



May 2012

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



National Nurses Week  
— Page 14

## Boone BHC Holds Change of Charge Ceremony

STORY AND PHOTOS  
By MC3 (SW) ANNA ARNDT  
NMCP Public Affairs

Cmdr. Gabriel Brown took the helm of Adm. Joel T. Boone Branch Health Clinic from Cmdr. Judith Walker during a change of charge ceremony at Joint Expeditionary Base–Little Creek on May 15.

Capt. Charles Stuppard, commander, JEB Little Creek–Fort Story, gave the welcoming remarks and Rear Adm. Elaine C. Wagner, Naval Medical Center Portsmouth commander, was the guest speaker. She spoke of her first impressions of Walker.

“I’m not sure if I ever got the opportunity to share with her how impressed I was with every visit, from Northwest Branch Health Clinic to Tricare Prime Chesapeake and Boone Clinic,” Wagner

said. “Cmdr. Walker knew everyone’s name, position, strength and challenge at each clinic. What stands out most from that time together is Cmdr. Walker’s compassion about each clinic and staff member.

“Cmdr. Walker, you should be justifiably proud of all the accomplishments mentioned here today,” Wagner continued. “The impact you have made will produce benefits for years to come in Navy Medicine. I have always said, ‘There is no greater job than to serve those who serve and have served this great country and nation.’ I could not have asked for a better OIC to lead the way of change and better practices.”

Walker was presented with a Meritorious Service Medal for her role as co-champion of the Navy’s new Medical Home Port concept. Under her leadership, Boone BHC was one of the first in Hampton Roads to implement the dynamic partnership between the patient and their health care team, allowing patients to receive more personalized care coordinated by an entire team, not just one primary care provider.

“I feel blessed and honored to have served with such a dedicated group of professionals who always have the patient



**Rear Adm. Elaine C. Wagner, NMCP commander, presents Cmdr. Judith Walker with a Meritorious Service Medal during the Change of Charge ceremony May 15.**



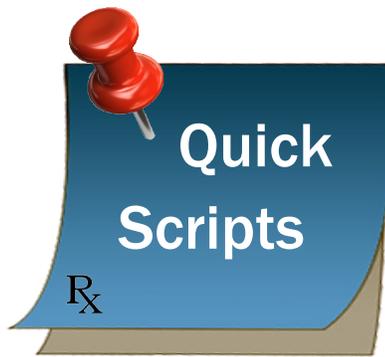
**Cmdr. Gabriel Brown salutes Cmdr. Judith Walker during their turnover of charge.**

as the forefront,” said Walker. “They are not afraid of change and innovation, anything that better the environment and better our delivery of health care.

“One of my favorite moments was when we received the Level III National Committee for Quality Assurance certification,” Walker added. That was a poignant moment. It really validated all of the medical home tenets that we had implemented, because it was an outside organization that looked at what we were doing and validated it and, not only that, we got accredited! (And) we got accredited to the highest possible rating.”

Walker, from Holland Patent, N.Y., has been stationed at Naval Hospital Charleston, S.C.; 3rd Medical Battalion,

— See CHARGE, Page 9



## Annual GMT Schedule

Training sessions run from May 1 to July 31 in the Auditorium in Bldg. 3, 2nd deck. Two sessions are offered every week, a morning session from 7:30 to 11 a.m. and an afternoon session from 12:30 to 4 p.m. on the following dates: May 1, 9, 15, 23 and 29; June 5, 19 and 27; and July 10, 18, 25 and 31. An evening session will be available on May 29, June 27 and July 31 from 7 to 10:30 p.m.

Registration will be **on-site** only and available 30 minutes before each session begins. Attendees must remain for the **entire** session to receive credit for completing this training requirement. Video teleconference capabilities are also available through the communications department by submitting a request.

Contact Staff Education and Training at 953-5623 with questions or concerns.

## Asian Pacific American Heritage Month Celebration

Make plans now to join the Command Diversity Committee on May 31 from 11 a.m. to 1 p.m. in the Bldg. 3 auditorium for food and fun as they celebrate Asian Pacific American Heritage Month. The event will pay tribute to generations of Asian and Pacific Islanders who have enriched America's history.

## Study Your Money!

The Command Financial Specialists are offering a new program to help you "Study Your Money." If you are interested in being part of the group or if you would like individual assistance to create your financial plan to include identifying your net worth and debt to income ratio, generating a budget, decreasing living expenses, and drafting a debt reduction schedule, this is the group for you.

NAVAL MEDICAL CENTER  
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Meetings will be held on Thursdays at 3:45 p.m. in the Laboratory's large conference room.

For more information, please call Lt. Cmdr. L. N. Griffin at 953-3302 and provide the following: full name, telephone number and best times to call.

## Clean the Base Day

Roll up your sleeves and help clean up the base by participating in Clean the Base Day on June 1. The event is held in conjunction with the 24th Annual Clean the Bay Day.

Volunteers should muster at the base track at 9 a.m. For more information, call Chief Kern at 953-7325.

## 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 Hampton Roads. The club is a charitable organization servicing those who benefit the Hampton Roads naval medical community. We are always happy to welcome new members.

For membership information, email [tidewater.oakleaf@gmail.com](mailto:tidewater.oakleaf@gmail.com)

## NMCP Ombudsman Team Pre-Deployment Brief

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

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

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

[NMCPombudsman@med.navy.mil](mailto: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](mailto: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.

# Oakleaf Auction Raises Thousands for Charity Fund

STORY AND PHOTOS BY MC2 NIKKI SMITH  
NMCP Public Affairs

Naval Medical Center Portsmouth's Oakleaf Club of Tidewater held a "Fiesta Friday" themed silent and live auction April 27 at the Sandbar Club.

More than \$5,500 was raised for the Charity Fund, which purchases items for NMCP staff, patients and their family that cannot be bought with government funds.

"All funds go to benefit the Oakleaf Club's Charity Fund," said Capt. Matthew Pommer, one of the auction's master of ceremonies and Navy Medicine East deputy chief of staff of operations and future operations. "The money is used to buy convenience and comfort items to make NMCP a warmer, more hospitable and enjoyable place."

Fifty-three individuals, businesses and organizations donated items that made up 36 silent auction baskets and eight live auction items. Silent auction baskets included popular items, with themes like coffee, golf packages, spa days and movie nights. Bigger, more lucrative items like a three-day getaway to Duck, N. C., and a hand-made quilt were auctioned live, some going for more than \$500.

The room erupted in laughter when the two masters of ceremony were introduced – "Murcielago Diablo the Matador" Pommer, and Capt. Rick "Ricardo Montalfriedmanban" Friedman, the director for primary care and branch health clinics. This year was the third and final year for the pair hosted the auction, serving as auctioneers and live entertainment, with their trademarks – witty banter and jokes – bringing a chuckle in the crowd.

Each attendee paid an entry fee and was provided with fiesta-

themed entertainment and food. Three jalapeño-themed games got everyone out of their seats to watch participants carry a jalapeño on a spoon in their mouths through an obstacle course. People not participating in the games were able to bet who they thought would win. Game winners received a fun fiesta prize



**Capt. Matthew "Murcielago Diablo the Matador" Pommer, deputy chief of staff for Operations and Future Operations at Navy Medicine East, acts as auctioneer at the Oakleaf Club's "Fiesta Friday" auction.**

bucket.

"I have had such a wonderful time," Pommer said. "This is a very worthy cause, and it is easy to want to do all I can to support it. It has been an honor and privilege to be involved with it for the past seven years."

"We appreciate everyone who came to the auction to support our cause," said Karen Oudekerk, auction chairperson. "I felt like the auction was a great success. I had a lot of fun and hope our attendees did as well. This spring we will be asking for wish lists from the departments at the hospital as well as the outlying clinics to find out what their needs are. We will try to give as much as possible to the requests that meet the charity's guidelines."

The Oakleaf Club is open to spouses, active duty officers and warrant officers who are attached to any naval medical command in the Hampton Roads area, as well as retired naval medical department officers and their spouses.



**Jalapeño race contestants begin working their way around the sombrero obstacle course, balancing jalapeños on a spoon, with the objective of dropping the jalapeños at the base of the cacti.**

# Barbershop Abuzz on St. Baldrick's Day

STORY AND PHOTOS  
BY MC3 (SW) ANNA ARNDT  
NMCP Public Affairs

On April 21, children wielded the scissors in the Naval Medical Center Portsmouth Barbershop.

