



June 2014

THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Hospital Corps Birthday Ball — Pages 10 - 11

Nurse Advice Line to Help TRICARE Beneficiaries

BY DEBORAH R. KALLGREN
NMCP Public Affairs

Starting June 27, TRICARE beneficiaries in Hampton Roads will have access to a new tool to help them decide whether they need to seek immediate care.

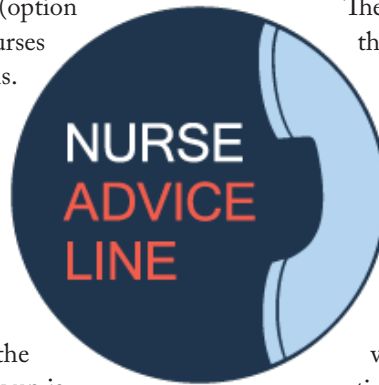
The Nurse Advice Line will be available 24/7 to all TRICARE beneficiaries by calling 1-800-TRICARE (option 1). Callers will be connected to a team of registered nurses who can answer a variety of urgent health care questions. They can help the patient decide whether self-care is the best option, or if it they should see a health care provider.

First, the beneficiary's eligibility through DEERS will be verified. Then, a registered nurse will ask the beneficiary a series of questions to provide the best advice possible.

If the beneficiary has a question about their child, the beneficiary will be routed to a pediatric nurse. If follow up is needed, the beneficiary will be called back later to check the child's status. The nurse can make same-day appointments for TRICARE beneficiaries enrolled to a military hospital or clinic. If a same-day appointment is not available, the nurse will direct the beneficiary to the closest urgent care center, and advise their primary care manager that a referral is needed so

the patient won't have point-of-service co-pays. TRICARE beneficiaries not enrolled to a military hospital or clinic will receive professional health advice and whether to seek urgent care.

Beneficiaries can still call their PCM or clinic, but the Nurse Advice Line is another option for patients, especially after hours or on the weekend.



The Nurse Advice Line may also reduce the number of unnecessary Emergency Room visits. More than a quarter of all ER visits are generally for non-emergency issues. National estimates for civilian care indicate that one-half of all ER patients would have seen a primary care doctor had one been available.

Unnecessary ER and Urgent Care visits cause longer wait times for patients, additional workload for staff, additional stress on resources, and higher costs to the Military Health System. The Nurse Advice Line will help direct non-emergency and non-urgent visits to routine providers relieving strain on the ER system as well as increasing beneficiary access to their primary care manager or urgent care facilities.



Welcome, Intern Class of 2015

The Intern Class of 2015 gathers on the steps of Bldg. 1 on June 11 for their official class portrait. The interns began orientation in early June and will begin seeing patients at the end of the month.

Photo by Casey Price

Save Date

Fall Cycle Enlisted Advancement Program

Have you started to study for the fall advancement exam yet? The Enlisted Advancement Program Committee is offering a review of the information on the advancement exam for the following dates: E-6: July 21 - 25; E-5: July 28 - Aug. 1, and E-4: Aug. 4 - 8.

All of the reviews are in the SAPR Auditorium from 7:45 a.m. - 4 p.m. To attend, route a special request chit through your chain of command and send a scanned copy along with your profile sheet to HMC Talmadge.

Considering Quitting

Are you considering your options for quitting tobacco or have you made up your mind that you are ready to quit? The Wellness Department can help! We offer a variety of classes or one-on-one counseling to fit your busy schedule and help you reach your goals.

We offer a one-time four-hour class on the first Monday of the month from 8 a.m. - noon. Or, a four-week class is offered every Tuesday from 1 - 2:30 p.m.

To sign up, call the Hampton Roads Appointment Center at (866) MIL-HLTH or the Wellness Department at 953-9248 or 1927. Sign up by email with HM3 Mary Sigler at mary.sigler@med.navy.mil. All Wellness programs are open to all TRICARE beneficiaries.

PAIRS Marriage Retreat

The PAIRS Marriage Retreat is a wonderful opportunity for couples to strengthen their marriages by learning more effective ways of communication. The next retreat is July 18 - 20 at the Hampton Crowne Plaza and the cost is free. Future dates are Sept. 12 - 14, Nov. 14 - 16, Feb. 20 - 22, and May 1 - 3.

For more information, call 722-9961 ext. 3601 or email Laura.Quintero@va.gov.

Car Buying Strategies

Attend the Car Buying Strategies workshop on July 8 from 2 - 3 p.m. at Fleet and Family Support Center, NMCP, Bldg. 249 next to the Child Care Center. Looking for a car but don't want to get taken for a ride? Learn all the important do's and don'ts BEFORE you step onto the car lot. Topics include negotiating, trade-ins, discounts, financing, high-pressure sales tactics, and tricks to watch out for.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbridge.ctr@navy.mil to register.

Effective Resume Writing

Attend the Effective Resume Writing workshop on July 3 from 8:30 - 11:30 a.m. at Fleet and Family Support Center, NMCP, Bldg. 249 next to the Child Care Center. New to the area? Separating or retiring from the military? Looking for a full-time or part-time job or even a summer job? These days, only a top-notch resume will get you an interview. Learn how to market your skills, knowledge, accomplishments and experience with an impressive resume.

The workshop is open to active duty, retirees, dependents and DoD civilians. Child care is available if arranged in advance. Call 953-7801 or email amanda.burbridge.ctr@navy.mil to register.

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 benefiting the Hampton Roads naval medical community. We are happy to welcome new members.

