



# The Journal

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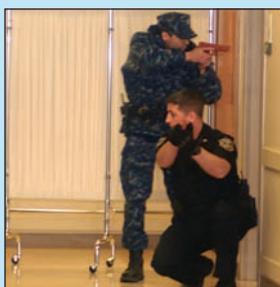
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## In Spite of Economy, Staff Still Charitable

By Cat DeBinder  
Journal staff writer

Through the annual Combined Federal Campaign (CFC), the world's largest workplace fundraiser, staff at Naval Support Activity Bethesda (NSAB) raised nearly \$190,000 this year, contributing to a wealth of worthy charitable organizations.

The CFC, which ran Sept. 1 through Feb. 17, allowed service members and civilians to donate to charitable organizations, serving the needy, protecting the environment and supporting the disabled. Staff could make a donation via cash, check or through payroll deductions, to as many as ten organizations, choosing from a list of more than 4,000 charities. This year, NSAB collected \$189,000, just shy of the \$191,000 goal, said Hospital Corpsman 2nd Class Matthew Miles, co-chairman of the CFC at the National Naval Medical Center (NNMC).

The greatest challenge was seeking donations while many people continue to face economic constraints, he

said, adding that, because of the economy, the cut off for CFC contributions was extended from December to February.

"In spite of the economy, federal government employees [nationwide] still managed to raise an amazing \$66.7 million, [with donations still coming in]," he said.

At NSAB, CFC campaign managers worked to reach out to staff throughout integration and transition, as many departments have been in the process of relocating, Miles said, stating, "We still made 100 percent contact [with staff]."

Miles added that each donation goes a long way, as the charities go to work in communities near and far, bringing health, education, relief and hope for the future.

"When you make a pledge to CFC, the power of our compassion grows and lives are changed.

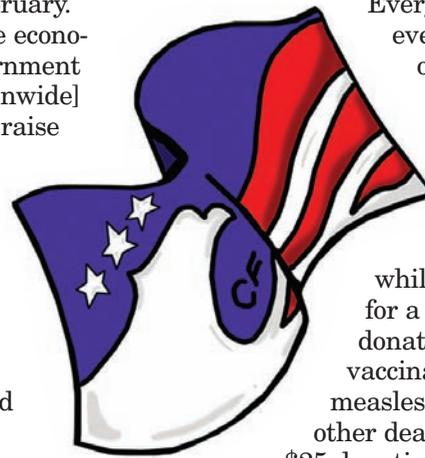
Every contribution counts and every commitment increases our power to make a difference," he said.

One staff member's \$100 bi-weekly payroll deduction can house eight injured Soldiers' families

while they are in treatment for a month, Miles said. A \$50 donation every two weeks can vaccinate 1,300 people against measles, meningitis, polio and other deadly epidemics, while a \$25 donation every two weeks can serve 260 meals to homeless men and women in the community.

"A \$100 monthly payroll deduction feeds four children in Haiti for one year," he added.

Though CFC has officially closed, personnel may continue to make donations until the end of March. For more information, contact Miles at 301-295-5838 or via e-mail, [matthew.miles@med.navy.mil](mailto:matthew.miles@med.navy.mil).



## Vice Chief of Staff Pleased With New Wounded Warrior Barracks



(photos by Mass Communication Specialist Seaman Dion Dawson)

Top right: Gen. Peter Chiarelli, vice chief of staff of the army, listens to Lt. Andrew Takach, wounded warrior barracks project manager, Naval Facilities Engineering Command, give details on Saturday about the new wounded warrior barracks, top left, under construction at the National Naval Medical Center (NNMC). The construction is part of the Base Closure and Realignment Commission (BRAC) project integrating Walter Reed Army Medical Center and NNMC Bethesda into Walter Reed National Military Medical Center.

## Commander's Column

Today we proudly celebrate the 140th birthday of the Navy Medical Corps and as the Chief of the Medical Corps. I am proud to serve as your representative. In this capacity, I have the distinct honor of overseeing the entire Medical Corps ensuring current needs



privilege of caring for our Nation's wounded warriors as well as the distinct opportunity to play a large role in humanitarian operations worldwide.