The occasion: The St. Baldrick's Day fundraiser. It's the one day each year when the youngest patients who've lost their hair due to cancer treatment get to share their baldness with family, friends and supporters.

This year's event was the medical center's fifth, with the biggest turnout to date. Thirty-three doctors, patients and their friends and family members volunteered to have their heads shaved, raising more than \$28,500 towards childhood cancer research. NMCP's event was one of 1,183 across the country.

Parents and siblings of children who currently have or have survived childhood cancer participated, as did former patients and families remembering a



**Andy Waters holds her newly cut hair during the St. Baldrick's day fundraiser held in the NMCP Bldg. 3 Barbershop April 21. She did it for her best friend, who battled cancer.**

child. Volunteers shaved their heads in exchange for donations.

"We're here to honor these brave children and raise money for this worthy cause," said Richard Haley, the father of a pediatrics oncology patient. "It is so important that the funding is there. This organization does an amazing job making sure the money goes where it is most needed, which is to find cures to treat these beautiful children.

"My daughter is four years old and has been battling leukemia since July 2010," Haley continued. "So, with the funds that come from organizations like St. Baldrick's, they have developed cures and treatments that have helped her and children like her."

Also present was Seabees and Sweeties, a group of active duty Seabees and their spouses and friends who have participated in many different events to raise money for cancer research. They have raised more than \$11,000 for St. Baldrick's in the four years since the group was started.

"I was just starting the 7th grade when I was diagnosed," said Rebecca Morrow, now in her 20s, a survivor of lymphoblastic leukemia and member of Seabees and Sweeties. "I had a lot of friends at the hospital who were going through the same thing, and there were a lot of them who didn't make it. Once I was cured, I realized I needed to do something to help find a cure.

"This is my husband's and my fourth year doing this," Morrow said. "It's just an amazing cause and watching the kids' faces when they see someone getting their head shaved is remarkable. It's an emotional event for

me, because it makes me remember the people I've known who have not made it, but it's always great to see what a difference we're making. It really gives me hope that we're actually going to find a cure someday."

Cmdr. Brian Feldman, a pediatric



**Olivia Haley prepares to give her brother, William Haley, a buzz cut!**

oncologist at NMCP, raised the most money at \$6,880. He was also NMCP's event coordinator and is president of the Military Children's Oncology Benevolence Group. The group organizes volunteers to participate in annual head-shaving events in order to raise money, which benefit their family members treated for pediatric malignancies at NMCP.

Feldman said childhood cancer research is poorly funded, and every penny raised at these events helps.

"Of the National Cancer Institute budget, only four percent of it is dedicated to children's cancer," Feldman said. "A portion of the money we raise today goes directly back to our patients here. In our Pediatrics Ambulatory Infusion Center, where the children get their blood transfusions and chemotherapy, events like this have paid for the comfortable leather chairs and nice TVs and the waiting room."

The purpose of St. Baldrick's Foundation is to raise funds and awareness, but it also raises spirits.

— See **BALDRICK'S**, next page

## Drug Take Back: NMCP Participates in DEA Initiative

BY MC1 ELIZABETH ST JOHN  
NMCP Public Affairs

Naval Medical Center Portsmouth participated in the Drug Enforcement Agency's 4th National Drug Take Back Initiative on April 28. This was the first time NMCP participated in the program.

NMCP had a successful day, collecting 123 pounds of prescription drugs from 39 people, which resulted in six full trash bags being turned in to the DEA for safe disposal.

"I was shocked about all the phone calls and patient inquiries the pharmacy received about the DEA Take Back leading up to the event," said HM1 (SW) Jennifer Muldrew, Outpatient Pharmacy divisional leading petty officer and Take Back coordinator. "I did not expect the outcome that I received."

Muldrew spearheaded the effort for NMCP's main pharmacy to be part of the program, including completing the paperwork and getting approval from the DEA to be a collection point.

Conducted by the DEA Washington Division, the Take Back event collected nearly 17,000 pounds of unwanted, unused and potentially harmful drugs in Virginia. This was an increase of 7,448 pounds over the Take Back conducted in October.

"This program is important because, as we see on the news, prescription drug abuse is a huge problem in our society," Muldrew said. "This removed drugs out of houses and off the streets."

These are drugs that could have been abused, misused or ended up in tributaries, streams, rivers or the Chesapeake Bay. In fact, the old advice to flush prescription drugs down the toilet no longer applies. Nor should people toss them in the trash. The Take Back events are a way for people to ensure their unused prescription drugs are disposed of properly.

The Take Back's success is attributed to the 130 law enforcement agencies, community groups and other organizations that participated at 180 collection sites throughout Virginia.

NMCP plans to participate in future DEA Drug Take Back events.

## Foreign Officers, Chaplains Visit NMCP



Photo by MC3 (SW) Anna Arndt

**Pastoral services hosted a group of foreign military officers and chaplains April 24 to brief them about the roles and functions of Navy chaplains in a medical center and provide them a brief tour. The group consisted of officers from Jordan and Uganda and chaplains from Liberia and Guinea Bissau. At the end of their visit, they were presented with a command coin by Capt. George Adams, a chaplain at NMCP.**

### BALDRICK'S — *Continued from previous page*

"The kids get a kick out of shaving their doctors' heads," Feldman added. "It strengthens the bonds that we have with our patients. The kids look forward to this all year long. It is really rewarding, and we are honored to take care of these very special patients – the children and dependents of the heroes protecting our country."



The St. Baldrick's Foundation was started in 2000, and is now the world's largest volunteer-driven fundraising program for childhood cancer research. Since it began, more than 189,660 people have participated across the country.

For more information about the St. Baldrick's Foundation or to donate, visit [www.stbaldricks.org](http://www.stbaldricks.org).

**Falon Persley is the first of several patients to shave the hair of Air Force Maj. Jacob Wessler, an NMCP pediatric oncologist.**

# NMCP Hosts Lunch and Learn in Support of Donate Life Month

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

Naval Medical Center Portsmouth hosted a Lunch and Learn April 30 on the process of organ donation, informing more than 50 staff, patients and providers about the steps involved so they can make, or help their patients make, informed decisions about this life-saving gift. The event coincided with Donate Life Month.

LifeNet Health, a federally designated organ procurement organization, and Lions Eye Bank explained the process of organ procurement and the support services they provide to families of donors and recipients. There were also organ recipients who shared their stories to the group and a mother of an organ donor.

Kristine Laraway, who lost her 2-year-old daughter, Erin, to pneumococcal meningitis, spoke of her motivation to donate her daughter's organs.

"I was going to defeat death in some way; parts of Erin would live on," Laraway said. "At the time, I was not thinking of the people waiting on a solid organ transplant. My reasoning was completely selfish."

One of two organ recipients who told his story was Cmdr. Carlos J. Martinez of NMCP's Comptroller Office, who sustained a needle stick that resulted in him contracting Hepatitis C. The disease eventually damaged his liver, and he needed a transplant – twice.

"My biggest take away from this is to watch those needle sticks," said Martinez, who is a former hospital corpsman. "I was eventually hospitalized and received a liver transplant. The doctor told me that I would eventually get it again. That was true – 10 years later I had to get another transplant."

In the audience was Hospital Corpsman 3rd Class Shannon Sensenig, a former organ transplant coordinator before joining the Navy.

"I have a real passion for organ donation," said Sensenig, who is assisting with spreading the word throughout the command. "It started when I worked for Gift of Life Philadelphia. I wanted to see how LifeNet did things in Virginia, and how NMCP supports that.

"The most impactful part was when the donor mom spoke, and also hearing the stories of the recipients tell how organ donation saved their life," Sensenig added.

Lt. Cmdr. Beth A. Jackson, NMCP's organ donation liaison, set up the session.

"I think the Lunch and Learn was a successful and moving event," Jackson said. "Everyone shared their stories, their links to the command, and the Navy brought it all home for me."

The need for organ donation is high, and the Lunch and Learn focused on that point. There are 113,953 people in the United States waiting on a life-saving organ transplant, 3,100 of whom are in Virginia. Each donor could save nine people.

The transplantable organs are the heart, lungs, kidneys, split liver, pancreas and intestines. The heart, lungs, kidneys and liver are the most commonly needed transplantable organs, with the kidneys accounting for 90,000 of those on the organ list. A pancreas transplant is successful in curing diabetes, while intestinal transplants save the lives of patients whose intestines have been severely damaged through illness, trauma or birth defects.