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

THE COURIER

COMMANDER

Rear Adm. Terry Moulton

DEPUTY COMMANDER

Capt. Bradford L. Smith

COMMAND MASTER CHIEF

**CMDCM (SW/AW/FMF)
Michael James**

PUBLIC AFFAIRS OFFICER

Deborah R. Kallgren

DEPUTY PUBLIC AFFAIRS OFFICER

Rebecca A. Perron

STAFF JOURNALISTS

MCCS (IDW/EXW/AW)

James Perkins

MCC (SW/AW) Leslie Tomaino

MC1 (EXW/SW/AW)

Gary Johnson

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Cir., Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

To submit an article or information for publication, contact the Public Affairs Office by calling 953-7986 or 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.

KEEP UP WITH THE
LATEST NEWS FROM NMCP



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

Read and download
The Courier in color!



issuu.com/nmcp

ISSUU



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

twitter.com/NMCP1





A medical student asks questions about the Health Experts onLine at Portsmouth system during Cmdr. Andrew Lin's presentation to the Internal Medicine staff, residents and interns on June 2.

Telemedicine Initiative 'Helps' Patients with Specialty Care

STORY AND PHOTOS BY REBECCA A. PERRON
 NMCP Public Affairs

Navy Medicine East and Naval Medical Center Portsmouth began using telemedicine technology June 16 as a key component of its new consult service Health Experts onLine at Portsmouth, or HELP, for short.

The HELP system is for health care providers in all branches of the armed forces who are in NME's area of responsibility, for which NMCP is the flagship medical center. The region – from Texas to Bahrain – spans 10 time zones and makes real-time teleconsultation impractical.

The telemedicine initiative gives health care providers access to specialists at NMCP when they need to consult about a difficult medical case that is not an emergency. These providers can be independent duty corpsmen on small ships, medical officers on carriers or doctors at military hospitals and clinics who don't have local access to specific specialties.

"The system allows input for medical history and physical symptoms of the patient, the medications they are on and the consult questions," said Cmdr. Andrew Lin, one of HELP's consult managers. "Providers can also upload media files, like pictures, X-rays or sound files. Once the consult is added to the system, it comes to a consult manager at NMCP who decides which specialty to forward it to for an answer. And then the specialist suggests a course of treatment based on the case presented."

The goal of the consult system is to reduce unnecessary medical evacuations from ships at sea and overseas, as well as to reduce patient referral to the civilian health care network.

According to HELP policy, specialists at NMCP will answer a consult within 72 hours of its submission, but response time is expected to be quicker – around 14 hours – based on response times by a similar system on the West Coast. HELP

uses the same technology as PATH, or Pacific Asynchronous TeleHealth system, which was developed by Tripler Army Medical Center in Hawaii.

"I think it will be particularly important for Navy Medicine East," said Lt. Col. C. Becket Mahnke, PATH director. "If there's somebody at Jacksonville who needs to see a specialist not available there, the primary care doctor has the ability to say, 'Do I need to send them to the network provider? Instead, I can use the specialists at NMCP.' We've found that in two-thirds of cases in PATH, we were able to answer the question without that face-to-face visit with a specialist."

PATH processes more than 3,000 cases year from 20 hospitals and clinics throughout the Pacific region involving 40 different medical and surgical specialties, saving up to \$750,000 annually in medevac costs. In a review of 1,000 pediatric teleconsultations through PATH, referral to a local specialist was decreased by up to 43 percent with a cost savings of at least \$200,000. HELP is expected to give military treatment facilities on this side of the globe similar savings and reduction in

— See **HELP**, Page 5



Army Lt. Col. C. Becket Mahnke, PATH director, shows dermatologist Lt. Cmdr. Brooke Caufield how to enter coding information as she completes her first consult in the HELP system on June 16.



New Senior Chiefs Frocked

Photos by MCC (SW/AW) Leslie Tomaino

Rear Adm. Terry Moulton, NMCP commander, speaks to the audience at NMCP's 2014 senior chief petty officer frocking ceremony. Moulton thanked the families, friends and loved ones of the newly frocked senior chiefs for their support. He reiterated the humble appreciation these leaders have, and that they could not be as successful without those who have supported them.

Family, friends and co-workers gathered in the chapel June 12 to cheer on Naval Medical Center Portsmouth's newly selected senior chief petty officers while they were frocked. The new senior chiefs are Senior Chief Machinist's Mate (SW/EXW) Aaron Mingle, Senior Chief Personnel Specialist (SW) Jerry Moretz, Senior Chief Machinist's Mate (SW/AW/IDW) Peter Stevens and Senior Chief Culinary Specialist (SW/AW) Carlos Wilderson.

Also frocked during the ceremony was Senior Chief Hospital Corpsman (SW/AW) Richard Laxa, a former staff member who is currently stationed at U. S. Naval Hospital, Guantanamo Bay, Cuba. He was in the area and came to NMCP for his frocking.

During the ceremony, Rear Adm. Terry Moulton, NMCP commander, said that the mark of a good leader was once again displayed at the ceremony, as each new senior chief was not only humble in his achievement but made a point to thank his loved ones and co-workers, crediting to them for the new seniors' successes.

HMCS (SW/AW) Richard Laxa is pinned by his wife Christine and his father, retired Senior Chief Laxa.



MMCS (SW/EXW) Aaron Mingle, of Base Operations Medical Installations, is pinned by YN3 Jeanette Dyreck and BM2 Emeka Igwe.



A single chief anchor collar device and senior chief cover symbolically is displayed in the chapel during NMCP's 2014 senior chief petty officer frocking ceremony held June 12.



PSCS (SW) Jerry Moretz, Director for Professional Education senior enlisted leader, is pinned by his daughter, Julia, and son, Alexander.



MMCS (SW/AW/IDW) Peter Stevens, of Base Operations Medical Installations, is pinned by his wife Marcia and Senior Chief Helfrich.



