



July 2011

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Wheelchair-Bound Yoga Instructor Helps Marine Det. — Page 11

SARP Portsmouth Opens Doors at New Location

STORY AND PHOTOS
BY MC2 NIKKI SMITH
NMCP Public Affairs

Naval Medical Center Portsmouth's Substance Abuse and Rehabilitation Program officially re-opened its doors during a ribbon-cutting ceremony at the new location at NMCP on June 23.

SARP moved from its location at Naval Station Norfolk to the former schoolhouse at NMCP to be closer to the hospital and more convenient for members to have access to medical care while in the program. Their new location also offers better facilities, a liberty center, and allows staff to capitalize on resources that NMCP offers. Training opportunities

and more interaction with the directorates at the hospital also make their new site a prime location.

"This building represents our care for the fleet, our care about the staff here and the care we have for our Sailors, Soldiers, Airman and Marines in need of the services," said Rear Adm. Alton L. Stocks, NMCP commander. "This is about taking care of our patients and keeping the Navy and military strong."

The ceremony featured guest speaker Chris Young, a SARP group counselor and retired Navy senior chief, who said that working at SARP feels like he has come full circle.

"This program saves lives

— See SARP, Page 5



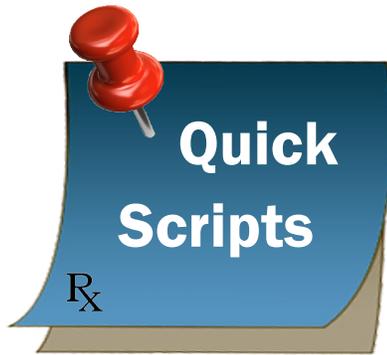
Lt. Cmdr. Eric Pauli, SARP department head; Rear Adm. Alton L. Stocks, NMCP commander; and Capt. Kevin R. Kennedy, director of Mental Health Services, cut the ribbon during SARP Portsmouth's opening on June 23.



Photo courtesy the CMC's Office

Master Chief Theatre Rated PG — Pretty Great!

It was a delightful evening under the stars June 24 as families eagerly awaited the showing of "Diary of a Wimpy Kid: Rodrick Rules" during the first Master Chief Theatre at the NMCP ballfield. Popcorn was free courtesy of the Chief Petty Officers Association. Other refreshments were sold to benefit the holiday party in December.



Command Picnic Sept. 2

The annual command picnic is set for Sept. 2 on Hospital Point from 11 a.m. to 2 p.m. Tickets prices are \$3 for an individual. Families of four or more are \$2 each person. Children 3 and under are free. Tickets will go on sale in August.

Free Wi-Fi

NMCP now offers free Wi-Fi in all patient waiting rooms and inpatient wards including labor and delivery. For additional information, contact the Communications Office at 953-5999. Connectivity issues should be addressed to (800) 257-6290.

Recreation Committee Members Needed

The Morale, Welfare and Recreation Committee is looking for dedicated Sailors to help support command morale. They are responsible for events such as the

command picnic in the summer and the annual holiday party in December.

Meetings are held every Monday at 2 p.m. in Bldg. 3, 2nd floor, classroom 3. Those who are interested should contact HMC Rinschler at 953-4882.

Marriage Enrichment Workshop

The Prevention and Relationship Enhancement Program's next workshop is Aug. 9 in NMCP's Main Chapel.

The program teaches couples healthy communication skills and ground rules for handling conflict and promoting intimacy. Its purpose is to prevent future marital problems including violence and divorce.

For more information, call 953-5550.

Nationals vs. Mets

Morale, Welfare and Recreation is offering a Nationals Baseball Shuttle on

July 31 for military members and guests 18 years and older. Space is still available. To sign up, contact River's Edge Liberty Center at 953-5081 for further details.

MWR events

Morale, Welfare and Recreation has many events scheduled to further the command's fitness goals and increase camaraderie. Upcoming events include:

July 27: Sit-Up/Push-Up Challenge

Aug. 2: Ping Pong Tournament

Aug. 13: Intramural Flag Football Tournament

Aug. 15: Soccer League

Aug. 27: Soccer Tournament

For more information, call MWR's Fitness Office at 953-7024.

Oakleaf Club Open to New Members

The Oakleaf Club of Tidewater is open to medical, dental, nurse, and medical service corps — active 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 membership information, contact Angela Nezat at anezat@yahoo.com.

NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Ombudsman Team is here to help those attached to NMCP or its branch health clinics when you or a family member are preparing to deploy!

The monthly pre-deployment brief is held the 3rd Tuesday of each month at 9:30 a.m. 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

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DEPUTY COMMANDER

Capt. Darin K. Via

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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.

Those who wish 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, with photos submitted separately from the document and in jpeg, bitmap or tiff format.

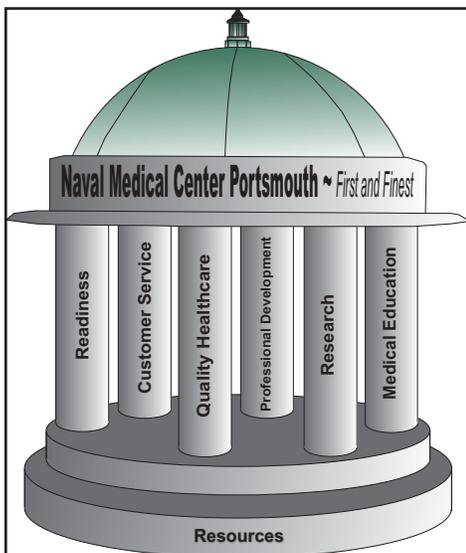
The Public Affairs Office is located in Bldg. 1, 3rd Deck, Rm. C308.

COMMANDER'S CORNER

Provide Exceptional Service

The final pillar covered in my series of articles highlighting the new strategic plan is Customer Service. The objective of this pillar is to “Provide Exceptional Service.” There are two things that I’d like to emphasize about that statement. The first is the word “exceptional.” Exceptional goes beyond just being friendly or good. Exceptional is outstanding, incomparable, extraordinary. The second thing that I’d like to point out is that the objective ends without identifying a population or group. It does not say “provide exceptional service to our patients or beneficiaries.” It is intentionally vague. It applies to each and every member of this command. Regardless of the population you serve — internal customers or external customers — you should always strive to provide exceptional service.

There are three effects that we will focus on to meet our objective. The first goal is to “exceed expectations through proactive engagement.” In order to have service excellence, we have to understand what our customers expect, and



Part of the new strategic vision, the pillars represent each area of excellence. The pillars of excellence program were unveiled in March and launched May 24.

then we must narrow the gap between their expectations and their experience. We want to cultivate a sense of loyalty by meeting with target populations, such as ombudsmen, local commands, spousal and beneficiary groups, and local communities and organizations.

We will strive to eliminate some of the top barriers reported by our patients, such as parking and pharmacy wait time. Finally, we will ensure that patients have timely access to information and services. Not all patients require appointments; many just want information that can be delivered through a variety of mechanisms, including phone calls and secure email messages. For those who do need appointments, we will strive to improve access and availability.

The next effect is to “empower all staff to guarantee a culture of service.” Having a strong, positive culture of service is what makes patients feel like they want to come here for their care and not like they have to come here for their care. A culture of service is what makes organizations like Disney and the Ritz-Carlton stand out among their competition. We will set a standard by defining and incorporating a set of Service Behavior Expectations into the organization.

These expectations will eventually be incorporated into position descriptions and statements of work, and training will be provided through a variety of mechanisms. Once we set the standard, we have to live the standard. The pillar team is working to develop an individual evaluation tool that can be used at all mid-cycle reviews for all staff types. In addition, there will be random spot checks to evaluate the culture of service in a particular workspace.

The third effect focuses on using feedback to improve our services. We will do this by increasing participation in surveys and feedback mechanisms and then exceeding recognized bench-



marks for service excellence. Locally, we rely on ICE surveys to help us tailor our services. The feedback is timely and actionable. ICE utilization is increasing each month and individual departments have the ability to add their own questions in order to drive performance improvement. In addition, we are working with BUMED to improve the Navy Medicine Monitor. We cannot dismiss the data that comes from the Monitor because it is often used to compare us with the other military treatment facilities. We want to be ranked first among the three large medical centers for overall patient satisfaction. After all, we are the first and finest.

