



October 2011

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Breast Cancer Awareness Month — Pages 3 and 13

Navy's 236th Birthday Celebrated at its Oldest Hospital **NMCP Hosts Fleet Forces Command Birthday Celebration**

BY DEBORAH R. KALLGREN
NMCP Public Affairs

While the Navy's 236th birthday was Oct. 13, Naval Medical Center Portsmouth got a head start by hosting the U.S. Fleet Forces Command Navy Birthday celebration on Oct. 11.

Guests included Virginia Gov. Bob McDonnell, legislators and military from throughout Hampton Roads.

The theme of the celebration was Navy Medicine and its location was apt. The medical center's roots go back to 1830 when it opened its doors to become the U.S. Navy's first hospital. Its staff has cared for service members and their families continuously for 181 years.

Threatening skies did little to dampen the mood of the hundreds of attendees, but the weather did force organizers to move the ceremony and displays inside.

Re-enactors volunteered to show life in the Navy during the Revolutionary War, the War of 1812, the Civil War and World War II. They were to have set up camps on Hospital Point, a peninsula in front of the original hospital that juts into the

Elizabeth River. After moving inside the current hospital, the re-enactors entertained and educated guests with tales of Navy life and Navy medicine through the centuries. Explanations of Revolutionary War-era medicine drew cringes and grim expressions from the crowd.

A real Forward Resuscitative Surgical Suite (a state-of-the-art tent hospital that can be set up in 30 minutes in war zones) was erected on the point where the unit trained for future missions.

Back inside, more naval history was on display as the official ceremony began. The Color Guard from U.S.S. Constitution paraded the colors dressed in period uniforms. Launched in 1797 and named by President George Washington, Constitution is the world's oldest floating commissioned naval vessel whose actions during the War of 1812 earned it the nickname "Old Ironsides."

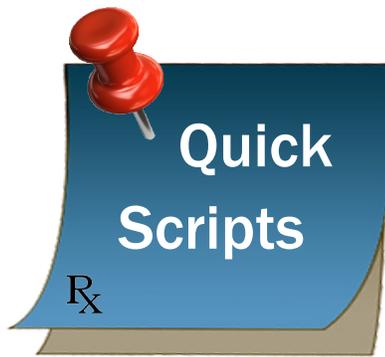
Rear Adm. Elaine C. Wagner, NMCP and Navy Medicine East commander, welcomed the crowd and treated them to an

— See **BIRTHDAY**, Page 10



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

Adm. John C. Harvey Jr., USFF commander, addresses the crowd in the NMCP auditorium during the Fleet Forces Command Navy birthday celebration for Hampton Roads.



Nat'l Nurse Practitioner Week

Don't miss the celebration of National Nurse Practitioner's Week Nov. 9 from 12:45 to 2:15 p.m. in classroom 3, 2nd floor of Bldg. 3.

The reception will feature Dr. Carolyn Rutledge, director, DNP Program, Old Dominion University; Mark Coles, state chairman, Government Relations Committee, Virginia Council of Nurse Practitioners; and Capt. Mary Kay Nunley, NMCP director of nursing as guest speakers, as well as light refreshments.

Win Cirque de Soleil Tickets

Stop by MWR-ITT in Bldg. 3, 2nd floor to register to win two tickets to the QUIDAM Cirque du Soleil show at Hampton Coliseum, Dec. 11 at 5 p.m. (mezzanine seats). Cirque du Soleil is an acrobatic circus; there are no animals. The drawing is Nov. 23 at 2 p.m. Participants do not need to be present to win.

MWR Committee Seeks Command Cookbook Recipes

The MWR Committee is seeking recipes for the command's cookbook. Multiple submissions are welcome.

The cookbook is part of a fundraiser with 100 percent of proceeds going toward the command holiday party.

The deadline for all submissions is close of business Nov. 10.

Contact HM1 Kemp at 953-7899, HMC Rinschler at 953-1411 or HM2 Kivlehan at 953-5982 with questions.

2011 CFC Ends Dec. 15

NMCP is in the home stretch of the 2011 campaign. We are hoping to reach and exceed last year's monetary goals of \$135,000 for NMCP alone and \$196,000 for NMCP and tenant commands. We are almost there!

Those who have not been contacted

by a CFC representative should call Lt. Cmdr. Griffin at 953-3302. Staff can also visit www.cfcshr.org to donate.

Traffic Safety Day Nov. 9

The 10th annual Traffic Safety Day is Nov. 9 from 7:30 to 11:30 a.m. An all hands call in the auditorium will feature guest speaker Vice Adm. John M. Richardson, Submarine Forces commander, who will also present the annual safety awards with NMCP commander Rear Adm Elaine C. Wagner.

Representative from the Virginia State police and local sheriffs' offices, and organizations such as MADD and VDOT, will provide resources for staff to stay safe during holiday and encourage no drinking and driving.

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 and are always happy to welcome new members.

For membership information, email tidewater.oakleaf@gmail.com.

NAVAL MEDICAL CENTER
PORTSMOUTH IS ON
FACEBOOK AND TWITTER

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

twitter

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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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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.