CSCS (SW/AW) Carlos Wilkerson from the galley is pinned by HMCS Cheri Snaza and Cmdr. Paul Allen.



The audience applauds after one of the senior chiefs speaks about his career, successes and supporters.

HELP — *Continued from page 3*
network referrals.

“We’ve reduced redundant testing, including laboratory and radiological tests,” Mahnke said. “By coordinating ahead of time for patients we do have to medevac, we’ve decreased time away from their duty stations because their registration and appointments have been pre-arranged.”

Prior to HELP going live, Lin spent the first half of June informing staff, residents and interns at NMCP about the system and its benefits. Residents and interns who are preparing to graduate can begin assignments around the fleet knowing that expert consultation is only a few mouse clicks away.

“I’m hoping it will streamline consults, give people in the fleet better access to our services and prevent unnecessary medical

evacuations and unnecessary triage phone calls and consults,” said Cmdr. Michelle Morrison, Otolaryngology Department head. “For example, we’ve (been referred patients with) trauma who don’t need surgical intervention and it would resolve on its own in a few weeks, so they don’t need to see us acutely. I would say every day somebody in the department sees someone unnecessarily.”

Lin is also setting up accounts for NMCP staff who would be responding to consults and training them how to use the system. NMCP’s first consults were for dermatology.

“The system is pretty easy to use, pretty intuitive,” said staff dermatologist Lt. Cmdr. Brooke Caufield. “Having done two consults today, the time spent in front of the computer is brief and direct. Each individual case is pretty easy and

the questions were appropriate and easy to answer. When we are the duty provider, we typically get five consults by phone. Certainly, for the places that don’t have dermatology nearby, this would be a lot easier.”

HELP offers additional benefits: completed consults can be added to the patient’s medical record; NMCP can track specialty workload to ensure staff is available for all patient care; and NMCP can analyze the nature of the consults to identify opportunities to provide additional training to the providers who submit consults.

Lin expects that consults will trickle in at first, but within the next few months or year, as word spreads, the telemedicine system will really HELP patients get improved access to quality specialty care.

NMCP Hosts National Cancer Survivors Day Event

STORY AND PHOTOS
BY MCC (SW/AW) LESLIE TOMAINO
NMCP Public Affairs

Naval Medical Center Portsmouth hosted its inaugural National Cancer Survivors Day on June 4, with the event attended by Hematology/Oncology staff, current cancer patients and survivors.

In the United States, there are nearly 14 million people living with a history of cancer. With advances in prevention, early detection, treatment, and follow-up care, more people than ever are now survivors. Traditionally observed the first Sunday in June, NCS is an opportunity for communities and medical centers like NMCP to show support for their cancer survivors.

NMCP's event began with Cmdr. Karen Russell, NMCP Hematology/Medical Oncology and Cancer Committee chair, who spoke about cancer statistics and survivorship. She talked about cancer affecting one in two men and one in three women at some point in their lives, and the reason for celebrating survivors day.

"As more people beat cancer, or live longer with life-threatening cancer, we have a growing base of cancer survivors – a great problem to have, for sure. National Cancer Survivors Day was established to celebrate this," Russell said.

She then shared her family's personal experience with cancer, including multiple family members who died from the smoking-related lung cancer, including her paternal grandmother and grandfather. Russell talked about the relationship between patients and their oncology teams, as well as with primary care doctors who help manage their care.



"This group of survivors has distinct medical and psychosocial needs in follow-up care and surveillance that are managed more and more in the primary care setting, so all

Radiation Oncology staff member Sally Wingate signs in as a caregiver at the inaugural National Cancer Survivors Day on June 4. During sign-in, participants received sashes indicating if they were a cancer survivor or caregiver.

members of the health care team need to be aware of these needs to provide excellent care," Russell said.

After Russell spoke, three survivors shared their personal stories and experiences with cancer. They also gave advice to those who may be beginning their own fight. The panel included former Lt. Mike Ansley, Cmdr. John VanSlyke, an NMCP staff member, and retired Senior Chief Air Traffic Controller Fredda Bryan.

Bryan was diagnosed at age 36 with stage two breast cancer. She underwent chemo treatment and reconstruction at NMCP. After a long, hard fight, Bryan thought she had beaten cancer.

"While stationed at the Naval Safety Center, I was living



Cmdr. Karen Russell, NMCP Hematology/Medical Oncology and Cancer Committee chair, speaks to an cancer survivors and caregivers about 2014 cancer statistics during NMCP's Inaugural National Cancer Survivors Day event on June 4.

the Navy dream until I heard those dreaded words – 'it's come back,'" said Bryan. "For me, there was the initial 'oh my gosh, I'm going to die!' because I didn't know anybody who survived cancer twice. Then, because of the type of personality I have, I knew I had to do something else. Becoming a community advocate and helping others get through that same journey has been very instrumental to me and my recovery."

Bryan now works with the Breast Cancer Institute for the American Cancer Society.

For VanSlyke, now a staff psychologist and tongue cancer survivor, he was diagnosed at 26 years old and has the perspective of being a survivor and a caregiver.

"It's been helpful for me as a survivor and as a caregiver to keep in mind the emotional and mental component of the treatment

— See NCS, next page

116th Hospital Corps Birthday

Naval Medical Center Portsmouth honored the 116th birthday of the Hospital Corps on June 17 with a ceremony that included the reading of the Navy surgeon general's birthday remarks and messages from each of the corps chiefs, as well as a cake cutting. NMCP commander Rear Adm. Terry Moulton, Command Master Chief (SW/AW/FMF) Michael James and HMCM Aaron VanDall, deputy CMC, cut the cake.

