from Jan. 19 to 21 has been cancelled. The new course dates are Feb. 23 to 25. The courses will still be given in the Bldg. 3 auditorium. No special request chit is required to attend these course. may attend classes as needed. The course schedule will be announced in advance for planning purposes.

Contact HM1 Sean Buckley sean.buckley@med.navy.mil or 953-8621 for more information.

Red Cross Volunteer Applications Available in April

Applications for the summer 2011 Red Cross Volunteer Program will be available April 18 in the Red Cross Office, Bldg. 3, 4th floor, room 4.1-147.

The program is for teens 14 to 17

years old. The program runs from June 27 to Aug. 26. A parent and the teen must have base access. The Red Cross Office cannot sponsor teens to get on base.

The program has room for 30 volunteers, and the positions will be filled as the applications are returned. Applications must be returned by May 20 at 4 p.m. No exceptions can be made for applications turned in after the cutoff or after the quota has been filled.

JEA Talent Show Feb. 24

Calling all singers, dancers, poets and musicians. The 2nd annual Junior Enlisted Association talent show is looking for you! This year's show kicks off at 6 p.m. on Feb. 24.

Children of staff members are welcome to participate. In addition to talent, the JEA is also looking for a funny, outgoing host or hostess and judges.

The application form is available

NAVAL MEDICAL CENTER
PORTSMOUTH IS ON
FACEBOOK AND TWITTER

facebook 

[www.facebook.com/
NMCPortsmouth](http://www.facebook.com/NMCPortsmouth)

<http://twitter.com/NMCP1>

at [https://webapps.mar.med.navy.mil/poddocs/JEA Application.doc](https://webapps.mar.med.navy.mil/poddocs/JEA%20Application.doc). The application fee is \$10.

For information, call 953-7172.

Officer Programs Brief

The Command Career Counselors will host an Officer Programs Briefing on Feb. 11 from 9 to 10 a.m., 11:30 a.m. to 12:30 p.m., and 2 p.m. to 3 p.m. in the back half of the auditorium.

Information and deadlines for applying to officer programs at NMCP including OCS, MSCIPP/PA, MECP and STA-21 will be discussed in depth. Any Sailor wishing to apply to an officer program is highly encouraged to attend this briefing.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to Medical, Dental, Nurse, and Medical Service Corps (active duty and retired) officers and their spouses in the Hampton Roads area. The club is a social and benevolent organization.

We are always happy to welcome new members. For more information on membership, contact Angela Nezat at anezat@yahoo.com.

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
or
757- 953-1973

THE COURIER

COMMANDER

Rear Adm. Alton L. Stocks

DEPUTY COMMANDER

Capt. Darin K. Via

COMMAND MASTER CHIEF

CMDDCM(SW/SS) Carl E. Morgan

PUBLIC AFFAIRS OFFICER

Deborah R. Kallgren

DEPUTY PUBLIC AFFAIRS OFFICER

Rebecca A. Perron

STAFF JOURNALISTS

MC2 Riza B. Caparros

FC3 Jovante' L. Washington

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.

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.

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. 308.

COMMANDER'S CORNER

Best Hospital in the Nation: A New Strategic Vision

Recently, I challenged the executive leadership to develop a strategic vision for the “First and Finest” that will lead the best hospital in Navy Medicine into the future. In doing so, I have implemented several subtle changes and several soon to be significant changes that I think all of you will be excited about.

During the next few months, I will write a series of articles detailing my strategic direction and how each of you will play a vital role in taking this institution from being the best hospital in the Navy to being the best hospital in the nation.

The first change I instituted has had significant impact on your directorate leadership team. What seems like a simple renaming of a leadership body – from the Executive Steering Committee to the Command Executive Board – is more profound. During the CEB meetings, each directorate removes their director

name tag and becomes part of the executive board working for the good of the organization as a whole.

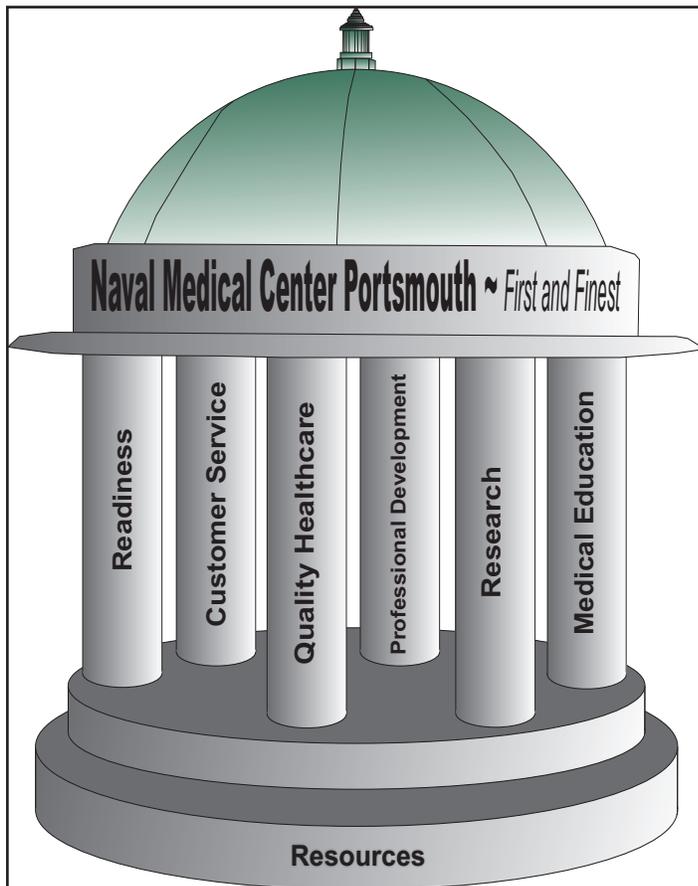
The second challenge I issued was the development of the strategic plan. Too often,

our organization is reacting to a current crisis rather than moving toward future goals. This can result in a series of decisions, which when viewed independently make sense, but when viewed together start to define an organization that is not sure of its direction or future.