Those who would like to be an organ donor can go to <http://donatelife.net/register-now> or to the Department of Motor Vehicles to register.



**"I was going to defeat death in some way; parts of Erin would live on. At the time, I was not thinking of the people waiting on a solid organ transplant. My reasoning was completely selfish."**

— Kristine Laraway, donor mother

## 2012 NMCRS Fund Drive Concludes

The Navy-Marine Corps Relief Society annual fund drive ended April 15 with Naval Medical Center Portsmouth raising more than \$77,000. NMCP is part of Sub Area 6 which raised \$130,000.

This was an increase of 30 percent over last year. Hampton Roads raised \$1.86 million so far, but the final numbers are still being tallied.

## Navy-Marine Corps Relief Society



# Annual Pie in the Face Fundrasier Brings in Cash for Corpsman Ball

The Hospital Corps Ball Committee hosted the Pie in the Face fundraiser at Hospital Point May 4. Staff members voted throughout the week for who they wanted to participate and the top 10 vote earners got pies to the face, some topped with sprinkles.

Senior Chief Hospital Corpsman Kevin Kennovin received the most votes with 182. The event brought in about \$1,946, which will go toward this year's Hospital Corpsmen Ball.

**Left: HMC Kendra Green covers fellow participant HM1 Farrah Fleury with pie during the Pie in the Face fundraiser.**



**HM1 Maria Decena-Taylor covers her husband, HM1 Sajata Taylor, with pie during the Pie in the Face fundraiser May 4.**



**Left: HM1 Farrah Fleury reacts to having whipped cream shoved in her face.**



**HM1 Duane Paquette prepares to get bombarded with pie by his junior Sailors during the Pie in the Face fundraiser.**



**MMC James Rush after getting a pie to the face.**

# Inaugural EFMP Family Panel Brings Awareness about Program

By SN NINA HOWARD  
AND REBECCA A. PERRON  
Naval Medical Center Portsmouth

The Exceptional Family Member Program staff at Naval Medical Center Portsmouth hosted their inaugural EFMP Family Panel on April 23 in conjunction with the Month of the Military Child. The purpose of the panel was to bring awareness to those who should be enrolled and to provide updates for already enrolled members.

The goal of EFMP is to make sure military members are assigned to areas that have adequate resources to care for family members who have a medical, psychological or educational need that requires long-term care. Without being enrolled, families could be sent to locations including overseas where they can't get the support they require.

Out of approximately 19,000 Navy families enrolled in EFMP, 5,000 of them are in Hampton Roads. However, that number could double if all of the families who qualified for the program were enrolled, according to Christi Jones, Fleet and Family Support Center's EFMP liaison at NMCP.



**Christi Jones, Fleet and Family Support Center EFMP liaison, with FFSC representatives Robertson Thomas, Brenda Bollenberg, and Loris Velez-Acevedo at the EFMP resource table.**

The family panel was organized by Merri Bair, NMCP's EFMP coordinator, and Jones, who want to ensure special needs families and everyone who is involved with them have the information to get placed in the program and get the word about changes.

"We want to bring awareness to the program – who needs to be enrolled, what leadership can do to make sure that family members are taken care of and provide resources," Bair explained.

"There are doctors, there are family members, there are military members who just don't know about it, and I think that spreading the knowledge of the program is how you fix that problem," Jones said. "Some of the providers only get a little snip of information when they go through initial training, so we need to educate them as well. The information about the programs

and the forms required to request enrollment are constantly changing, as well as the needs of the families themselves."

Two family members were recruited for speaking at the event. Many listened as Kelly Hafer, whose two sons are in the program, and Tiffany Isaacson, who has a son with attention deficit

hyperactivity disorder, shared their personal journeys and explained how the program has helped them.

"We have been a member of EMFP for less than a year," Isaacson explained. "We knew about the program, but we didn't know his condition was serious enough for it to apply to us until we received orders to Spain. They couldn't provide the medica-



**Tiffany Isaacson, right, talks about the Exceptional Family Member Program during the inaugural EMFP family panel as Kelly Hafer listens.**

tion there, so the orders were cancelled.

"We were sad to lose the orders," Isaacson continued, "but the program is fantastic – it helps us make decisions that are best for our family. Now we have orders for Naval Medical Center Portsmouth, and he'll transfer there in September."

For Hafer, her family has been enrolled for almost three years and to say the road has been bumpy for her family is an understatement.

"We adopted two brothers with autism when we were in California, and they were identified as category 5," Hafer said. "When my husband received orders to Rhode Island, which is a category 4 location, we were told we could not go with him. But where we were in California was also a category 4 location, so it didn't matter – neither place had the resources close by."

The Hafers appealed the decision, explaining that the family was in a crucial bonding phase with their sons who were

— See EMFP, next page

**CHARGE** — *Continued from page 1*

3rd Force Service Support Group; and Branch Medical Clinic, Naval Air Station North Island, Calif. She deployed to Kuwait in 2004, where she led a pre-advance party to establish all berthing, communication and worksite logistical requirements for Expeditionary Medical Facility Portsmouth and was the officer in charge for the Naval Air Station Pensacola (Fla.) Branch Health Clinic. She will report to Navy Medicine East, as deputy chief of staff for Operations and Future Operations.

Brown, a native of Jacksonville, Fla., has served in various afloat and ashore assignments including USS Jesse L. Brown, Naval Training Center Orlando, Fla., and Naval Air Station Atlanta. He concluded his enlisted years when commissioned into the Navy Medical Service Corps in 1997. In 2010, Brown was assigned as the associate director for Administration at Naval Medical Center Portsmouth.

"I am grateful for the opportunity to lead one of Navy Medicine's first and finest and busiest branch health clinics," Brown said. "Working at Naval Medical Center Portsmouth for the past 18 months, I have had the unique opportunity to observe and admire the great accomplishments and successes of the Boone health care team.

"I'm very excited about it," Brown added. "I'm excited to be part of a team that has such a great reputation. My number-one



**Capt. Charles Stuppard, commander, JEB Little Creek – Fort Story, shows his appreciation to Cmdr. Judith Walker following the Boone BHC Change of Charge ceremony.**

goal is to continue to focus on customer service and medical readiness."

**EMFP** — *Continued from previous page*

28 and 16 months old at the time of adoption. The family was just starting to come together and any separation from their father would be detrimental to the boys' development.

"I am super, incredibly, amazingly grateful to those who allowed us to move to Rhode Island," Hafer said. "I had to do a lot of legwork in both locations though, to track down doctors who would take TRICARE, most of which were an hour or more drive away.

"I spent a lot of time driving to appointments and therapies, about 18,000 miles a year," Hafer said. "We had appointments almost every day, sometimes two or three. But the program helped them receive the care they needed – ABA, speech and occupational therapy. TRICARE ECHO paid for most of it. We would never have been able to have afforded providing their care them without that benefit."

Now that the children are older and have had the benefit of continual therapy, and are settled in a category 5 location, Hafer said they are thriving. She also said they are taking a break from so many appointments and are receiving some of their therapy through the school system.

One of the many listeners who benefited from the discussion was Information Systems Technician 2<sup>nd</sup> Class (SW) Yesenia Canaan, who has been enrolled in the program for six years. Her 5-year-old daughter was born with congenital heart disease and her 7-year-old son was recently diagnosed with ADHD.

"Just listening to other people's experiences and how they cope with their situation, I think is good to hear," Canaan said. "I can

incorporate it to my own life. I can also take this information back to my Sailors so I can help them with what they don't know about the program."

After Hafer and Isaacson spoke, representatives from military and community resources shared with the families what their organization can offer. They included FFSC, TRICARE Extended Care Health Options, Children and Adults with Attention Deficit/Hyperactivity Disorder, NMCP Marketing with Health Net, and Endependence Center, Inc. in Norfolk.

In the future, Bair and Jones plan to have three or four EFMP family panels a year at NMCP, and expand the panel to include four families. They are also looking into hosting the panels at branch medical clinics or Fleet and Family Support Centers throughout Hampton Roads. By bringing the same type of panel to different locations, they would be able to reach even more families.

"I think families talk to families can be more effective than a medical provider or us even reaching out to them," Jones said.

The pair plans to raise awareness specifically for medical providers through another new initiative, EFMP Mission Success.

"The idea is to schedule the event around mid-May, and have bi-weekly sessions through the summer that provide a refresher-like course for those who don't know anything about the program," Jones said. "It will be open to any staff member who wants to come."