Some people mistakenly believe that customer service only applies to the “front line” staff, such as those who greet us at the gate, check patients into the clinics, or answer phone calls and book appointments. Every person in this command interacts with at least one other person on a daily basis. Each one of you is “the front line” for someone else. Each one of you contributes to the Naval Medical Center Portsmouth experience. Most importantly, each one of you can make a difference.

A. L. Stocks

A. L. Stocks

An NMCP First

'Don't Drink and Drive' Campaign Stresses Command's Zero Tolerance

By MC2 RIZA BRIGHAM
 NMCP Public Affairs

Naval Medical Center Portsmouth began its first Don't Drink and Drive Campaign June 29, drawing attention to the command's commitment to zero tolerance, specifically timed to help staff members stay safe for their 4th of July celebrations.

The auditorium was packed for guest speaker and Virginia State Trooper Joseph Zyra, who spoke about the many dangers and risks of drinking and driving.

careers and their own life," Zyra said. "People sometimes think they are going to get off (if arrested) or they are not that intoxicated, or they are not aware there are taxis available.

"It's an important issue to press — even alcohol companies have added the 'don't drink and drive' message to their commercials," Zyra continued. "We can't make it go away completely, but we can help inform people so they can make informed decisions. Information is key. You can have fun without driving drunk."

NMCP leadership, the Safety Department and the command Drug and Alcohol Program Advisor collaborated to bring the campaign together quickly. The goal was to inform service members, staff and patients alike of the risks ahead of the holiday weekend.

"We will continue to stress the importance of DUI prevention by offering training and new ways to motivate people to not drink and drive until there are no more incidences," said Command DAPA, Chief Hospital Corpsman (SW/AW/FMF) Deborah Richard. "Until that day comes, our job will not end."

The presentation was video teleconferenced to all branch health clinics. NMCP's command master chief, CMDCM (SW/SS) Carl E. Morgan, said reaching out to Sailors and constantly reminding them of what is expected, both for their own safety as well as the safety of those around them, is key and will not stop.

"Our command is committed to the safety and well being of everyone assigned to Naval Medical Center Portsmouth," Morgan said.



Photo by MC1(SW/AW) Steven J. Weber

HN Philip Azanusoetor attempts to walk a straight line while wearing goggles that simulate drunkenness as MA2(SW/EXW) Jerry Bonham stands by to ensure he does not fall.

"People just don't seem to realize that if they do (drink and drive), they risk detrimentally impacting their families, their

DUI FACTS

It is illegal to drink alcohol under the age of 21 in the U.S. It is illegal to drink and drive.

In Virginia, you can be convicted of Driving Under the Influence without any other evidence if you register .08 or above Blood Alcohol Concentration in a Breathalyzer. Generally, .08 is the equivalent of four beers, mixed drinks/shots or glasses of wine consumed in an hour. Driving is impaired well before reaching this level.

DUIs are costly even for a first offense: jail time, court and lawyer costs, suspension or revocation of driver's license, fines and relying on others for rides. Once a driver's license can be regained, insurance costs are astronomical. Would you insure a drunk driver?

A cold shower or cup of coffee does not sober a drinker up; you just end up with a wide-awake drunk.

Following the presentation, the command DAPA and several community organizations set up 14 displays illustrating various aspects of drinking and safe driving and boating. Safe Ride program cards were distributed to active-duty command members. The program provides a free cab ride home for active-duty staff members who have been out drinking. The cost is picked up by the Safety Department.

"With the Safe Ride program, there is no excuse for drinking and driving," said Art Vogel, safety officer. "The command will pay for costs involved in getting our service member home safe. That is a small price to pay for the safety of our own."

"This active duty Safe Ride card is just another opportunity for us to honor our commitment to you," Morgan said.

— See DUI, next page

Command Ceremony Awards 32

The monthly Command Awards ceremony was held June 16 and recognized 32 staff members. Awards included two meritorious service medals, six Navy commendation medals, seven Navy achievement medals, four certificates of commendation and seven good conduct medals. Six staff members were recognized for their contribution to the new pillars strategic plan.



Photo by MC2 Nikki Smith

Staff Do Their Part to Help Blood Supply



Photo by MC1(SW/AW) Steven J. Weber

IT3 Jonathan Hoshal watches TV while donating blood in the Armed Forces Blood Program bloodmobile on July 5 at NMCP. AFBP blood drives are a primary means to help fight low blood supplies.

DUI — *Continued from previous page*

“Now we ask each of you to honor your commitment to your safety.”

As part of the kickoff, an “Operation Responsible Sailor Contract” was presented to each service member. In the contract, the member agrees not to consume alcohol if under the legal age to drink, to drink responsibly if of legal age and to use a designated driver or the Safe Ride card when needed.

By fulfilling the stipulations of the contract, the member will earn a three-day special liberty for every three months the individual remains DUI-free. Members will earn an additional four-day special liberty for every 96 days all command staff members remain DUI-free.

While the rewards of the contract are appealing, the ramifications for driving under the influence are harsh. In addition to court, legal and insurance costs and fines, and the possibility of a revoked or suspended driver’s license, NMCP’s response is unequivocal.

“It is going to be my recommendation that if you get a DUI, your career is over,” Morgan said.

“What we are trying to do is prevent DUI incidents from occurring,” Richard added. “Our goal is to keep our Sailors, their families and our community safe. If this is what it takes to do so, then so be it.

Your Blood Donation is Needed

NMCP needs more than 70 donors each month. Your donation counts as volunteer time. Platelet donations will receive snacks, a meal pass for the galley and a half day liberty chit (active duty). Call the Blood Bank at 953-1717 or 1730 to schedule an appointment to donate.

The Navy's Newest Docs

78 Interns Graduate

BY MC1 ELIZABETH ST JOHN
 NMCP Public Affairs

The Naval Medical Center Portsmouth Intern Class of 2010-2011 graduated from their first year of post-graduate training on June 30. This year's class represents the 87th consecutive year that the Navy's Graduate Medical Education program, which began in 1924, has graduated fully licensable physicians to serve the fleet around the world.

Adm. John C. Harvey Jr., Commander, U.S. Fleet Forces Command, was the guest speaker to the audience of 78 interns and their family, friends, colleagues and shipmates.

"This is a great day, this is a big deal," Harvey said. "I hope each and every one of you feels a tremendous sense of pride. You have worked very hard to be in these seats. I commend all of you for your hard work and the commitment you have made."

Harvey, whose father and grandfather were both physicians, gave the graduates words to remember as they headed out to begin the next phase of their journey.

"Your success will depend on what is in your heart and the content of your character," he said. "Never lose an opportunity to learn and never lose an opportunity to do good."

As first-year medical officers, the interns began this part of their journey 13 months ago, and have now completed internship training in Internal Medicine, Obstetrics and Gynecology, Orthopedics, Otolaryngology, Pediatrics, Psychiatry, Surgery and the Transitional Year programs. Unlike civilian programs, NMCP's interns are also trained to serve their country as officers as well as physicians. They have completed a rigorous program of general medical training to support the nation's



Photo by MC1(SW/AW) Steven J. Weber

Adm. John C. Harvey Jr., Commander, U.S. Fleet Forces Command, addresses the audience during the Naval Medical Center Portsmouth Intern Class of 2010-2011 graduation, for which he was the guest speaker.

military forces and are now eligible for their medical license.

To accomplish this, life for an intern can be very challenging.

An intern's work week is typically 80 hours worked over six days a week. Their day routinely begins at 4:30 a.m., and the first order of business is to see patients during rounds. Then they assist in various clinics or the operating room. Toward the end of the day, interns do rounds again before turning over to the night team. Throughout this hectic day, they must also find time to study as they are constantly being questioned and tested by the hospital's staff and faculty.