To resolve this, the CEB developed our strategic priorities, which compose of six pillars. The six pillars are Quality Care, Customer Service, Professional Development, Medical Education, Research and Readiness. The strategic effects that we are working toward for each pillar, along with measurements to monitor our success, will be developed with your input over the next couple of months following a kickoff in February.

The greatest thing about being your Commander is being able to support and lead you in the great things you do every day. I have challenged the CEB to develop a new strategic structure that fosters your talents, and I am excited by what they have developed.

As we continue to define our final vision, I hope you are as excited as I am in defining the direction of our hospital that, as I said above, will take the best hospital in the Navy to the best hospital in the nation.



As part of the new strategic vision, the pillars represent each area of excellence. The pillars of excellence program will be unveiled in February and officially launched later in the spring.

A handwritten signature in black ink that reads "A. L. Stocks".

A. L. Stocks



Vice Adm. Adam M. Robinson Jr., Navy Surgeon General, swears in Rear Adm. Alton L. Stocks, commander, Naval Medical Center Portsmouth, during the promotion ceremony to rear admiral upper half in the auditorium on Jan. 3.

Stocks Puts on Second Star



Photos by FC3 Jovante' L. Washington
Rear Adm. Alton L. Stocks, commander, Naval Medical Center Portsmouth, stands proud as his family puts on his new shoulder boards during his promotion ceremony to rear admiral upper half on Jan. 3.

SAPR Program Seeks New Victim Advocates

Every month, the Sexual Assault and Prevention Response program trains program victim advocates. The four-day training course is required to become a command advocate, along with 10 hours of refresher

training each year.

The SAPR program is currently looking for donations of clean white t-shirts for Sexual Assault Awareness Month in April. For more information, call HM2 Shamecka Dinkins at 953-7216 or HMC Janine Tobler at 953-1411.

Those who are interested in becoming an NMCP Victim Advocate, contact HMCS Bethea at 953-8537 or email sonia.bethea@med.navy.mil.



Kim Birdwell, left, sexual assault response coordinator from Naval Station Norfolk's Fleet and Family Support Center, speaks to NMCP victim advocates during their monthly training class. There are currently 13 victim advocates at NMCP.

PHOTO BY
FC3 JOVANTE' L. WASHINGTON

Two DRM Members Receive 30-Year Pins

Two members of the Department of Resource Management received their pins in recognition of 30 years of federal service during a department gathering in Bldg. 250 on Jan. 11. Paula S. Abbott, budget analyst, center left, and Judy Peacock, directorate secretary, center, were presented their pins by Rear Adm. Alton L. Stocks, commander, NMCP; Joe Marshall, deputy chief for Resource Management, Bureau of Medicine and Surgery; and Cmdr. Carlos Martinez, DRM director.



By FC3 Jovante' L. Washington

CEOs Impressed with NMCP

STORY BY MC2 RIZA CAPARROS
NMCP Public Affairs

Seven chief executive officers from various non-profit organizations throughout the country visited Naval Medical Center Portsmouth Dec. 16 as part of their annual CEO forum, which was held in Portsmouth.

The CEOs' organizations participate in AbilityOne, which helps blind and severely disabled people gain meaningful employment through the coordination of non-profit organizations.



Photo by FC3 Jovante' L. Washington

PCSI employee Margaret Patterson closes off a women's restroom for cleaning during her afternoon shift on Jan. 14. Patterson has worked at NMCP since PCSI began providing support services to the medical center in April 2010.

“Since the medical facility employs so many disabled people, we wanted meet them in person and see how they were enjoying their work environment,” said George Selby, director of Communications and External Affairs for the federal agency Committee for Purchase from People Who Are Blind or Severely Disabled. “After the tour, I believe the employees are happy to be working and very proud to do the job they were hired to do.”

Mark Wilson, project manager for Professional Contract Services, Inc., oversees the consolidated services contract at NMCP. Through these contracts, the medical center provides employment opportunities for disabled individuals in housekeeping, maintenance, water treatment and other support services.

“PCSI also has a partnership with Veterans Affairs,” Wilson said. “Besides seeking blind and disabled employees, we actively recruit veterans with disabilities. We have 35 such vets on our staff and a total of 135 employees here at NMCP, and we are really proud of that.”

Selby enthusiastically noted NMCP's shiny floors.

“I am very impressed with those who take care of the flooring of this large facility,” he said. “It may be a small thing to all those who walk them, but it is a quiet testament to the hard work and pride the housekeeping staff has in their work.”

“The AbilityOne program provides opportunities for folks that may not have opportunities out in the community,” Wilson added. “Our hospital employees, in my opinion, are the happiest, most productive employees we've ever had.”

PCSI has been providing full facility maintenance services at NMCP through the AbilityOne program since last April. The contract with Naval Facilities Engineering Command to provide services at NMCP continues until 2015.

Doctors, Researchers Attend Multi-National Military Medicine Conference in Nicaragua

STORY BY REBECCA A. PERRON
NMCP Public Affairs

Eight Naval Medical Center Portsmouth staff members recently participated in the 6th Pan-American Regional Congress on Military Medicine in Managua, Nicaragua. The congress is a regional component of the International Committee for Military Medicine and was held from Nov. 29 to Dec. 2. The international committee consists of more than 100 countries and facilitates military medicine collaboration and advances common goals.

The ICMM's main objective is to ensure that medical services throughout the world can work together and use similar practices during operations involving international cooperation. The five regional congresses work toward this goal by sharing scientific and technical experience, developing contacts with the scientific community and by promoting regional events, such as the regional congress held in November.

The trip to Nicaragua gave NMCP substantial positive visibility within the Latin American community.

the leading organization within the Navy and DoD with regard to international military medicine.

The four-day agenda included events to facilitate interaction and cultural exchange between the 128 delegates from 21 nations. To improve the capability of support to joint theater operations in the case of regional crises, the major theme of the event was humanitarian disaster relief. The wide range of topics also covered disaster preparedness, civilian peacetime health care and other military medical topics.

"By attending the congress, we had an opportunity to get together to share ideas on military medicine," said Cmdr. Peter Roberts, director for Surgical Services. "We were also able to improve relations with the Latin American countries who were participating."