The next family panel is scheduled for June 26 from 9 a.m. to noon in the main chapel at NMCP. For more information, contact Bair at 953-2935.

## SAPR, MWR Host 2nd Annual 'Walk a Lap in Her Heels'

STORY AND PHOTOS BY SN NINA HOWARD  
NMCP Public Affairs

More than 50 male staff members from Naval Medical Center Portsmouth strapped on a pair of women's high heels April 27 and walked a lap around the base track to recognize Sexual Assault Awareness Month. Morale, Welfare and Recreation and NMCP's Sexual Assault Prevention and Response team hosted the 2nd annual "Walk a Lap in Her Heels" event to draw attention to this serious topic in a lighthearted way.

The idea was taken from Walk a Mile in Her Shoes. Created by Frank Baird in 2001, the walk includes men and women, making the point that sexual assault is not just a women's issue.

The event at NMCP, a smaller version of the national walk, is one way the command can show support for anyone who could be a victim of sexual assault.

"We're here for the Sailors and their families," said Jacqueline Stiffler, Portsmouth MWR fitness coordinator, who oversaw the event. "Anything we can do to support them and get awareness talk going about different topics. This is another way we can support military."

The NMCP event consisted of men, and a few women, walking one lap instead of a mile, while wearing heels in order to gain a better understanding of what it's like to be a woman, to literally put themselves "in her shoes." At the end of the lap, not only did they have sore feet, but more respect and appreciation for the experiences of women all over the world.

During the walk, Stiffler got feedback from the participants who confirmed they got their point.

"Some of the comments we heard, such as 'I'm going to go



**Two staff members attempt to jog while showing their support for Sexual Assault Awareness Month.**

home and kiss my wife because I didn't realize how hard it was to walk in heels,' lead me to believe they are getting a better understanding of some of the things us females go through," Stiffler said.

Cryptologic Technician-Technical 2nd Class Charles Buenaventura of Patient Administration was one of them.

"I wanted to show my support to NMCP and women everywhere," Buenaventura said. "I did the walk to experience how a woman undergoes the pain of this kind of situation."

With the success of this year's event, Stiffler is already looking forward to next year.

"Since this year is bigger than last year, we plan to make it a part of our annual run next year," Stiffler added.



**CTT2 Charles Buenaventura heads toward the track after selecting a pair of heels to wear during the walk.**

**Sailors from Staff Education and Training show their shoes and strength when they lift their leading chief petty officer, HMC Kathryn Nuzum, during the walk.**



# NMCP Education Fair Connects Staff, Patients with Numerous Schools

STORY AND PHOTOS BY MC2 NIKKI SMITH  
NMCP Public Affairs

College and education information was available in abundance at the Hampton Roads Education Fair at Naval Medical Center Portsmouth May 7. The fair boasted 26 institutions and organizations ready to advise attendees about military-friendly colleges and programs.

Old Dominion University, Tidewater Community College, American Military University and Regent University were just a few of the schools at the event. The Bldg. 2 hallway between the Dental and Pediatric clinics was filled with tables and exhibits from the schools, all offering pamphlets, informational packets and freebies.

Such a large number of colleges allowed hospital staff and patients to connect with multiple schools and receive the maximum amount of information in one convenient location. Each school provided representatives to answer questions and offer information about the programs they offer, and how they are each set up to assist military students.

"I love coming out to military college fairs," said Jerome Goodman, military education officer for Jones International University and retired Marine sergeant major. "I want to be able to provide our men and women in uniform with as much information as possible so they are able to make an informed decision about the school they end up choosing. I'm also here to stress the importance of getting their degrees before they get out of the military; it can make a huge difference for them in the long run."



**Jerome Goodman, left, a military education liaison for Jones International University, answers questions about the school for ABH2 Jose Santiago, center, of patient administrative department, and HM3 Richard Perez, from staff education.**



**Representatives from Troy University talk to NMCP staff HA Ambrose McGill and HA Jeffery Filler, both from Ophthalmology, about transferring credits earned while in the Navy.**

Hospital Corpsman 2nd Class (FMF) Luis Medinareyes, one of NMCP's command career counselors, assisted in organizing the event for the hospital and has been working since December to ensure it was as informative and useful as possible.

"We haven't had an event like this at NMCP for a while, and I thought it was very important that our Sailors were able to get this kind of information," Medinareyes said. "We are very lucky that the Navy College Office had already made all of the school contacts, because they only brought schools that are pro-military, flexible and easy to work with.

"There was a really great turn out," Medinareyes continued. "The hallway was filled with everyone from E-1s to O-6s, all wanting information. I'm glad that so many people were able to benefit from what the schools were offering to them. I would organize this again in a heartbeat, the goal was to help as many people as possible, and I really think we were able to meet that goal."

NMCP was one of four locations the Hampton Roads Education Fair visited. The Navy College Office also brought the event to Naval Air Station Oceana, Naval Station Norfolk and Joint Expeditionary Base – Little Creek.

"I'm very happy the fair was here today," said Hospital Corpsman 2nd Class Tanya Carr, from the Administration directorate. "I have wanted to get information from ODU about their nursing program for a while. In the future, I'd like to submit a Medical Enlisted Commissioning Program package, as well as a Seaman to Admiral – 21 package. I was able to get all of my questions answered, and I'm really glad I came."

For those who missed the fair or would like more information about college programs, they can contact the Norfolk Navy College Office at 444-7453. A Navy College Office representative is also at NMCP every Wednesday from 8 a.m. to 3 p.m. in Bldg. 272, room 112.

## 27th Annual NME Academic Research Competition

# Oral Phase Demonstrates NMCP's Commitment to Cutting-Edge Care

STORY AND PHOTO BY MC3 (SW) ANNA ARNDT  
NMCP Public Affairs

Naval Medical Center Portsmouth hosted the 27th Annual Navy Medicine East Academic Research Competition oral presentations on April 26, the second of three phases of the competition. The first phase, the poster competition, was held in March, while the oral phase winners will compete in the Navywide ARC in May.

During the oral presentation, 18 teams presented topics in three of four categories, which are Clinical Research and Basic Science Research, each divided into staff and trainee categories. The first place winners in each category are all stationed at NMCP.

Lt. Scott Koehler won the Clinical Research Trainee category, with his research on Conditioning and Exercise Effects on D-Dimer Level. This study tests whether physical activity affects the test used to screen for blood clots.

Thomas Kupke, Ph.D., was the winner of the Clinical Research Staff division. His research, Exploring Relationships between the ANAM4 TBI and Established Neuropsychological Measures, assessed deployment-related brain injuries, comparing them to standard neuropsychological tests that look at cognitive abilities.

"We examined 114 service members who reported mild brain injuries during deployments to Iraq and Afghanistan and found



**Lt. Cmdr. Richard Schreckengaust listens to a question from a judge during his presentation of "Effectiveness of Navy Hospital Corpsmen in Applying TCCC Recommended Prehospital Tourniquets under Simulated Combat Stress," which was the first of the day.**

only moderate correlations between the computerized test battery and our standard measures as to the presence or absence of cognitive impairment," Kupke said. "We found that the computerized test provides a distinct form of cognitive assessment and does not appear to be highly useful in evaluation of those with non-acute, post-deployment brain injuries."

Lt. Jarod Goodrich took first in the Basic Science Trainee category, with his topic, The Effects of Localized Hypothermia on Bacterial Proliferation in an Open Fracture Model, studies the benefits of applying a cooling device to an open fracture where infection is expected.

"This research project initially started three years ago with grant applications," said Goodrich. "Hundreds of man hours have been invested. If this research does demonstrate what we anticipate, it could revolutionize infection management. It is a device that could replace existing woundVacs, and become very commonplace in all hospitals, not just NMCP.

"It is small and portable enough to be carried while in theater, and easily applied in combat hospitals. Infection rates would be lowered, and number of surgeries decreased, and ultimately save limbs from amputation. I am happy to have won the competition and I am excited to spread this information. It has a strong potential to help a lot of patients, and that is most important."

Koehler had participated in the poster phase before, but this was his first year for the oral phase. His research on the D-Dimer level has not been done in this way before.

"Many people present to the (Emergency Room) with either leg swelling, leg pain, chest pain, shortness of breath or passing out after an intense work out," Koehler said. "These



**Some of the participants of the 27th annual Navy Medicine East Academic Research Competition oral presentations following the award ceremony April 26.**

— See **ORAL**, next page

**ORAL** — *Continued from previous page*

can all be symptoms of a clot somewhere in the body. What we need to know is if the d-dimer changes after an intense workout, and if the level of conditioning influences that change.