"During your intern year, you're kind of like the work horse of the hospital," said Lt. David Glassman, a graduate and former Navy helicopter pilot who will remain at NMCP for a residency in orthopedics. "It's the interns who take care of the patients day to day."

Despite the hard work, the fatigue and the time spent away from family and friends, these docs agree that their internships have been an extraordinary experience.

"It's been an incredible year, very emotional," Glassman said. "I'm very grateful for the opportunities that NMCP has offered this past year. There have been lots of chances to learn. I can't say 'thank you' enough to the GME staff and the intern coordinators and directors that have made all of this possible for all of us."

Lt. Michelle Bilbao, who will stay at NMCP for a residency in obstetrics/gynecology, agreed that her internship was rewarding and the quality of the NMCP staff made it possible for her to excel.

"It was a lot of hard work, but I benefitted from it immensely," she said. "We are blessed to have such excellent faculty at NMCP. I learned from the staff regardless of what rotation I was on."



Photo by MC1 Elizabeth St John

NMCP's Intern Class of 2010-2011 after they received their diplomas during the graduation ceremony in NMCP's auditorium on June 30.

— See *INTERN*, next page



Volunteers Make a Splash during Command Picnic Fundraiser

HMCM (DSW/EXW/SW) James Nobles, NMCP deputy command master chief, was the first to get dunked July 15 as part of a Moral, Welfare, and Recreation fundraiser, which raised \$761 for the NMCP's command picnic.

Photo by MC1 (SW/AW) Steven J. Weber



Capt. Peter Roberts, NMCP acting deputy commander, takes a plunge as he is dunked by HM1 (SW/AW/ FMF) Sean Hurley.

The MWR Committee sponsored the dunk tank to raise money for the command picnic, which is slated for Sept. 2. Sixteen people signed up to get drenched for a good cause.

Photo by MC1 Elizabeth St. John

INTERN — *Continued from previous page*

Although civilian internships are more specialized, Navy internships have to be more diverse because many will go straight from their internship to the fleet, and they need to be skilled in all areas of medicine. They may serve on ships, with Marine units or at various naval hospitals and clinics around the world. Some will serve as flight surgeons or specialize in undersea medicine.

Those who do not go to the fleet right away will receive further training through residencies in pediatrics, internal medicine, radiology and psychiatry.

As usual, the class included several Air Force interns who will remain at NMCP to specialize in pediatrics. Portsmouth began accepting Air Force interns when Hurricane Katrina devastated Keesler Air Force Base in 2005 and the intern class there was forced to close.

No matter what military affiliation, what field they go into or

where they may be stationed, this class now shares a bond – a common experience that will always be remembered.

“I’m walking away with lots of really good friends,” Glassman said. “Many of us are very close after this year together.”

“What I’ll remember most is the camaraderie of my class,” Bilbao said. “We really treated each other well and worked collectively as a team to excel.”

Twenty-eight will remain at NMCP to pursue a three-year residency to become specialists in their field of medicine; 13 are assigned to Camp Lejeune, N.C.; 23 will be flight surgeons; and nine are assigned to Undersea Medicine at Naval Submarine Base New London in Groton, Conn.

Other assignments include tours as general medical officers on ships such as USS Kearsarge, USS San Antonio, USS Arlington and USS Ponce. Others will serve with Marine units or at naval hospitals and medical facilities in California, Florida, Washington, Alaska, Guam and Guantanamo Bay, Cuba.

2010 Vikki Garner Quality Care Award

TAOSS Clinic Wins, Provides Unique Therapy Mix

By REBECCA A. PERRON
NMCP Public Affairs

The Trauma and Operational Stress Services Clinic received the Fall 2010 Vikki Garner Memorial Award for Excellence in Quality Improvement June 30, recognizing the clinic for dramatically improving Naval Medical Center Portsmouth's ability to care for patients with operational stress and traumatic life experiences.

NMCP deputy commander, Capt. Darin Via, presented the award to Dr. Suzanne Dundon, TAOSS director, Cmdr. Michael L. McClam, TAOSS division officer, and Alejandro Alcalá, TAOSS program manager.

The 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 Quality Improvement, and who is remembered for her contributions to the culture of excellence at the medical center.

The recognition for TAOSS comes as the clinic is in the final throes of establishing a unique environment for using evidenced-based therapies to treat

patients who have post-traumatic stress disorder, have been the victim of a sexual assault, or have experienced another traumatic event — anyone who may benefit from this specific type of therapy.

The clinic has more than 1,300 patients and is set to become a regional center of excellence for the treatment of traumatic injuries and operational stress by collaborating and coordinating care, and will be the first of its kind and a first choice to care for individuals with these types of experiences.

"Our clinic did not exist just three years ago — the services we gave for psychological trauma were arranged through a patient's doctor," Dundon said. "We recognized there was a whole array of resources out there and cognitive therapy available that could provide better care if we offered them in a centralized location.

"We needed a way to schedule patient appointments, manage the therapy equipment and patient care, and track their progress all together," Dundon added.

In early 2008, no evidenced-based therapies were offered to patients at NMCP with psychological injuries. Some patients were sent to other facilities for therapy, and there was concern that the number of patients placed in a limited duty status because of unresolved

issues would increase. Beyond all that, the average wait time for an appointment was four to six weeks, once referred. There was room for improvement.

As Dundon developed a centralized program, she met Alcalá, who had just returned to NMCP as a civilian psychological technician. A former hospital corpsman, Alcalá spent three years at NMCP as a psych tech before a tour at the U.S. Naval Hospital Sigonella as the intake petty officer.

"I saw a lot of individual augmentees coming through Sigonella," Alcalá said. "I met people coming back from theater who were experiencing symptoms. At the time, there was not a lot we had to offer them. Later, when I met Dr. Dundon, the lights went on for both of us how this evidenced-based therapy can really be helpful. We figured out the way to get it going at NMCP, and it's still evolving."

In 2008, the new clinic was named the Prolonged Exposure Clinic, where patients received PE therapy. PE is a form of behavior therapy designed to treat PTSD by re-experiencing the traumatic event in a safe setting with a therapist. The Department of Defense and Veterans Affairs consider this the preferred treatment method.

— See TAOSS, next page



NMCP deputy commander, Capt. Darin Via, presents the Fall 2010 Vikki Garner Memorial Award for Excellence in Quality Improvement to Dr. Suzanne Dundon, TAOSS director, Cmdr. Michael L. McClam, TAOSS division officer, and Alejandro Alcalá, TAOSS program manager, on June 30.

Photo by MC2 Nikki Smith

Hospital Corpsmen Celebrate 113th Birthday



CMDM(SW/SS) Carl E. Morgan, NMCP command master chief; HMC(FMF/EXW/SW/AW) Thomas Kaptur, Dam Neck Branch Health Clinic leading chief petty officer; and HN Kady Donn, Directorate for Surgical Services, cut the cake to celebrate the Hospital Corps' 113th birthday June 17 during a ceremony in the galley.

Photo by FC3 Jovanté L. Washington

TAOSS — Continued from previous page

The clinic's name was changed to the PTSD Clinic in 2009, but Dundon determined the name could be limiting referrals to the clinic for patients who did not have PTSD but still needed this type of treatment. In 2010, the clinic was renamed TAOSS and began expanding its services and planning new treatments unique to Navy Medicine.

"We now offer, in addition to PE therapy, cognitive processing therapy and eye movement desensitization and reprocessing therapy," Dundon said. We were able to establish these therapies as the primary treatment for those with traumatic injuries. And we developed other treatments for patients who were incapable of benefiting from this therapy."

The clinic's evolution means patients are now better directed through the proper treatment channels. In 2009, the clinic increased its patient load 150 percent over 2008. The number of patients then tripled in 2010. The clinic currently has more than 1,300 patients and receives 70 new referrals per month. In addition, patients are seen 50 percent quicker since 2008, now within two weeks of their initial referral.

