

NAVAL HEALTH CLINIC PATUXENT RIVER, MARYLAND PLAN OF THE WEEK



29 JULY – 4 AUGUST 2010

MISSION STATEMENT

To promote, maintain, and restore the health and readiness of all entrusted to us, anytime, anywhere.

VISION STATEMENT

As one team, we will exceed customer and staff expectations every day.

STRATEGIC GOALS

- Deliver a quality patient-centered experience
- Manage resources effectively
- Integrate clinics into a unified command
- Develop our staff, our most important resource
- Develop shared expectations that lead to team unity

OFFICIAL ORDERS: Items published in the Plan of the Week are for information and guidance of **ALL HANDS**. They have the effect and force of orders wherever applicable and All Hands shall be held responsible for compliance. This bulletin is to be utilized for **Official Use Only**.

POSITION	POC	PHONE	WEBSITE
Commanding Officer	CAPT L. A. Ireland	301-342-1460	CO'S Philosophy
Executive Officer		301-342-1460	
Command Master Chief	HMCM M. C. Crawford	301-342-1460	
Career Counselor	HMC T. D. Rager	301-342-2752	Career Opportunities In The Navy Navy Personnel Command
Chief Master-At-Arms	HM2 Robinson	301-342-4041	Naval Criminal Investigative Service
CMEO, Program Manager	LT D. R. Hinely	301-995-4276	Command Managed Equal Opportunity
CMEO, Assistant	AWVC J. Foxworthy	301-342-1432	Command Managed Equal Opportunity
Command DAPA, Primary	ABFC K. D. Agyemang	301-342-1493	Navy Drug/Alcohol Abuse Prevention
Command DAPA, Assistant	HM1 L. R. Parker	301-342-1407	Navy Drug/Alcohol Abuse Prevention
Command Evaluator	Ms. D. Jones-Dorsey	301-995-4662	Complaint Processes (IG)
		301-342-1480	Fraud/Waste/Abuse Hotline
Command Financial Specialist	HM2 Higginbottom	301-342-1464	DFAS Account Military One Source
Command Ombudsmen	Ms. Mercedes James	240-577-1649	
Command SAPR	LT S. M. Stump	301-995-4834	Sexual Assault Prevention and Response
Facilities	ABFC K. D. Agyemang	301-342-4044	
HBA/BCAC/DCAO	Ms. J. Hambel	301-995-4980	TRICARE , MyTricare , Intranet
HIPAA Privacy Officer	Ms. L. Foster	301-342-1488	US Dept of Health and Human Services
Human Resources Coordinator	Ms. L. M. Harvey	301-342-1489	Civilian Resources
Legal Officer	LTJG E. G. Teer	240-577-5326	Navy Legal Services
Naval District Washington		Directory	https://www.cnic.navy.mil/ndw/index.htm
Naval Health Clinic, Pax River	Quarterdeck	301-342-1418	Intranet: https://intra ; Internet
Navy Medicine Online		202-762-3211	http://www.med.navy.mil/Pages/Default.aspx
Privacy Act/FOIA Liaison	Ms. L. Foster	301-342-1488	Privacy Officer
Safety Manager	Ms. D. McKalvia	301-342-9503	Safety
Security Manager	LTJG E. Dunham	301-995-4561	
Suicide Prevention Coordinator	ETC P. Matteau	301-342-2762	Suicide Hotlines 800-784-2433; 800-273-8255
Voting Officer	LTJG E. D. Dunham	301-995-4561	Voting Assistance

UNIFORM OF THE DAY

E6 and Below: Service Dress Whites/ Service Uniform; Alternate: Navy Working Uniform/Utility Uniform Coveralls

E7 and Above: Summer Whites; Alternate: Khaki; Working: Working Khaki

EMERGENCY INFORMATION

- | | |
|--|---|
| CODE BLUE - Cardiac or Respiratory Arrest | CODE ORANGE - HazMat Spill Release |
| CODE RED - Fire | CODE GRAY - Violence or Security Alert |
| CODE PINK - Infant Abduction | CODE GREEN - Int/Ext Mass Casualty Event |
| CODE BLACK - Bomb Threat | CODE BROWN - Severe Weather Advisory |

After reporting incident or requesting an ambulance, **call the Quarterdeck at 301-342-1418**. Whenever an alarm sounds or a number listed below is called, always call the Quarterdeck.