Cmdr. Kevin Brown, director of Public Health Services, read the SG's message. In the message, Vice Adm. Matthew Nathan highlighted the impact of the hospital corpsmen's extensive training on the battlefield, that they are the largest and most decorated rating in the Navy, and some of the changes to the rate over

the last 116 years.

"Today, we honor their bravery, brilliance and sacrifice when serving in harm's way to protect the lives of our Sailors and Marines," wrote Nathan. "From the Revolutionary War to the current overseas contingency operations, corpsmen have served with valor and gallantly answered the call, 'Corpsman up!' as they tend to the sick and injured on the sea, under the sea, in the air and on battlefields worldwide. No Marine has ever taken a hill without a corpsman by his side. And when they do, they take solace in knowing that 'Doc' is beside them."

The Hospital Corps was established June 17, 1898, and today, there are more than 25,000 active duty and reserve corpsmen around the world.

Cmdr. Kevin Brown reads the 116th Hospital Corps birthday message from the Navy Surgeon General.



Photos by MCC (SW/AW) Leslie Tomaino

NMCP commander Rear Adm. Terry Moulton speaks to NMCP staff about the 116th birthday of Hospital Corps and those who have the honor of being called "Docs" in the fleet.



NMCP commander Rear Adm. Terry Moulton, Command Master Chief (SW/AW/FMF) Michael James and HMCM Aaron VanDall, deputy CMC, cut the 116th Hospital Corps birthday cake.

NCSD — *Continued from previous page*

and survivorship," VanSlyke said. "I encourage patients to talk about what's going on with a friend, spouse, colleague, professional, therapist, cancer support groups and other groups here. There are so many resources patients can access to understand what they're dealing with. It makes the journey easier, and so does taking it one day at a time and one task at a time."

The final person to share his story was Ansley, who found that maintaining his pre-diagnosis hobbies and goals got him through the ordeal. Training for a half marathon, marathon and 100-mile bike ride among many things helped him focus on goals, not his illness.

"Having cancer gave me a fresh perspective on life and a chance to reprioritize. Life is too short to worry about just hanging on day to day. It's about going out and getting things

done," said Ansley.

The event concluded with an invitation to NMCP Warriors vs. Cancer Support Group, held on the last Wednesday of every month from 1 to 2 p.m. in the Pediatrics Conference Room, Bldg. 2, second floor. For information about the support group, contact Sandra Whitaker-Hill at 953-1039 or sandra.whitakerhill@med.navy.mil.

According to the National Cancer Survivors Day Foundation, survivors are those who are living with a history of cancer — from the moment of diagnosis through the remainder of life. Surviving cancer brings on a new set of challenges, including, physical, emotional and financial hardships that can last for years after diagnosis and treatment, and includes the increased risk of developing second cancers and other health conditions. For more information about NCSD, visit www.ncsd.org.

Anesthesiology Residency Program Class of 2014 Graduates



Photo by MCCA (EXW/IDW/AW) James E. Perkins

The anesthesiology residents and staff, from left: **Cmdr. Anthony Tucker, Lt. Cmdr. Maureen McClenhan, Cmdr. Albert Chaker, Lt. Cmdr. Christopher Phillips, Lt. Cmdr. Michelle Lawrence, Lt. Cmdr. Kim Burke, Cmdr. Darien Rice, Cmdr. Kim Davis, HMCM Tim Hanley and Capt. Rob Mendez.**

Naval Medical Center Portsmouth's Anesthesiology Residency Program Class of 2014 celebrated their graduation ceremony on June 13. Guest speaker Capt. Rob Mendez, Pain Clinic medical director, spoke about how their perseverance throughout the three-year program led them to this point.

The residents, who are now newly appointed specialists in anesthesiology, are continuing to different assignments to provide excellent medical care for their patients. Lt. Cmdr. Maureen McClenahan also received her Certificate of Fellowship in Anesthesiology/Pain Management during the ceremony.

Internal Medicine Residents Hold Graduation on Hospital Point


NMCP's Internal Medicine Residency Program Class of 2014 celebrated their graduation ceremony on June 20 on Hospital Point with retired Capt. Jeffrey Cole as the guest speaker.

Cole spoke to the graduates, as well as the family, friends and co-workers who attended the ceremony, about the importance of reaching this major milestone in their careers. Cole encouraged them to continue to strive to improve patient care as they move on to their next assignments.



Photo by MCCA (EXW/IDW/AW) James E. Perkins

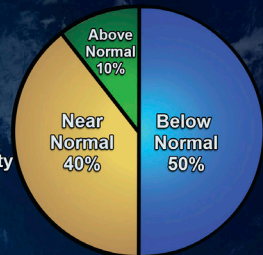
NMCP's Internal Medicine Residency Program Class of 2014, from left: **Lt. Cmdr. Nathan Cutler, Lt. Cmdr. James Ripple, Lt. Mark Cruz, Lt. Sarah Godwin, Lt. Caitlin Cruz, Lt. Priti Nath, Lt. Haydar Al-Eid, Lt. Jason Wiener and Lt. Ryan Fawckley.**



2014 Atlantic Hurricane Outlook

Named Storms: 8 - 13
Hurricanes: 3 - 6
Major Hurricanes: 1 - 2

Outlook Probability



Be prepared: Visit hurricanes.gov and follow @NWS and @NHC_Atlantic on Twitter

Are You Prepared?