“The problem is that there are many things that can cause a false elevation,” Koehler said. “What has never been studied is if folks who are in different physical shape – peak physical condition versus exercise intermittently versus rarely exercise – have different levels.”

The study involved Sailors from pre-commissioning unit Arlington and NMCP’s Emergency Department taking mock PRTs and having blood drawn twice – before and after exercise. The laboratory at NMCP ran the 84 labs and provided blood test results.

“The lab deserves special recognition for working the additional labs into their busy schedule,” Koehler added. “And the corpsmen who walked me through the processing of the d-dimers and answered all my questions.”

The results of the yearlong study will give doctors a better understanding of how to use the test.

Before the presentations, Rear Adm. Elaine Wagner, NMCP commander, praised the competitors for their research.

“The research efforts and the dedication to graduate professional education are what make NMCP the first and finest naval medical center,” Wagner said. “Naval medical research has made many significant improvements, thanks to professionals like those in this room and others who know the importance of the advancements that have the most immediate and direct impact for a war fighter.

“Our annual competition demonstrates our commitment and support to ... the scientific discoveries that benefit all of our patients,” Wagner continued. “Our goal is to promote excellence and innovation in medical research, while increasing military relevance in research, enhancing our educational programs, increasing patient options and improving outcomes. It’s because of your hard work and dedication to medical research that Navy Medicine stands in a better position today and is positioned for even more success in the future.”

Other topics in the competition ranged from the effectiveness of hospital corpsmen in applying tourniquets under simulated combat stress, and the prevalence of chronic pain following breast surgery, to the use of intravenous magnesium for the treatment of fibromyalgia.

“I think it’s exciting to see all these projects coming to fruition, considering that I looked at all of them three or four years ago when they were being proposed to the (Institutional Review Board),” said Thomas Rieg, Ph.D., NMCP research director. “So now this is the culmination of that. It takes a long time to collect subjects and research data, then analyze it and get it to this particular point. I think the presentations were really good

this year – you could tell they all spent a long time preparing, and it went very smoothly.”

In previous years, the winners of the poster competition phase would automatically advance to the oral presentation phase. Starting this year, only those whose research includes multiple participants in the study were eligible for entry in the oral phase.

“This year’s competition was excellent,” said Dr. Jennifer Pierce, a radiologist who was one of the five judges. “The presentations were well thought out. I enjoyed hearing how they wanted to apply them to military readiness and application, to



**The judges deliberate following the last presentation during the 27th annual Navy Medicine East Academic Research Competition oral presentation phase on April 26.**

better patient care and better their Sailors. All these individuals have to balance their training, their patient-care duties, their administrative duties, and it’s just admirable that they can do this.”

Research is one of the pillars of NMCP’s strategic plan, and the command considers it vitally important to readiness and health care.

“Everyone has a part in advancing research at this teaching hospital – whether you are a hospital corpsman with a question or a professional that can lend assistance to a project – we advance the search for knowledge,” said Capt. Kevin Kennedy, director of Mental Health and Command Executive Board uplink to the research pillar.

“To steal a line from Dr. Roberts, a former staff member, ‘what you’re doing today is the medicine of tomorrow,’” said Cmdr. David Collins, acting deputy commander. “So we need you to keep doing it, but you have to hold us to task to keep giving you the time and money and the support to do it, because we owe you that. You guys are on the front line, and I applaud you. Well done.”

The first place winners of each category will present their research projects at the Navywide Academic Research Competition at the Walter Reed National Military Medical Center on May 18.

# National Nurses Week Shines Spotlight on NMCP's 1,313 Nurses

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

The Directorate for Nursing Services, Portsmouth Nurses Association and Civil Service Nurses Working Group celebrated the 1,313 nurses working at Naval Medical Center Portsmouth. The occasion: National Nurses Week, May 6 – 12, as well the birthday of the Navy Nurse Corps, May 13. They began the celebration early with a dinner May 4, and then filled the week with a different activity each day.

The Friday night dinner was a luau, kicking off the week's celebration with good weather, sea air, a limbo line at Dam Neck Annex's Sea Breeze Club, and music provided by a disk jockey. The food was classic luau fare: pork, chicken skewers, lumpia, fried rice, roasted vegetables, fried shrimp, meatballs, fruit and crab dip.

They chose a more relaxed dinner theme, since last year's required uniforms.

"This year we opted for the luau for different reasons," said Lt. Cmdr. Cristy McWethy, co-chair of the PNA. "First, last year was uniform required so we wanted a type of function that required no uniform. Second, the PNA is in the plan-



**NMCP chaplain, Lt. Cmdr. Paul Rumery, performs a blessing of the hands ceremony before the Civil Service Nurses Working Group's cake cutting in the NICU Atrium May 10.**

ning stages of a dining-in for later this year and, because we did not want the member to wear uniforms, we felt there would be a bigger turnout with

no uniform."

The highlight of the weeklong observation was a poster presentation that provided staff and patients interaction with nurses of the various subspecialties. Posters were on display in the main corridor of Bldg. 2, with a nurse accompanying many of them to explain the subspecialty.

"Nurses really are the ones who do everything and have the most contact with the patients," said Cmdr. Sara Pickett, Force Nurse, Commander, Naval Air Force Atlantic, who was on hand for the "Ship's Nurse" display. "I love to see nurses celebrate what they do and the camaraderie. (Nurse Week) opens up the avenue for mentoring people, and we get to see parts of nursing that we may not have been exposed to."

Other nurses who spoke about their subspecialties were Ensign Joanna Brown, from the Post-Partum, Complicated Obstetrics Unit, and Lt. j.g. Sierra Williams of the Emergency Department.

"My favorite thing about Nurses Week is learning about the different departments and seeing the different scope of nursing practices," Williams said. "Being able to care for people, to be there for them, to understand what they're going through. Nursing is more than deal-

ing with the patients, it is also dealing with the families. That is the number-one reason I became a nurse."

"My favorite thing about nursing is probably going home at the end of the day knowing I have actually made a difference with a patient," said Brown, one of 408 active-duty nurses at NMCP. "I became a nurse, because I felt it was a good opportunity to help people. I have always loved medicine and science, so it just seemed a



**Wendi Jordan, from Day of Surgery, tops a staff member's ice cream with sprinkles during the ice cream social.**

perfect match."

The other events during for the week included a continental breakfast, an ice cream social, and two cake cuttings. The ice cream social served sundaes to about 150 on Tuesday; more than 70 nurses were treated at the social for the day crew and another 70 during the evening shift.

The cake cutting on Thursday focused on the civilian nurses and was in remembrance of Florence Nightingale, whose birthday is May 12. The second cake cutting on Friday celebrated the active-duty nurses by marking the birthday of the Navy Nurse Corps.

In 1994, the American Nurses Association board of directors designated May 6 - 12 as permanent dates to observe National Nurses Week. On May 13, 1908, the Navy Nurses Corps was established by Congress. Although the nation wraps up Nurses Week each year on Florence Nightingale's birthday, the Navy wraps up the week on May 13.

# Back on Track Program Offers New Option for Combat Traumatized

BY MC2 NIKKI SMITH  
NMCP Public Affairs

The Traumatic and Operational Stress Services clinic at Naval Medical Center Portsmouth is opening its Back on Track program to the fleet as of May 15. The program is geared toward helping service members with combat traumas return to full duty. After kicking off the program in January, it has completed five cycles and can now accept more patients.

The program is tailored for combat veterans who are struggling with mental traumas, with the goal of introducing patients to options to improve their daily lives, equipping them with the skills necessary to manage their symptoms and regain control of their lives.

“Trauma is something that has happened to a person that has interrupted their normal life – something that has made them go off track,” said Capt. Kevin Kennedy, director for Mental Health. “The goal of this treatment method is to help get them back on track and live their lives normally.”

The program includes a two-week course taught by a wide array of hospital staff with more than 70 hours of class time. The topics range from anger management, physical fitness, stress management and problem solving to sleep hygiene, nutrition and relationships.

The program integrates new ways to help treat patients, aside from using conventional methods that combat traumatized patients would usually undergo, like prolonged exposure therapy or cognitive processing therapy.

“We realized that some people needed more than the intensive therapies we offer here at TAOSS,” said Dr. Suzanne Dundon, TAOSS clinic medical director. “We found that some of the service members we treat need help managing their

symptoms and rebuilding their life skills. The program was developed to encompass a broader spectrum of treatment.”