Currently, the Medical Corps is 4,310-strong with 3,730 active duty and 580 reserve physicians, serving in medical

are met to meet the mission. In addition, in alignment with BUMED, I am responsible for the future state of the Medical Corps, recruiting the best of the best.

Navy Medical Corps physicians have enjoyed a rich and diverse history. The first physicians to be awarded a U.S. Navy commission bore the title of "Surgeons" and "Surgeons Mates." Their mission was to provide medical care aboard ships and shore stations. Before the establishment of permanent Navy hospitals, these physicians served at Marine hospitals (later known as Public Health hospitals) and a variety of makeshift facilities.

Fifteen members of the Medical Corps have served as White House physicians; seven have served as National Aeronautics and Space Administration (NASA) astronauts and six have been awarded the Medal of Honor. They have also been afforded the

treatment facilities, the United States Marine Corps, aboard ships, squadrons and even as astronauts. Regardless of the assignment our mission has always been and will continue to be to provide world class health care to all of our beneficiary population.

Our assignments, often lend themselves to experiences that are different from our civilian counterparts, but to that end, the entire medical community and world benefits from the knowledge we are able to obtain given the complex ever changing demands of the military.

So today, I salute you, proud members of the Medical Corps, and look forward to many exciting years to come.

Commander sends,  
Rear Adm. Matthew L. Nathan  
Medical Corps,  
United States Navy

## Bethesda Notebook

### Utility Work at Bates Road Begins Saturday

Utility work, necessary for construction of Building 17, will begin Saturday at the intersection of Bates and Taylor roads. Scheduled to be completed by March 20, the work will take place during evening hours from 5 p.m. to 1 a.m. on weekdays and during business hours on weekends. While the work is in progress, a temporary road will detour traffic around the area; when construction is not in progress, steel plates will cover the impacted areas to allow for normal traffic. For more information, e-mail [jeffrey.miller@med.navy.mil](mailto:jeffrey.miller@med.navy.mil).

### 113th Hospital Corps Ball Motto Contest

The Hospital Corps Ball Committee is looking for creative ideas and motivational thoughts to be used as this year's 113th Hospital Corps Ball theme. All staff are invited to submit their theme/slogan ideas, which should be related to the job and history of the hospital corpsmen. The winning theme will be used on t-shirts, mugs, signs, coins and all memorabilia for this year's celebration. Submissions are due by 4 p.m. today. For more information, contact Chief Hospital Corpsman Haneefah McMillian at 301-295-6607 or Senior Chief Hospital Corpsman Luis Gonzales at 301-295-1032.

### Upcoming Fleet & Family Events

Naval Support Activity Bethesda's Fleet & Family Support Center (FFSC) is offering several workshops in March for service members and staff. Coming up in the next week:

- VFW Medical Records Screening for Transitioning Military will be held today, March 11, 18 and 25 from 8 a.m. to 3 p.m.

- A TAP Seminar will be held March 7-11 and March 21-25 from 8 a.m. to 4 p.m.

- ADECCO Staffing Employment Registration will be held March 10 from 10 a.m. until noon.

- Investments and Investing will be held March 15 from 2 to 3 p.m.

- Resume Writing will be held March 15 from 11 a.m. until 1 p.m.

For more information and to learn more about other FFSC events, call the FFSC at 301-319-4087 or e-mail [ffsc@med.navy.mil](mailto:ffsc@med.navy.mil).

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# Bethesda Promotes Patient Safety

By Sarah Fortney  
Journal staff writer

From the surgical wards to the galley, patient safety is everyone's business, and to promote this notion, the National Naval Medical Center (NNMC) will commemorate Patient Safety Week March 7-11.

Patient Safety Week, founded in 2002 by the National Patient Safety Foundation (NPSF), aims to raise awareness amongst health care organizations across the globe.

With the theme "Be Involved, Be Invested, Be Informed, working together, we can make health care safe," NNMC providers will reiterate to their patients the importance of understanding their condition and medications to help prevent readmissions, said Rhoda Kroecker, a patient safety specialist at NNMC. Throughout the week, there will be posters on display and a table presentation circulating around the clinical areas of the hospital with hand-outs and brochures for patients.