The remainder of 2011 will see the clinic initiate a number of new therapies, including three Back on Track programs. The first is a two-week program for victims of sexual assault and includes cognitive therapy, individual and group therapy. The female portion of the program began earlier in June, and the portion for males will begin in August. The second Back on Track program is a two-week program for post-deployers who are having difficulties transitioning back but have no diagnosis. The third is a weeklong program for caregivers.

The clinic will soon have virtual reality equipment for the PE therapy, where a therapist will program a scenario for the patient to view and experience through a VR helmet and use a joystick to control their actions. The scenario varies based on the therapy goals, and can range from exposure to the battlefield in a humvee to relaxing on a beach.

"Our model is different with more evidenced-based therapies available than other centers, so we are able to treat a wider range of cliental," Alcala said. "These extra programs will push our services over the top. We will be the regional center for this type of treatment."

Stocks Receives Distinguished Service Award



Photo courtesy AADM

Rear Adm. Alton L. Stocks, NMCP commander, was the first recipient of the American Academy of Disaster Medicine's Distinguished Service Award.

COURTESY OF THE AMERICAN ACADEMY OF DISASTER MEDICINE

Rear Adm. Alton L. Stocks, Naval Medical Center Portsmouth commander, has been honored as the first recipient of the American Academy of Disaster Medicine's Distinguished Service Award. The award presentation was made recently at the Annual Scientific Meeting of the American Association of Physician Specialists, Inc., in McLean, Va.

"Rear Adm. Stocks played an immensely important role in coordinating U.S. Military and other medical forces in Haiti after the earthquake of January 2010," said James W. Terbush, the incoming President of the American Academy of Disaster Medicine. "His work positively affected the public health care of Haiti."

Stocks led the implementation of a medical support system that included 1,100 hospital beds, 18 operating rooms and complete medical ancillary support. He further facilitated the redevelopment of the Haiti medical infrastructure, which was significantly damaged, and coordinated this effort with United States Agency for International Development and the Haiti Government. Stocks also oversaw and coordinated the Department of Defense's medical evacuation system, which completed 15,000 patient transfers.

"It is a privilege for American Academy of Disaster Medicine to present the Distinguished Service Award recognizing the vital role this new physician specialty plays in the disaster life cycle – preparation, planning, response and recovery," Terbush said.

Oakleaf Club Donates Checks, Items to 35 Work Centers



Photo by MC1 (SW/AW) Steven J. Weber

NMCP commander, Rear Adm. Alton L. Stocks, helps the Oakleaf Club distribute \$7,000 worth of items to 35 work centers on June 23. They gave \$250 checks to the Red Cross and Navy-Marine Corps Relief Society offices. The club used the proceeds from their annual spring auction to purchase the items, which included seven microwaves, a small fridge, picnic table, glider-rocker, foosball table and four Little Tykes table and chairs. The also donated a table, chairs and bookcase to the blood donation center.

Yoga Instructor Sanford Helps Wounded Warriors Stretch Minds, Bodies

BY MC2 RIZA BRIGHAM
NMCP Public Affairs

Members of Naval Medical Center Portsmouth's Wounded Warrior Battalion-East Detachment relaxed their minds and bodies July 8 when yoga instructor and teacher of holistic healing techniques Matthew Sanford guided them through a one-hour yoga class.

When he was 13, Sanford was paralyzed from the chest down in an automobile accident. The accident also killed his father and sister.

Sanford was asked to visit NMCP by the Exalted Warrior Foundation, a non-profit yoga instruction program intended for wounded warriors in military and veteran hospitals. Through practice, yoga is beneficial to wounded warriors by strengthening their body and helping them to discover new ways to relieve stress. By using the techniques learned from repeated yoga sessions, the symptoms of Post Traumatic Stress Disorder can also be eased.

Yoga class participant Cpl. Jeremy Willis said he definitely will continue to take the classes and use the techniques Sanford taught in the class.

"He is disabled, and I think just because of that I can relate to him better," Willis said. "He taught us to recognize what our body is telling us, to move awareness throughout the whole body."

"I think the stress from just the nature of what Marines do, when we are in battle or when we are at home worrying about our brothers in battle, we live with constant stress," he continued. "One thing I learned in class is that we must find our focus and be strong. So for me, I need to focus on doing physical activity such as yoga to relieve some of that stress in my life that I feel after being hurt."

Sanford said many times people who are injured lose trust in themselves and everything around them.

"I want them to learn to trust again," he said. "In this case, trust your body. Yoga is an exercise of the mind and the body. If they allow themselves to relax and let the healing come from within, they will see that accepting what has happened and being hopeful of what can become of the future are feelings they can have without angst."

And if they can accomplish that, physical healing may follow shortly behind.

"That is our common wish and goal," Sanford added.



Photos by MC1(SW/AW) Steven J. Weber

Above: Marine Cpl. Jeremy Willis and Lance Cpl. Christopher Alban of NMCP's Wounded Warrior Battalion-East Detachment work on stretches as part of a yoga class taught by yoga instructor and teacher of holistic healing techniques, Matthew Sanford.

Right: Matthew Sanford teaches a one-hour yoga class to the members of NMCP's Wounded Warrior Battalion-East Detachment during his visit to NMCP on July 8.



Motorcycles, Toys and Santa Christmas in July Comes to NMCP

STORY AND PHOTOS

BY MC1 (SW/AW) STEVEN J. WEBER
NMCP Public Affairs

Christmas in July arrived July 17 at Naval Medical Center Portsmouth with the roar of approximately 75 motorcycles carrying about 85 leather-clad bikers who brought good cheer and hundreds of toys to service members' children being treated in the hospital.

The warm day was a striking contrast to seeing Santa Claus accompanied by motorcycle riders representing Rolling Thunder Chapter 5, American Legion posts 146 and 284, Patriot Guard and others. Some were local and some from Petersburg, ranging in age from 13 up to retiree. They rumbled onto the NMCP campus leading Santa and his big bag of toys for his annual mid-year delivery.

The tradition is a collaboration among NMCP's American Red Cross, Chris Brogan — NMCP's Pediatric ward child life specialist — and Rolling Thunder and has existed for about 11 years, with some help from NMCP's First Class Petty Officers Association and Junior Enlisted Association.

Rolling Thunder has donated hundreds of gifts every July so that every sick child

who comes to NMCP can have a reason to smile. Most of these men and women are veterans and are dedicated to thanking the active-duty service members and other veterans for their commitment to our country.

The group made its way to the Emergency Room, Pediatric Ward and Pediatric Intensive Care Unit meeting with young patients and parents, doctors and nurses, bringing smiles and a short break from worries.

"If they have a family member sitting there, when you see the look on their face knowing that someone else cares about their children and someone else does care about the military," said Mike Walton, president of Rolling Thunder Chapter 5. "It is better than someone handing you a \$100 bill. The look on their face is worth everything."

Rolling Thunder brought more than 300 gifts, including stuffed animals, dolls, board games and card games for younger children and MP3 players and gift cards for older kids. There was something for every age. Toys were given out to approximately 40 children, leaving the rest for Brogan to pass out to future patients.

Parents and children alike were happy to



Santa gives gifts to a sick girl during Christmas in July on July 17. After presents were given to kids, the remainder of the more than 300 gifts were left for future pediatric patients.

invite Santa into their hospital room, and were just as excited to receive a gift from him.

"This is such a great event for the hospital staff, the children and their families," Brogan said, "because what would be a long day at the hospital turns into a fun and happy one with Santa and other special visitors coming with gifts and wishing them well."

The bikers received a gift of hospitality for their generosity and support of the military; the NMCP FCPOA and the JEA provided refreshments for all





Santa brings a smile to the faces of a sick girl and her parents during Christmas in July. Santa delivered toys to 40 children in the Emergency Room, Pediatrics Ward and Pediatric Intensive Care Unit.



Above: A young member of American Legion post 146 helps Santa give a toy to a boy in the Pediatric Ward during Christmas in July on July 17.