The program also offers access to alternative therapies and treatments that patients may not have experienced or been aware of before the class, including pet therapy, art therapy, acupuncture and occupational therapy.

Another unique aspect is the treatment environment. Instead of one-on-one therapies, Back on Track offers a group format where patients can interact with others in a similar situation. The program can teach eight to 10 members during each cycle.

“The group aspect of the program is extremely important because many individuals who are living with traumas feel singled out, broken and alone,” explained Back on Track instructor Hospital Corpsman 3rd Class (FMF) Michael Pilati, a psychiatric technician in the clinic. “Being among others who are experiencing similar symptoms and stressors allows patients to see that there are others who are going through what they are, it allows them to relate to each other on a level that someone who hasn’t been combat traumatized can.”

Naval Hospital Camp Lejeune and Naval Health Clinic Cherry Point have programs similar to Back on Track and, after visiting the two North Carolina facilities in 2009, Dundon and Kennedy decided it would be an asset to NMCP psychiatry patients and started developing the local program.

While formulating the class, they made a point to include hospital corpsman psychiatric technicians and make them an

important component in the treatment of Back on Track patients. The Corpsmen teach blocks of instruction and act as a liaison between patients and medical providers. They work directly with patients and make themselves available to patients who need private conversations or to get a message to their provider.

Hospital Corpsman 3rd Class Justin Atha, a Back on Track instructor and psychiatric technician, said that as a corpsman, it is a different mind-set working in a psychiatric setting.

“You cannot see people’s wounds,” Atha said. “You need to have a different kind of awareness and insight on how to handle patients.”

He emphasized how much he enjoys being involved with the program.



**HM2 Tiffany Jones, a Trauma and Operational Stress Services Clinic's psychiatry technician, explains the Stress Continuum Model.**

“To see someone talk about their experience in class and see the room erupt with emotion from everyone, and see the patients develop an intense synergy with one another is extremely rewarding and a great feeling,” Atha said.

“Many patients are able to use the tools we are attempting to give them during their follow-up treatment,” Atha continued. “Our ultimate goal with Back on Track is to give the patients a toolbox that they can use for the rest of their lives.”

For more information about the Back on Track program or to enroll, contact Bethany Swogger at 953-6975.

# Two Sailors Beat Odds, Compete at Warrior Games

BY MC2 NIKKI SMITH  
NMCP Public Affairs

Two Sailors from Naval Medical Center Portsmouth competed earlier this month in the 2012 Warrior Games in Colorado Springs, Colo., and on May 17 reflected on their experiences.

Hospital Corpsman 1st Class Tom Murphy, a psychiatric tech at Substance Abuse and Rehabilitation Program and Hospital Corpsman 3rd Class Angelo Anderson, of the Infectious Disease clinic, earned spots on the Navy-Coast Guard team. Each participated in three out of the games' seven events.

The third annual competition was held April 30 through May 5, and brought together wounded warriors to compete in Paralympics-style events sports. More than 200 wounded, ill and injured from the U.S. and British services competed.

NMCP's two Sailors were among 33 others on the Navy-Coast Guard team. They competed in multiple events, demonstrating that a combat injury does not preclude injured service members from returning to full duty and engaging in competitive sports.

## *Murphy's Journey*

Murphy was injured while deployed to Guantanamo Bay, Cuba. While playing softball, he slid into base and his left leg got caught, breaking and tearing in multiple places in his lower leg. Doctors performed four limb salvage surgeries on Murphy to try to save his leg. In June 2011, he decided he'd had enough of the hospital stays, pain and procedures. He said he did not want to be someone who went through 60 surgeries before he finally decided to have his leg taken off. He wanted to do it as soon as possible so he could get his life back.

"I wanted to regain my life," Murphy said. "I was tired of trying 'this' surgery and 'that' procedure, so I decided the best decision for me and my family was to go ahead and have it amputated. I knew that I could get back to the quality of life that I wanted by doing this.

"My doctors were hesitant; I even had one psychologist say that I was crazy for wanting to do this," Murphy continued. "I told him what's crazy to him is normal for me. Within four months of having my lower left leg amputated I was back to riding a bike and playing ice hockey. Deciding to have my leg amputated was the best thing I could have done. My family and I were able to get back to leading our lives, and I have been able to go back to a quality of life that makes me happy."

He now attends physical therapy five days a week, which he will need to do for at least two and a half years, and still experiences some phantom pain. Murphy said the residuals are not a problem for him; what matters is that he is able to maintain a lifestyle that he loves. Competitive athletics was one area Murphy was working hard to get back into.

"I had a doctor tell me that I would never be able to compete as an athlete again," Murphy said. "From that point on I knew I wanted to compete in any way I could. Tell me I can't do something and I'll be determined to do it."

Murphy found out about the Warrior Games in November from Navy Safe Harbor. He said the idea of going to a competitive setting like the games was amazing and exciting. He missed the initial tryouts, but was able to attend the January camp and found out that he made the Navy-Coast Guard team in February. Exhilarated and nervous, he prepared to compete in three sports: cycling, seated volleyball and rifle shooting.



Photo courtesy of HM1 Murphy

**Hospital Corpsman 1st Class Tom Murphy trains on his bike during the Warrior Games acclimation week in Colorado Springs, Colo.**

The first week in Colorado Springs is an acclimation week, giving the athletes time to practice their sports in the over 6,000 feet elevation. It also gives participants time to work together and cultivate their team spirit.

"We all knew we were there at the games because of a unique bond due to us all being wounded warriors," Murphy said. "We all looked at each other as athletes. We didn't look at what we can't do; we focused on what we can. That's the attitude that brought us all together."

The Navy-Coast Guard team took 31 medals total. Murphy did not win any medals, but came close. He placed seventh in the permanent disability cycling category and ninth in the rifle competition. His volleyball team placed fifth out of the five teams, but were very proud that they were able to beat the undefeated Marine Volleyball team during one of the placement games. Even though he didn't bring any medals home, Murphy called his experience "unreal."

“These games are not about disabilities, they are about abilities,” Murphy said. “One of my diagnoses was Post Traumatic Stress Disorder; I had a hard time connecting with people and being in groups. To be out interacting outside, enjoying myself and spending time with these awesome people in a usually uncomfortable setting for me was absolutely amazing.”

### *Team Captain Anderson*

Teammate Anderson was injured in July 2010. Two bullets tore through his leg and arm while he was on patrol in Afghanistan with a group of Marines. One bullet shattered his right femur; the second broke the humerus in his right arm. Recovery was a long road for Anderson, but he made it a priority at NMCP. Wanting to walk and use his arm again was paramount. He was back to playing sports in no time, and then competed in the 2011 Warrior Games. He medaled three times.

Having an outstanding time in 2011, Anderson was excited to place and return for the 2012 Warrior Games. Anderson qualified for wheelchair basketball, cycling and track and field.

He spent six months training for the games, cycling around his neighborhood and doing weight training at home.



Photo by MC2 (SW) David Danals

**Hospital Corpsman 3rd Class Angelo Anderson lends a helping hand to retired Navy Aviation Machinist's Mate 2nd Class Oswald Gould during the cycling event at the 2012 Warrior Games.**

“Sometimes my training for the games is what would get me out of bed in the morning; it kept me going,” Anderson said. “I knew the games were coming up, and I wanted to be fully prepared.”

He traveled with Murphy to the games, both excited and ready for the upcoming competition. When they arrived, Anderson had a new title of team captain and both had a rigorous training schedule ahead.

As one of three team captains, Anderson handled organizational duties on the athlete level, helped boost team morale when it seemed low and helped with his teammates' training.

Being a team captain was a unique experience for him.

“It was very easy to be inspired by my team,” Anderson explained. “Not only were the other team captains inspiring, but everyone on the team was enthusiastic and encouraged their teammates. When a team member was finished with their training for the day and could have been in their room sleeping or relaxing at the hotel, instead they were off helping their teammates.

“I had no time to be de-motivated,” Anderson continued. “No matter what kind of help or inspiration you needed, it was there. One thing that was great about being involved in the third year of the games was that you had the veterans – the athletes who had been competing since the first games, and you had the rookies – the athletes brand new to the games. Each had their own kind of motivation and advice to offer.”