NMCP Dons Pink for Breast Cancer Awareness Run

STORY AND PHOTOS BY MC2 NIKKI SMITH
 NMCP Public Affairs

Pink was the color to be seen at Naval Medical Center Portsmouth's Morale Welfare and Recreation Pink Ribbon 5K run on Oct. 5, in support of Breast Cancer Awareness Month. More than 300 people from around Hampton Roads came to the NMCP fitness center to participate and show their support.

The run has been held at NMCP since 2005. Participation was open to service members, dependents, retirees and government civilian employees who could run or walk the 3.1-mile course around the NMCP base. Staff from NMCP's fire station and hospital and family members cheered the runners.

Medals were awarded to the first male and first female to finish the run. The top three runners in each age divisions were also given medals — 32 participants in all were awarded the pink medals.

Peter Stoll, was the first to finish and ran it in 18 minutes, 36 seconds. Lt. Cmdr. Elizabeth Raphael from Public Health Services came in as the first female to cross the finish line, with a time of 21 minutes, 50 seconds. Stoll and Raphael were each awarded a plaque and a pink hat along with their medal.

MWR staff held a raffle and handed out door prizes for the runners as well as gave prizes to breast cancer survivors. Winners of the door prize raffle received



Elizabeth Raphael, the first woman to cross the Pink Ribbon 5K finish line, finishes the run in 21 minutes and 18 seconds.

T-shirts, hats and bags. Cancer survivors won totebags and a donated pink fleece blanket.

Along with NMCP staff members, Marines of the Marine Corps Intelligence School from the Marine Corps Detachment Dam Neck, members of Fleet Surgical Team Two, Sailors from USS Harry S. Truman and Italian service members from NATO Headquarters Supreme Allied Commander Transformation in Norfolk were among the participants.

"We came out to support the cause," said Maj. Pasquale Tirone, Italian Air Force,

representing NATO HQ SACT. Fellow runner Carmelo Imbrogno explained, "We enjoyed the run, the spirit of togetherness here and the camaraderie was something we really liked."

Jackie Stiffler, fitness coord-

inator for MWR, spent the last two months helping to organize the event. MWR also rounded up volunteers to hand out refreshments, assist with the raffle and greet the runners as they finished the race.

"The Breast Cancer Awareness cause is very dear to my heart," Stiffler said. "My aunt suffers from the disease, and it was so great to organize the event and work to get awareness for the cause. So many people's lives are touched in some way by breast cancer, and Sailors aren't exempt from that. We want to do anything we can to help Sailors and their families — this run is one way we try to help. Hopefully, we were able to get some awareness out there and show our support for Sailors and those who suffer from breast cancer."

"The whole run went awesome," Stiffler added. "We couldn't have asked for any better."

The Pink Ribbon Run is an annual MWR event, and next year's is already on their October calendar.

For more information about NMCP's MWR, and the events they have planned, call 396-3871 or visit www.med.navy.mil/sites/nmcp/Partnerships/MWR.



Members of the Marine Corps Intelligence School from Marine Corps Detachment Dam Neck participate in the Pink Ribbon 5K at NMCP on Oct. 5.

Quality Day Conference

Communication, Teamwork Emphasized by Speakers

BY REBECCA A. PERRON
NMCP Public Affairs

Naval Medical Center Portsmouth hosted a conference Oct. 11 with the goal of improving health care outcomes by increasing awareness for communication and teamwork among health care providers. The conference, *Make a Difference 2011: Our Commitment to Quality Patient Care*, brought together many aspects of NMCP's new strategic vision.

The day featured three nationally known guest speakers and a video presentation of "The Lucky Few: The Story of USS Kirk." The speakers talked about different aspects of providing health care, including patient safety, dealing with adverse events and attaining the best care scenarios possible.

More than 1,300 health care providers attended, including physicians and clinical staff from NMCP and military treatment facilities within Navy Medicine East, fleet doctors and corpsmen from Norfolk-based ships, and medical personnel from U.S. Air Force Hospital Langley.

The day began with remarks by NMCP Commander Rear Adm. Elaine C. Wagner.

"We have a strong history of great results," Wagner said. "NMCP is number one when compared to other Navy treatment facilities. We have clearly made providing safe health care a priority. We must all take concessions to continue to improve and develop a culture where we guarantee quality health care, which can be daunting."

The first speaker, Helen Haskell, told the story of how her 15-year-old son, Lewis Blackman, died in the care of interns and residents in Sount Carolina. Haskell became a patient safety advocate in South Carolina, helping to pass the

Lewis Blackman Patient Safety legislation. She also became the director of Mothers Against Medical Error and director of the Consumers Advancing Patient Safety group.

"It is common for people to take what they are told and assume doctors know everything," Haskell said. "But health care is often not a transparent process, and patients and their families should question their doctors. Patients need to know how to navigate the hospital system and to be highly engaged. To improve the system, we need to break down cultural barriers, train and educate the providers, speak the same language, and take the time and cost to make the improvements."

After a question and answer session with Haskell where the group talked about different ideas to improve outcomes, retired Cmdr. Scott Waddle, former commanding officer of USS Greenville, took the podium. During his presentation, "Failure is Not Final," Waddle told the story of the submarine's collision with the Japanese fishery training ship and the lessons he learned from the experience, comparing the lessons to those doctors learn when they experience adverse events.

