



March 2011

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Nutrition Demo in Galley — Page 5

Annual Security Exercise Tests NMCP Emergency Responses

STORY AND PHOTOS BY REBECCA A. PERRON
NMCP Public Affairs

“Commence exercise, commence exercise.”

With those four words spoken over the radio, the annual security exercise, Exercise Solid Curtain/Citadel Shield 2011 began at Naval Medical Center Portsmouth on Feb. 23. This year’s scenario: the denotation of a vehicle-borne improvised explosive device resulting in mass casualties.

Exercise Solid Curtain/Citadel Shield, which began in 2003, is the largest force protection/anti-terrorism exercise conducted by any service. The goal of the annual event is to test capabilities and preparedness levels of the Navy in case of terrorism-related events. This year, 79 installations across the country held more than 300 events during the week. Through realistic scenarios, evaluations and lessons learned, the training

accelerates response times and improves response tactics if a terrorist attack were to happen on base.

“We created a scenario based on real-world intelligence reports,” said Shannon Marquez, NMCP emergency operations manager. “We built a viable scenario that could occur at a military installation, particularly a military hospital, so we could

— See EXERCISE, Page 12



HMC(SS/FMF) Robert Spencer, deputy command master chief, foreground, assesses a victim at the beginning of the Solid Curtain exercise at NMCP on Feb. 23 as initial emergency responders arrive on the scene.



Photo by FC3 Jovante' L. Washington

Awards were presented to staff members at Sewells Point Branch Health Clinic during a ceremony on Feb. 25. One received a Navy Commendation Medal, four received Navy Achievement Medals, four received Good Conduct Medals, and three civilians marked a service anniversary.



Command Egg Hunt April 16

Play egg-errific games at the annual command egg hunt on April 16 at Hospital Point from 1 to 3 p.m. Activities include face painting, Bouncy Castle, a visit from the Easter Bunny, and balloon creations by BeeBop the Clown. Food and drinks will be provided at cost. The Egg Hunt begins promptly at 1:30 p.m.

NMCP VITA Team

The Volunteer Income Tax Assistance program is available at NMCP. The deadline to file all taxes is April 18 for the 2010 tax season. The NMCP VITA Team will prepare tax returns at no cost. Assistance is offered to current military and civilian staff and retired military staff members only.

See the POD site for a list of VITA reps and what is required for the appointment. For information, contact VITA coordinators HMC Klein at 353-7203 or HMC Bliefertich at 353-8643.

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

Spring 2011 PFA Cycle

Weigh-ins are April 4 to 15, Monday to Friday from 7 a.m. to 4 p.m. in Command Fitness, Bldg. 3, 5th floor.

Those who use the bike or elliptical for the fitness test must call Command Fitness at 953-5082 starting April 4 to reserve a time and date for weigh-in 24 hours prior to their scheduled PRT.

MWR Command Challenge

The 2nd Annual MWR Command Challenge is April 28 to May 5. The challenge is open to commands assigned to Naval Support Activity, Norfolk Naval Shipyard, Naval Medical Center Portsmouth and their annexes.

This year's program is bigger and better than last year and most of the events are free. The challenge includes nine different events over five days for each team to complete.

The nine events are golf, canopy building, bowling, disc golf & segway

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obstacle course, wine obstacle course, kayak relay race, soccer kicks challenge and Cal Ripken hitting challenge. The event ends with a BBQ and awards ceremony at the Sandbar Club.

Call Jody Powers at 953-7108 or Dan Rotenberry at 967-2507 to register each six-person team roster. Commands may enter more than one team.

Lenten Services

Catholic Mass: Holy Thursday (Lord's Supper) - April 21 at 4 p.m.; Good Friday (Lord's Passion) - April 22 at 11:30 a.m.; Easter Sunday - April 24 at 1 p.m.

Protestant Service: Good Friday - April 22 at 10 a.m.; Easter Service at April 24 at 11 a.m.

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.

THE COURIER

COMMANDER

Rear Adm. Alton L. Stocks

DEPUTY COMMANDER

Capt. Darin K. Via

COMMAND MASTER CHIEF

CMDCM(SW/SS) Carl E. Morgan

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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.

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 Bldg. 1, 3rd Deck, Rm. 308.

COMMANDER'S CORNER

NMCP as Employer of Choice

As I continue the series of articles about the strategic vision for Naval Medical Center Portsmouth, this month I discuss the pillar of Professional Development. The objective of this pillar is to Foster Professional Development. The three effects for which we are striving are:

Develop Navy Leaders
Exceed Community Standards
Be the Employer of Choice

It is not just a cliché that our people are our most valuable asset. You are the heart and soul of what makes NMCP the best hospital in the Navy. That is why a strategic priority for us – Develop Navy Leaders – is to invest the resources for the betterment and development of our staff.

Each of us at NMCP is a leader. It is a key as to why we are so successful. I have tasked your peers, who are further defining

this pillar, to establish solid career advancement programs and to provide opportunities for leadership through your career development. NMCP is invested in both your professional and personal growth.

Discussing the second effect—Exceeds Community Standards – usually raises the question of what is meant by the word community. Each of us belongs to many communities. Are we talking about the Navy, Navy Medicine, the community of Tidewater or your professional community? The answer is *yes*. The word community is broad in its definition, and it is our goal to ensure all of us meet or exceed all of the standards of all our communities. Providing you the tools and encouraging your participation in your community is what the measure of effect is all about.

The third effect is about being the Employer of Choice. I know that all of you had a choice or input as to whether NMCP became your duty station or your civilian employer. As the employer of choice, the first two effects and our other pillars will enhance recruitment and retention of the best and brightest of the finest employees in uniform, Government Schedule and contract personnel. To do this we will be enhancing staff training opportunities, advertise NMCP and our success to current and future employees, and ensure we recognize the outstanding job you all do each and every day.

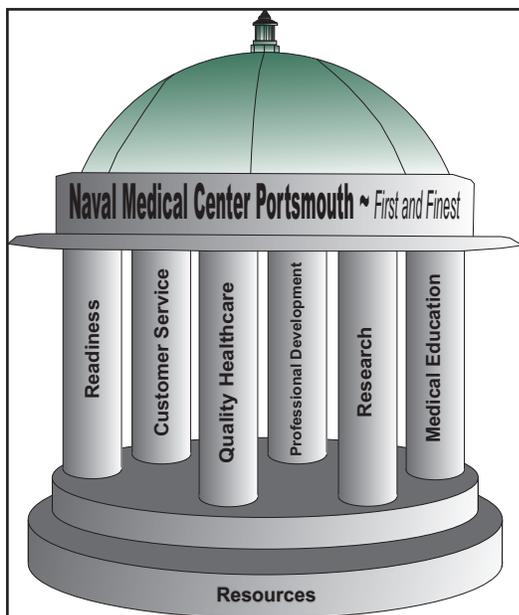
For us to achieve the tenants of this pillar, all of us will need to



embrace professional development for yourselves and your shipmates. Measures of the three effects are still being developed and refined so I ask each of you with an interest or ideas to contact Pete Kopacz, NMCP's executive director. It is my intent that this pillar, along with the other five pillars, will take the best hospital in the Navy to being the best hospital in the nation.

A. L. Stocks

A. L. Stocks



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

2011 Red Cross Volunteering Program

Applications for the 2011 Red Cross Summer Youth Volunteering Program will be available April 18. Children 14 to 17 who have base access are eligible to apply. The program requires a minimum of four volunteer hours per week and runs from June 27 to Aug. 26.