Hurricane Season Begins June 1

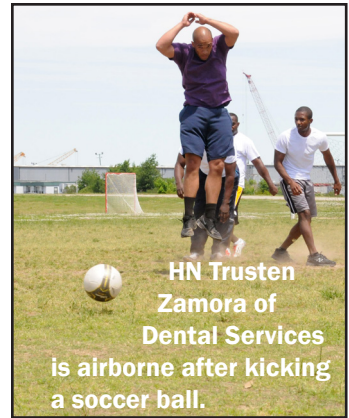
- Get a Kit
- Make a Plan
- Be Informed
- Get Involved

Visit www.ready.gov

Hospital Corps Ball Committee Hosts Inaugural Directorate Challenge

The Naval Medical Center Portsmouth Hospital Corps Ball Committee hosted the command's Inaugural Directorate Challenge at the NMCP gym, track and fields on May 23. Directorates formed teams to compete in 3-on-3 basketball, flag football, soccer, kickball, volleyball, corn hole, tug-of-war, balloon toss and egg balance.

The \$100 team-entry fee was donated to the ball fundraising efforts. Trophies and bragging rights were awarded to the overall top three performing teams for the day's events: 1st Place – Directorate for Surgical Services, 2nd Place – Directorate for Clinical Support Services, and 3rd Place – a consolidated team of Directorate for Quality Management and Command Suite staff.



HN Trusten Zamora of Dental Services is airborne after kicking a soccer ball.



CMDCM (SW/AW/FMF) Michael James, center, and the Command Suite team gather after play 3-on-3 basketball game against



A staff member watches a soccer match during the Directorate Challenge.



Directorate for Medical Services and Directorate for Surgical Services compete during a soccer match.



Hospital Corps ball committee members grill up some burgers during the Directorate Challenge.



HN Stephen Dabreo signals the start of the tug-of-war match.



Tug-of-war participants give their all during a match as other staff members cheer them on.

Photos by MCC(SW/AW) Leslie Tomaino

Hospital Corps Ball Celebrates 116 Years of Medical Excellence

More than 600 Naval Medical Center Portsmouth staff and guests attended the 116th Hospital Corps Ball June 14 at the Portsmouth Renaissance Waterfront Hotel. They began the evening with a tribute to corpsmen past and present, with this year's theme, "Reflections of the Finest," represented in the memorial portion of the evening. They also reaffirmed their oath of service, pledging to continue to serve their fellow service members faithfully.

CMDCM (FMF/DV/FPJ/SW) Christopher Angstead was the guest speaker. Angstead was a command master chief at NMCP previously and is currently the CMC for Navy Medicine Education Training Command in San Antonio. During the ball, NMCP's Color Guard performed a flag-folding ceremony and a POW/MIA table symbolized those who have made the ultimate sacrifice.

Angstead, the senior corpsman at the ball, cut the cake with Hospitalman Recruit Katesiree Cannon, the most junior corpsman present.

The Hospital Corps was established by an Act of Congress on June 17, 1898. This act established warrant officers as pharmacists, chief petty officers as hospital stewards, hospital apprentice first classes and hospital apprentices.

The first appointments were made by the Secretary of the Navy: 25 senior apothecaries appointed as pharmacists. These original 25 are considered the charter members of the Hospital Corps.

Guest speaker CMDCM (FMF/DV/FPJ/SW) Christopher Angstead speaks at the 116th annual Hospital Corps Ball. Angstead is the command master chief for Navy Medicine Education Training Command in San Antonio and was the CMC at NMCP from August 2004 to December 2006.



Photos by MCC (SW/AW) Leslie Tomaino

The POW/MIA table is lit symbolically at the beginning of the ball, which began with remembering all corpsman who have given the ultimate sacrifice.



NMCP's Color Guard performs a flag-folding ceremony as a narrator reads aloud what each of the 13 folds symbolizes.



NMCP's Color Guard performs a silent drill during the annual Hospital Corps Ball.



Left: HR Katesiree Cannon, the most junior corpsman at the ball, and CMDCM (FMF/DV/FPJ/SW) Christopher Angstead cut the cake.



Right: HR Katesiree Cannon and CMDCM (FMF/DV/FPJ/SW) Christopher Angstead take a bite during the traditional cake-cutting ceremony.



Staff and guests at the 116th annual Hospital Corps Ball enjoy an evening out together.



Staff and guests at the 116th annual Hospital Corps Ball dance the night away at the event held at the Portsmouth Renaissance Waterfront Hotel.



Rear Adm. Terry Moulton, NMCP commander, guest speaker CMDCM (FMF/SW) Christopher Angstead and members of the NMCP Chief Petty Officers Mess during the 116th annual Hospital Corps Ball.



Photo by MCCA (EXW/IDW/AW) James Perkins

NMCP CPOs Support Scholarship Fund

Naval Medical Center Portsmouth chief petty officers with the Norfolk Tides mascot Riptide at the Norfolk Tides baseball game on June 20. The stadium was sold out for the game, with the proceeds going to the Chief Petty Officer Scholarship Fund.

The NMCP chief petty officers are ready to cheer on the Norfolk Tides during the game. Or should they cheer for the Syracuse Chiefs? The final score – Chiefs over the Tides, 9 to 3.



Photo by HMCS (SW/FMF) Joseph Burmeister

Welcome, Volunteens!

The American Red Cross Volunteer Program began the week of June 23. Each of the 35 teens, age 14 to 17, will soon be volunteering at clinics and offices throughout NMCP. They will volunteer at least four hours a week for the next two months.

The program gives teens a chance to get firsthand experience in a clinical setting to help them decide if they want to make medicine their career.



Photo by MCCA (EXW/IDW/AW) James Perkins

Staff Volunteers at Park View Field, Fun Day

Naval Medical Center Portsmouth’s staff volunteered during Park View Elementary School’s Field/Fun Day on June 11 to help facilitate games, sporting events and lots of fun in the sun.

NMCP has had a partnership with the Portsmouth school and volunteers from the command give their time throughout the school year to help with school events such as science fairs, as well as helping in the classroom and individually with students. The Field/Fun Day event was the final event for the year, marking the end to the second year of a successful partnership.