"When there is setback and disappointment, you own it," Waddle said. "Integrity, accountability and responsibility are the tenants to daily life, and patient care. You can't push those aside. A compassionate doctor can win the trust of patients and families. When your intent



Rear Adm. Elaine C. Wagner, NMCP commander, introduces the Make a Difference Conference 2011: Our Commitment to Quality Patient Care on Oct. 11.

shows that you care, that trust is built.

"When you work harder than the minimum and work to your potential," Waddle added, "you will achieve success. You tend to work harder when someone is holding you accountable."

Next on the agenda was the video, "The Lucky Few: The Story of USS Kirk," which told the story of an unforeseen humanitarian assistance mission in the final days of the Vietnam Conflict. Crewmembers on board the Kirk, corpsmen and enlisted in particular, came together to provide care for South Vietnamese refugees, showing how teamwork, communication and leadership can help a team accomplish the unexpected.

The last speaker of the day was John Nance, a retired Air Force Reserves lieu-

— See **QUALITY**, next page

'Baby and Me' Program Receives Vikki Garner Award

BY MC2 NIKKI SMITH
 NMCP Public Affairs

The 2011 Spring/Summer Vikki Garner Memorial Award for Excellence in Quality Improvement was awarded Sept. 22 to the Baby and Me Program. Lt. Cmdr. Jill Maldarelli-Drey, clinical nurse specialist for the Mother-Baby Unit, and perinatal educator Sharon Evans received the award.

The program, which began in the spring, is aimed at parents and their new babies, and 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.

The Baby and Me class is held monthly at NMCP and is open for up to 15 babies and their caregivers. Babies must be



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

Perinatal educator Sharon Evans and Lt. Cmdr. Jill Maldarelli-Drey, clinical nurse specialist for the Mother-Baby Unit, with the Vikki Garner Memorial Award plaque between them.

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.

QUALITY — *Continued from previous page*
 tenant colonel and a founding member of the National Patient Safety Foundation, who wrote, "Why Hospitals Should Fly: The Ultimate Flight Plan to Patient Safety and Quality Care." The novel details the story of a fictional hospital, St. Michael's, which is succeeding in establishing the ideal health care environment. During his presentation, he underscored the need for taking on new methods of health care delivery in order to improve patient outcomes.

The culmination of the three speakers highlighted how Navy health care can work to improve patient outcomes.

"We started the day with two speakers of great impact relating stories of great loss, and closed with a third speaker of great impact who provided a vision of how we want NMCP to be," said Amy Barnard from the Directorate of Quality Management who, with her planning group, organized the event. "We wanted a different venue like this to promote quality health care, communication and teamwork. We focused around the part of our strategic plan — Guaranteeing Quality

Health Care — that addresses preventing adverse patient events.

"The main cause of preventable adverse outcomes is improper communication," Barnard added. "We wanted to drive that point home, and I think with this venue, we did. We want everyone to understand they can't do everything alone, and to make appropriate changes to their mindset, so that when they go back to work, and take those changes with them, we can all put com-



Conference attendees listen to speaker Helen Haskell, director of Mothers Against Medical Error and director of the Consumers Advancing Patient Safety group, during Quality Day.

National Customer Service Week Celebrated at NMCP

NMCP PUBLIC AFFAIRS

The 2011 National Customer Service Week kicked off at Naval Medical Center Portsmouth with a cake-cutting ceremony in the galley on Oct. 3, with NMCP commander, Rear Adm. Elaine C. Wagner, and Cpl. Wylie Meikel from the Wounded Warrior Battalion-East Detachment cutting the cake. Staff members then pledged their commitment to customer service by signing a poster displayed at the pharmacy during the week.

Other events included a potluck lunch in the Neo-Natal Intensive Care Unit atrium for departmental customer service representatives, a departmental decorating contest, lunch in the galley served by members of the Command Executive Board and an ice cream social in the galley.

During the week, patients were given paper star ornaments and asked to write down the name of someone who provided excellent customer service during their visit. The ornaments were hung on an All-Star tree near the pharmacy, with the stars covering the nine-foot tree.

"Customer service is one of our command's strategic pillars," said Cmdr. Cynthia Judy, director of Healthcare Business Office. "The objective is to 'provide exceptional service.' We strive to do this by exceeding expectations through proactive engagement, empowering all

staff to guarantee a culture of service and utilizing feedback to improve services.

"At NMCP, there are 300 Patient Contact Representatives who provide departmental training, manage and respond to feedback from ICE and other customer comments, and serve as the front line for resolution of patient and staff concerns," Judy added.

The week culminated with customer service awards presented by Wagner in the auditorium. Twenty departments were nominated for the Best Practice Award, also known as Best of the Best, with the Pain Management Department chosen for its strides toward improving access for its patients. The Best Practice Award recognizes the clinic or department that distinguishes itself by implementing quality service initiatives based on patient/customer feedback.

During the ceremony, the Customer Service Excellence Award recognized 12 staff members who displayed customer service excellence throughout the year, focusing on positive interactions, as well as complaint resolution and command

involvement in the pursuit of achieving customer service excellence.

National Customer Service Week is an event devoted to recognizing the importance of customer service and to honoring the people who serve and support customers with the highest degree of care and professionalism. In 1992, Congress proclaimed the week a nationally recognized event, celebrated annually during the first full week in October.