"National Patient Safety Week is a great opportunity to celebrate our progress on patient safety efforts and to reinvigorate our partnership between providers, staff and patients to achieve best health outcomes. Taking the time to have a dialogue with our patients will enable us to better understand their concerns and let them know we are totally committed to their needs," said Chisun

Chun, deputy commander for Healthcare safety issues," she said. "Throughout the year, [patient safety] is always a priority. Patient Safety Week is a way to remind all staff of that responsibility."

Operations and Strategic Planning. "What we're really working for is to try to help patients understand their medications and what their medications are for so that they can ask questions," said Kroecker.

Patient safety goes hand-in-hand with infection control and hand hygiene, she said. It also involves communication between staff and patients – while it's important to make sure providers are up-to-date in their health field to provide the latest information to patients, patients need to be invested in their health care and what is required to make them healthy, she said.

"It's the communication between health care providers and patients which allows the patient to go home and manage their health with outpatient care," said Kroecker.

Patient safety is everyone's job – from the nurses and doctors to the food service staff, who, for example, must make sure a patient with diabetes isn't served a piece of pie, she said.

"It really encompasses the whole hospital. All staff members need to be alert to possible patient

***'It really encompasses the whole hospital. All staff members need to be alert to possible patient safety issues.'***

***Rhoda Kroecker  
Patient Safety Specialist at NNMC***

patient safety principles, said NNMC's Patient Safety Manager Suzie Farley. The hospital also works daily to comply with the Joint Commission standards to maintain accreditation.

Additionally, a patient safety reporting system is in place, providing staff an outlet for system improvements; for inpatients, the hospital follows John's Hopkins Evidenced Based Fall Risk Reduction program, said Farley.

"NNMC embraces implementing evidence-based practices, benchmarking with other organizations and emphasizing quality patient care," said Farley.

Overall, the key to a culture of patient safety is leadership involvement and staff awareness of process and system improvements, she said.

For more information about patient safety, visit the NPSF's Web site at [www.npsf.org](http://www.npsf.org).



**Q:** The *Journal* asked staff what they do to stay healthy and fit. Here's what they said:



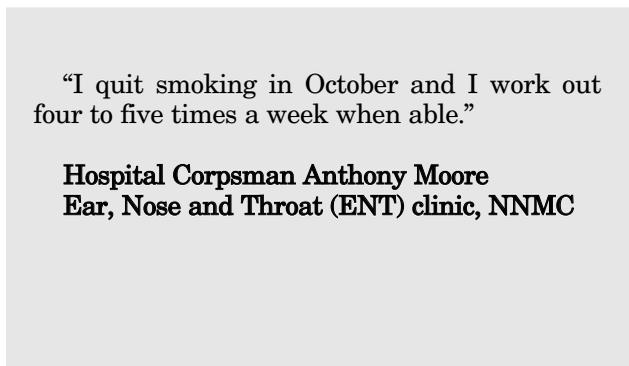
"I walk around this hospital. I also eat small portions."

**Dawn Cousins**  
Red Cross volunteer, NNMC



"I never take the elevator, always the stairs. I traded in my car, so I have to walk or bike everywhere."

**Lt. Erin McKee**  
Behavioral Health Clinic, NNMC



"I quit smoking in October and I work out four to five times a week when able."

**Hospital Corpsman Anthony Moore**  
Ear, Nose and Throat (ENT) clinic, NNMC



"Just exercise and try to eat right. I also drink a V-8 everyday."

**Army Sgt. Mark Edgington**  
Audiology, Speech and Research clinic, NNMC



"I workout for an hour, three times a week — mostly treadmill and sit-ups."