Orientation is June 21 and 23 from 8 a.m. to noon. Parents must attend the first day. For information, call the Red Cross Office at 953-5435.

Annual Poster Competition Draws 103 Entries

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

Naval Medical Center Portsmouth held its 26th Annual Academic Research Competition Poster Session February 25, which drew 103 staff and trainees to showcase their research in one of three categories.

Categories one and two winners advance to the Oral Competition on March 25. Oral presentation winners will compete in the Navy-wide competition on May 12.

Thomas Rieg, research director for Clinical Investigation Research Department, coordinated the event.

“Our participants did a fantastic job,” Rieg said. “I’d like to thank all staff who supervised and mentored the trainees and judges who came out this year.”

Category 1 - Research conducted at conducted at NMCP.

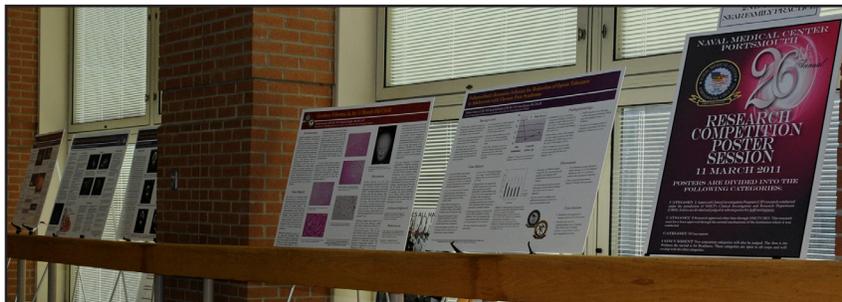
Category 2 - Research conducted at another medical facility.

Category 3 - Interesting case reports. This category has poster presentations only. This category is open to all corps.

Category 1 – Staff

1st Place

Lt. Cmdr. Monica Lutgendorf, Alan Johnson, Lt. Eric R. Terpstra, Lt. Tracy C. Snider, Everett F. Magann



2nd place

Lt. Philip Grady, Lt. Cmdr. Nathaniel Clark, Lt. Cmdr. John Lenahan, Lt. Cmdr. Christopher Oudekerk, Cmdr. Robert Hawkins, Cmdr. Greg Nezat, Capt. Joe Pelligrini, retired

3rd Place

Lt. Cmdr. Nathan Brezovic, Cmdr. Amy McBride, Capt. Zsolt Stockinger

Category 1 – Trainee

1st Place

Lt. Kevin J. Michel, Lt. Jermaine White, Lt. Reginald Middlebrooks, Cmdr. Carole A. Daniel, Cmdr. John P. Maye, Cmdr. Brent A. Bushey

2nd Place

Lt. Joseph Gresens, Cmdr. Dolores Rhodes, Cmdr. John Smith, Cmdr. Andrew Gentry

3rd Place

Lt. Addison Wilson, Lt. Cmdr. Afshin Afarin, Capt. Joseph Slakey, Lt. Cmdr. Eric Shirley, Jennifer Pierce

Category 2 – Staff

Cmdr. Edward F. Miles, Pretesh Patel, Aua Yoo, Lawrence Marks, Thomas D’Amico, David H. Harpole, Kelsey Christopher

Category 2 – Trainee

1st Place

Lt. Khristina Hoover, Cmdr. Luisa Kropcho, Shawn T. Steen, Alice P. Chung, Sim Myung-Shin, Daniel L. Kirsch, Armando E. Giuliano

2nd Place

Lt. Jeffrey M. Carness, Jennifer L. Russell, Rodrigo M.E. Lima, Lais H.C. Navarro, George C. Kramer

Category 3

Lt. Melisa A Buryk, Lt. Cmdr. David Shellington, Army Col. James McLane, Lt. Mary Caroniti, Lt. Cmdr. James Fletcher, Lt. Lesli M. Lucas, Lesli

Wellness

Lt. Cmdr. Brent Driskill, Lt. Rodolfo Manosalva, Cmdr. Timothy Clenney

Readiness

Lt. Cmdr. Nathan Brezovic, Cmdr. Amy McBride, Capt. Zsolt Stockinger



Judges listen to a presentation given during the 26th Annual Research Competition Poster Session held Feb. 25 at NMCP.

Nutrition Demo Aims to Help ‘Add Color’ to Food Choices

STORY AND PHOTOS BY
REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth’s Combined Food Operations Department put together a healthy food demonstration in the galley during lunchtime on March 15 to help get out the message about eating healthier during National Nutrition Month. With this year’s theme, “Eat Right with Color,” the goal is to get everyone to add more fruits and vegetables to their diet. Each recipe in the demonstration showed unique ways to eat more of these important food groups.

National Nutrition Month is a nutrition education and information campaign created annually in March by the American Dietetic Association. The campaign focuses attention on the importance of making informed food choices and developing sound eating and physical activity habits.



A diner stops by the demonstration table to sample and discuss the vegetarian chili made by CSSC Tracy Uriegas, Combined Food Operations LCPO.

Lt. j.g. Christina M. Bologna, a clinical dietitian, led the organization of the event, overseeing the choice of recipes and the culinary specialists who made them. Each of the eight recipes had to be less than 250 calo-

ries per serving, use only a pinch or no salt at all, and use common, easily available ingredients. The recipes were on display with each dish and included the nutrition information.

“It was great to have the culinary specialists volunteer to participate in the demonstration,” Bologna said. “Each of them decided on which recipes they would make today. They were responsible for researching the recipe, ordering the ingredients and making enough for about 100 samples of each.”

The demonstration menu included vegetarian chili, fruit salsa, smoothies, salad shooters and a vegetable medley. An adjacent table held copies of each recipe for everyone to take home.

“This is a perfect venue to display better ways for people to eat,” said Senior Chief Culinary Specialist Tracy Uriegas, Combined Food Operations leading chief petty officer. “Every day, most people eat the same

foods, or they eat fast food or frozen meals. This is a way to show healthier options can be easy to make and taste good.”

The raspberry fool smoothie was the idea of Culinary Specialist 1st Class (SW)

Abdiel Rivera, Combined Food Operations leading petty officer.

“I choose this recipe because it’s healthy and low calorie, and it’s good – especially during the summer months,” Rivera said.

Culinary Specialist 2nd Class Dywon Hall made a couscous dish with lemon, mint, tomatoes, raisins and garbanzo beans.

“I love couscous, love the vegetables because they are healthy,” Hall said. “I chose it because of the colors, and the ingredients help bring out the flavor of the couscous.”



The recipe and ingredients for five fruit salsa are on display.

As the diners in the galley stepped up to the demonstration table to select what recipes they would like to sample, some of the CSs loaded up trays with samples to hand out around the dining room.

One diner who tried several recipes was Dale Davis, a registered nurse in the Day of Surgery Clinic.

“I like the idea of the demonstration,” Davis said. “I tried three recipes, and they were all very good. Some of these would be great served on the salad bar in the galley. So I took copies of several of the recipes to make at home.”

“When you have the opportunity to smell and taste the food, you have a better chance of actually making the recipe,” Bologna said. “So this is a better way of getting people motivated to eat healthier than just passing out the recipes or giving tips to healthy eating. I’m happy to see such a positive response to our demonstration.”