The goal of the celebration is to boost morale, motivation and teamwork; raise awareness of the importance of customer service; thank other departments for their support and remind customers of our commitment to customer satisfaction.



Photo by MC2 Riza Brigham

Rear Adm. Elaine C. Wagner, NMCP commander, and Cpl. Wylie Meikel from Wounded Warrior Battalion-East Detachment, cut the cake during the Customer Service Week kick off in the galley on Oct. 3.



Photo by Rebecca A. Perron

Rear Adm. Elaine C. Wagner, NMCP commander, and Capt. Rick Freedman, director, Primary Care and Branch Health Clinics, serve lunch in the galley Oct. 5 during Customer Service Week.



Photo by Rebecca A. Perron

Cmdr. Cynthia Judy, director, Healthcare Business, hands a plate to a diner during lunch in the galley Oct. 5. Judy served lunch during Customer Service Week.

Customer Service Awards Conclude Week's Celebration



Tommy Boswell, a Pain Management Clinic customer service clerk, accepts the award for the Best Clinic Customer Service on behalf of the Pain Management Clinic during the Customer Service Week awards ceremony in the auditorium Oct. 7.

During the ceremony, Rear Adm. Elaine C. Wagner, NMCP commander, right, also handed out awards for the "What Customer Service Means to Me" essay contest, customer service Wall of Excellence nominations and best clinic customer service.

Photos by MC2 Nikki Smith



The Wall of Excellence winners after the award ceremony in the auditorium on Oct. 7. Each winner was nominated by patients, and their photos are hung in the main hallway of Bldg. 2 near the pharmacy.

Wall of Excellence winners

HM1 (SW/FMF/AW) Samirah Abdullah
 HN James A. Bond Jr.
 Alyn Caulk
 Capt. Rick Freedman
 Charles Johnson
 HM2 Bashanda Peay
 Lt. j.g. Jennifer Rhinehart
 Beverly Spivey
 HM3 (SW) Rico Sutton
 Herbert Vanderwerff
 Robert Vannatta
 Mark Ware

Best Practice Award nominees

Microbiology
 AEGD/ADP Dental Norfolk
 Ambulatory Infusion Center
 Plastic Surgery
 Dam Neck Medical Home Teams
 Hampton Roads Appointment Center
 Radiation Oncology
 Point of Care Testing
 Lab Information Systems
 General Lab/Chemotherapy
 Client Services
 Blood Bank
 Substance Abuse Rehabilitation Program
 Operational Forces
 Medical Home Port BHC Norfolk
 Cytopathology
 Outpatient Coding Division
 Birth Certificates



Charles "Woo-Man" Johnson, former NMCP security guard, waves at his fans who are calling out "woo" and "It's Friday," phrases he was known for saying while working the main gate. He is presented with an Excellence in Customer Service award by Rear Adm. Elaine C. Wagner, NMCP commander.

NMCP's Medical Librarians Assist in Patient Care

STORY AND PHOTOS BY MC1 ELIZABETH ST JOHN
NMCP Public Affairs

October is National Medical Librarians Month and at Naval Medical Center Portsmouth, drawing attention to the work the librarians do to make sure the clinical staff have access to the latest resources to help them care for their patients.

NMCP has three librarians and three library technicians who support the nearly 7,000 staff members and countless other patients and family members who use the library. They provide much more than you would expect from a small library staff.

"They are wonderful," said Lt. Cmdr. Kevin Nasky, division psychiatrist, 3d Marine Division. "I did three research projects in residency, all of which resulted in publication, and I can honestly say that if it wasn't for the NMCP librarians, I couldn't have completed any of those projects.

"They are an amazing resource," continued Nasky. "Since leaving NMCP, they have continued to assist me while I've been deployed and stationed abroad. In my honest opinion, their work has an enormous overall impact on NMCP's capacity to provide expert clinical care, as well as supporting NMCP research."

This year alone, the NMCP library staff has ensured access to over 6,400 online journals and 314 online textbooks. They also performed approximately 350 literature searches & delivered to customers over 1,260 books, book chapters & articles not available in NMCP's system.

"We offer a wide variety of things," said Jane Pellegrino, library department head. "We obviously have the print things that you see and we have many more online things that are offered through the library's website. This includes books and



The medical librarians, from left, Lisa Eblen, Michael Fiedler and Jane Pellegrino. Medical librarians play a vital role in patient care as they keep physicians and other health professionals abreast of the very latest medical information.

journals and new services that are very clinically oriented.

"We also work a lot with other libraries in sharing things," Pellegrino continued. "We do a lot of inter-library loans to meet the needs of staff members. We do consultations with staff members on how to approach their research projects."

Their skills are comprehensive, not only because of the certifications they hold, but also due to their corporate knowledge of the medical center. Pellegrino has worked in the NMCP library for more than 20 years; librarian Lisa Eblen has been there for 15 years. Both are members of the Academy of Health Information Professionals, the Medical Library Association's peer-reviewed professional development and career recognition program.

The library staff also help keep NMCP's strategic plan strong. They support the plan's pillars of health care, research and medical education. They also support the administrative needs of department heads by providing them with valuable information they need to do their jobs.

"Jane Pellegrino has made online medical information a major priority and has been proactive to ensure that we retain access to vital online sources," said Cmdr. Timothy Clenney, associate director for professional education. "She also works to ensure that we have the most current reference materials. Most of all, I believe that the services they provide ultimately translate into high quality patient care and better outcomes."