Photos by MCC (SW/AW) Leslie Tomaino

HN Kevin Sellers and CS2 Ferlissia Hunnicutt with a few students following a volleyball game.



HN Marissa Graham and HN Kevin Sellers show that age doesn’t necessarily equal speed while racing a third grader during the Fun Day June 11.



HN Marissa Graham directs third graders while volunteering at Park View Elementary School’s Field/Fun Day.



HN Kevin Sellers plays volleyball with a group of third graders.

Lt. Cmdr. Mark Edwards, NMCP Diversity Committee co-chair, throws a water balloon at some students during a water fight. Volunteers, teachers and students cooled off from the day’s activities and let loose.



NMCP's New Deputy Commander Capt. Bradford Smith

By DEBORAH R. KALLGREN
NMCP Public Affairs

Capt. Bradford L. Smith joined Naval Medical Center Portsmouth as its new deputy commander in June, but it's not his first time here.

"I graduated from medical school in 1998 and came and did my pediatric internship and residency," he explained. "It's great to be back here. This is an amazing institution. It's one of the premier medical facilities in the country, and to be part of it is absolutely thrilling. It's also humbling to have the responsibility to make sure this institution remains at the very forefront of Navy Medicine and medical care in general."

Smith is board certified in pediatrics, but before he was a doctor, he was a naval aviator. Originally from St. Louis, he earned his bachelor's degree from Northwestern University, then was commissioned through Aviation Officer Candidate School as a naval aviator, earned his wings of gold and flew the F/A-18 "Hornet." He went on to earn a Master's in Biology with a focus in molecular and cell biology from Washington University, and then his Medical Doctorate from Saint Louis University School of Medicine through the Health Professions Scholarship Program.

After internship and residency at NMCP, Smith quickly rose through the ranks, first at Naval Hospital Great Lakes where he was named Pediatric Department head and successfully implemented the concepts of Medical Home more than five years before it became standard across Navy Medicine.

Assignments took him to the National Naval Medical Center in Bethesda, Md., as staff pediatrician and he deployed to Djibouti, Africa, as senior medical officer and deputy officer in charge of the Expeditionary Medical Force. He returned stateside to assume the duties of clinic director, Branch Health Clinic, Washington Navy Yard, then director of Primary Care and Branch Clinics for NMMC.

Smith was then named deputy chief of staff, Navy Medicine National Capital Area. His most recent assignment was assistant deputy chief for Strategy and Innovation (M5) at the Bureau of Medicine and Surgery.

"I had the privilege to work with Adm. Moulton when we were at BUMED, so he and I have already kind of begun the process of identifying and prioritizing what we want to work on," Smith said. "He speaks of making sure we have a culture of safety, and as a former aviator, I'm 100 percent on board with that: Changing the culture so that everybody feels comfortable talking about system problems that we have and how we can make them better.

"He's also making sure that we have care with compassion.



Photos by MC1 (SW/EXW/AW) Gary Johnson

We are here for our patients; we are here for the warfighters; we need to make sure we are giving the best possible care that we can," Smith continued. "We have the personnel, we have the resources, we can do this and we can do it well without cutting corners or decreasing the level of care. We do need to look every day at what we do and decide if it's value added to do what we're doing. Something that's not value added, we need to look at taking that off of our list of responsibilities."

Smith had high praise for staff.

"This institution has an amazing reputation for having some of the best and the brightest – just incredible leaders, incredible providers. People asked before I came here, 'What's your number one priority?' and I said it's to take care of the people that are here. And they'll be able to, in turn, take care of our patients, our beneficiaries, our warfighters. So it's critical that I give everyone the tools they need to be successful, and you do that by taking care of the people."

Don't be surprised to see Smith caring for patients.

"I've applied for privileges in pediatrics. I would like to practice at least once a week. I need to be down at the deckplate taking care of patients, so that when policy decisions are made, I have that hands-on experience to say I understand what that policy will do to my ability to provide the best care I can," he added.

Hampton Roads NMCRS Hosts Fund Drive Recognition Lunch

STORY AND PHOTOS
BY MC1 (SW/EXW/AW)

GARY JOHNSON
NMCP Public Affairs

The Hampton Roads Area Navy-Marine Corps Relief Society recognized more than 135 active duty members during its Active Duty Fund Drive Luncheon at Naval Station Norfolk, June 25.

The event, held at the Vista Point Catering and Conference Center, recognized those who served as fund drive coordinators at commands within the

region's nine sub areas for the time they dedicated to supporting NMCRS and this year's fund drive.

"We have got nine sub areas containing hundreds of commands, and coordinating the drive within all those areas is no easy task," said Kathy Nelson, NMCRS-Norfolk director. "All their efforts however, culminated in more than \$1.62 million dollars in contributions. We are all very grateful for the work the coordinators did during the drive so that NMCRS can continue to support our Sailors and Marines."

The fund drive is coordinated by a

different command every year, and the 2014 coordinating command was Naval Medical Center Portsmouth.

Rear Adm. Terry Moulton, NMCP commander, attended the luncheon as the guest speaker and expressed his gratitude for the work and success of this year's fund drive coordinators.

"I have been in the Navy for more than 30 years, and I truly see the value and the care that NMCRS provides," said Moulton. "I am thrilled at the work the coordinators have done with this year's fund drive. It has been a tremendous year, and I look forward to seeing us raise even more money next year."

The ceremony concluded with certificates and plaques being presented to representatives from each of the nine sub areas.



NMCRS Regional Sub Area coordinators gather after receiving a certificate thanking them for their work and dedication this fund drive season.