In Memoriam

Retired Chief Dedicated to Navy, Corpsmen

BY MC2 RIZA CAPARROS
NMCP Public Affairs

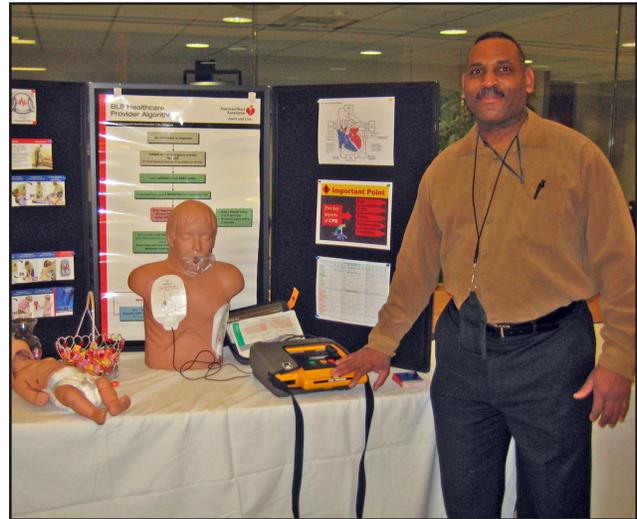
David J. Harrell, retired chief hospital corpsman and Naval Medical Center Portsmouth staff educator, died unexpectedly on March 15 while at work.

After retiring in 2003 following 24 years of Navy service, Harrell worked in the NMCP Staff Education and Training Department. He served as the command Basic Life Support administrator, organizing and facilitating all classes for the program. According



to his co-workers, he enjoyed his position and the positive impact it had on those he helped.

As a retired chief, Harrell continued to mentor junior Sailors, affectively grooming them to grow personally and professionally. Hospital Corpsman 3rd



File photos

As Basic Life Support administrator, David J. Harrell demonstrates some of the lessons of the BLS class in 2008.

Class Benjamin Brandt worked with Harrell since September 2009. In that time, Brandt said Harrell took him under his wing and encouraged him to continue to better himself.

“He was constantly mentoring me,” Brandt said. “He was quick to offer advice, both as a chief and as a friend.”

Harrell is survived by a sister and a brother.

Cook remembered for smiles, laughter

BY MC2 RIZA CAPARROS
NMCP Public Affairs

Jeanina Cook, research assistant in Naval Medical Center Portsmouth’s General Surgery Department, passed away March 7 after a brief illness. She had worked there since September, but left a lasting impression in her office as a person “full of smiles and laughter”.

Cook worked in the Clinical Investigations and Research Department. She recently grad-

uated from Norfolk State University with a bachelor’s degree in Biology and aspired to be an operating room technician or nurse. She was active in her church, singing in two different choir groups.

Lt. Cade Cinnamond worked with Cook during her time as an employee at NMCP and said, “she was hardworking, diligent in all she did and inquisitive with a desire to learn more.

“She was always easy going and always had a smile on her face,” Cinnamond added.



File photo

First Group of Comfort Deployers Says Goodbye

STORY AND PHOTOS BY MC2 NIKKI SMITH
NMCP Public Affairs

Thirty-three Naval Medical Center Portsmouth staff members gathered in NMCP's gym prior to departing for USNS Comfort on March 14, forming the first of three advance parties that headed for Baltimore by bus, which is where the Comfort is home ported.

A total of 55 NMCP staff will board the hospital ship head of time to help prepare for participation in Continuing Promise 2011. The Comfort will stop anchor in Norfolk in late March to pick up another 100 staff members on its way to the Caribbean and Latin America.

Continuing Promise is an annual four-month deployment that is a U.S. commitment and partnership with the people of the Caribbean and Latin America and provides humanitarian assistance, disaster relief and medical/dental/veterinary/engineering support.



NMCP command members shake hands with and say goodbye to the 33 members of the first advance team headed for USNS Comfort on March 14.

Right: Rear Adm. Alton L. Stocks, NMCP commander, speaks to the 33 members of the first advance party who are headed to Baltimore to help prepare USNS Comfort for participation in Continuing Promise 2011.

Below: HA Edison Tiamson helps HA Jayney Hoegh load her bags before departing for USNS Comfort.

Below right: Members of the first advance party wait for the bus to depart NMCP for Baltimore after gathering for the command farewell in the gym on March 14.



Two Marines receive Purple Heart for Injuries Sustained in Afghanistan

STORY AND PHOTOS
BY FC3 JOVANTE L. WASHINGTON
NMCP Public Affairs

Two Marines were awarded Purple Heart medals during a ceremony in the Bldg. 1 foyer on March 9 for wounds received in November while deployed to Afghanistan. Cpl. Seth Stanford and Cpl. Jose Galvan were pinned by Rear Adm. Alton L Stocks, commander, Naval Medical Center Portsmouth, during the ceremony.

Vice Adm. Rob Parker, commander, Coast Guard Atlantic Area and Coast Guard Defense Force East, and Maria Rebecca Galvan, Galvan's wife, also attended the ceremony.

"It is because of the sacrifice of these young men and so many others that we are here today," Stocks said. "It is my honor to award these Marines that stand before you today."

Galvan, a native of Brownsville, Texas, was injured while deployed to New Helmand Province with Fox Company, 2nd Battalion, 9th Marines. While under heavy fire during combat operations, Galvan stepped on an improvised explosive device. The explosion shattered his ankle and sent shrapnel into his lower extremities. He was soon medevaced into Kandahar and Germany before arriving at NMCP.

"The doctors here have really done a great job,"



Cpl. Jose Galvan, who was injured in Afghanistan in November, received the Purple Heart during the March 9 ceremony.

Galvan said. "They removed most of the shrapnel from my leg and have been great with reconstructing my ankle. As far as the Purple Heart, it is an honor to receive such an award for doing something for my country."



Cpl. Seth Stanford received the Purple Heart for his injuries sustained in Afghanistan in November during the March 9 ceremony.

Stanford, who is from St. Augustine, Fla., also stepped on an IED while trying to get to cover while members of his unit, Alpha Company, 1st Battalion, 8th Marines, were under heavy fire in Afghanistan. Stanford was medevaced to Germany and then to Andrews Air Force Base in Maryland before landing at NMCP.

"I received a lot of shrapnel to the back of my right leg," said Stanford. "It's an honor to receive this award, but I like to remind myself how grateful I am just to be alive and be able to see my wife and son. It feels good to be recognized, but honestly, we really are just out there doing our job."

Both Galvan and Stanford were lance corporals when they were injured, and have since been promoted to corporal.

Neither Marine knows whether they will be able to return to the battlefield, but both carry the same message for their fellow Marines currently stationed overseas:

"Be safe, be vigilant, and be careful out there. Take pride in what you do, but get back home safely."

Baby and Me Class Promotes Early Parent, Baby Bonding

STORY AND PHOTO BY
MC2 NIKKI SMITH
NMCP Public Affairs

The Mother-Baby Unit at Naval Medical Center Portsmouth held its third monthly Baby and Me class March 7, which is aimed at parents and their new babies.

NMCP's new Baby and Me program promotes bonding between babies and caregivers through the power of infant massage. The techniques of infant massage offer parents a different bonding experience with their baby, one that can be easily implemented immediately after birth. The class also offers parents a support network of other new parents.

Lt. Cmdr. Jill Maldarelli-Drey, clinical nurse specialist for the Mother-Baby Unit at NMCP, worked to implement the new program along with perinatal educator Sharon Evans. Both Drey and Evans wanted to get the program going to help parents become more involved with their infants as early as possible, as well as provide a medium to lower infant abuse rates.