**Fristina Rose**  
Laboratory, NNMC



## Bethesda Awards Top Civilians, Junior Officers



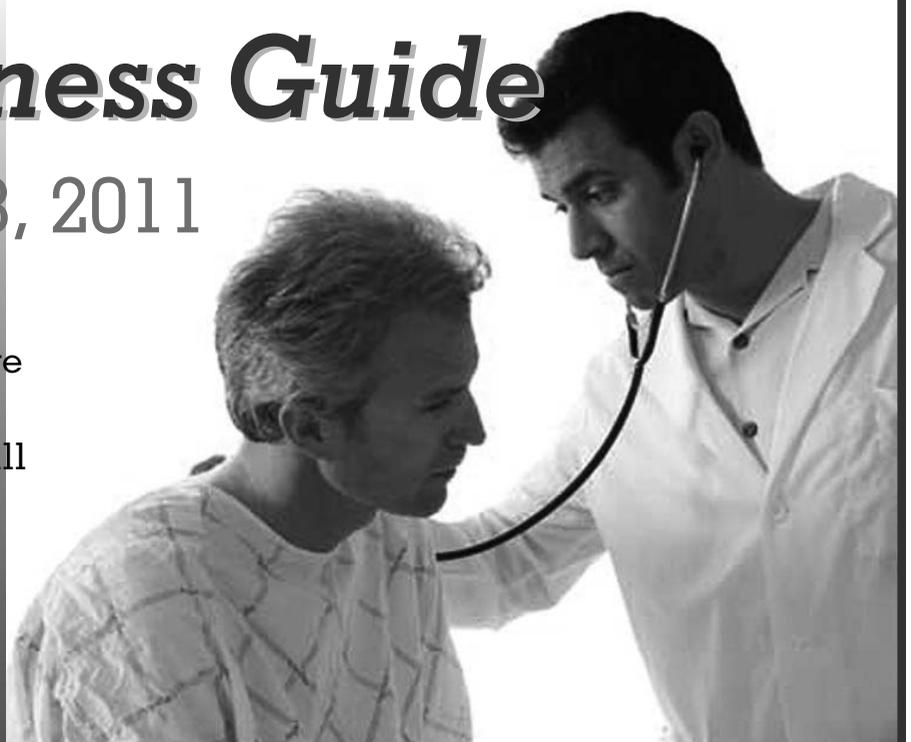
(photo by Cat DeBinder)

Pictured from left to right are the National Naval Medical Center's (NNMC) Ranilo Catalasan, Senior Civilian of the Quarter; Lt. Enkeleida Mabry, Officer of the Year; Clinton Cash, Junior Civilian of the Quarter; and Lt. Karen Sanchez, Junior Officer of the Quarter. All were presented awards Wednesday during a ceremony in NNMC's Laurel Clark Memorial Auditorium.

# Health and Wellness Guide

Publishing May 12 & 13, 2011

This guide will feature hospitals, emergency care centers, cosmetic surgeons, and many more medical specialties military families need when they move to a new area. This section will be divided by regions (MD, DC and VA) to help people find facilities near them. Distributed to over 125,000 military and civilian personnel within 11 military newspapers in MD/DC/VA.



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# Galley's 'Iron Chef' Winner Announced



(photo by Mass Communication Specialist Seaman Dion Dawson)

Pictured are members of the winning team, Team 3, of the Galley's 'Iron Chef' competition, which took place Feb. 23. The competition helped build camaraderie amongst Galley and barracks staff. From left to right: Culinary Specialist 2nd Class (SW/AW) Dong Ruan, Culinary Specialist 2nd Class (SW) Gideon Coffie, Culinary Specialist 3rd Class (AW) Ronnie Taylorchinn, Culinary Specialist 3rd Class Keenan Sutherlin, Culinary Specialist 2nd Class (SW) Stephanie Cooper, Culinary Specialist 3rd Class Alfred Felicino, and Culinary Specialist 3rd Class (AW) Koffi Dussey.

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**Miss Black DC USA 2010  
Dr. Allison Hill**

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1030019 Homeless female Veterans will be in attendance; come and listen to their stories and show your support!

# A First: NSAB Conducts Active Shooter Drill in ER

By Sarah Fortney  
Journal staff writer

The scene was set: a disgruntled Sailor, seeking revenge on a supervisor, walks into a busy Emergency Room, fatally shooting the first four people in his path before taking three staff members hostage in a conference room.