The library staff continually analyze product usage and popularity so they know which resources are truly needed. They actively seek suggestions from patrons about what types of information they need.

"I am particularly impressed by how they are consistently looking for ways to improve on what they do," continued Clenney. "For example, in addition to literature searching, they provide education to departments on methods for finding the best medical information and are always available to speak to residents and other professionals to develop skills in searching for medical information. In this way, our librarians are teaching their customers to become better consumers of the medical literature.

"Our librarians consistently take customer service to new levels," added Clenney.

Everyone on the library staff focuses on the part of the librarian's job that they love, creating a great team and excellent customer service.

"I like answering people's questions and teaching them how to find the answers themselves," said Pellegrino.

"I like the technical side of things when all of these electronic resources are working and I can help the patrons get right into what they need," Eblen said. "I love working with all the technical things and making them work and figuring them out."

Michael Fiedler, who's been a librarian at NMCP for one

— See **LIBRARY**, next page

Fall PFA Testing Begins

The Fall 2011 Physical Fitness Assessment cycle began recently, with body composition assessments beginning on Oct. 17 and the physical readiness testing beginning the next day. To complete the cardio portion of the physical readiness test, staff members have the option of running, treadmill, elliptical, stationary bike or swim.

Right: Ensign Amanda Partner leads Lt. j.g. Katherine Bets after their first lap of the run during their Physical Fitness Assessment Oct. 21.



Above: Lt. j.g. Erica Margarito rides the stationary bike during her cardio portion of the physical fitness assessment on Oct. 21.

Right: Lt. j.g. Erica Margarito (foreground) performs sit ups during the physical fitness assessment as Lt. j.g. Katherine Bets holds the feet of Ensign Amanda Partner as she does her sit ups in the background.



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

LIBRARY — *Continued from previous page*
year, specializes in research.

"I like to do the searches for information, especially if they're a little more complicated," said Fiedler. "It's sort of like art because you don't know what you're going to end up with. It's a creative process."

The NMCP library is tucked away on the 4th floor of Bldg. 1 with a picturesque view of the Elizabeth River and downtown Norfolk. The space comprises the Health Sciences Library and the Crew's Library, and offers something for everyone, including space to spread out and study or collaborate with colleagues. There are network computer stations and computers for non-hospital-related activities. Visitors can also bring their own computers and

use the library's wi-fi connection. There is even an electronics-free area for those who need the utmost peace and quiet.

NMCP medical librarians and library technicians work tirelessly to ensure staff and patients have the most current and accurate information available. They are there to help patrons with special projects, research or recommend a book for personal reading.

"We are here to help you do your job and develop as professionals," said Pellegrino. "Come visit us – you might be surprised at what you find."

For more information about NMCP's library and for access to its online publications, visit www.med.navy.mil/sites/nmcp/library.



Photos by MC1 (SW/AW) Steve Weber

Rear Adm. Elaine C. Wagner, NMCP commander, and Adm. John C. Harvey Jr., USFF commander, present a print of historic Bldg. 1 to Virginia Governor Bob McDonnell, the guest speaker for the USFF Navy Birthday celebration for Hampton Roads at NMCP on Oct. 11.

BIRTHDAY — *from page 1*
abbreviated 180-year look back at the history of the medical center.

“It’s an honor to host the 236th Navy birthday celebration here,” she said. “Go Navy!”

Adm. John C. Harvey, Jr., U.S. Fleet Forces Command commander, spoke of the Navy’s deep ties with Hampton Roads. “There are deep bonds with the Navy and this community; with each other, we thrive.”

He praised the Portsmouth medical center as a “crown jewel” in Navy Medicine, and drew attention to the re-enactors as a “terrific representation of how Navy Medicine has evolved over 236 years to deliver the best care.

“Navy Medicine has been there with us every day and in every way,” Harvey added.

The governor, a retired Army officer, put service rivalries aside and said on behalf of Virginians, “We have a

236 year love affair with the U.S. Navy, and we want to keep those bonds strong.

“We are incredibly proud that we have more veterans – 830,000 – in Virginia than anywhere else. (Naval Medical Center Portsmouth) is an incredible place, Adm. Wagner,” McDonnell continued. “Home of 7,000 men and women who serve.

“I salute you, I thank you for your incredible sacrifice. Keep up the good work. We’re eternally grateful for your contributions,” McDonnell concluded.

The U.S. Navy was born in 1775, when then-Gen. George Washington took command of three armed schooners under Continental authority to intercept British supply ships. Congress adopted a resolution establishing the Continental Navy on Oct. 13, which later became known as the U.S. Navy’s official birthday.



USS Constitution Color Guard parades the colors during the Fleet Forces Command Navy Birthday celebration.



Revolutionary War re-enactor Chris Grimes at one of the several living history displays during the U.S. Navy 236th Birthday celebration at NMCP.

DFA Internship Offers OJT, Fellowship Experience

By MC2 NIKKI SMITH
NMCP Public Affairs

Naval Medical Center Portsmouth's director for Administration graduated its third Health Care Administration Internship class on Oct. 3. The directorate began offering the five-to-six week internship in July, partnered with three local higher learning institutions that offer the Health Care Administration and Public Health programs.