"The parent-to-baby bond is our

main goal here, but we are hoping that the effects of the class can help increase a parent's confidence in meeting their child's needs," Drey said. "As the massage comforts the baby, it helps parents learn how to meet those needs. By helping them bond and increasing parents' confidence, hopefully, we can help lower abuse rates and shaken baby syndrome instances."

The March class hosted seven babies and nine parents. The class' instructor, Lt. j.g. Alaina Montanez, a certified infant massage educator, demonstrated each of the strokes that can be used and encouraged parents to put a blanket down and try the massage strokes along with her.

"I really like teaching this class," Montanez said. "I enjoy seeing the parents practice the massage, and it's so fun seeing the babies' reactions to it."

Ashley Stacy works at the Fleet and Family Support Center at NMCP. She brought her two-



Nicole Noyes watches the Baby and Me class instructor as she practices the massage techniques on her daughter, Abigail.

month-old son, Kingston, and said she will definitely use the massage techniques at home.

"I thought the class was really informative," Stacy said. "I had fun trying the massages on Kingston, and he seemed to enjoy it. The best part was getting to spend time with my baby."

The Baby and Me class is held monthly at NMCP and is open for up to 15 babies and their caregivers. Babies must be under three months old to qualify to attend the class. For more information about the class, call the NMCP OB-GYN clinic appointment line at 953-4300 and select option 2.

Lt. j.g. Alaina Montanez, a certified infant massage educator, demonstrates each of the massage strokes to use during the Baby and Me class at Naval Medical Center Portsmouth on March 7. The new monthly class teaches parents techniques to help them bond with their infant.



Patient Safety Week Observed at NMCP with Fair

STORY AND PHOTOS BY
MC2 NIKKI SMITH
NMCP Public Affairs

Naval Medical Center Portsmouth held its annual Patient Safety Fair March 9 in support of National Patient Safety Awareness Week. The fair raises awareness for patients so they can be empowered to take charge of their health care and strengthen communications with their provider.

The theme, "Are You In? Commit to Safe Health Care," encourages all patients and health care providers to be involved, informed and invested in health care.

"The goal is to increase communication between patients and providers," said Karen McAdoo, patient safety specialist and registered nurse. "The enhanced communication can empower and enhance good health care."

The fair had 18 displays, each promoting different facets of safe health care. Hospitalman Apprentice Joar Schaffhouser dressed up as a blue germ for

the hand hygiene display from Sewells Point Branch Health Clinic. Schaffhouser handed out bottles of hand sanitizer to promote hand cleanliness. Other displays promoted proper storage of needles at home, giving tips on how to safely store them in popular household containers, and hand sanitizer education.

Lt. Cmdr. Cristy McWethy, a staff operating room nurse, helped with the teddy bear hospital display where children could pick out a bear and bring them through a simulated operation, from triage to discharge. When they were through with the "surgery," the bears were a take-home gift.

"I love doing teddy bear hospital for the safety fair," McWethy said. "It promotes our professional safety in the operating room and shows patients that we are here to protect and care for them."



HA Joar Schaffhouser promotes proper hand hygiene by passing out hand sanitizer while dressed as a germ at NMCP's Patient Safety Awareness Fair March 9.

Each display was judged for first through third place by Capt. Gayle Kennerly, registered nurse, and Cmdr. Cynthia Wilkerson, director for Clinical Support Services.

First place was awarded to Lt. Cmdr. Cheryl Cottrell, a certified nurse specialist in the Critical Care Department, with the central line-associated blood stream infections display. Cmdr. Matthew Hickey of Occupational Health Department and Batrina Martin from Quality Management at NMCP won second place with a display about ORYX measures, which are reporting measures required by the Joint Commission for accreditation. Third place went to Hospital Corpsman 1st Class(SW/AW) Julie Wilcox,

— See **PATIENT**, next page

HM3 Jarod Houser brings four-year old Daniel Killough through the surgery process at the Operating Room's teddy bear surgery display.



Winecoff Marks 30 Years

STORY AND PHOTO BY MC2 NIKKI SMITH
NMCP Public Affairs

Gip Winecoff, industrial hygienist, who works at the Norfolk Naval Shipyard Branch Health Clinic, received his federal service award for dedicating 30 years to civil service from Rear Adm. Alton L. Stocks, Naval Medical Center Portsmouth commander, March 8.



Winecoff enlisted in the Navy in 1972 and spent six years as a hospital corpsman at NMCP and Guantanamo Bay, Cuba. In October 1983, Winecoff entered civil service to be an industrial hygiene technician. In 1998, he decided to go to college full time, graduating from Old Dominion University with a bachelor's degree in Environmental Health and Occupational Safety Health in 2001.

Winecoff returned to Civil Service in 2002 and now works as an industrial hygiene hygienist, surveying and inspecting Navy workplaces for industrial hazards.

"I've enjoyed my civil service so far – the work is varied enough to be interesting and the people are great," Winecoff said.

PATIENT — *Continued from page 10* a laboratory technician who received third place with her laboratory safety measures displays.

"I enjoyed the fair and appreciated everyone's contributions," said Capt. Elizabeth Savage, command patient safety officer. "I liked seeing all the hard work the staff put into the displays and having the opportunity to see how much the hospital cares about patient safety.

"This was a great opportunity to emphasize all the good things that departments are doing to enhance our patient's safety," Savage added.



Zenaida Limon, left, clinical specialist at NMCP, explains her display from the Gastroenterology Clinic to Ed Basilio, middle, and AG3 David Basilio, right, during NMCP's Patient Safety Awareness Fair March 9.

Lyons Completes 20

By MC2 NIKKI SMITH
NMCP Public Affairs

Alicia Lyons, clinic manager and registered nurse for the Rheumatology Clinic, was recognized for 20 years of federal service on March 4.

Lyons entered civil service in 1991 at the Naval Branch Health Clinic in Groton, Conn. She was initially hired as a temporary employee while most of the clinic staff had been sent to help in Operation Desert Storm. After all personnel returned to the clinic, Lyons was kept on as a permanent employee.

When her active duty husband was transferred to Norfolk in 1995, Lyons came to work at the Rheumatology Clinic at NMCP, and has been here ever since.

In the clinic, Lyons fills many roles. Along with being clinic manager, she helps with administrative duties and patient education. Lyons said she loves the teamwork and customer relations the most about her job.

"I wouldn't have done my career any other way," Lyons said. "I am excited to work here for at least another 10 years."



Photo by MC2 Riza Caparros



Police Capt. Michael L. Brown, supervisory police administrator and instructor, watches the initial responders get to the scene to provide emergency assistance during Exercise Solid Curtain at NMCP on Feb. 23.

EXERCISE — *Continued from page 1*
test our ability to identify hazards and take specific measures to protect staff and patients, and then evaluate that response so we can improve.”

NMCP’s exercise began with a VBIED being detonated between the galley and Bldg. 1. As the exercise got underway, “injured” role players poured out of a first floor exit of Bldg. 1, complete with moulage makeup to simulate injuries and a card attached to their wrists that listed their injuries. Many collapsed onto the ground screaming in pain and calling for help, while others walked around aimlessly, all waiting for medical responders to arrive.

The scene was initially assessed by Cmdr. Sandra Halterman, a maxillofacial surgeon, and Master Chief Hospital Corpsman (SS/FMF) Robert Spencer, the deputy command master chief, who were selected to be stationed nearby at the beginning of the exercise and assume the role of first on the scene.