Left: Members of NMCP's First Class Petty Officers Association and Junior Enlisted Association help Santa with carts full of toys during Christmas in July on July 17.

stmas
to 40
pres-

the volunteers as well as helping with the toy delivery. FCPOA president, Hospital Corpsman 1st Class (SW) Sean Buckley, said that it is all part of being a 360-degree Sailor — volunteering and giving back to the community.

The motorcycle groups brought 300 presents, passing some out to 40 kids. The remainder were left for future patients. The groups visit NMCP twice a year — in July and in December — to give back to the military community.

“We work with the Red Cross regularly, and this is one of the events we really take pride participating in — taking care of the riders who come in to take care of our children here at NMCP,” Buckley said.

Most of the participants in this event will



Members of Rolling Thunder, chapter 5, and the American Legion, posts 146 and 284, as well as some Patriot Guard and other riders, Capt. Darin Via, NMCP deputy commander, and members of the First Class Petty Officers Association and the Junior Enlisted Association pause for a group photo before entering the medical center to give toys to children in Emergency Room, Pediatric Ward and Pediatric Intensive Care Unit as part of Christmas in July.

Kansas Couple Donating to All ASBP Locations Stops by NMCP

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

The Kansas couple pulled into Naval Medical Center Portsmouth the morning of July 6 on a nationwide blood platelet donation mission: donating at every Armed Services Blood Program in the country. Jim and Linda Parker were 16 down and three to go as they strode into NMCP, leaving only National Naval Medical Center Bethesda and Walter Reed Army Medical Center to complete their quest.

Their white minivan sports a "Donate Across America" placard on the side, signifying their longtime commitment to giving blood. The donation at NMCP is Linda's 200th lifetime donation and Jim's 287th. The Parkers' mission to donate at every ASBP location is the couple's third blood donation challenge.

Jim, a retired superintendent of schools, and Linda, a retired sixth grade teacher, began their unique undertaking in March 2004 when they heard a plea from the American Red Cross president asking for donations. They thought of ways to donate that could attract attention to the cause and decided to donate at each of the 34 Red Cross regional donations centers located in 27 states.

"If we could drive from central Kansas to donate, then people can drive from across town," Jim said. "We hoped media attention would spread the word of the need for donors."

"Our whole intent is to invite other donors," Linda said. "Sometimes people wait to donate when there is a reason close to them. But blood needs to be processed and that takes time.

So we go across the country asking people to donate so (the blood's) there ahead of the time it's needed."

By August 2006, they were donating at the last regional center and

looking for another challenge. They decided to extend their donations to the 23 states they had yet to donate blood in. So for the next few years they hit the rest of the 50 states.

"The last state was Hawaii," Jim said. "We were looking at a list of donation sites online and saw that Tripler Air Force Base was listed. Unaware of the ASBP program, we thought it would be nice to donate at a military site. We donated at Tripler on Thanksgiving in 2008."

Two months later, in January 2009, the Parkers received a call from the ASBP headquarters in Falls Church, Va., wondering why they donated at the Air Force base. They explained their two challenges and were then invited to embark on a third: donating at all of the ASBP locations. They kicked off this third phase on June 15, 2009, Jim's 71st birthday, at the Pentagon.

"Donating blood is the easiest, most effective, most inexpensive way to help other people," Jim said. "It doesn't cost a monetary donation or lots of your time. If you donate whole blood, you can save three lives. If you donate platelets, you can save one life."

"There's no substitute for blood," Linda said. "We wanted to do what we could to help. This is just our way to serve our country: to help military people in country or overseas. We can help them, too."

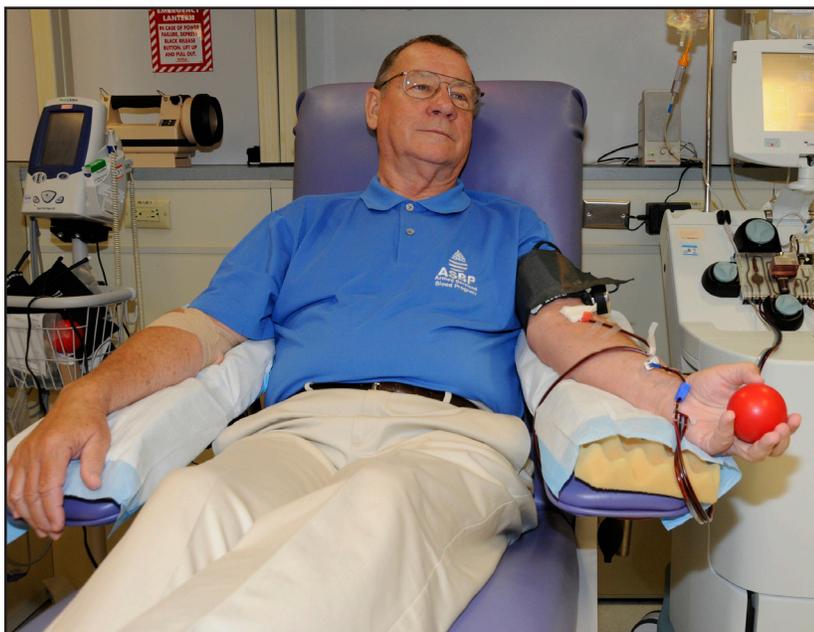
The Parkers hope their donation efforts will draw attention to the need. They are concerned that younger generations are less likely to give the gift of life.

"What we've seen nationwide is the real need for blood, but younger people are not as willing to donate," Jim said. "We usually find older people at the donation centers, and with a generation of donors dying, there's going to be a crisis coming."

A high school principal at the time, Jim started donating in 1976 when the senior class challenged him to donate at a mobile blood donation van that was visiting the school. Despite his fear of the needle, he accepted their challenge: he would donate if more than half of the seniors did. Linda began donating after meeting Jim in 1991.

"When I met my husband-to-be, he got me started donating and I got my man." Linda joked.

-See **BLOOD DONATION**, next page



Jim Parker watches a movie while donating blood platelets at the NMCP blood donation center.

Motorcycle Club Donates to Fisher House



Members of the Salty Dawg motorcycle riding club donated a check for \$6,527 to the Fisher House at NMCP on July 15. Loretta Loveless, Fisher House manager (center), and Capt. Peter Roberts, acting deputy commander, NMCP, accepted the check.

The Salty Dawgs, an organization of retired, active-duty and honorably discharged Sailors, have donated to the Fisher House for the past five years.

The Fisher House provides temporary housing for out-of-town families of patients who are receiving in-patient medical care at NMCP.

Photo by MC1 Elizabeth St. John

BLOOD DONATION — *continued from previous page*

"I am hoping that someday I can catch up to him on the number of donations."

"Now, we tell everyone, 'donate early, donate often,'" Jim added.

Locations and donation information can be found on the ASBP website, www.militaryblood.dod.mil, including stories about the Parkers' journey, "The Adventures of Jim and Linda."

Locally, NMCP's goal is to recruit about 70 donors each month. Donors must be 17 years or older, weigh 110 pounds or more and feel healthy on the day of donation. Whole blood donations can be made every 57 days while platelet donations can be made 24 times per year, about every two weeks. Anyone who has base access is eligible to donate at an ASBP location, whether they have a Department of Defense identification card or can be sponsored to get sponsored by someone who does.



Linda Parker begins the blood platelet donation process at NMCP after being hooked up to the apheresis equipment by HM2 (SW) Todd Woodard of the Clinical Pathology Laboratory. Parker and her husband, Jim, are from Kansas and are on a nationwide mission to donate platelets at every Armed Forces Blood Program location in the country.

Continuing Promise 2011 Departs Nicaragua, Past Mission Midpoint

USNS Comfort departed San Juan del Sur, Nicaragua, on June 27 after providing nine days of medical, dental, veterinary and engineering services.

While in Nicaragua, Comfort's crew triaged a total of 7,358 patients, which included medical, dental and optometry patients.

"During my visits to each site ashore or to the surgical suites and the patient wards on board, I witnessed nothing less than a sincere passion for what we were sent out here to do," said Medical Treatment Facility Command Master Chief, CMDCM Anna Sanzone, who served as Naval Medical Center Portsmouth's Directorate for Primary Care leading chief petty officer prior to the deployment. "The returned smiles, hugs and tears from the host nation people are the most satisfying reward to the Comfort team."