Improving relations with Latin American countries is of a growing strategic interest as the U.S. is becoming more involved in humanitarian relief missions in the region. U.S. Southern Command, which is responsible for all U.S. military activities in South and Central America, encouraged participation in the event and helped coordinate NMCP's attendance.

"By fostering this relationship with the member nations of our regional congress, we were also able to continue our commitment to research and education that is so heavily supported by the command and commander, Rear Adm. Stocks," said Cmdr. Timothy Clenney, associate director for Professional Education.

"Participation in international academic meetings provides yet another dimension to our ongoing engagement with theater partners," said Rear Adm. Alton L. Stocks, NMCP's commander. "For this SOUTHCOM-sponsored event, our researchers had a unique opportunity to meet with their counterparts from a number of Latin American and South American countries, building bridges through their common interest in scholarly medical pursuits.

"I think that Cmdr. Clenney did a great job organizing our delegation, and I am very proud of all of our presenters," Stocks continued. "They spoke on a wide range of topics, and they represented Navy Medicine extremely well, making a great impression as I knew they would. Our Navy and our Armed Forces have a variety of ongoing activities in SOUTHCOM Area of



Photos courtesy Cmdr. Peter Roberts

Members of the NMCP delegation to the 6th Pan-American Regional Congress await opening remarks by Nicaraguan President Daniel Ortega. First row, from left, Cmdr. Timothy Clenney, Cmdr. Peter Roberts, Capt. Jason Maguire; 2nd row, Capt. Richard Sharp, Lt. Cmdr. Matthew McLean, Lt. Cmdr. Mike Mooney; 3rd row, Christopher Rennix, Lt. Angel Perez.

Although others were there representing American organizations, NMCP provided the only Department of Defense-organized command delegation and gave the majority of the United States' presentations.

When combined with NMCP staff member attendance at the NATO medical conference held in Lisbon, Portugal, in September 2009, NMCP has positioned itself to be January 2011 - The Courier

— See CONFERENCE, next page

CONFERENCE — *Continued from previous page*

Responsibility, including Navy Medicine participation in humanitarian outreach through MEDRETEs and Continuing Promise. Our academic interactions are another great way to build on these relationships.”

Of the eight staff members, seven were doctors and researchers there to give presentations, with topics ranging from U.S. relief efforts in Haiti to other pediatric and adult medical topics. One member of the group, Lt. Angel Perez, served as translator. One of the doctors, Capt. Jason McGuire, gave two presentations. All eight presentations were well received as evidenced by prolonged question and answer sessions.

The presentation “Department of Defense Influenza Bacterial Coinfections” was awarded second place in the research competition. The research was due to be presented by Ashleigh McCabe of the Navy-Marine Corps Public Health Center; however, she was unable to travel at the last minute. Christopher Rennix of the NMCPHC filled in and gave the presentation.

Members of the delegation also had the opportunity to interact with their professional counterparts from the other nations. The cultural and scientific exchange meant NMCP’s delegation met with flag and very senior level personnel from other countries. Most did not speak English, so the translator was key in enabling the exchange.

“The host countries really do appreciate our presence, since they view us as colleagues and we like to share ideas and systems that work for us,” Roberts said. “They have good information as well, and it’s important for us to see what they can do with their limited resources. By seeing and understanding their capabilities, it will help us understand how to proceed with treatment during a humanitarian mission.

“We now better understand what their standard of care is, and when we are involved in humanitarian assistance, then we would provide a similar standard,” Roberts continued. “Therefore, we would not prescribe a course of treatment that cannot be maintained locally. So this visit gives Navy Medicine insight for strategies for future humanitarian assistance.”

The group gained much of this insight on the last day of the Congress, when they received a briefing on the Nicaraguan military medical system and a tour of the Nicaraguan Military Medical Center. The military hospital, which was built by the U.S. Army Corps of Engineers in the 1970s, still serves as the major medical facility for the entire country.

“Latin American military medical facilities are the premiere hospitals in this region, so some of those present at the Congress are the best the medical world has to offer from their country,” Roberts said. “Because of this, there

is a lot of care given to civilians at military hospitals, and this is especially true for Nicaragua. The tour of the medical facilities was fairly eye opening.”



Timothy Clenney, Associate Director for Professional Education and the leader of NMCP’s delegation, receives a certificate of appreciation for his lecture on “Traumatic Brain Injury and Vertigo” from the session moderator on Dec. 2.

Coordination for NMCP’s participation in such events has fallen under the direction of the Directorate for Professional Education. As the associate director, Clenney has organized and led the delegation for both for the Nicaragua event and the Portugal conference.

Clenney’s efforts to coordinate NMCP’s participation spanned five months, with many days spent communicating with other coordinators who only speak Spanish, as well as working to coordinate which presentations would be made and the translation of those presentations into Spanish.

“The effort that went into our participation was well worth it,” Clenney added. “The insight we gain by attending these types of events is invaluable, and we look forward to Naval Medical Center Portsmouth’s participation in the future.”

ICMM Beginnings

The ICMM was established in 1921 after World War I had revealed the lack of care provided to victims and the need to strengthen cooperation between the health services of the armed forces worldwide. The creation of such an organization was suggested by Capt. William S. Bainbridge, U.S. Navy, and Commander Medical Officer Jules Voncken from Belgium at the 28th session of the U.S. Military Officers Association.

The ICMM’s founding countries were Belgium, Brazil, France, Great Britain, Italy, Spain, Switzerland and the United States. The first international congress of military medicine and pharmacy was held in July 1921 in Brussels, Belgium.

ASBP Donors Recognized during National Blood Donor Month

STORY AND PHOTO
BY REBECCA A. PERRON
NMCP Public Affairs

Local Armed Services Blood Program donors were recognized in Naval Medical Center Portsmouth's Apheresis Laboratory during National Blood Donor Month, with the lab's staff holding a donor open house and a cake cutting on Jan. 13. The lab has been celebrating the January observance for several years as a way to acknowledge their donors.

National Blood Donor Month has been observed in January since 1970 because blood drives across the country see drops in donations during the winter months – a challenge since the shelf life of blood is so short.

To kick off the open house, Capt. Darin Via, NMCP's deputy commander, spoke about the importance of the program and thanked the donors before cutting the cake with one of them.