Currently, seniors at Medical Career Institute, St. Leo University and Norfolk State University are welcome to complete the course. The internship is headed up by Cmdr. David C. Collins, director for Administration; and Cmdr. Gabriel Brown, assistant director for Administration.

The course is tailored for each student to gain experience and exposure in all aspects of DFA, which includes human resources, branch clinic operations, patient admission services, maintenance of property, information and material management, combined food operations and biomedical repair.

"By offering the internship, we are gaining partnerships with the local community, gaining visibility and fulfilling the medical education (strategic plan) pillar," Brown said. "We are also raising our own here. These interns are potential new staff members, and they can come in knowing exactly how things are done at NMCP. It also offers us a pool of folks to reach out to if we find ourselves needing to fill a position."



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

Two students from NMCP's Health Care Administration Internship graduated Oct. 3 after completing their internships to further their skills in health care administration. From left, Lt. Cmdr. Gabriel Brown, NMCP assistant director for Administration; Cesar Sanchez, intern; Maralee Goode, intern; Dawn Campbell, ECPI program director; and Cmdr. David Collins, director for Administration.

This unique internship offers students on-the-job training, and the part-time or full-time curriculum allows students the opportunity to apply the knowledge they have learned in the classroom to a real working environment.

During the program, interns interact with key staff members, participate in planning meetings, rotate through administrative and clinical departments and participate in activities such as mass casualty drills, change of commands or Joint Commission preparations as appropriate.

"This program gives students close contact to the subject matter they have studied in school," Brown said. "What better place to train than the 'First and Finest.'"

While offering benefits and leadership opportunities to students, the program also assists NMCP in some vital areas.

So far, three classes have come through the DFA internship, which allowed 10 undergraduate students the NMCP experience. Two more classes will start in November.

Happy 236th Birthday, US Navy



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

HN Christopher Rowland of Orthopedics and Capt. Jeffrey Cole of the Office of Quality Management, the most junior and senior Sailors present, cut the ceremonial cake in the galley Oct. 13 to celebrate the Navy's 236th birthday. Also in attendance were NMCP command master chief, CMDCM Carl Morgan, and Capt. Darin Via, NMCP deputy commander.

Diversity Committee Celebrates Hispanic Heritage



Photos by MC1 (SWAW) Steven J. Weber

Lt. Joanna Krause, Diversity Committee officer, and HM2 (SW) Weiran Wang, Diversity Committee promotions officer, pass out tickets for the Hispanic Heritage celebration raffle and collect entries for the Hispanic flag quiz raffle.



NMCP observed Hispanic Heritage Month with displays on the diverse Hispanic cultures of Central and South America. Displays showed music, games, food and celebrations, like Dia De Los Muertos, or Day of the Dead, unique to Latin culture.

Diversity Committee Seeks Additional Members

SUBMITTED BY THE DIVERSITY COMMITTEE

Naval Medical Center Portsmouth's Diversity Committee is looking for more members to join the committee and help organize cultural celebrations throughout the year.

The committee welcomes anyone who works at the hospital to join and attend meetings held at 11 a.m. every other Thursday in the Pediatric Conference room in Bldg. 2 on the second floor, near the entrance to Bldg. 1.

The committee is headed by Lt. Joanna Krause and Chief Hospital Corpsman (SW/FMF) Shanta Premmer. The committee's mission is to uphold the Navy's policy on diversity and promote diversity and cultural awareness in the work place, and preserve a work environment free of discrimination; as well as encouraging community involvement by volunteering in the local Portsmouth area.

During the annual command picnic held at Hospital Point on Sept. 2, the Diversity Committee hosted a celebration Diversity Day in the Navy. Many cultures were highlighted, including women in the Navy, women who have won the Nobel Peace Prize, disability employment, Judaism, the Forgotten Victims of the Holocaust, black American history; and biracial Americans and celebrities. Posters were displayed, pamphlets were passed out and tables were staffed by committee members to discuss the represented cultures and people.



Women in the Military and Judaism 101 were two of the topics displayed on one of the tables set up during the Diversity Day in the Navy on Sept. 2.

The committee recently held a logo contest in search of an emblem that represents the committee and characterize its motto, "Recognize, Promote, Embrace." Many great designs were submitted, and the winner — announced last month — was designed by Logistics Specialist 2nd Class Thuy Belmar. The logo consists of the motto, committee's name, the NMCP emblem and a bird's-eye view of people of all ethnicities embracing in a circle. The design can be seen on the Diversity Committee's home page.

For more information about the committee and upcoming events, visit <https://intranet.mar.med.navy.mil/Diversity>.

Come join the Diversity Committee and make a difference at NMCP!

Population Health Clinic Wages War on Breast Cancer

BY MC2 NIKKI SMITH
NMCP Public Affairs

October 2011 is the 26th anniversary of the recognition of Breast Cancer Awareness Month in the U.S. Naval Medical Center Portsmouth capitalizes on the increased attention by focusing on the Breast Cancer Screening Program at the hospital and its outlying clinics.

Nancy Holmes is not only disease manager of NMCP's Population Health cancer screening programs but also an advocate for early detection. She wants to ensure women have screenings readily available so breast cancer can be caught early, thereby increasing the chances of survival.