The CP11 veterinary team treated a total of 1,484 animals and the embarked Seabees and Marines rehabilitated a medical clinic.

The conclusion of the visit, the mission's fifth, places the crew just beyond the halfway point of the CP11 mission.

"The morale of the crew is still at an all-time high," Sanzone added. "They remain motivated and committed to the mission. The team concept is recognized by everyone who has the privilege to deliver or receive the purpose of our presence."



Photo by MC2 Eric C. Tretter

HN Jamie Lee, of NMCP's Multi-Service Wards, carries potting soil for plants at a school in San Juan del Sur on June 17.

HM1 Kimberly Edwards, a Norfolk Naval Shipyard branch health clinic dental technician, performs a dental screening on a patient at a medical site in San Juan del Sur on June 18.



Photo by MC2 Scott Wojciechowski



Photo by MC2 Jonathon E. Davis

Lt. Cmdr. Brian Feldman, an NMCP pediatrician, examines a patient at Escuela Humberto Mendez Juarez medical site in San Juan del Sur, on June 19.



Photo by Senior Airman Kasey Close

HN Dahl Valmond, of NMCP's Multi-Service Wards, drinks a bottle of water alongside a spider monkey at Centro Civico medical site in San Juan del Sur on June 19.

Comfort Spends 10 Days in Guatemala

USNS Comfort's stop in Puerto Quetzal, Guatemala, that began June 30 included 10 days of medical, dental and veterinary care, engineering support and subject matter expert exchanges.

The mission began with an Army Day celebration hosted by the Guatemalan Army and ended with a barbecue hosted by the Guatemalan Navy.

The crew manned three medical and two engineering sites in the Puerto San Jose area, with biomedical engineers and doctors visiting Centro Médico Militar hospital in Guatemala City.

The Optometry Department continued to make a big impact, and saw an average of 150 patients a day ashore. They distributed 2,500 pairs of glasses in Guatemala alone.

Medical staff triaged 8,110 patients, making the total number of patients treated for the deployment so far 44,941. Surgeries in Guatemala topped 115, the total number for the deployment more than 715.

Comfort's crew members engaged the local community through sporting events with the host nation, a number of subject matter expert exchanges, an Independence Day celebration in the port terminal, and a variety of community relations events.

Comfort still has stops in Costa Rica, El Salvador and Haiti.



Photo by Senior Airman Kasey Close

NMCP anesthesiologist Lt. Cmdr. Phil Letada administers anesthesia before removing a mole from a patient's face in Puerto San Jose on July 6.

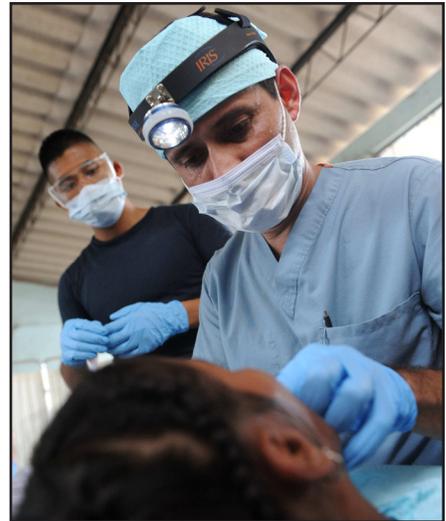


Photo by Staff Sgt. Alesia Goosic

Paraguayan Army 1st Lt. Carlos Salinas (right), and HM2 Genesis Dizon, from NMCP, perform a dental procedure on a Guatemalan patient at the Los Angeles medical site in Puerto San Jose on July 1.



Photo by MC2 Eric Tretter

Capt. Wendy Boruszewski, from the Oceana Branch Dental Clinic, speaks with a dental patient about his tooth extractions at the Las Morenas medical site in Puerto San Jose, Guatemala on July 1.



Photo by Staff Sgt. Alesia Goosic

HM3 Shannon Sensenig of NMCP takes a patient's medical records to a physician at the Los Angeles surgical screening site in Puerto San Jose on June 30.



Photo by MC2 Eric Tretter

HN Augustus Lartey of NMCP's Directorate for Surgical Services escorts a 79-year-old patient from USNS Comfort in Puerto Quetzal after he had cataract surgery July 6.

USFF Jazz Band Plays for Patients at Pharmacy



Photo by FC3 Jovanté L. Washington

The U.S. Fleet Forces Woodwind Quintet played for patients who are waiting at the Pharmacy on June 15. The ensemble performs at NMCP four times a year.

Led by MU3 David Purrington, they combine the unique sounds of flute, clarinet, French horn and bassoon.

The ensemble's extensive repertoire ranges from Mozart, Rossini and Joplin to modern works by a variety of American composers.

SARP — Continued from page 1

enhances military readiness," Young said. "Much has changed since I started in this field, but remaining at its core is caring, compassion and tough love. You, the staff members, are the standard bearers of this core. Continue to learn to wear your 'medal' of standards for your patients."

The SARP move has been about 10 months in the making, and now that it is done, staff members are excited to get the program started in their new location.

Lt. Cmdr. Eric Pauli, department head of SARP, led the staff in a spirit cheer in a show of their enthusiasm. All staff members in attendance chanted "Good, better, best never let it rest. Until the good is better, and the better's best!"

"I am overjoyed for our patients and staff," Pauli said. "This

move was important to the health of our Sailors and, fortunately, we had great help getting this done and making the substance abuse program a priority."

Capt. Kevin R. Kennedy, NMCP director of mental health services, felt honored to be a part of this occasion.

"It is a great privilege to be a part of the military recognition for our substance abuse programs," Kennedy said. "The move of SARP is a big part of the support and recognition, and these efforts are really going to help our patients and will help to reduce the stigma of the program."

Also this week, Navy Medicine announced they are looking for Sailor and Marine applicants to be SARP drug and alcohol counselors. At the Navy Drug and Alcohol Counselor School, students learn counseling skills and techniques, and the integration of 12-step programs with bio-cycle and the social and spiritual aspects of substance abuse and dependence. Applicants must be E-5 through E-9, have no non-judicial punishments within the last two years and have stable personal affairs. Approved candidates attend an 11-week training course in San Diego.

"I think our Navy enlisted counselors are so important to the recovery of service members," Young said. "When the patients see someone in the military who knows the kinds of challenges the military presents, it makes a big difference for them. For the patients to know that the person in charge of their care knows what they've been through helps immensely."

To contact SARP, call 953-QUIT (7848). For more information on becoming a drug and alcohol counselor for SARP, contact your command career counselor.



Capt. Kevin R. Kennedy, NMCP director of mental health services, prepares a cutlass for the SARP Portsmouth Re-Opening cake cutting. SARP relocated to NMCP to provide better services for staff and patients.

SARP Looking for Candidates to be Counselors

BY MC1 ELIZABETH ST JOHN
NMCP Public Affairs

The Navy's Substance Abuse Rehabilitation Program is looking for active-duty Sailors and Marines to become certified drug and alcohol counselors and make a positive impact in the lives of their shipmates. Navy Medicine made a formal announcement in June requesting volunteers for the program, and as of July 11, the request for counselors is working its way through the Fleet.

To be eligible for the program, candidates must be E-5 and above, have no non-judicial punishments within the last two years, have a stable personal life, good communication skills and a strong desire to help people. For those recovering from drugs or alcohol, the candidate must have two years of abstinence or sobriety.

The program should be a strong consideration for those who want to make a positive difference in the lives of their shipmates, want to do something truly meaningful, and do something that could alter the course of lives for the better.

"This experience has been an adventure, meeting people from all walks of life," said Chief Hull Technician(SW/EXW/AW) Wayne Henry, a certified addiction counselor at SARP Portsmouth. "But you have to have the passion and the heart to do it. At the end of the day, it takes a lot of hard work and patience. Sometimes, you have to allow yourself to be emotional."