"You know how passionate I am about blood donations and their use, especially for surgical services in theater," said Via, who returned last summer from a year's deployment to Afghanistan. "Between the hard work by the technicians to process the blood and those who volunteer to give – you are saving lives every day, and you may not really realize you are doing that. Whether it's a trauma pa-

January 2011 - The Courier

tient in the OR, a cancer patient on the ward or elective surgery, blood products are always needed."

Lt. Cmdr. Leslie Riggs, Blood Bank division head, also thanked the donors, saying he was especially appreciative for the repeat donors and those who donate when called because someone with their blood type is in need.

Sally Backues, a frequent donor and an electronics technician with the Navy-Marine Corps Public

times, eight gave more than 50 times and four donated more than 75 times.

Backues is one who donates blood regularly throughout the year, and has been doing so for about three years.

"I donate because I know I am doing something for someone," Backues said. "I come down here to donate at least once a month, and more often when I'm called because I'm a match to someone in need. I also encourage others who work here to donate."

Of the units collected at NMCP, half are used by NMCP patients

or patients at other military treatment facilities, while the other half are used on the battlefield to treat service members injured there. Units are frequently needed by cancer patients, one of whom spoke during the celebration.

"I am extremely grateful to those who donate," said Capt. Jean T. Scherrer, Transfusion Services division head and recent ovarian cancer patient. "I know I was grateful whenever I received a donation. I received four units over the course of a month early last summer. I used to be a donor, and never thought I'd be on

the receiving end. Thankfully, now I'm in remission."

The ASBP provides blood products to active-duty service members and their families receiving care at MTFs worldwide. NMCP is one of 22 ASBP blood donation



Capt. Darin Via, NMCP deputy commander, and Sally Backeua, a frequent donor, cut a ceremonial cake during the open house to celebrate National Blood Donor Month.

Health Center, and Via cut the ceremonial cake. Via then shook each donor's hand and thanked him or her individually for their contribution.

Four donor appreciation plaques were on display nearby, listing the names of the frequent donors. Seven have donated more than 25

— See **BLOOD**, next page

Wounded Warriors Receive ‘Evening of Escape’

STORY AND PHOTO
By FC3 JOVANTE L. WASHINGTON
NMCP Public Affairs

It was a night to remember for three Marines from Naval Medical Center Portsmouth’s Wounded Warrior Battalion-East and one family member who received tickets to see the Broadway Musical “The Lion King” at Chrysler Hall in Norfolk on Dec. 29.

The tickets were part of two-part gift from the Virginia Beach Psychiatric Center, which also included dinner at California Pizza Kitchen at MacArthur Center. VBPC donated the gift for wounded warriors following Wounded Warrior Care month in November.

Chad Sain, military liaison for VBPC, met with Cpl. Wylie Meikle, Cpl. Jonathan M. Gray and



To give wounded warriors and their families a “night of escape” from daily worries, Virginia Beach Psychiatric Center gave tickets to *The Lion King* at Chrysler Hall and sprang for dinner for four at California Pizza Kitchen. From left, Chad Sain presented the gift to Cpl. Wylie Meikle, Maria Valenzuela, her son, Cpl. Jose Galvan and Cpl. Jonathan Gray. Cmdr. Tom Craig had helped coordinate the donation.

BLOOD — *Continued from previous page*
centers and aims to collect 500 to 700 units per month.

To help meet the goal, the lab offers appointments Monday through Friday, with Thursday used for whole blood donations only. Appointments can be made by calling 953-1717 or 953-1730 or visiting the ASBP website at www.militaryblood.dod.mil.

Donations are also collected through an ASBP mobile van that visits area installations four days a week to collect at bases as far north as Fort Lee. The mobile van schedule can also be found at the ASBP site by selecting Blood Donation Centers and then Naval Medical Center Portsmouth. The site allows users to find drives, schedule appointments and track the monthly goal.

Donating whole blood takes about eight to 10 minutes, while donating platelets, red cells or plasma can take longer. Whole blood can be donated once every eight weeks, while the other blood components can be donated more often. One donation can help up to three people.

To donate blood, donors must be at least 17 years old, weigh at least 110 pounds, be without infection or fever, should not be using antibiotics and should generally be feeling well on the day of donation.

Cpl. Jose A. Galvan and his mother, Maria Valenzuela, at the medical center to present the tickets.

“We wanted to do something so memorable for these Marines in the hopes that for one night, a positive event taking place in their lives could counteract the negative that led them to where they are,” Sain said.

Sain accompanied the group to the pizza kitchen for dinner. Then they made their way to their seats at Chrysler Hall.

After enjoying the show, the company manager for *The Lion King* National Tour took the group backstage for a personal tour. They were shown how the show was set up, met the performers and saw their intricate costumes up close, and took photos with the cast.

“I had a really good time,” Galvan said. “The food was great, and the show was awesome.”

“Words can’t really describe how awesome it is to know what they did for us,” Gray said. “It really shows how much they appreciate what we do.”

Yearlong Health, Fitness Programs Set to Help with 2011 Resolutions

STORY MC2 RIZA CAPARROS
AND REBECCA A. PERRON
NMCP Public Affairs

Studies show that 36 percent of New Year's resolutions are broken by the end of January, and that by the end of February, 50 percent have been broken. For those whose resolution is to lose weight, get in shape or just live a healthier lifestyle, the Wellness and Nutrition Management departments and Morale, Welfare and Recreation at Naval Medical Center Portsmouth are offering various programs and activities throughout the year to help everyone reach and maintain their health and fitness goals.

For the Wellness Department, these programs include Right Weigh, StepWell and ShipShape.

The first Right Weigh program is already underway, with the first session nearing completion. The four-week program is not merely a short-term diet; but a program that

promotes long-term health through nutrition, exercise and behavior modification.

"It's all about learning and being aware of what you are doing," said Alice Fitzpatrick, weight management program manager. "This is so you eat better, make better nutritional choices and fit exercise into your schedule."

The Right Weigh class meets on four consecutive Wednesdays at 4 p.m. in the Nutrition classroom, Bldg. 2, 2nd floor, next to the gift shop and main elevators. The program is open to all active duty, civilian employees and adult family members. Future 2011 classes begin Feb. 9, April 6, July 6, Sept. 7 and Nov. 2. To register, call 953-9247.