Commander Attends Memorial Day Parade

Naval Medical Center Portsmouth commander, Rear Adm. Terry Moulton, and his wife, Sherri, sit on the reviewing stand during the 129th Memorial Day parade in Olde Towne Portsmouth on May 29. The parade is the oldest continuous Memorial Day parade in the country.

Left: Rear Adm. Terry Moulton and his wife, Sherri, with retired Rear Adm. Phil Geib, left, at the parade.



SENIOR SAILOR OF THE QUARTER

As Surgical Services directorate leading petty officer and executive assistant, Hospital Corpsman First Class (SW) Antoinette M. Saunders supported 315 officers, 320 enlisted and 312 civilian personnel in providing quality medical care to 50,000 beneficiaries. She demonstrated superb organizational skills and foresight in managing all enlisted personnel assignments and maintaining greater than 90 percent medical and dental readiness.



Photos by MC1 (SW/EXW/AW) Gary Johnson



SAILOR OF THE QUARTER

Hospital Corpsman Second Class (SW) Jordan N. Wagner led seven divisional leading petty officers and 35 Sailors across eight departments. His leadership allowed the team to train and increase the professional development of 6,300 staff through resuscitative medicine, simulations, research and Navy-mandated training programs. As a directorate Command Development Team member, Wagner conducted 124 reporting and period Career Development Boards for newly reported and directorate personnel, ensuring proper career guidance and mentorship. As an executive assistant for the director of Professional Education, he ensured 100 percent accountability of all correspondence and expedited the administrative routing process smoothly.

JUNIOR SAILOR OF THE QUARTER

As general duty corpsman in the Women's Health Clinic and the work center supervisor for Maternal Fetal Medicine, Hospital Corpsman Third Class Andrea L. Atchison expertly led four active duty and civilian staff in providing care to 600 complicated obstetrics patients. She assisted with 150 ultrasounds and 300 non-stress tests and completed paperwork for all aneuploid screenings. Her efforts during the Navy-Marine Corps Relief Society and Combined Federal Campaign fund drives resulted in 100 percent contact, raising \$14,000. As a member of the command Color Guard, she exudes professionalism.



Going to the beach or the pool this weekend?



Here's some tips to keep your family safe while in the water.

- Teach kids never to swim alone.
- Make sure kids understand swimming in a pool is different from a lake or the ocean – there are different hazards.
- Kids who have taken swimming lessons or use flotation devices are still at risk of drowning.
- Don't allow kids to run around the pool, push others into the water or dive into shallow water.
- Lakes may be shallow near shore and drop sharply farther out.
- Ponds and lakes may hide jagged rocks, broken glass and trash.
- At the beach, swim only when and where a lifeguard is on duty.
- Don't let kids swim in large waves or undertows. Teach them to swim parallel to shore if caught in a current or undertow.



For more tips, visit www.safekids.org/watersafety.

Officers of the 1st Quarter Recognized



Photo by MC1 (SW/EXW/AW) Gary Johnson

Congratulations to the Officers of the Quarter for the 1st Quarter! They were recognized June 5 by Rear Adm. Terry Moulton, NMCP commander, who presented them with certificates and coins.

From left: Lt. Cmdr. Corey Shaw, Junior Medical Corps; Lt. Sandeep Kumar, Junior Medical Service Corps; Lt. Cmdr. Stefanie Wheelbarger, Senior Medical Service Corps; Lt. j.g. Mary Sivulich, Junior Nurse Corps; Lt. Heather Hauck, In-Training Medical Corps; Lt. Laleh Abdolazadeh, Junior Dental Corps; Lt. Cmdr. Nima Khorassani, Senior Dental Corps. Not pictured: Cmdr. Joel Schofer, Senior Medical Corps and Lt. Cmdr. Misty Scheel, Senior Nurse Corps.

Civilians of the 1st Quarter Recognized

Congratulations to the Civilians of the Quarter for the 1st Quarter of 2014! They received recognition during a ceremony June 5, where NMCP commander, Rear Adm. Terry Moulton, presented them with certificates and coins.

From left: Willena Hopson, DFA Patient Administration, Category II, Administrative; Sarah Montague, DCSS Physical Therapy, Category I, Administrative; Brenda Lambert-Gardner, DMH Neuropsychology, Category II Clinical; Marilyn Fowler, DSS Pain Clinic, Category I, Clinical.



Photo by MC1 (SW/EXW/AW) Gary Johnson



Civilian in the Spotlight

Juan Hickman

Hometown: Welch, West Va.

Years of government service as a civilian: 14 years, seven at NMCP

Job: Executive assistant

What do you like most about your job? I like most about my job is the diversity of people who I get to serve and work with each day.

What do you do in your off-duty time/hobbies? In my off-duty hours, I like to read. I love to read everything, newspaper articles, magazines and books.

Favorite movie: The Last of the Mohicans, Enemy of the State and Meet Joe Black

Favorite food: Steak, seafood, vegetables and fruits.

Anything else interesting about yourself that you would like to tell us? As an avid sports fan, I enjoy the participation and spectator aspects.

Why was he nominated as Civilian in the Spotlight? “Mr. Hickman is a consummate professional and is invaluable to our directorate,” said Cmdr. Kevin Brown, director of Public Health Services. “He provides high-quality service and product that the directorate triad (director, associate, and senior enlisted leader) depend on, and he keeps us running daily, weekly and monthly to ensure we stay on target with all significant tasks.

“He was nominated because as an absolute exceptional employee, he provides oversight on all key administrative functions, reports, and oversight for key custodian, purchase card, and all timekeeping matters. A true pleasure, I cannot say enough about Mr. Hickman!”