Emergency # for Poison Control Center

1-800-222-1222

Emergency Fire/ Police/Medical

911

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WATCH STANDING INFORMATION

DATE	DUTY AVT	DUTY CDO 240- 925-4934	MOOD 240-538-7609	FLIGHT SURGEON 240-925-5939	DUTY DENTAL TECH 240-925-8311	DUTY DENTAL OFFICER 301-997-6957
29	HM2 DAVIS	LT RICHARDSON	CDR DALGETTY	LT WRIGHT	HN OLSZOWY	CDR BRADDOCK
30	HM2 DAVIS	LT RICHARDSON	CDR DALGETTY	LT WRIGHT	HN OLSZOWY	CDR BRADDOCK
31	HM2 DAVIS	LT RICHARDSON	CDR DALGETTY	LT WRIGHT	HN OLSZOWY	CDR BRADDOCK
1	HM2 DAVIS	LT RICHARDSON	CDR DALGETTY	LT WRIGHT	HN OLSZOWY	CDR MCGROARTY
2	HM2 DAVIS	LT RICHARDSON	LCDR HAMILTON	LT A. MCLAUGHLIN	HM3 CASWELL	CDR MCGROARTY
3	HM2 DAVIS	HM1 LABEL	LCDR HAMILTON	LT A. MCLAUGHLIN	HM3 CASWELL	CDR MCGROARTY
4	HM2 DAVIS	HM1 LABEL	LCDR HAMILTON	LT A. MCLAUGHLIN	HM3 CASWELL	CDR MCGROARTY

BRANCH HEALTH CLINIC DUTY SCHEDULES

DATE	NAF ANDREWS	NBHC INDIAN HEAD	NBHC DAHLGREN
29	HM2 PRESSLEY	HM1 HUDDLESTON	HN CANDIANO
30	HM2 PRESSLEY	HM1 HUDDLESTON	HN CANDIANO
31	HM2 PRESSLEY	HM1 HUDDLESTON	HM3 SINDORE
1	HM2 PRESSLEY	HM1 HUDDLESTON	HM3 SINDORE
2	HM3 YOUNG	HM1 HUDDLESTON	HM3 SINDORE
3	HM3 YOUNG	HM2 DENG	HM3 SINDORE
4	HM3 YOUNG	HM2 DENG	HM3 SINDORE

Note to Watch Standers: Watch Bill Coordinators for each watch bill are responsible for the accuracy of the watch bill that is printed in the Plan of the Week (POW). Watch Bill Coordinators are required to provide monthly watch bills to HM1 Heveron with a copy to the Director for Administration. Coordinators are also required to provide all changes/updates to the respective watch bills prior to the weekly printing of the POW. **All visitors (speakers, contractor workers, etc.) are required to report to the quarter deck to sign in and receive a visitor badge. Please escort your visitor at all times while visiting NHC buildings. Prior to leaving they need to sign out at the quarterdeck and turn in the visitor badge. Any questions or issues please see HM2 Robinson 342-4041.**

AWARDS

Senior Sailor Of The Year	HM1 J. C. Cole			
Doc Piercy Award	HM2 A. U. Alao			
Junior Sailor Of The Year	HM3 N. J. Emerson			
Blue Jacket Of The Year	HN A. Bardsley			
	1st QTR FY10	2nd QTR FY10	3rd QTR FY10	4th QTR FY10
Senior Sailor Of The Quarter	HM2 J. M. Robinson	CS2 Frazier		
Junior Sailor Of The Quarter	HM3 N. J. Emerson	HM2 Rankin		
Blue Jacket Of The Quarter	HN A. Bardsley	HA Zeagarrido		
Civilian Of The Quarter	Mr. Stephen Matthews	Ms. Mandy Rogers		
Contractor Of The Quarter	Ms. Donna Kinsel	Ms. Terri Mackabee		

ADMINISTRATION

Conference Room Scheduling – HM1 Heveron
Electronic Leave – Begins August 2010 update your [NSIPS](#) account now.
NHC Patuxent River updated [Organization Manual](#) has been published.