Another Wellness Department program is the StepWell Walking Program, which is ongoing, open to all NMCP personnel and encourages more walking throughout the day. Participants chart their progress and earn prizes when milestone distances are reached. Many employees can be found walking along the waterside path around the medical center as part of the self-paced program.

During Right Weigh and StepWell, participants receive a health assess-

ment and body fat measurement so they can track their progress. For the ShipShape Weight Management Program, the Wellness Department provides the health assessment, while MWR handles the physical activity portion.

ShipShape is offered only to active-duty Sailors, and is for those who need help to meet weight and body fat standards. Some participants are referred to the program because of physical fitness assessment failures, while other volunteer to attend to help avoid failures.

"ShipShape provides basic information on nutrition, stress management, physical activity and behavior modification techniques so service members can reach and/or stay within Navy standards," said Jennifer Hendrix, MWR fitness assistant. "I like to vary the workouts so when they find an activity they like, it gives them a better chance of sticking to it."

Recent sessions have included spin class, water aerobics and close-quarters aerobics.

"One of MWR's goals is to show ShipShape Sailors that they don't have to come into the gym and slave on circuit machines and



Photos by MC2 Riza Caparros

Members of January's ShipShape class get into the groove during an aerobics class. ShipShape group members meet once a week and participate in a variety of activities to encourage more physical activity.



Jennifer Hendrix, MWR fitness assistant, leads warmups for members of the January ShipShape class.

See **FITNESS** — continued on next page

Remembering Mike Spizzirri **Red Cross Volunteer Passes Away**

American Red Cross volunteer Mike Spizzirri, who had dedicated 25 years of service to Naval Medical Center Portsmouth, passed away Dec. 31 while visiting family in Texas.

Spizzirri began volunteering at NMCP in 1985 and worked in various departments, most recently at the Information Desk.

As his health deteriorated and he used a wheelchair full time, he remained faithful to volunteer Tuesdays and Thursdays, rarely missing a week, so he could give his time to the military members and families being seen at what he called “the finest medical facility, bar none.”

He will be greatly missed by the NMCP family.

NMCP Commander Rear Adm. Alton L. Stocks presented Mike Spizzirri with his 25-year service certificate during the annual American Red Cross volunteer recognition ceremony on June 8, 2010.



Photo by Rebecca A. Perron

FITNESS — *Continued from previous page*
weights to lose weight,” Hendrix added.

The ShipShape program meets on Thursdays for eight weeks. Meetings are from 2 to 4 p.m. and begin in the Nutrition classroom. The dates for 2011 classes are Feb. 17 to April 7, May 19 to July 7, Aug. 4 to Sept. 22, and Oct. 13 to Dec. 8.

In addition to the Wellness Department programs, the Nutrition Department offers a weekly weight management class to help reach or maintain a healthy weight and lifestyle. The class is open to all TRICARE beneficiaries and is given every Friday in the Nutrition classroom from 9 to 10:30 a.m. Each class begins with a weigh-in and contains topics ranging from goal setting and meal planning to handling stress and curbing

mindless eating. There are enough topics to cover six months of classes.

“Our classes are very popular,” said Chris Zirpoli, Clinical Nutrition division officer. “We encourage beneficiaries to show up to a class, and then we’ll give them a schedule for the next six months. This program is a real benefit so participants can learn about nutrition, see a registered dietician and tailor their program to meet their specific needs.”

The department also offers an Introduction to Nutrition class the second and fourth Wednesdays of each month. To attend this class, patients must be referred by their doctor. After attending the class, patients can schedule an appointment with a registered dietician and receive more specialized and individual care.



Photo by MC2 Riza Caparros

Alice Fitzpatrick, NMCP weight management program manager, speaks to attendees of the four-week Right Weigh class. Each week, participants are weighed and discuss ways to eat, exercise and live a healthier lifestyle.

Visit the following websites for more health and fitness information:

Wellness Department
www.med.navy.mil/sites/nmcp/wellness

Nutrition Department
www.med.navy.mil/sites/nmcp/Patients/Clinical-Nutrition

NMCP’s MWR
www.med.navy.mil/sites/nmcp/Partnerships/MWR

Portsmouth MWR’s Facebook page:
www.facebook.com/PortsmouthMWR

Mother of NMCP Staff Member Donates to Wounded Warriors

STORY AND PHOTO BY FC3 JOVANTE' L. WASHINGTON
NMCP Public Affairs

Jan Belz, mother of a Naval Medical Center Portsmouth staff member, donated more than \$500 worth of toiletries and food to the Wounded Warrior Care Program at NMCP Jan 21. as a tribute to their sacrifice and service. Belz's daughter, Lt. j.g. Jessica Belz, clinical resource nurse, Internal Medicine Department, introduced her to the program the week prior during a tour of the hospital's Patriots' Inn.

Belz coordinated the donation through Operation Pinecone, a non-profit organization in South Riding, Va., of which Belz is a member. The organization and its 20 members, who are all volunteers, have sent care packages to service members in Iraq and Afghanistan since November 2005. They have also delivered care packages and gifts to wounded service members and their families at National Naval Medical Center Bethesda, Md., and Walter Reed Army Community Medical Center in Washington, D.C.

"This is only the first of many to come," said Belz. "Our members at Operation Pinecone are so appreciative of what all of our service members around the country are doing for us. As a tribute to the warriors here at NMCP, we have adopted them to become permanent members of our donation list."

The donation included 12 boxes of 26-ounce bags of caramelized popcorn; two boxes stuffed with toiletries including soaps, deodorants, toothpaste, hair products and other personal hygiene items; a few bags of canned soup and other microwavable food, snacks

and treats; 120 "For the Troops 4" audio CDs; and one hand-knitted quilt.

"It really makes us feel great to see the generosity of outside charitable organizations who freely give gifts and care packages like these to help our wounded warriors," said Cmdr. Thomas A. Craig, operation forces medical liaison for NMCP. "It is a testament to how great and caring of a nation we



Lt. j.g. Jessica Belz and her mother Jan Belz donated food and toiletries to Cmdr. Thomas Craig, NMCP Fleet Liason, and residents of the Patriots Inn, Jan.21. The donation was through Operation Pinecone, a non-profit organization which has delivered gifts to wounded servicemembers and their families since November 2005.

live in today."