"We are trying to improve the quality of life for women," Holmes said. "Regular annual screenings at age 40 are vital. Awareness and early detection are the keys to fighting breast cancer."

While screenings, treatment options and survival rates have increased, breast cancer remains the second most

common cancer among women in the United States. It is also one of the leading causes of cancer death among women of all races, according to the Centers for Disease Control.

One in eight women in the United States will be diagnosed with invasive breast cancer during her lifetime, according to the Virginia Breast Cancer Foundation. That risk approximately doubles if she has had a mother, sister or daughter diagnosed with the disease. Men can also get breast cancer; approximately 2,140 men in the U.S. will be diagnosed this year.

Holmes has spent the past three years implementing and streamlining the breast-health initiative. She works with Cmdr. Tina Liebig, a diagnostic radiologist at NMCP and clinical champion for the program.

Their goal is to get the screening information to as many women as possible. With more than 9,000 women between the ages of 40 and 69 enrolled to NMCP and its clinics, the information needs to be made available in a

Cancer Society's guidelines of early screening, which means women need to start getting their yearly mammograms at age 40.

"In 2010, Naval Medical Center Portsmouth had more than 60 positive breast cancer patients," Holmes said. "Of those, one third of them were under the age of 50. Women need to start getting mammograms at 40; early detection means early treatment and gives those women a larger fighting chance."

NMCP has a few ways to ensure women are able to get their screenings in a timely manner and works hard to break any barriers that might prevent women from getting their screenings and mammograms. Clinics send out birthday cards to women over 40 with reminders to get a mammogram. As a follow up to the cards, clinics make outreach calls to women within the age bracket. Holmes distributes informative pamphlets throughout each of the clinics.

Appointments aren't necessary for women to get their mammogram screenings; walk-in mammogram screenings are available at NMCP's Radiology clinic, Sewells Point Clinic at Norfolk Naval Station, Boone Clinic at Joint Expeditionary Base Little Creek-Fort Story, TRICARE Prime Chesapeake and TRICARE Prime Virginia Beach.

The Portsmouth Partnership

The effectiveness of NMCP's breast cancer awareness program is helping make a difference in Portsmouth's civilian community.

While on active duty, now-retired Air Traffic Controller Senior Chief Fredda Bryan was diagnosed with breast cancer in 2002 and treated at NMCP. She began volunteering with the ACS in 2003. When the Walmart Foundation gave the ACS a grant in

Fire Safety Week Recognized



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

National Fire Prevention Week was recognized Oct. 12 at NMCP with Chief Fire Inspector Tim Mizell, Navy Region Mid-Atlantic Fire & Emergency Services, providing valuable fire safety information to staff and visitors. He passed out coloring book, hats and stickers to the kids and brochures with safety tips.

variety of ways to maximize awareness. Besides Plan of the Day notices and intranet information, there's the "Breast Cancer Road Show."

The road show is a train-the-trainer program in which Holmes and Liebig travel to NMCP's clinics and provide a one-hour overview of the latest findings and information on breast cancer from screenings to treatment.

NMCP follows the American

— See **CANCER**, Page 15

Civilian in the Spotlight

Janet Bright

Hometown: Portsmouth

Years of service: 4 years (11 years at NMCP, 7 as a contractor)

Job: Medical Clerk and Medical Assistant, Orthopedic Clinic

What do you like most about your job? Helping service members who protect our country and their families. I love interacting with people and seeing the satisfaction on their faces when they've been helped. I'm very soft hearted for the Sailors I work with. I love to see them advance and progress in their careers but I hate to see them go!

What do you do in your off duty time/hobbies? I love to watch horror movies.

Favorite movie: Carrie

Favorite food: Fried fish

Why was she nominated as Civilian in the Spotlight? "Ms. Bright is a solid cornerstone within the Orthopedic Department," said Chief Hospital Corpsman Jannine Tobler, leading chief petty officer for Orthopedics. "She's a 'team player' — the first to volunteer wherever needed. She always puts others first, especially patients. Her genuine concern for corpsmen has been a welcomed attribute and earned her the well-deserved nickname as the 'Clinic Mother.'"

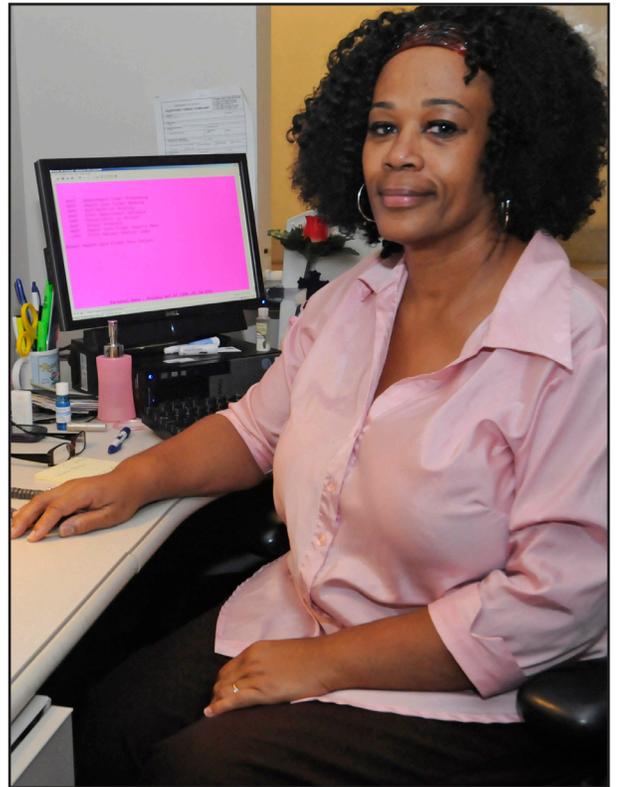


Photo by MC1 (SW/AW) Steven J. Weber



Photo by MC2 Riza Brigham

Sailor in the Spotlight

HM3 Nikira Michelle Simmons

Hometown: Fort Lewis, Wash.