SARP leadership encourages service members who are interested in becom-

ing counselors to spend two weeks immersed in the program to see what life as a SARP counselor is like. Then, if they feel being a counselor is right for them, they should contact their detailer to request to be released to special programs.

"We recommend that people come for two weeks for many reasons," said Robert Musico, SARP Portsmouth Comprehensive Services director. "They can see what happens here and see if they are cut out for it.

"It's an ideal opportunity to expand and enhance skills many people already have," Musico continued. "They'll also have the opportunity to use skills they have never used before and learn a lot about themselves."

Musico emphasized that being a SARP counselor is not the typical shore duty and requires dedication. But the rewards are also great.

"This is not easy duty," he said. "It takes a bit of effort because we are a residential facility, and we see people across a four- or five-week span."

Those who do decide this is the right path for them should complete the Navy Drug and Alcohol Counselor Training Application (NAVPERS 5350/1). Those accepted will attend the intensive 10-week Navy Alcohol and Drug Counselor School at the Surface Warfare Medical Institute in San Diego. Graduates earn 15 hours of college credit.

After graduating from NDAC and reporting to a SARP facility, counselors must complete a one-year internship before they receive their certification.



Photo by MC1 Elizabeth St John

HTC (SW/EXW/AW) Wayne Henry discusses course curriculum with fellow certified addiction counselor Wanda Gonzalez in their SARP Portsmouth office at NMCP.

For Henry, his passion for people is what steered him toward SARP.

"I realized that alcohol and drugs is just something that people do, but it doesn't define their lives," he said. "They can change as long as their put forth the effort. We see them change for the better, for themselves, for their family. It's a very humbling experience for me to see them go through that."

Terry Tatum, SARP Portsmouth program director, explained counselors should have a strong desire to help others. They need to be fair, empathetic and flexible.

"They need to be able to wear more than one hat," Tatum said. "They also need to hold people accountable and be respectful. To be a good counselor, you have to become a patient and be willing to face your own demons."

He encourages anyone interested to try it out and see if it is for them.

"Come in and talk to us and look and see what we have to offer," he added.

Want to be a counselor?

For more information about becoming a SARP counselor, call 953-QUIT (7848) or visit

www.med.navy.mil/sites/nmcp/Patients/SARP/Pages/CounselorReqs.aspx

and

www.med.navy.mil/sites/navmedmpte/nomi/swmi/NDACS/Pages/Welcome.aspx.

Purple Hearts for West, Jones

BY MC1 ELIZABETH ST. JOHN
NMCP Public Affairs

Two Marines from the 2nd Battalion, 8th Marines received the nation's oldest award for valor during a ceremony June 22 at Naval Medical Center Portsmouth.

Lance Cpl. Steven C. Jones and Lance Cpl. Brian K. West received the Purple Heart from Lt. Gen. Dennis J. Hejlik, Commander, U.S. Marine Corps Forces Command.

Jones, a native of Henderson, N.C., sustained an open fracture to the jaw, fractures to his neck and back, a broken fibula and lacerations over his entire body on June 4 when his vehicle was

struck by an improvised explosive device during a convoy in Marjah, Helmand Province, Afghanistan.

"We were in Marjah and had just picked up some combat replacements at Camp Hanson, and we were heading back," Jones said. "We got hit by a pull string IED, and it blew the truck up, blew the turret off the truck."

Jones, as the turret gunner, sustained the most injuries. Jones and four other Marines were evaluated by the on-the-scene corpsman and then medevaced to Dwyer Medical Treatment Facility.



Photo by MC1(SW/AW) Steven J. Weber

Lance Cpl. Brian West is awarded the Purple Heart by Lt. Gen. Dennis J. Hejlik, Commander, U.S. Marine Corps Forces Command during a ceremony held June 22 in the Bldg. 1 foyer.



Photo by SHSN Sarah Vargas

Staff Sgt. Michael Donnelly stops to thank Purple Heart recipient Lance Cpl. Steven Jones after the ceremony in the Bldg. 1 foyer on June 22.

"I'm very honored to receive the Purple Heart," said Jones, who has been in the Marine Corps for only 18 months.

Although in a wheelchair during the ceremony, Jones is already back on his feet. After 30 days of convalescent leave he will then return to NMCP for a re-evaluation. "Hopefully I'll be able to go back to Camp Lejeune, where I'm stationed," he added.

West, a Cleveland, Ohio, native, sustained shrapnel wounds to his right leg and left arm when he stepped on an IED while crossing a canal during a patrol March 22, also

in Marjah.

West said about six guys had stepped on the IED before him and must have broken up the connection a little bit—just enough for him to set it off. Although gracious about receiving the Purple Heart, West said it really belongs to his whole platoon.

"It's kind of bittersweet," West said. "You want your guys to be there with you. It feels good to be recognized by the Marine Corps. But I'd rather have shared it with everyone. I wish the platoon could have got it instead of just my individual self."

West said before the dust could settle, his fellow Marines and the corpsmen were right there with him, cutting his boots off and taking care of him. He was then medevaced to Camp Bastion Medical Treatment Facility before being sent to Landstuhl Regional Medical Center and then to NMCP for further care.

Like Jones, West said he just wants to get back to his unit and "get back to work."

The 2nd Battalion, 8th Marines, also known as "America's Battalion," deployed to Afghanistan in January.

Bultje Receives Combat Meritorious Promotion

BY MC1 ELIZABETH ST. JOHN
NMCP Public Affairs

A recent Purple Heart recipient and member of the Wounded Warrior Battalion-East Detachment at Naval Medical Center Portsmouth was awarded a combat meritorious promotion during a June 22 ceremony in Bldg. 1.

Cpl. Steven Bultje was promoted by Lt. Gen. Dennis J. Hejlik, Commander, U.S. Marine Corps Forces Command, for his outstanding leadership and performance while serving with the 2nd Battalion, 8th Marines in Helmand Province, Afghanistan.

Although a lance corporal at the time, Bultje was actually doing the job of a sergeant — two pay grades above him. He was a squad leader for almost two years and in charge of 11 Marines and one Sailor. As an assaultman, Bultje and his squad provided demolitions capability and anti-bunker and anti-armor fire in support of the rifle squad, platoon, company and battalion.

Bultje's command had recommended him for promotion about two months prior to their deployment, which began in January. On March 5, a few days after Bultje was told about the pending promotion, he was while on a foot patrol with his unit and stepped on an improvised explosive device. He placed a tourniquet on his leg and set security among his junior Marines. Bultje was medically evacuated with injuries to his right leg, a traumatic brain injury and shrapnel in his eyes. His promotion recommendation got lost in transit.

"When I got the Purple Heart, the general asked me if I needed anything and I told him about the promotion," said Bultje, who received the Purple Heart from Hejlik during a ceremony at NMCP on May 4. "He said he would take care of it for me. He helped speed up the process."

Because of Bultje's actions that day in March, his promotion was upgraded to a combat meritorious promotion. He said it was an honor to have Hejlik promote him and also a great honor to be recognized by the leaders in his command.

"It's nice, because it's something I've wanted for a long time," Bultje said. "I was in a billet above my rank for a long time, so it's nice to finally get recognized for it. It's nice to know that your commanders have that much faith in your abilities, to promote you above everyone else. It means a lot to me."



Photo by MC1 (SW/AW) Steven Weber

Cpl. Steven Bultje, who was awarded the Purple Heart in May, receives a combat meritorious promotion from Lt. Gen. Dennis J. Hejlik, commander, U.S. Marine Corps Forces Command during a ceremony in the Bldg. 1 foyer on June 22.

"It's cooler than any ribbon or medal." Bultje added.

A combat meritorious promotion is given to those who demonstrate uncommon valor and outstanding leadership during combat and the ability to carry out the duties and responsibilities of those in a higher pay grade. Eligibility for the award is determined by the command's recommendation, combat performance and past military record.



Buffa Receives Purple Heart

Sgt. Gaspar Buffa III received a Purple Heart June 24 from Lt. Gen. Dennis J. Hejlik, commander, U.S. Marine Corps Forces Command, during a ceremony in the Bldg. 1 Foyer. Rear Adm. Alton L. Stocks, NMCP commander, and Buffa's mother were also present. Buffa was assigned to the 8th Communications Battalion.