Anderson motivated his team by putting his teammates first. While competing in the lower-body impairment cycling event, he noticed a teammate having a hard time of things and lagging behind. So, Anderson gave up any chance of placing in the cycling competition to help his shipmate.

“I could see and hear him struggling, and I couldn't leave him behind,” Anderson said. “I slowed down, moved my bike directly behind him and pushed him to the finish line. He actually ended up finishing before me,” Anderson laughed. “But that's not what mattered. I was there to help my teammate. That's all that was important.”

Anderson did not medal this year, but was not disheartened.

“I got to compete with some really great and highly competitive people,” he said. “The competition was a lot harder this year, and I'm sure it'll step up again next year. Hopefully I'll get to go back next year. Maybe I'll try a new sport like archery or shooting.”

### *Looking Forward*

Now back at work at the Portsmouth medical center, Murphy and Anderson will continue with their training to stay in shape so they can compete again next year.

“Seeing the human strength of this elite group of wounded, ill and injured was hugely emotional,” Murphy said. “I learned so much from these people that I was with for such a short period of time. Everyone just empowered me to want to do better. The camaraderie, pep and unit cohesion was awesome. I can't wait to go back.”

Anderson agreed.

“It is really cool to be involved in the games,” Anderson said. “This is an event that is growing each year and it's great to see people – very important people like First Lady Michele Obama and Master Chief Petty Officer of the Navy Rick D. West – come to the games and support all of the athletes. I hope this goes on for a long, long time. Adaptive sports are powerful.”

# National Laboratory Professional's Week Observed

STORY AND PHOTOS

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

The laboratory staff at Naval Medical Center Portsmouth kicked off National Medical Laboratory Professionals Week with a cake cutting in the Laboratory on April 23. The cake – in the shape of a Petri dish – was cut by James Blanks and Hospitalman Dakota Lovejoy, chosen as the “wisest and most mature, as well as the newest” of the lab staff.

The lab planned other events, including a scavenger hunts, tabletop shuffleboard, a pizza party and a lunch/dinner for their night and day technicians for the celebratory week that ended April 28.

“What you do is the foundation (of patient care),” said

Cmdr. David Collins, acting deputy commander. “Nobody treats a patient, cures a patient or finds a disease such as cancer until they run the tests. Don’t ever forget the value and importance of what you do in the system, because it is vitally

important.”

The week provides the profession with an opportunity to increase public understanding of and appreciation for clinical laboratory personnel and takes place the last full week in April each year.

“National Medical Laboratory Professionals Week, affectionately known as ‘Lab Week,’ is an opportunity for the laboratory staff to celebrate their accomplishments and to be reminded of the importance of their contributions to the care of our patients,” said Cmdr. Tiffany S.

Nelson, department head of the lab. “A great deal of diligent effort goes into assuring that the 10 billion laboratory tests performed in the United States every

year give results that providers and patients can trust.”

“I think it is really good to get some appreciation; it is nice to hear ‘good job,’” said Hospital Corpsman 2nd Class Kenneth Yearout, Microbiology Division



LABORATORY PROFESSIONALS  
**GET RESULTS**  
NATIONAL MEDICAL LABORATORY PROFESSIONALS WEEK APRIL 22-26, 2012



The cake was made in the shape of a petri dish and featured the colors of the this year's National Medical Laboratory Professionals Week.

leading petty officer and laboratory fund committee president. “I like science; I am analytical; I think logically and I think through different pathways, so being a lab tech seemed like the right field. I love growing bacteria, so to me it’s fun.”

National Medical Laboratory Professionals Week originated in 1975 as National Medical Laboratory Week. There are approximately 300,000 practitioners of clinical laboratory science in the United States.

**James Blanks and HN Dakota Lovejoy were chosen to cut the cake as the “wisest and most mature, as well as the newest” of the lab staff during Laboratory Professional's Week on April 23 as Cmdr. Lori Krevetski, director for Clinical Support Services, and Cmdr. David Collins, acting deputy commander, watch.**

**The cupcakes represented products tested in the laboratory.**



# Skin Cancer Screening Rodeo Brings Awareness, Treatment

BY MC2 NIKKI SMITH  
NMCP Public Affairs

Time to get out your sunscreen! It's Skin Cancer Awareness Month and Naval Medical Center Portsmouth's Dermatology clinic observed the month with a week-long Skin Cancer Screening Rodeo, May 7-11. The rodeo allowed patients to be seen by providers in the Dermatology clinic for skin cancer screenings without a referral.

Dermatology saw 492 patients during the rodeo week, all who received 15-minute head-to-toe skin cancer screenings. Providers worked to identify any dangerous or possibly dangerous skin cancer lesions. If any were identified during the screening, they were removed during the appointment. There were 198 lesions identified, removed and sent to the lab for biopsies.

Patients will be called 10-14 days following their lesion removal with biopsy results. If biopsies come back positive for skin cancer, the patient will be automatically enrolled into the

Dermatology clinic and scheduled for any procedures they need.

"Skin cancer is the most common of all cancer types," said Lt. Esther Colbert, Dermatology clinic manager and rodeo organizer. "With the summer months approaching, May is the perfect time to provide this service along with education on sun protection and skin cancer awareness."



**Physician's Assistant Kevin Charles, left, of NMCP's Dermatology clinic, identifies a lesion on Lt. Jon Hillenbrand during the annual Skin Cancer Screening Rodeo.**

The rodeo is an annual event open to active duty, dependents, retirees and all government employees. This year had the most ever slots open for patients, with providers from other clinics around the hospital donating their time so more patients could be seen.

Helen Petro and her husband Joseph, a retired Navy chief



**Joseph Petro, right, a retired Navy chief warrant officer, has a lesion on his head removed by Cmdr. Eric Belin, center, officer in charge of Dermatology, and HN Darriel Steedman, of the Dermatology clinic.**

warrant officer, both came out to get screened. Helen had been worried about a few spots on her husband's head, but they hadn't had a chance to get a referral to dermatology so he could have the lesions checked out. During the screening, Helen got a clean bill of health but Joseph had two spots where lesions needed to be removed and biopsied.

"I'm so glad he's getting this taken care of today," Helen said. "I'm just thrilled we were able to make it out here this year, and that the staff has been so friendly and helpful. We are looking forward to coming back to the screening in future years."

A lot of time and effort from the Dermatology clinic's staff went into ensuring the rodeo was a success. The clinic worked very hard to use all possible avenues to advertising the event to make sure patients were aware of the rodeo. Staff also needed to be on their toes to guarantee good customer service and follow the rigorous schedule of the week.

"I am so proud of the teamwork and exceptional patient care that was delivered by the dermatology team this week," Colbert said. "This year's rodeo was completely booked! We have received some very positive feedback from our patients who appreciated the access, the customer service and the smooth flow of the clinic."

According to the American Cancer Society, more than 3.5 million skin cancers are diagnosed each year in the United States, which is more than all other cancers combined. NMCP put on the rodeo with hopes to help bring awareness to these numbers, and help cut them down.

With summer on the way and people spending more time outside, the Dermatology Clinic is encouraging everyone to "Slip! Slop! Slap! Wrap!" – slip on a shirt, slop on sunscreen, slap on a hat and wrap on sunglasses.

# Indoor Triathlon Stirs Camaraderie, Competition

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

Morale, Welfare and Recreation's Fitness and Sports sponsored an indoor triathlon at the Riverview Aquatic Center and Riverview Fitness Center. The triathlon consisted of a 450-meter swim, a five-mile stationary bike ride and a mile and a half run on a treadmill.

There were 25 participants that included four teams of three. The overall team winner was Naval Medical Center Portsmouth's team, Legal Eagles. The team members were Josie Benavidez, Jose Rovira and Chief Fire Controlman Gabriel Kuntzman. Benavidez also won first place as the Overall Female.

Camaraderie and competition was also part of the triathlon.

"I decided to participate because my co-workers were doing it, and Joe Rovira kept talking smack saying he could beat my time... he didn't win!" said Benavidez.



**Indoor triathlon participants run the final leg of the Indoor Triathlon at the Riverview Fitness Center.**

"(The triathlon) is great way to build team spirit and department pride," Rovira said. "Additionally, working in Legal is always very stressful, and exercise is great way to achieve balance."

Rovira added, "All of the folks that competed were winners, we just happen to get the best score."



**Indoor triathlon participants start their 450-meter swim at the Riverview Aquatic Center.**

## THRIFT SAVINGS PLAN WORKSHOP

Ms. Vici Hafley from Fleet and Family Support Center will facilitate Thrift Savings Plan workshops on May 31 from 8 – 9:30 a.m. and from 2 – 3:30 p.m. in the back half of the auditorium.