Years of naval service: 7 years (3 years at NMCP)

Job: DSS Senior Enlisted Leader's Executive Assistant

What do you like most about your job? I love people and enjoy the opportunity to understand the various administrative processes. I'm fortunate to see the different aspects of leadership daily. Having this job has made me aware that all jobs and most important all personnel — active duty and civilian — are important.

What do you do in your off duty time/hobbies? Sing karaoke, read and scrapbooking.

Favorite movie: The Notebook

Favorite food: Italian pasta

Why was she nominated as Sailor in the Spotlight? "HM3 Simmons is an absolute all-around professional," said HMCS (SW/AW/FMF) Bryan Anderson, senior enlisted leader for the Directorate for Surgical Services. "She's always positive and greets everyone she encounters with a smile. As the SEL's executive assistant, she keeps me on track with schedules and all incoming and outgoing correspondence. Without her, I would be lost."

OCTOBER AWARDS

MERITORIOUS SERVICE MEDAL

Capt. James Antus
 Cmdr. John York

NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. Richard Gist
 Cmdr. Susan Malioneck
 Cmdr. Christian Petersen
 Cmdr. David Shellington
 Lt. Cmdr. Matthew Broom
 Lt. Cmdr. Cedric West
 Lt. Amanda Neal
 HMCS(SW) Larry Flint
 ETC(EXW/FPJ) Christopher Hoffinan
 HM2(FMF) Thomas Janowski

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Kevin Policky
 Lt. Catherine Visintainer
 LS1(SW/AW) Catherine Butler
 MA2 Jonathon Walter
 HM3 Jennifer Carpenter
 HM3 Eduardo Estrada
 HM3(FMF) Cody Hutchison
 IC3(SW) Samantha Tyler
 HN Termaine Favors

NMCP Holiday Party 'Midwinter Masquerade'

Friday, Dec. 2
 6:30 – 11 p.m.



Semi-formal

*Tickets on
 sale now*

Child care available

Ticket prices

\$20 – E1 - E6; GS1 - GS6, contractor (non-medical);
 contractor (medical assistance)
\$25 – E7 - O2; GS7 and above; contractor (nurse)
\$30 – O3 and up; contractor (provider)
Guest – same price as sponsor

CANCER — *Continued from page 13*

July 2011, Bryan was named director for Portsmouth's portion of the grant. The grant is used for breast cancer awareness in Portsmouth.

"After all of the treatment I have received at Naval Medical Center Portsmouth, I couldn't imagine not involving them in my efforts in Portsmouth," Bryan said. "They are such a big part of the city's community, and a great authority on breast cancer awareness, I knew I wanted to get the naval hospital involved."

Bryan's initiative, The Portsmouth Partnership to Beat Breast Cancer, kicked off Oct. 3. Bryan personally invited Holmes to be a part of the program by participating in three roundtable meetings. The experts invited to the roundtables will share their advice on how to reach women in Portsmouth and get them the breast cancer information and care they need.

"I've learned you always get the experts," Bryan explained. "I know the passion and care that NMCP provides. I wanted them to be involved in this initiative. I know Nancy Holmes is an expert, and she will be bringing so much to the table."

When October comes to a close, Holmes, Liebig and Bryan will continue their efforts to educate people about breast cancer. Year-round vigilance leads to early detection and early detection is the key to survival. Bryan says her survival is a testament to that.

For more information about breast cancer, visit www.cancer.org/cancer/breastcancer. To learn more about The Portsmouth Partnership to Beat Breast Cancer, visit www.portsmouthbeatbreastcancer.org.

SHIPMATE OF THE MONTH



Photo by MC1 Elizabeth St John

HN DENISE TOWLES, DMS,
HA SHANNON STODDARD, DPC
HM3 ROBERT PAYNE, DPE
HM3 FREDERICK GLENN, DSS
HN SAMUEL POPE, DNS
HM3 JENNA SEIME, DMH

HM3 ANGELICA HERNANDEZ, DPHS
HM3 SHAWN BURNETTE, DDS
HN COREY COCHRAN, DCSS
HM2 COLLEEN LEON, COMMAND SUITE
HN ADAM SPENCE, DFA

CSs Spend 12 Hours Cooking Up Pulled Pork Lunch

CS1 (SW/AW) Abdiel Rivera carves one of the two pigs that were roasted Oct. 12 for a pulled pork lunch in the galley with the assistance of **CS2 (SW/AW) Corey Knatt**, while **CS3 (SW/AW) Bryant Alvarez**, background, looks on.

They were three of several culinary specialists who helped roast the pigs, the grilling of which began at 10 p.m. the night before.



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