Photo by FC3 Jovanté L. Washington

Civilian in the Spotlight

Judy Wittmann, RN

Hometown: Bellevue, Neb.

Years of Naval Service: 4 years (4 years at NMCP)

Work Center: General Pediatrics Clinic

Job: Resident Continuity Clinic Staff Nurse

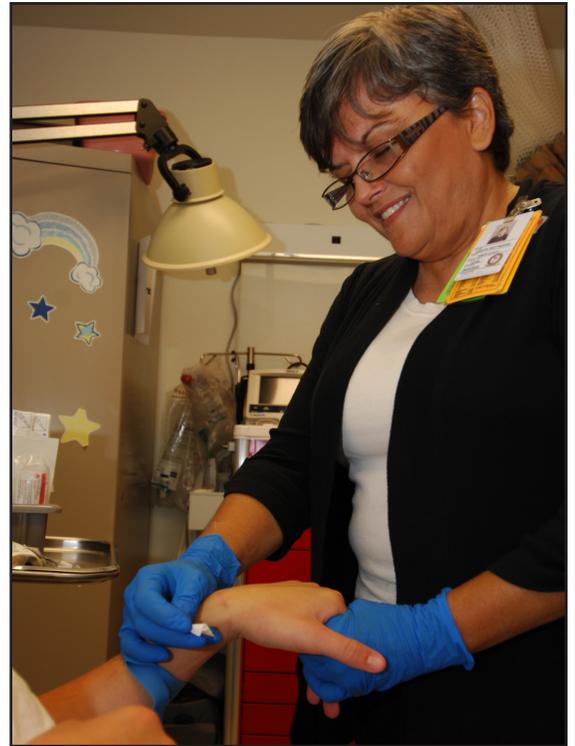
What do you like most about your job? I love the kids. My patients are the “children of heroes.” Everyone should start their day with a conversation with a three year old. This is my first time in a military facility and first time in a non-acute setting. It has been an exciting and very rewarding change.

What do you do in your off duty time/hobbies? Trying to keep up with my husband, Bob, ancient Egypt, travel and my kids.

Favorite movie: Bookdock Saints

Favorite food: Chocolate and coffee

Why was she nominated as Sailor/Civilian in the Spotlight? “Ms. Wittman is an outstanding nurse in all respects,” said Deb Melvin. “She is a mainstay of the Resident Continuity Clinic, guiding and mentoring new residents as they develop their outpatient skills. She always has a supportive attitude, even when the residents need more than a little hand-holding. Her calm demeanor is reassuring to the other staff particularly when treating acutely ill children. To say that the patients love her would be an understatement. They adore her. Ms. Whittman lives the Navy core values and has served the Navy well by training the best military pediatricians.”



Photos by MC1(SW/AW) Steven J. Weber

Sailor in the Spotlight

Lt. Cmdr. Karen Bullock Russell

Hometown: Winter Haven, Fla.

Years of Naval Service: 9 (two years at NMCP this tour)

Work Center: Adult Hematology/Medical Oncology

Job Title: Division Head

What do you like most about your job? I enjoy the combination of the science of oncology and its personal interaction, getting to know our patients as people and helping them through the challenges that come with fighting cancer.

What do you do in your off duty time/hobbies? Reading fiction, running, walking my Doberman Grace, and watching baseball

Favorite movie: The Lord of the Rings trilogy

Favorite food: Real New York-style pizza

Any family members in the Navy? My grandfather was a Navy Chief Fire Controlman in World War II.



Why was she nominated as Sailor in the Spotlight? “Lt. Cmdr. Russell is an outstanding clinician,” said Cmdr. Jeffrey Winebrenner, Internal Medicine department head. “During this period of decreased physicians (two physicians vice four), she has developed mitigation strategies to allow continued, quality patient care and to continue support of GME training programs. Her leadership skills, managerial expertise, and clinical skills are being exercised at peak capacity during June to August timeframe. Her hard work is a motivation to the entire department.”

Red Cross Volunteers

Summer Program Begins; Teens Make a Difference



Photo by Rebecca A. Perron

The American Red Cross Volunteer program began June 27 with 33 teens age 14 to 17 volunteering at clinics and offices throughout NMCP. The program provides exposure to careers in the medical field and allows them to experience the clinical setting firsthand. Each teen will volunteer at least four hours a week for the next two months.

JULY AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Sandra Hearn
 Cmdr. Cynthia E. Wilkerson

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Amy McBride
 Lt. Cmdr. Louise Nellums
 Lt. Cmdr. Anna M. Schwarz
 Lt. Cmdr. Samuel W. Werschky
 Lt. Melissa A. Buryk
 Lt. Amy P. Zaycek

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Lacey Gee
 Lt. j.g. John B. Benefield
 HM2 Miguel A. Roman
 HM2 Albert E. Sarbeng
 CS3 Dondra S. Frazier
 HM3 Alike S. Okwuosa
 HM3 Tyran L. Reed

SHIPMATE OF THE MONTH



Photo by FC3 Jovanté L. Washington

HN ARNOLD C. WAY, DDS
HN ANTHONY J. LAMBERT, COMMAND SUITE
HN JOSHUA P. McDONALD, DMS
HN RACHELLE A. DAUGHERTY, DSS
HN LARISSA D. COOPER, DNS
HN TONY G. SMITH, DMH

HN TIMOTHY N. HATFIELD, DPHS
HM2 TIMETHIAN T. GRIER, DCSS
ABH3 TIMOTHY S. JONES
HM3(FMF) CODY D. HUTCHISON, DPE
HM2(FMF/SW) OLIVER COLOMBINE, DPC

MENTOR OF THE MONTH

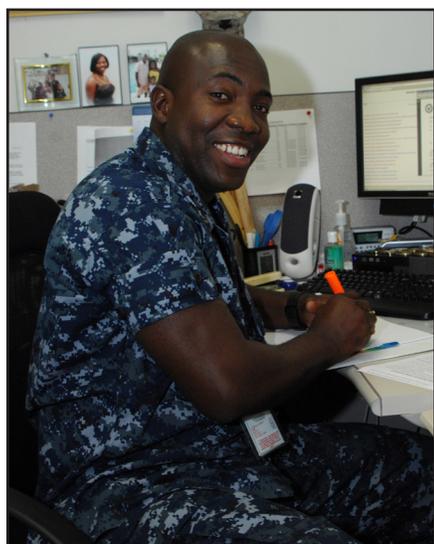


Photo by MC1(SW/AW) Steven J. Weber

For many, Hospital Corpsman 1st Class Fred Nti's job may seem inglorious. He is the leading petty officer for the Command Urinalysis Division. But

he states that every job is necessary and part of a team effort — it requires all hands to complete the mission, regardless of the role.

In his nearly 14 years of service, Nti has had a vast array of experience. He assignments include USS Sacramento; Maritime Civil Affairs and Training Command; 3rd Med Battalion, Okinawa; Branch Health Clinic, Lakehurst, N.J.; and 2nd Marine Division.

During these assignments, he has been on six deployments to shore and sea and various other missions including Africa, where he served as a translator.

While on board the USS Sacramento, he was the second seaman apprentice to get his Enlisted Surface Warfare and Master Helmsman qualifications. Additionally, he also holds the Fleet Marine Force, Expeditionary

Warfare and Enlisted Air Warfare qualifications.

He credits these successes to having people take him under their wings and mentor him.

"If someone had not mentored me, I would not be here," Nti said. "You need somebody to help you. That's what it's all about."

HM1's ultimate goal is to become a Medical Service Corps officer and looks to Lt. Calleance, his current mentor, as his role model.

Would you like to become a mentor or find a mentor? Check out the Mentor Program at <https://webapps.mar.med.navy.mil/mentor/index.asp> for more information about mentoring at NMCP. Everyone is welcome. And don't forget to vote for next month's Mentor of the Month!