### What's in it for me?

This workshop will cover the new Roth Thrift Savings Plan and help service members and their families learn how to take advantage of this exciting government-sponsored savings and investment program to build wealth and achieve financial independence.

There must be at least 15 participants registered for each session to ensure that the class will take place. Enlisted members may register via email with SH3 Sherry Rudolph with LCPO approval. Officers please register via e-mail with Lt. Cmdr. Lorena Griffin with subject title "Thrift Saving Plan."

See you there!

# Canines, Humans Alike Enjoy 2nd Woof Walk

By MC1 ELIZABETH ST JOHN  
NMCP Public Affairs

Fifteen dogs brought their owners to Naval Medical Center Portsmouth to enjoy the fresh air and sunshine at Portsmouth Fitness and Sports' 2nd Woof Walk on May 5.

The pack left Riverview Fitness Center and walked the gravel path behind the gym and around Hospital Point and back to the fitness center. Along the way, the dogs enjoyed two water breaks and some doggie treats.

"The purpose was to do a family-friendly event that gets families moving, even if the only family is the dog," said Jacqueline Stiffler, MWR fitness coordinator. "Our dogs need to keep fit, too."

MWR scheduled this walk for May, attempting to beat the heat, since the temperatures last July were in the 90s.

The next Woof Walk is scheduled for Oct. 27 and will include a family and dog Halloween costume contest.



Photos by Jacqueline Stiffler





Photo by Rebecca A. Perron

## Civilian in the Spotlight

### Sidney Francis Ryan

**Hometown:** born in Malone, N.Y. Lived in Chesapeake for past 26 years

**Years of Service:** 16 years civil service (all at NMCP), 20 years active duty

**Job:** Supervisory Administrative Support Specialist, Pharmacy

**What do you like most about your job?** My job is extremely challenging and provides me the opportunity to make a positive impact on the care of our patients. I lost my youngest son to cancer 5 years ago and have developed an empathy and understanding for the families of our patients.

**What do you do in your off duty time/hobbies?** My two passions are family and fishing. My wife and I compete in bass fishing tournaments. We administer a scholarship fund for the Virginia BASS Federation and are organized the inaugural Virginia BASS Federation Wounded Warrior fishing tournament.

**Favorite movie:** Unforgiven

**Favorite food:** Almost any type of fish or seafood

**Why was he nominated as Civilian in the Spotlight?** “His performance is always excellent, but lately it has excelled in significant ways,” said Cmdr. Lori Krevetski, Pharmacy department head. “In the last year or so, there have been increasing shortages nationwide of critical medications which has complicated the delivery of high-quality health care here at NMCP. His dedication and hard work have been critical in the department’s highly successful management of these critical supply issues. Mr. Ryan has spent countless hours on the phone and working with Defense Logistics Agency and pharmaceutical firms to secure the medications needed by patients in our facility. His efforts have been a major factor in the success of the Pharmacy Department in mitigating the consequences of these nationwide shortages of medications.”

## Sailor in the Spotlight

### HM2 Tiffany Monique Peltier

**Hometown:** Shreveport, La.

**Years of Naval Service:** 11 years (4 years at NMCP)

**Job:** Leading Petty Officer, General Laboratory

**What do you like most about your job?** I’ve always enjoyed learning about medicine, science and technology. Laboratory Science is challenging and constantly changing, which encourages endless learning, along with working behind the scenes providing doctors with information to treat patients. I like knowing that what I do has a profound impact for the patients whose specimens I handle and the responsibilities, pressures and accomplishments that come with working as a medical laboratory technician.

**What do you do in your off duty time/hobbies?** I am a very busy wife and mother so off-duty time is dedicated to my family and church. I enjoy attending classes offered at the gym, such as kickboxing, and I love reading all types of fitness magazines.

**Favorite movie:** Brown Sugar

**Favorite food:** Mexican! Loaded Chicken or Beef Nachos with lots of cheese

**Why was she nominated as Sailor in the Spotlight?** “HM2 Peltier is an outstanding Sailor, leader and technician,” said Senior Chief Hospital Corpsman John Mooers, Laboratory leading chief petty officer. “She deployed to JTF GTMO on short notice and has performed outstandingly. Selected for her administrative skills in addition to managing the laboratory, she assists the DFA with correspondence, awards and evaluations. She was selected as Senior Sailor of the Quarter, JTF-GTMO for 2nd Quarter FY 2012.”



# MAY AWARDS

## MERITORIOUS SERVICE MEDAL

Cmdr. Richard McCarthy  
 Lt. Cmdr. Kenneth Dubowski  
 CMDCM (AW/SW/FMF) Michael James

## NAVY & MARINE CORPS COMMENDATION MEDAL

Cmdr. James Callan  
 Cmdr. Michael Carson  
 Cmdr. Henry Zielinski  
 Lt. Cmdr. Sara Bustamante  
 Lt. Cmdr. Megan Mcgaver  
 Lt. Cmdr. Craig Schranz  
 Lt. Cmdr. Robert Wiederien  
 Lt. Christina Bologna  
 Lt. Willow Golay  
 Lt. Corey Haire  
 Lt. Thomas Kannon  
 Lt. Joanna Krause  
 Lt. Cmdr. Jill Maldarelli-Drey  
 Lt. Jeffrey Miles  
 HM1 (AW) Marvin Branch  
 HM1 (SW) Eduardo Cordero  
 HM1 (FMF) Gerald Magee  
 HM1 (FMF/SW) Freedy Mejia  
 YN1 (SW) Kai Sligh

## NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Brian Downing  
 Lt. Cmdr. Jeffrey Hockett  
 Lt. Camia Lasdulce  
 Lt. James Neipp  
 Lt. Adonias Rosario  
 Lt. Jesse Schmidt  
 Lt. j.g. Jessica Belz  
 Lt. j.g. Christina Carter  
 Lt. j.g. Alaina Downey  
 Lt. j.g. Christopher Harvie  
 Lt. j.g. Jaime York  
 HM1 (EXW/FMF/SW) Frank Houpt  
 OS1 (SW/EXW) Calvin Marks  
 HM3 Daniel Shanahan  
 SN Jan Carrasquillo-Cruz  
 HN Jose Carreno

## NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Lisa Price  
 Patricia Quinones

## New Shed for Fisher House

A new 12' by 24' shed was built behind the Fisher House during the first week of May to replace the previous shed that has reached its life expectancy.

It was constructed by the Society of American Military Engineers with volunteers from the construction company Brady and Associates.

**Lt. Brian Christner, left, from Naval Facilities Engineering Command Mid-Atlantic, assists volunteers from Brady and Associates, in constructing the shed on May 3.**



Photo by MC3 (SW) Anna Arndt

## SHIPMATE OF THE MONTH



Photo by SN Nina Howard

HM3 ALVIN A. OCHIENG, DPHS  
 HN VANESSA L. NATOLI, DCSS  
 HM3 OSCAR A. HERNANDEZ, DPE  
 MC3 (SW) ANNA L. ARNDT, COMMAND SUITE  
 HM3 GEORGE L. URSUA, DNS  
 HA RONALD J. WILLIAMS-HILAIRE, DMS

HA TYLER W. GRIFFIN, DSS  
 HN TERRY L. NGUYEN, DMH  
 HM2 (SW/AW) LOANY M. SALDIVAR, DPC  
 LSSN SIDDHARTH KC, DFA  
 HN TREVER J. HUTCHENS, DDS

## MAY MENTOR OF THE MONTH

Lt. Brian Ellis is the manager of the Force and Family Medicine Clinic and is responsible for the day-to-day operations of the clinic, which is composed of 50 military and civilian staff who provide care to 5,000 patients. Since reporting in July 2011, his contributions include being an active member of the command's mentorship team, speaking about the program during courses he teaches, and encouraging his peers to go out and find someone to mentor.

He has personally benefited from good mentorship and is passionate about being for others what his mentors are for him. His advice to other mentors would be to not wait for

them to come to you, but get out there and mentor someone.

"Collect your resources, get organized and get out there,"

Ellis said. "Always be on the lookout for someone you can add to your mentoring team. As a mentor, you have a network of people you know who can plug protégés into resources, so even if you don't know how to advise or help someone about every aspect of their career, another member on the team will."



Photo by MC3 (SW) Anna Arndt

*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.*