“Our first priority for the scene was safety – to make sure it was safe for the people to go in to assist,” Halterman said. “We were also responsible for

calling for emergency assistance, security and crowd control. We knew the basics of our role ahead of time, but we didn’t know the exact scenario.”

“While initially assessing those injured, the most immediate priority was to find the most seriously injured so they could be evacuated first,” Spencer said. “We assessed about two dozen people with varying levels of injury.”

This scenario is different from NMCP’s previous Solid Curtain/Citadel Shield exercises.

“We use these exercises so security forces, emergency management and clinical responses and resources gain situational awareness for any possible event, such as a mass casualty,” said police Capt. Michael L. Brown, supervisory police administrator and instructor. “This year was truly an eye-opener and a wakeup call for all to realize that we need to prepared for any given situation or incident.”

Given the limited time to plan the exercise, as well as not giving away too much detail to participants ahead



of time, Marquez said the response went exceptionally well.

“Normally, an exercise of this scale should be given six months to plan, but we had six weeks,” Marquez said. “We wanted a real outcome, so we did not want to pre-stage information. Communication constraints are always going to be the most common pitfall. But we take the lessons learned from each exercise and incorporate them into the next so we can continually improve.”

The “explosion” was the most visible part of NMCP’s Solid Curtain exercise, but base security forces were involved in the exercise all week gathering intelligence, following leads and securing the base. The lessons learned will help security and medical response teams react to emergencies in the future. NMCP will conduct a mass casualty exercise in August.

Left: Lt. Esther Rogers helps to take control of the scene by directing hospital corpsmen how to take care of the most seriously injured.

Right: Lt. j.g. Christina M. Bologna, a clinical dietitian, acts as the incident commander in the command's Emergency Operations Center during exercise Solid Curtain. During an actual incident, the emergency manager would fill this role. The purpose of a stand in is so the emergency manager can assess the response of personnel working in the EOC.

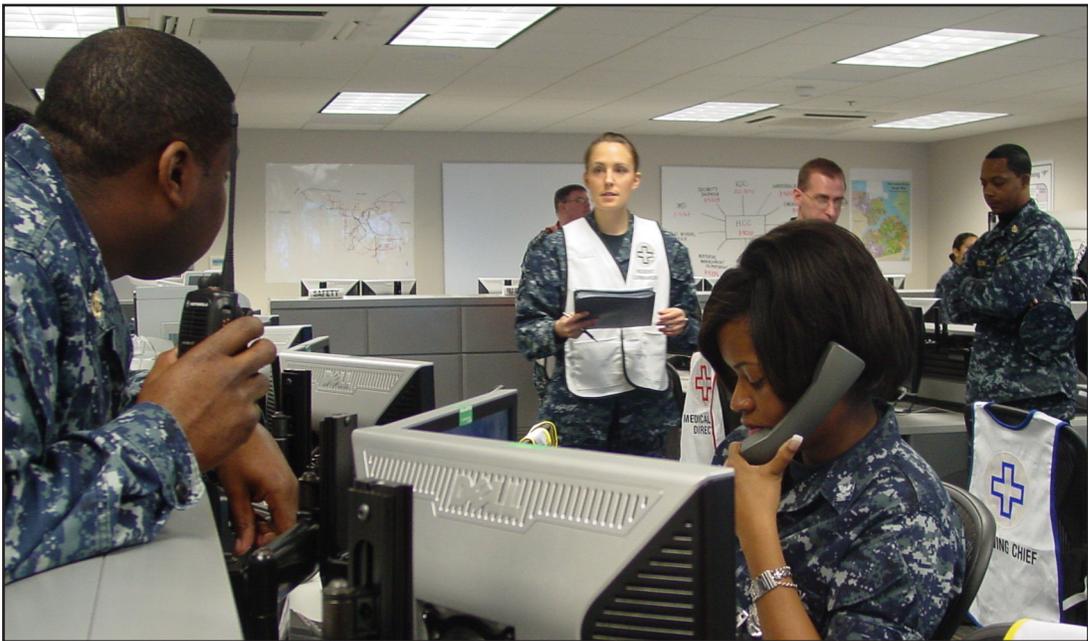


Photo by Deborah R. Kallgren



Left: Firefighters and hospital corpsmen who were the first to respond to the incident place the most injured victim on a stretcher and prepare to transport him to the Emergency Room.

Below left: A view of the exercise from the Bldg. 1 walkway in the early stages of the exercise.

Below: The most injured victim of the explosion is brought to the Emergency Room and assessed by the ER staff to determine the extent of his injuries.



Photo by Deborah R. Kallgren



Talent Show JEA Hosts 2nd Annual

STORY AND PHOTOS BY FC3 JOVANTE' L WASHINGTON
NMCP Public Affairs

Naval Medical Center Portsmouth staff members were invited to showcase their talents during a talent show put on by NMCP's Junior Enlisted Association on Feb. 24 in the auditorium.

The performances by staff and children of staff members included dancing, singing, poetry reading, a wide



HM2 Amanda Johnson takes first place for her performance of "Adonai" by Avalon.

variety of musical selections, and instrumental performances. "It felt good to see so many members participate this year and also seeing so many staff, family and friends come out to support all of the performers," said HospitalCorpsman 2nd Class Kyle LaFond, president, JEA.

one and be able to perform confidently and still have a good time," said Holt.

Hospital Corpsman 2nd Class Amanda Johnson, Department of Surgical Services took first prize for her performance. Coming in at second and third place, respectively, were Culinary Specialist 3rd Class Daniel Butler with a gospel selection and Holt with her performance of "I'll Be There" by Tiffany Evans.

"I really had a great time," said Johnson. "I was glad to see so many people came out to participate this year and I hope next year's turn out will be even better," she added.

"Tonight was a fantastic time for the command to get together and see the talent that NMCP has outside of providing terrific medical care," said Spencer. "Overall I was very pleased with the talent who participated," he added.

Prizes for this year's show included a trophy with an undisclosed amount of money, a \$100 Visa gift card for second place, a \$50 Visa gift card for third place, a \$25 Visa gift card for fourth place and a trophy for fifth. All of the children who participated received individual trophies.

Judging the contest was NMCP's Command Master Chief Carl E. Morgan; Master Chief Hospital Corpsman Robert L. Spencer, deputy CMC; Chief Hospital Corpsman Fealofani Peau; and Chief Hospital Corpsman Priscillia J. Johnson.

"This year we had a great and fun panel of judges," said Hospital Corpsman 3rd Class LaRanda Holt.

The event began and continued throughout the night with entertainment from host Chief Hospital Corpsman Jason Snyder and Hospital Corpsman 1st Class Norris Cason, his assistant.

The first performances were done by the children. All walked away with trophies and received applause from the audience, judges and fellow contestants for their courage.

Afterwards, the 14 staff members began their showcase. Once all the performances were over, the judges, along with the help of the audiences' applause voted to decide who would take home which of the top five prizes.

"It takes a lot of courage to get up in front of every-

one and be able to perform confidently and still have a good time," said Holt.

Hospital Corpsman 2nd Class Amanda Johnson, Department of Surgical Services took first prize for her performance. Coming in at second and third place, respectively, were Culinary Specialist 3rd Class Daniel Butler with a gospel selection and Holt with her performance of "I'll Be There" by Tiffany Evans.

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Judges of this year's talent show applause for all of the contestants.