A first but not a one-time event, NMCP's Wounded Warrior Care Program can expect to see continued contributions from Belz and other members of Operation Pinecone for years to come.

"Volunteers at Operation Pinecone and I plan to return here to NMCP this Valentine's Day and throughout the years to show our continued support," said Belz. "Thank you to all the military members for what they do, and know that there are people out there that see what you are doing for your country and are eternally grateful for your sacrifice."



NMCP's First Baby of 2011

Weighing in at 7 pounds, 3 ounces, Kameron Jerome Hopson was the first baby born at Naval Medical Center Portsmouth in 2011. Kameron arrived at 2:16 a.m. on Jan. 1. He is the third child of Aviation Boatswain's Mate (Handling) Airman Jerrisa Hopson and Aviation Support Equipment Technician (SW) Tarrance Hopson, who returned from deployment on board USS Harry S. Truman Dec. 20.

PHOTO BY MC2 RIZA CAPARROS

CDC — *Continued from page 1*
workers) who work outside customary working hours of 6 a.m. to 6 p.m. The center will particularly be of benefit to Portsmouth-area personnel who work the second and third shifts – times when child care is limited.

The 4,249-square-foot facility can accommodate up to 16 children per shift overnight and ultimately can accommodate 36 during the day, as well as drop-ins when space is available.

The center décor evokes a homey feeling, and has a large kitchen and dining area, play room, living room, a baby room with up to eight cribs, and boys' and a girls' rooms for up to four children in each room. There is also an outdoor play area.

Several parents whose children will use the center attended the ribbon cutting, including Hospital Corpsman Third Class Tamekia Tolar and her husband, Aircrew Survival Equipmentman Second Class Hezekiah Tolar III. Hezekiah works at Norfolk Naval Station and Tamekia works various shifts in the medical center's pharmacy. She's delighted their eight-month-old son, Hezekiah IV, will be qualified for the 24/7 care offered at the NMCP CDC.

"I am ecstatic. This is a really good idea, and really, really needed. I work crazy hours and now we won't have child care issues," Tamekia Tolar said.

The baby has been receiving day care at the New Gosport CDC nearby, which is open 6 a.m. to 6 p.m.,



NMCP's 24/7 Child Development Center has beds for 16 and can accommodate up to 36 children during the day.

but doesn't fit the Tolars' work schedules.

"I'm getting ready to deploy in April, and with her constantly changing schedule, it's hard to find day care," Hezekiah Tolar added. "The cost is based on our income, and it's much cheaper than outside day care."

The couple admired the soft greens and yellows in the gender-neutral baby area. In the girls' bedroom, Hospital Corpsman Third Class Brittany Reese brought her mom and 15-month-old daughter Jaida to see the new facility. Reese works in the Allergy Department at the medical center, and is thrilled her daughter will have day care so close to where she works.

Stephanie White is the program supervisor at the NMCP CDC. She has 20 years' experience at area CDCs and NMCP's Child Wait Center, and is ready for the new center to open. "It's very exciting, but it's been very tiring," she said. Including White, the center will have eight employees to start; staff will be added as needed.

"A lot of people have been calling and asking about the new center. Once they call the Child Placement Program to enroll, it should take two weeks or less to get their child in," White added.

The center is equipped with closed-circuit cameras to monitor every room, and is outfitted with the latest technology. It complies with design and construction requirements and energy performance standards for new federal buildings.

To enroll a child in the 24/7 Child Development Center at NMCP or receive information about available services, contact CYP Resource and Referral at (757) 444-3670. For information about the NMCP program, call (757) 953-7050.

The Navy currently operates 11 Child Development Centers in the Hampton Roads area including three other 24/7 centers. The Navy's Child Development Centers are accredited with the National Association for the Education of Young Children (NAEYC).



HM3 Brittany Reese and daughter, Jaida, explore the girls' room. Jaida is one of the first children enrolled at the 24/7 Child Development Center at NMCP.

Essentris Electronic Medical Record Goes 'Live' at NMCP

STORY AND PHOTO BY FC3 JOVANTE' L. WASHINGTON
NMCP Public Affairs

The newest version of the Essentris Electronic Medical Record system went live at Naval Medical Center Portsmouth on Jan. 18, replacing a less efficient and reliable system. The program went live in Labor and Delivery and is expected to be fully integrated throughout all inpatient wards by the end of April. NMCP is the first Navy medical facility to incorporate the newest version of this software.

Installation of the Essentris system at NMCP has been in the works since November 2009. The new technology boasts a better ability to integrate, organize, calculate and present critical data to reduce errors, save time and enhance quality. It allows physicians to monitor real-time critical care data, such as

Essentris, NMCP's key methods for patient data recording were through the Armed Forces Health Longitudinal Technology Application system and paper records. With the new records system in place, hospitals and their patients can expect a more resourceful system that is both efficient and continuously accessible.

"I am very proud to see the program being utilized at NMCP," said Bill Foley, Essentris system manager. "This versatile system will undoubtedly decrease the amount of time it would normally take to pull up a patient's records using the old paper method, and can be used for almost any setting in an inpatient environment."

"With the introduction of this new system, we hope to have fewer transcription errors, secure file transfers in PDF format, and a decrease in the number of lost patient data from hospital to hospital," said Lisa Gates, Essentris Core Team project manager. "We are the only Navy Medicine site to have had the operation of Essentris be completely successful from the beginning when inputting patient information, which can be directly attributed to the outstanding effort of my team. I couldn't be more proud."

Training has been conducted three times a week for staff since the end of November, with two weekly classes for nurses and one for practitioners, to ensure the system's successful usage. Over the course of the next few months, as one ward goes live, another ward begins its training, until all 10 are using the system by the end of April.

Lt. Louise Candelaria, nurse champion, Directorate for Nursing Services, ensured the overall optimal functioning and implementation of the Essentris system within her directorate.