[Naval Air Station Patuxent River Plan of the Week](#)

STAFF EDUCATION AND TRAINING

Training Notice from Safety & Occupational Health Manager. All Hands (MIL/CIV/CONT) are now required to complete General Ergonomics Awareness training. This is an E-Learning course available via NKO, the course code is (NFEC-A-M1-GEA-1.0). Please complete NLT 31AUG10.

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[INFECTION CONTROL](#)

Click the above link for the latest from your Infection Control team.

[DIVERSITY COMMITTEE](#)

Click the above link for the latest news from your Command Diversity Committee.

[SAFETY CORNER](#)

The latest safety news can be found by clicking the above link.

[MWR EVENTS](#)

The Intranet site for the MWR Committee has been updated. **Please check <https://intra/commit/mwr/default.aspx> of upcoming events and local activities!**

[FLEET AND FAMILY SUPPORT CENTER AUGUST NEWS LETTER](#)

[BRAVO ZULU'S](#)

Updated 29 June, check <https://intra/director/dhb/cs/default.aspx> for the most current Bravo Zulu's.

[TODAY IN NAVAL HISTORY](#)

["SUMMARY OF MISHAPS"](#)

For the latest Summary of Mishaps, visit the Navy Safety Center website at <http://safetycenter.navy.mil/Funnies/index.asp>.

[TIPSY TAXI](#)

It runs 365 days a year, 24/7, and it does not cost you, me, or the Command a dime. The bartender will fill out the Topsy TAXI card, call Chesapeake Cab, then the cab company will take you home, with no cost passed on to you. Some of the local establishments that use this program are The Green Door Bar, ABC Lounge, Cadillac Jack's Nightclub, Catamaran's Restaurant, Brass Rail Sports Bar, and Donovan's Pub.

R. T. TIZON
LCDR, MSC, USN
DIRECTOR FOR ADMINISTRATION

[TRAFFIC SAFETY](#)

1. Speeding, Parking, Crossing on Liljancrantz Rd by CDC Annex, bldg. 434

NAVFAC is currently making efforts to improve the parking situation on Liljancrantz Road, several recommendations were reviewed during the 27 July 2010 Traffic Safety Council meeting and will be submitted to leadership for decision. Currently there is an electronic speed monitoring device in place to alert drivers of their speed as they pass the 15 MPH sign before the CDC. Please use extreme caution when traveling in this area as there is always the potential to lose a child. CAPT Ted Mills, NAS Patuxent River Executive Officers, asks for all station personnel to be aware and slow down to a "crawl" when traveling on Liljancrantz Road.

2. Cell Phones and Driving

As of October 1, 2010, Maryland drivers are prohibited from using hand-held cell phones while behind the wheel of a vehicle. This requirement is already in effect while on board all Navy installations. Cell phone usage while driving causes many traffic accidents, injuries and fatalities. The health and wellness of our staff and their family members is priority one at NHC Patuxent River and we encourage all staff members to begin following this requirement immediately both on or off station. When the new law goes into effect violators will be pulled over and face a \$40 fine for the first offense and \$100 for repeat incidents. Factory installed Bluetooth and after market mounted Bluetooth devices are authorized; however blue tooth headsets are NOT allowed. For more information on the effects of distracted driving visit www.distraction.gov.

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Please submit all entries for the POW to HM1(FMF/SW) Jeremy Heveron, via email, at jeremy.heveron@med.navy.mil. **We encourage Command wide participation**; please note that all material is monitored and published based on the nature of content and Command relevance with the instruction. The POW contains information constituting official orders. All personnel are responsible for adherence to its content. Report instances of fraud, waste, or mismanagement to the hotline at 301-342-1480. All calls are confidential. The sexual harassment advice and counseling hotline is 1-800-253-0931. Remember, safety is everyone's business.