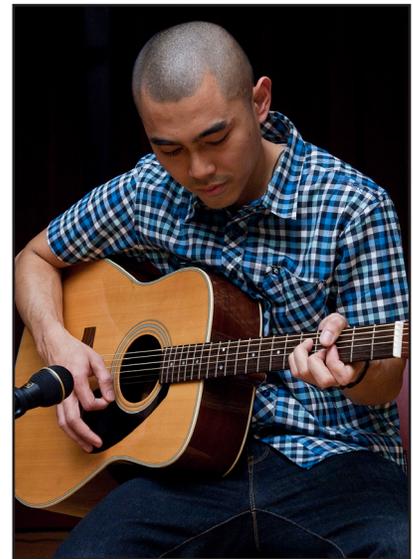
Akira Thorns, granddaughter of Claudette "Gina" Williams of the Transcription Department sings her heart out during this year's show.

Right: HM3 Demario Q. Jordan (left) and HM1 Norris K. Cason (right) “break it down” next to talent show host HMC Jason C. Snyder.



Below: HM3 LaRanda Holt (left) takes 2nd place for her performance “I’ll Be There” by Tiffany Evans.

Below center: HM1 Norris K. Cason teaches the crowd “how to Dougie.”



HN Kirk Young shows how it’s done on his acoustic guitar.



CS3 Daniel Butler takes second place for his performance of a gospel selection.



Talent show youth participants celebrate with the hosts after receiving their trophies.



Photo by FC3 Jovante L. Washington

NMCRS Kicks Off Annual Fund Drive

Naval Medical Center Portsmouth held a cake-cutting ceremony to celebrate the kick-off of the annual Navy-Marine Corps Relief Society fund drive in the Bldg. 1 foyer on March 1. Rear Adm. Alton L. Stocks, NMCP's commander, and Jennie Chance, who works the local NMCRS office, cut the cake.

NMCP's goal for the 2011 fund drive is \$57,520. During the 2010 fund drive, NMCP raised \$99,125 for Sub Area 6 in support of the society, while the NMCP office provided more than \$150,000 in loans and grants to 352 clients.

NMCRS is a private, non-profit charitable organization whose mission is to provide financial, educational, and other assistance to members of the Navy, Marine Corps and their families.

Sewells Point Dental Clinic Completes Renovations

Capt. Jay A. Black, dental services director; Cmdr. Chad Brooks, Naval Facilities Engineering Command Mid-Atlantic; Rear Adm. Alton L. Stocks, Naval Medical Center Portsmouth commander; Capt. David A. Culler, Naval Station Norfolk executive officer; Denny Hemmis, senior project manager; Mike Gigliello, project superintendent; and contractors cut the grand re-opening ribbon after Sewells Point Branch Dental Clinic finished renovations.

The \$8 million renovations overhauled the old heating and cooling system in the clinic and lasted more than three years. Staff worked in temporary dental trailers while portions of the building were secured, still maintaining more than 100 percent patient load to ensure ships at Naval Station Norfolk got underway with the fleet at full dental readiness.



Photo by MC2 Nikki Smith

After the renovations, the 26 dental chairs and sterilizers that were utilized in the temporary trailers were incorporated into the clinic.

Pollard Recognized for 40 Years of Federal Service

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

Alexandra Pollard received her career service award and pin for 40 years of federal service from Rear Adm. Alton L. Stocks, NMCP's commander, during the awards ceremony held at Sewells Point Branch Health Clinic on Feb. 25.

"It was a very humbling experience to receive the recognition in front of all of my co-workers," Pollard said. "It was most special to be recognized by our commander. Forty years sounds like such a long time, so I have to take each day as it comes.

Pollard began her career following 15 years in the Nurse Corps officer, then tacking on another 23 years in the Navy Reserve before retiring as a captain.

Pollard started her civilian employee career at NMCP in 1986 in the inpatient wards. She moved to the Dermatology Clinic and then the Clinical Research Department before landing permanently at Sewells Point Branch Health Clinic in 1995.

"I have no plans to stop any time soon. I feel I still have a lot to offer my co-workers and my patients," Pollard said. "I am blessed to have three sources

of rewards during my career. First is the success of those I've mentored. Second, is working with people who truly care about their patients and strive to maximum their health. And third, which is probably the most rewarding, is when we get thanks from patients for even the simplest things that are part of our everyday operation.

"At the end of the day," Pollard added, "I am satisfied that I have given my 130 percent and have helped to make someone's day a little bit better."



Alexandra Pollard is recognized for 40 years of federal service by Rear Adm. Alton L. Stocks, NMCP's commander, during the awards ceremony at the clinic Feb. 25.

Circus Ringmaster visits Mother-Baby Unit



Brian Crawford Scott, the 36th and newest ringmaster for the Ringling Bros. and Barnum & Bailey circus, visited NMCP's Mother-Baby Unit on March 14 to pass out "Baby's First Circus" free ticket vouchers. All children under 12 months are eligible for a free ticket. New parents can register online at ringling.com/offers.

Scott joined the 141st Edition — Fully Charged — in 2010 and is in town for his first performance at the Hampton Coliseum and Norfolk Scope in April.

PHOTO BY REBECCA A. PERRON

Richardson, Yevich Named Civilians of the Year

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

Naval Medical Center Portsmouth awarded two staff members Civilian of the Year honors during a ceremony in the galley on March 7. Rear Adm. Alton L. Stocks, NMCP's commander, presented certificates and meritorious civilian service medals to Wanda Richardson, medical clerk, Inpatient Critical Care Unit, and Steven Yevich, medical director for the Tidewater Multi-Service Market in the Healthcare Business Directorate.

Richardson has been a civilian federal employee for 32 years, working at NMCP for the last 15.

"I feel blessed and highly favored to receive this award," said Richardson. "I began my career in civil service at Naval Air Station Norfolk, came here to Portsmouth in 1996, and have enjoyed it here ever since. I enjoy working alongside military members and

their families and this and many other reasons are why I plan to continue my career here at the hospital."

She coordinates and orchestrates many in-service programs, such as tobacco cessation strategies and therapy for high cholesterol and blood pressure management.



Wanda Richardson, medical clerk for the Inpatient Critical Care Unit, and Steven Yevich, medical director for the Tidewater Multi-Service Market in the Healthcare Business Directorate, were awarded the meritorious civilian service medal in recognition for being selected Civilian of the Year during the ceremony in the galley on March 2.

"I would like to thank all the staff on the Progressive Care Unit and the Cardiac Lab," Richardson

added. "I am thankful to be a part of the PCU. It's like having a family away from home."

Yevich has worked at NMCP since September 2006. He became a civil service employee in 2001 after retiring as an Army colonel following a long and distinguished career that began during the Vietnam Conflict.

As medical director, he coordinates patient care among several entities, including NMCP, medical facilities at Joint Base Langley-Eustis, Healthnet Federal Services Network and the Hampton VA Medical Center.

"I feel this award was more than I deserve and am very humbled by this honor," Yevich said. "Because of this, I'm giving back the tangible parts of the award to both the military and the civilian sides of the house – the cash went to buy \$1,000 of t-shirts for the Junior Enlisted Ball Committee.

"I'm also donating the 40 hours compensation time to a few civil service employees who are in need of this time for illness reasons," Yevich added.

WE WANT YOU — TO DONATE BLOOD!

Due to current world events, there is a higher demand for all blood products. NMCP is looking for as many donors as possible to help meet this increased need for our shipmates.



You can call the Blood Bank at **953-1717 or 1730** to schedule an appointment to donate.