"This new introduction of this electronic medical record system is really a testament to the transformation of NMCP into the information technology era," Candelaria said. "I'd like to thank all of the staff here and representatives from various organizations for making this such a success."



Dr. Francine Gaillour, Essentris consultant, demonstrates how to use the new Essentris Electronic Medical Record system to Katrina Brown, ward clerk, and Monique Tynes, registered nurse, both of the Neonative Intensive Care Unit. The software decreases the time it takes to pull up a patient's records using the old paper method and provides continual accessibility to records at medical facilities nationwide.

heart rate and fetal disposition, while interfacing with the Composite Health Care System.

The Essentris servers create and store all clinical documentation with real-time data backup for each transaction. The data may then be collected and analyzed to manage either single patient care or care for an entire population.

Success of Medical Board Team Leads to Four Consecutive Pipeline Awards

For the past 20 years, Williams has been by Mitchell's side to

STORY AND PHOTO BY FC3 JOVANTE' L. WASHINGTON
NMCP Public Affairs

Since 1990, both Carol Y. Mitchell, supervisor of Medical Boards, and Zandra R. Williams, the assistant supervisor, have been knocking homeruns out of the park with their successful transition of limited duty Sailors by processing them through the physical evaluation board process efficiently.

support the rest of the team.

"It has been an honor working with Ms. Mitchell," said Williams. "She follows the guidelines to the 'T' and knows almost every process and requirement. She ensures that all of her members and I are thoroughly trained and continually updated on changes."

The efficiency of their work has been helped by the new Integrated Disability Evaluation System, which was developed by the Bureau of Medicine and Surgery and has been in place at NMCP since March 31. It is designed to speed up the process of transitioning limited duty personnel.

Using the new system, Mitchell and Williams have helped reduce patient wait times by 35 percent, causing NMCP to outperform all other Navy medical assets using the program by 50 percent. The team has become so efficient, they have earned the fourth Certified Pipeline Movers Award in a row.

"One of the reasons our program has grown to be so successful here at NMCP is because of our use of convening authorities," said Mitchell. "Having the option of getting an authorized signature in the absence of the commander keeps the paperwork moving

and our program fast and effective. We have cut the rate of completion from 14 days down to two."

The efficiency of the team has also been helped by the addition of a Veterans Affairs Office and other services at NMCP. Mitchell and the team were instrumental in the integration of the VA office – the first-ever joint venture cooperation between the Navy and the VA – and other services, such as a Safe Harbor office.

The groundbreaking idea of the VA being co-located with these other service is now being implemented at other medical facilities, which, along with the upgraded IDES system, must be completed by December 2011.



Carol Y. Mitchell, left, supervisor of Medical Boards, and Zandra R. Williams, the assistant supervisor, and their team's work have been recognized and awarded for almost 19 years by the Certified Pipeline Movers Award. The award recognizes the efficiency of the processes involved with transient personnel who have been entered into the Disability Evaluation System.

Mitchell, Williams and their team's work have been so well noticed, that they have been recognized almost every year for the past 19 years by the Transient Monitoring Unit at the Navy Personnel Command in Millington, Tenn., with the Certified Pipeline Movers Award. This award recognizes the efficiency of the processes involved with transient personnel who have been entered into the Disability Evaluation System.

"I give full credit to all the members of my team who work hard every day to make sure the job gets done properly," said Mitchell. "I would not be able to receive this award without the proper support, staff and leadership."

MWR SPORTS PROVIDES FUN, FRIENDLY COMPETITION



Winter B-ball League

The NMCP Runners (in white jerseys) lost 40-38 to the NMCP Outlaws during a face-off on Jan. 10 at the Bldg. 276 gym.



The winter basketball league began its double elimination tournament Jan. 31.



This season, there is a 20-team roster making up the MWR winter basketball league.

PHOTOS BY MC2 RIZA CAPARROS

Soccer Tourney

Most of the team members participating in the soccer tournament are from NMCP; however the tournament also has one Coast Guard team and one team made up of service members stationed at Naval Station Norfolk.



Portsmouth MWR Indoor Soccer league attracted nine teams. The Boca Juniors, composed of service members from NMCP, are currently undefeated.



Players from MWR indoor soccer teams AC Milan and Arsenal's played a round robin seeding game on Jan. 11 to try to move on to the triple elimination tournament. AC Milan beat the Arsenal's 6-1. The league will hold a tournament in late February to determine the championship team.

University of Michigan Professor Speaks during Grand Rounds

STORY AND PHOTO BY MC2 RIZA CAPARROS
NMCP Public Affairs

Dr. Gregory L. Henry, clinical professor of Emergency Medicine at the University of Michigan Medical School in Ann Arbor, shared his wisdom in the field of emergency medicine and human interaction during his hourlong “Grand Rounds” lecture on Jan. 5 at Naval Medical Center Portsmouth. Henry is nationally recognized for his expertise in these areas and was invited to speak about them.

Grand Rounds are held monthly at NMCP and hosted by various departments. While the topic and host vary, the unified goal is to educate and train NMCP personnel. Henry, who is recognized for his more than 30 years of service in the field and for helping to legitimize the specialty of emergency medicine, spoke to NMCP staff about ways to engage patients and minimize malpractice suits.

During his lecture, “Human Interaction: Ways to Prevent Malpractice,” Henry reminded doctors, nurses and other health care providers about the importance of interpersonal interaction and understanding their patients’ expectations.

“Medicine is an art, a science and a business,” Henry said. “It is a service industry where you must understand the service you are giving to your customer. In order to be effective, the doctor must be able to gain and keep his patient’s confidence and discover what they really want out of their visit.”

“Dr. Henry takes very high concepts, distills them down and delivers them in a concise way that is very real and memorable to his audience,” said Dr. Rob Marshall, lecture coordinator and NMCP associate program director for Medicine Residency.

Capt. (sel) James Hancock, NMCP director for Medical Services, enthusiastically described his feelings about the presentation.

“Dr. Henry is one of the finest speakers I have ever met,” said Hancock. “He is very engaging and entertaining in a way that his audience forgets they are there to learn something.”

Henry’s ability to teach and entertain was a key reason why Marshall called upon him to speak at NMCP.