Sailor in the Spotlight

HR Cortney Raven Meyer

Hometown: Groveton, Texas

Years of naval service: Eight months, two months at NMCP

Job: Immunizations Technician

What do you like most about your job? Probable what I like most about working here is the directorate itself. As with any other workspace, it has its ups and downs, but I continuously look forward to all the opportunities given to further my knowledge in my medical career, and in the Navy, alongside a melting pot of proficient and supportive individuals.

What do you do in your off-duty time/hobbies? Besides going out with friends to see new places and going to church, I just like to work out, write, and enjoy whatever the day has to offer.

Favorite food: Besides Cuties, anything new and multicultural.

Anything else interesting about yourself that you would like to tell us? Besides my hiccups, I just like trying new things and trying to take every chance I get to make a difference.

Why was she nominated as Sailor in the Spotlight? “As a recent addition to NMCP, HR Meyer came into the command with a positive outlook and dedication to duty,” said Chief Hospital Corpsman (SW/AW/FMF) Mark Gornitzka, Immunizations leading chief petty officer. “Her motivation and enthusiasm towards her work at the command and within the Immunizations Clinic is without reproach. She fully certified in adult and pediatric vaccine administration within three weeks; normally a two-month process.

“She participated in seven shot call evolutions, vaccinating 533 active duty and reserve personnel. She is well on her way to becoming a team leader within the department. She was an active participant for the 2014 Hospital Corps Ball Committee, helping at four fundraising events. In her off-duty time, she volunteers at her local church working as youth program counselor. HR Meyer has proven to be a significant asset to the command with virtually unlimited potential.”



Photos by MC1 (SW/EXW/AW) Gary Johnson

AWARDS

MERITORIOUS SERVICE MEDAL

Capt. David DeLonga
 Cmdr. Dale Jensen
 Capt. Stephanie Kapfer
 Capt. Sharon Newton
 Capt. Kathleen Putnam
 Capt. Donna Stafford
 Capt. Jeffrey Winebrenner

NAVY & MARINE CORPS COMMENDATION MEDAL

Lt. Col. Matthew Aungst
 Cmdr. Christopher Oudekerk
 Cmdr. Nicki Tarant
 Cmdr. Susann Teegarden
 Lt. Cmdr. Krystal Bauman
 Lt. Cmdr. Brett Bechtel
 Lt. Cmdr. Kristina Kratovil
 Lt. Cmdr. Mark Long
 Lt. Cmdr. Dustin Lorentz
 Lt. Cmdr. Erin Opfer
 Maj. William Recupero
 Lt. Cmdr. Craig Schranz
 Lt. Cmdr. Douglas Talk
 Lt. Elizabeth Christian
 Lt. Stephanie Long
 Lt. Christopher Parks
 Lt. John Sullivan
 Lt. j.g. Erin Haffarnan
 HM1 Cheryl Kivlehan
 OS1 (SW/AW) Ronnie Steele

Cmdr. Angela Stanley receives a Meritorious Service Medal for her outstanding service as the Director of Healthcare Business at NMCP.

The monthly command award ceremony recognized 26 NMCP staff on May 29, who received their award from Rear Adm. Terry Moulton, NMCP commander, and CMDCM (SW/AW/FMF) Michael James. The awards presented were one Meritorious Service Medal, three Navy and Marine Corps Commendation Medals, seven Navy and Marine Corps Achievement Medals, two Good Conduct Medals, four Command Pillar Awards and nine Flag Letters of Commendation.

NAVY & MARINE CORPS ACHIEVEMENT MEDAL

Lt. Cmdr. Matthew Christy
 Lt. Cmdr. Douglas Talk
 Lt. Ebenezer Aniagyei
 Lt. Tamera Larsen
 Lt. Kimberly Stevens
 Lt. Yvette Telusnor
 Lt. j.g. Matthew Lawson
 AO1 (AW/SW) Ismael Arroyos
 HM1 (FMF) Cesar Borrero
 HM1 (SW/AW) Melecia Harrison
 HM1 (FMF) Darell Jenkins
 LS2 Jasmin Acosta
 HM2 Neilor Bicomong
 SH2 (SW) Judy Burns
 HM2 Tamia Roberts
 HM2 (FMF) Cassandra Styles
 HM2 (FMF) Richard Tanner
 HM3 (SW) Colton Anderson
 HM3 (FMF) Jason Castricone
 IT3 Gabriel Wells
 HN Prae Godd
 HN Glenn Soriano
 HN Christopher Tollison

NAVY MERITORIOUS CIVILIAN SERVICE AWARD

Deborah Fields



Photos by MC1 (SW/EXW/AW) Gary Johnson

SHIPMATE OF THE MONTH



Photo by MC1 (SW/EXW/AW) Gary Johnson

YNSA BRITNEY ARMSTRONG, DFA
HN SAMUEL BOSCALJON, DNS
HN DAVID CASTRO, DCSS
HM₃ GINA HANNACK, DPHS
HM₃ KIARA HAWKINS, DPC

HM₃ REBECCA HURST, DSS
HM₃ DONOVAN McCRARY, DQM
HA KENDALL MOONEY, DMS
HN ALEC OLSEN, DMH
HM₃ HARRY STIPE, DPE

NMCP Frocks 111 Hospital Staff During Four Ceremonies

Right: The newly frocked first class petty officers after the frocking ceremony on June 10. Rear Adm. Terry Moulton, NMCP commander, presented each petty officer with a frocking letter, while staff and family packed the auditorium to watch.

In smaller ceremonies throughout the day, Moulton also frocked Sailors at three of the branch health clinics: Oceana BHC, Little Creek BHC and Naval Station Norfolk BHC.

Among the four ceremonies, a total of 111 Sailors were frocked to the next higher pay grade for the spring advancement cycle, including 19 first, 27 second and 65 third class petty officers.



Photo by MCC (AW/SW) Leslie Tomaino