Your donation will count as volunteer time and platelet donations will be awarded with snacks, a free meal pass at the galley, and a chit for ½ day off work, to be used at chain of command's discretion.

Civilian in the Spotlight

Full name: Esther Bazemore, RN

Hometown: Portsmouth, Va.



Photo by MC2 Nikki Smith

Years of Service: 21 years (10 years at NMCP)

Work Center: Ward 4J, Oncology

What do you like most about your job? I like being able to contribute to the efforts of my ship-mates in providing services for our patients.

What is your favorite movie? How Stella Got Her Groove Back

What is your favorite food? Chicken and fish

Why were you been nominated as Civilian in the Spotlight? Cmdr. Lisa F. Rose, Division Officer of Ward 4J submitted Bazemore and said, "She is continually dedicated to the people she serves. She brings a positive energy to everyone she comes in contact with."

Anything else interesting about yourself? I used to sing in a rhythm and blues group called The Intruders.

Sailor in the Spotlight

Full name: HA John Benjamin Carr

Hometown: Maysville, Calif.

Years of Naval Service: 1 year in the Navy (9 months at NMCP)

Work Center: 4M, Labor and Delivery

Why were you nominated as Sailor in the Spotlight? "On Feb. 11, HA Carr quickly recognized that a baby was not transitioning well after delivery, he appropriately assessed the baby and requested pediatrics to be paged. This baby did end up needing to go to the Obstetrics nursery. Carr does a great job all around and is always willing to help with tasks around the unit," said Chief Hospitalman Belinda Daniels, Carr's supervisor.

What do you like most about your job? Seeing the transition of a new life.

What do you do in your off duty time/hobbies? I love the outdoors and spending time with my friends.

What is your favorite movie? Norbit



Photo by MC2 Nikki Smith

What is your favorite food? Sushi

March is National Colorectal Cancer Awareness Month

ZENAIDA D. LIMON, RN
Gastroenterology Clinic

March 2011 marks the 12th annual National Colorectal Cancer Awareness Month. It is a much-needed opportunity for our country to educate itself about colorectal cancer and to encourage people to learn more about how to reduce their risk of the disease through a healthy lifestyle and regular screenings.

This is the fifth year that colorectal cancer awareness month has been commemorated at Naval Medical Center Portsmouth, with the Gastroenterology Clinic pioneering the colorectal cancer awareness campaign in March 2007. Gastroenterologists and GI nurses at NMCP continue their effort to improve staff and patients' understanding about colorectal cancer screening and prevention as well as the colonoscopy experience.

To help get the word out, the GI Clinic will have an information booth set up at NMCP on March 23 in the Charette Healthcare Center

HM Detailer Visit

The hospital corpsman detailer and HM "C" school detailer will visit NMCP April 11 to 13 to see HMs whose PRDs are April 2011 to January 2012 and are not under orders. The "C" school detailer will see those who would like a "C" School and have a PRD between October 2011 and September 2012. Schedule an appointment via directorate career counselor.

(Bldg. 2) second floor lobby from 9 a.m. to 2 p.m. Information will be passed out about CRC to increase awareness, prevention and screening.

The GI staff continues efforts to improve public understanding about colorectal cancer, screening and prevention. They actively campaign for colorectal cancer prevention by citing the latest evidence and following the latest evidence-based guidelines for colorectal cancer screening with several new recommendations.

Much progress has been made over the past few years in both prevention and treatment of colorectal cancer. The challenge is to educate Americans about the importance of screenings and different treatment modalities for colorectal cancer prevention.

Colorectal cancer screening saves lives by finding and removing precancerous polyps before they become cancerous and by early detection of the disease when it is most treatable.

Colon cancer usually grows slowly. The first development is often a tiny precancerous polyp or lesion. There are no symptoms at this stage. Unfortunately, in time these polyps can grow and develop into cancer.

Colorectal cancer is the third most common cause of cancer deaths in the United States. It affects men and women equally. More than 140,000 people are diagnosed with colorectal cancer annually, with almost 50,000 people dying from the disease each year. CRC is largely preventable with regular screening and is treat-

able with early detection.

The American College of Gastroenterology released new key recommendations for colorectal cancer screening guidelines. These guidelines include:

Colonoscopy every 10 years is the preferred colorectal cancer prevention test.

Screening for African Americans

is recommended to start at age 45 versus age 50 because of incidence of cancer in this

the high colorectal population.

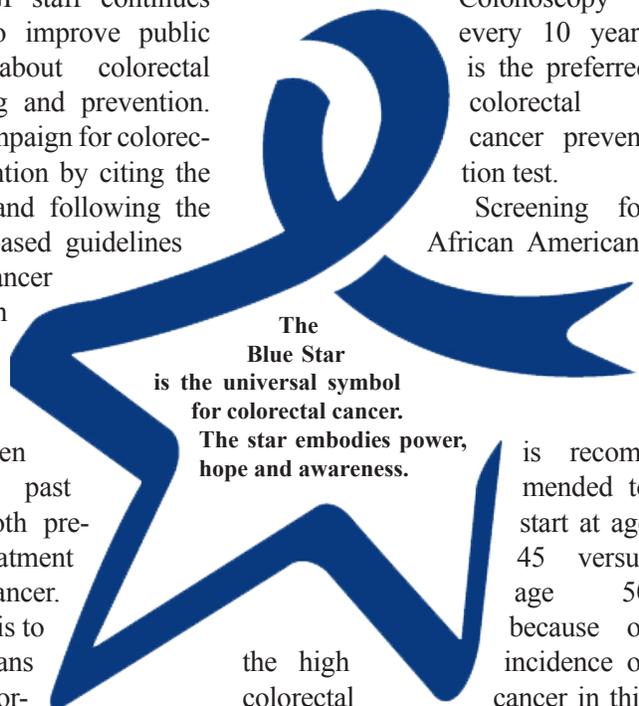
Bowel preparations are now to be given in split doses to improve the effectiveness and tolerability.

Individuals with a single first-degree relative with colorectal cancer or advanced adenomas diagnosed at age 60 or older can be screened like average-risk people.

The guidelines also include recommendations for screening patients with a family history of colorectal cancer, familial adenomatous polyposis, and hereditary non-polyposis colon cancer.

The CRC screening tests are now grouped into cancer prevention tests and cancer detection tests. Colonoscopy every 10 years, beginning at age 50, remains the preferred CRC screening strategy.

More information about colorectal cancer and the new guidelines, visit the ACG website at www.acg.gi.org/media/press.asp.



The Blue Star is the universal symbol for colorectal cancer.

The star embodies power, hope and awareness.

Need Z's? Sleep Lab Can Help

BY REBECCA A. PERRON
NMCP Public Affairs

As more patients suffer from medical conditions that interfere with a good night's sleep, the need for sleep studies is growing. And places like Naval Medical Center Portsmouth are working hard to keep up with the growing demand.

The medical center's Sleep Clinic receives consults for 500 to 700 patients each month. The lab has beds, equipment and staff for 200 to 250 patients. Civilian registered sleep technicians staff the clinic; eight or nine work the night shift and one or two work during the day.

"We run full sleep studies during the night for those who have trouble sleeping at night," said Hugh Pierce, a registered sleep technician. "We also calibrate continuous positive airway pressure machines at night. During the day, we test people who have problems staying awake or who work at night and have trouble sleeping during the day."



Photo by FC3 Jovante' L. Washington

HM3 Natanael Constanzo, a registered sleep technician in the Sleep Clinic, demonstrates how to put the sleep study equipment on a patient.