“In medicine, interpersonal interaction is a vital com-

ponent to attaining our goals, and we must remember the important aspects of that interaction,” Marshall said. “Dr. Henry explains the importance of the patient/doctor

relationship in order to reach the mutual goal, which is, in the end, a patient satisfied with his treatment.”

“As health care providers, we all need to be reminded of these lessons,” Hancock added. “Our interactions with patients, with each other – we have to communicate in a way that brings positive results.”



Dr. Gregory Henry, clinical professor at the University of Michigan and expert on emergency medicine and human interaction, engages his audience of health care providers on Jan. 5 during January’s Grand Rounds lecture.

Henry’s lecture was telecast to some of NMCP’s branch clinics, including Dam Neck, Sewells Point, Oceana and Boone. There were 107 registered health care providers who earned one continuing medical education credit toward their yearly requirement after attending the lecture.

Female Uniform Focus Group Set for March

The Chief of Naval Personnel has endorsed a proposal by Navy Uniform Matters and Women’s Policy Division to conduct female uniform focus groups to establish a baseline for female uniform concerns that will be addressed in a fleetwide survey.

Naval Medical Center Portsmouth’s focus group is scheduled for March 3 and consists of 4 sessions. Each session will be two hours.

E7 - E9 – 8 to 10 a.m.

01 - 03 – 10 a.m. to noon

E1 - E6 – 1 to 3 p.m.

04 - 06 – 3 to 5 p.m.

Those who would like to participate should contact HMCS Kimberly Coore or HMC Belinda Daniels.

JANUARY AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Mary Riggs
Cmdr. Pamela Stout

NAVY AND MARINE CORPS COMMENDATION MEDAL

Cmdr. George Newton
Lt. Cmdr. Miguel Argumosa
Lt. Cmdr. Amy Hubert
Lt. j.g. Jonathan Oakes
HMCS(SW/FMF) Joseronaldo Ocampo
HMC(SW/FMF) James Hill, III
HMC(SW/AW) Gonzalo Rivera
HMC(SW/FMF) Brian Wood

ARMY COMMENDATION MEDAL

HM2 Juan Cabrera

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Warren Cantrell
Lt. Anthony Coleman
Lt. Erik Hardy

Lt. j.g. Claire Vidrine
HMC Mitchell Hoffarth
HM1(SW) Jason Camiling
GM1(SW) Duane Childs
HM1(FMF) William Dalton
HM1(SW) Cheryl Dasilva
HM1(FMF/SW) Alexander Erickson
MA1(SCW) David Hayes
CS1(SW/AW) Khalil Mayes
CS1(SW) David Thaler
HM1(FMF) Brent Turnwall
HM2 Adrian Cassanova
HM2 Christopher Gallagher
CS2(SW) Marcela Ganoza
HM2(SW/FMF) Alfredo Guerra
HM2 Danielle Molloy
HM2(SW/AW) Tenika Turner
HM2 Paulen Ware
HM3 Brandi Gonzalez
HM3 Kaimeco Fairfax

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Caren Smithson

Where Are They Now?

NH Pensacola Doc Named AAP 'Pediatrician of Year'

Pediatrician Lt. Nicholas "Nick" J. Wells, a recent pediatric residency graduate from Naval Medical Center Portsmouth, has been named the Uniformed Services University Chapter East of the American Academy of Pediatrics' Young Pediatrician of the Year. Wells was nominated for the award by NMCP's Pediatric Residency Program Director, Capt. Tim Porea.

Porea has known Wells – now stationed at Naval Hospital Pensacola, Fla. – for about nine years and says he was "aware of the good work he did with us in all aspects – both patient care and research – as well as his own learning.

"I have kept in touch with him during his tour at Pensacola and learned of all the good things he has done," he continued. "We're proud of him and I am glad to see he has jumped right in during his first staff tour to take on so many important responsibilities."

Lt. Nicholas Wells was a resident in NMCP's Pediatrics Department from July 2006 to June 2009.



Photo provided by Naval Hospital Pensacola

The Courier asks What is your 2011 Resolution?



HN Antwain Alston
Oncology Department

“To never miss out on an opportunity and accomplish all the things I couldn’t accomplish last year.”



HMCM Dana Goodwin
Directorate for Administration

“To lead by example in pride and professionalism for all of the shipmates here at NMCP and around the fleet.”



Lt. Cmdr. Teresa J. Devitt
Staff Education and Training

“To establish, implement, and maintain good organizational skills.”



HM2 Danielle Lowe
Fleet Liaison

“To train, compete and place in a triathlon.”



HM3 Morel Contreras
Command Center

“To further my education and dedicate myself to furthering my education.”



Dalerie Thomas
Medical Staff Services

“To be a ray of sunshine to everyone around me.”



Rev. Jerry Shields
Pastoral Services

“To cherish each day of the new year with positive possibilities.”

JANUARY MENTOR OF THE MONTH

Hospital Corpsman First Class Colwyn Wiltshire, the leading petty officer for the Intensive Care Unit, has a diverse Navy career that covers 13 years, and includes Dam Neck Branch Health Clinic, The Basic School at Marine Corps Base Quantico, USS Kitty Hawk, Mobile Security Squadron Det. 21, Naval Special Warfare at Dam Neck, and Naval Special Warfare Group 2 at Little Creek.

Because these duty stations were away from the hospital and its available resources, Wiltshire had to develop a lot of personal initiative, learning how to do his various jobs by discovering problems and seeking out answers on his own. Despite his varied background and job experience, he admits he had a steep learning curve taking over as LPO of ICU. A firm

believer in leading from the front, he credits his chiefs and his chain of command in supporting him to learn how to get his job done, both here and at his previous commands.

Wiltshire’s leadership style includes an open-door policy and setting a good example. He believes in paying forward the benefits he has had from open communication both up and down the chain, and taking care of Sailors so they too can succeed. As evidenced by his own professional background, HM1 encourages Sailors to think broadly.

Would you like to become a mentor or find a mentor? Check out the Mentor Program on the Intranet to find valuable information about mentoring at NMCP. Go to the directory website map and look under “M” to learn more and join the Mentor Program today. Everyone is welcome.



Photo by FC3 Jovante’ L. Washington