The studies are viewed in 30-second snapshots during the eight-hour test. Technicians watch for sleep disturbances conveyed by the signals from the electrodes placed on the patient's scalp, marking each disturbance event. After the study is scored, the computer compiles the information into a report for the patient's physician to interpret. The technician's scoring is crucial to the physician's diagnosis and treatment plan.

Technicians may score studies under supervision once they become certified, and they can work on their

own once they are registered. Many in the profession become registered through three months of computer coursework and 18 months of on-the-job training.

Pierce became qualified as a sleep technician through on-the-job training after changing career paths. While recovering from an accident, he became interested in the field.

"I could not walk well, and my brother, who is a doctor and certified in sleep medicine, got me interested," Pierce said. "I would drive in from Tennessee for the work week, volunteering my time here at NMCP until I got qualified."

Once qualified nearly four years ago, Pierce worked for a civilian lab in Hampton Roads, until returning to NMCP's lab in 2009. Although Pierce primarily works days now, most of his counterparts work the night shift. Many in the field perform 11 or 12 hours shifts, three to four days a week.

"It can be difficult to work at night and sleep during the day," Pierce admitted, "and we don't always follow our own advice for getting good sleep."

After being assigned to work in the lab in an administrative capacity, Hospital Corpsman 3rd Class Natanael Constanzo became interested in the science of sleep studies and in becoming a registered technician. Pierce's own path to a new career inspired him to help train Constanzo.

Pierce worked with Constanzo during the day to teach him the basics, which included how to monitor patients, use the equipment and place the electrodes in proper locations. Constanzo completed the 14 American Academy of Sleep Medicine computer courses in about three months, and then began to sit in on studies, learning how to read them.

"Once he got to a certain point in the training where he was certified, HM3 was able to start scoring the studies under supervision," Pierce said. "At that point, we switched him to nights so he could monitor patients and really be immersed in the studies. This is the quickest and most proficient way to learn."

Constanzo recently completed the 18-month, on-the-job training requirement, which allowed him to take the registration exam through the AASM, making him the Navy's first enlisted sleep technician.

"I like studying people and anatomy, so I thought it was a good opportunity to learn," Constanzo said. "My registration really benefits the patients, because I can more accurately score the study, which helps the doctors with the interpretation of the study."

Constanzo hopes his new qualification will help him to be considered for a commission.

“DERBY DAYS”

Annual Oakleaf Benevolence Auction



Friday, April 29
Sandbar Club at NMCP
6–9:30 p.m.

Dinner, Games & Best Hat Contest

\$25 per person
BBQ & picnic fare
Cash bar



*All proceeds benefit the
Hampton Roads Naval Medical
commands, locally and deployed*

*RSVP by April 25 by emailing
terri_via@yahoo.com*

MARCH AWARDS

MERITORIOUS SERVICE MEDAL

Capt. Eugene Delara

JOINT SERVICE COMMENDATION MEDAL

Cmdr. Dale Jensen

NAVY & MARINE CORPS COMMENDATION MEDAL

Capt. Timothy Sorrells

Lt. Julia Nefczyk

Lt. j.g. Adonias Rosario

CSCS(SW) Tracy Uriegas

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Ellie Mentler

Lt. Felipe Pena

Lt. j.g. Danny Eason

Lt. j.g. Jennifer Loran

Lt. j.g. Otis Osei

Lt. j.g. Angela Spruill

Lt. j.g. Christopher Steadman

Lt. j.g. Leslie Turpin

YN1(AW) Ivey Cyphers

HM1(FMF/SW) Matthew Reichl

HM2 Michael Adkins

LS2(SW) Brian Christy

HM2 Serafin Maldonado

HM2 Ericka Maximin

HM2(SW/AW) Tiffany Thompson

HM2 John Wolfe

HM3(FMF) Roger Barrera

CS3 Kimberly Burgess

SH3(SW/AW) William Hill

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

David Rice

Navy Surgeon General Commemorates Medical Corps 140th Birthday

BY U.S. NAVY BUREAU OF MEDICINE
AND SURGERY PUBLIC AFFAIRS

WASHINGTON (NNS) — The Navy Surgeon General sent a message to the Navy Medical Corps in honor of its birthday, March 3.

“Today we celebrate the 140th Birthday of our Medical Corps,” said Vice Adm. Adam M. Robinson, Jr., Navy surgeon general and chief, Bureau of Medicine and Surgery. “From the countless humanitarian relief and disaster response missions, to the larger role of expeditionary care around the world, the Medical Corps is integral to Navy Medicine’s ability to support our maritime strategy.”

The Medical Corps was founded March 3, 1871, by the 41st Congress who enacted the Appropriations Act which established the Medical Corps with the mission of providing medical care to U.S. Navy personnel aboard ships and shore stations.

Today, nearly 5,000 active duty and Reserve Navy doctors serve with both the Navy and the Marine Corps throughout the world, providing exemplary care to Sailors, Marines and their families, from the garrison to the deck plates and to the battlefield.

According to Robinson, the Navy Medical Corps is broad and diverse. It is composed of physicians who are practicing or training in dozens of medical and surgical specialties with more than 200 subspecialties. Navy doctors serve in complex

and diverse positions including the White House, the Attending Physician’s Office to Congress and as astronauts exploring the frontiers of space.

Robinson also said the Navy Medical Corps continues to break new ground in biomedical research, medical education and training, and patient care delivery at Navy clinics, hospitals, aboard Navy afloat platforms and in combat theaters.

“It is the honor, courage, and commitment of these personnel we honor today,” said Robinson. “We celebrate their spirit of service in everything they do to ensure our nation has a medically ready, fit and fighting force. It is our responsibility to ensure that those who’ve served our nation, along with their families, can always count on Navy Medicine to help provide quality and compassionate patient and family-centered health care.”

SHIPMATE OF THE MONTH



Photo by Rebecca A. Perron

HM3(SW/AW) APRILJOY F. PLATON
HM3 LAUREN M. SCHMIDT
HN CARI LYTLE
HN JUAN J. LARA
HM2(FMF) MARCO D. WEYGAN
HM3 JULEENA J. HAVILAND

HN JOSEPH S. HILL
HM2 BRENDA QUINTERO
HM2(SW) CHERYL A. KIVLEHAN
HA MICHAEL G. DAVIS
AO3(AW) JENNIFER MADDEN

MENTOR OF THE MONTH

RN Karen Graham began her nursing career in 1994 after completing her Associate Degree in Nursing at Norfolk State University. The following year, she completed her BSN and has since gone on to become an accomplished pediatric nurse practitioner.

Along her path to her current success, mentors have played an important part. During her first nursing job at Sentara Norfolk General, she was mentored by an experienced LPN who helped her enhance her clinical skills. She also received wonderful guidance from her division officer during her assignment in Naples, Italy, before returning to this area in 1999 to work at NMCP.

Believing that nursing is a both an art and a ministry, Graham is involved in many aspects of the command. She shares her wealth of knowledge and experience as the chair of the Civil

Service Nurse Working Group, is a voting member of ECONS, sits on the Staff Development Committee and the Quality Committee for Customer Service, and is a faculty instructor for Basic Life Support.

Because of many great role models from both the military and civilian sector, Graham believes in sharing the ability to make a difference. She mentors those around her the same way she was mentored, with encouragement and a positive attitude that ultimately makes a difference in the lives of her coworkers as well as her patients and their families.

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