As part of Solid Curtain/Citadel Shield 2011 (SC/CS 11), this scenario played out Thursday in the National Naval Medical Center's (NNMC) Emergency Room, testing Naval Support Activity Bethesda (NSAB) and its tenant commands' response to hostile situations. Coordinated by U.S. Fleet Forces Command and Commander, Navy Installations Command (CNIC), SC/CS 11 is the largest annual force protection/anti-terrorism exercise conducted nationwide.

"[It's] to make sure we're prepared in case a real situation occurs. It's scary to think it would, but if it does, we want to make sure that we're going to protect the patients the guests and the staff," said Christine Brown, NSAB's director of operations.

During the exercise, which took place Feb. 21-25, NSAB conducted a total of four drills, including a vehicle surveillance exercise, a response to a disgruntled employee, an improvised explosive device in a vehicle, and an active shooter drill in NNMC's Emergency Room.

"We've done active shooter [scenarios] in the past, but this was the first time they actually came into the facility," said Brown. "We did it at night, [so there would be] less impact, but so we could still exercise our personnel."

Brown said installations throughout the country participate in SC/CS 11, helping to strengthen, inform and educate leadership and emergency response teams; it is up to each installation to decide on how large of a scale they wish to participate, she added.

"Some places go by the region and they set the tempo. This goes on all week," said Brown.

NSA Bethesda stepped up to the challenge of taking on the active shooter event, raising the stakes by collaborating with our largest tenant, NNMC, to make this training as realistic as possible, said Janelle Massiatte, director of installation training at NSAB. Given the recent incidents on medical facilities, we knew this was an opportunity to really prepare for the "what ifs" rather than just talking about it, she added. NSAB clearly identified it was time to push past "simulated" training and start role-playing to the best of our ability.

Before the "active shooter" drill last week, Brown noted that trained personnel informed patients and staff that the hospital was in exercise mode and that it would not impede their access to care. Throughout the drill, safety observers and personnel were lined up in and outside the hospital in case any patients or passersby had questions or concerns, she said.

"The biggest thing was safety. We wanted to make sure that we were training safely and effectively," said Brown.

To prepare for the drill, NSAB took a proactive approach to training personnel within all tenant commands on how to respond to an active shooter, said Massiatte. Safety tips have been disseminated frequently to staff and additional training has been provided to security personnel.

NSAB has been working to ensure all tenant organizations know how to respond to an incident on the installation and more importantly, what to expect of their security and law enforcement personnel when an incident occurs, said Massiatte.

"We need to create an environment of a single, seamless response to all incidents, regardless of the uniform you wear and the command you are assigned," she said. "Now that we have taken the active shooter inside the walls of the hospital, we want to do more than just maintain this level of exercise. Our goal is to see it grow from here and engage with more of our tenants, bringing it little closer to home for each of them, and taking our training to the next level. It's important for our tenants to know we are here to support them and make sure they know not only the resources that are available to them, but know what they can expect from us. While it may be appealing to say our training and exercises run smoothly, our goal is to identify those vulnerabilities and train to make them our strengths."



(photo by Sarah Fortney)

As part of an active shooter scenario during last week's Solid Curtain/Citadel Shield 2011, Naval Support Activity Bethesda security personnel search for an "active shooter" in the National Naval Medical Center's Emergency Room.

In the event of an active shooter on base, the installation will activate a "Code White" alert. During that time, staff should shelter in place until the base is neutralized; by doing so, staff should take cover and remain in their location, since it would likely be unclear whether the gunmen is acting alone or has any explosives, said Brown.

The command also works closely with local emergency responders and neighboring organizations, including Montgomery County authorities and the National Institutes of Health, she added. These key players were also called up during last week's drill.

"We know there's a great partnership, so obviously we want to

use that to assist us," said Brown.

As NNMC integrates with Walter Reed Army Medical Center and the number of patients and staff continues to grow, Massiatte added that it's important to make sure everyone feels secure on the installation.

"We're going to see a lot of new faces, a lot of new uniforms, and many new families as we open our doors to the wounded warrior. We need to make sure families, our residents, our staff, our visitors, our patients feel 100 percent safe and comfortable at NSA Bethesda and that's why we need to make sure we have this down," said Massiatte.



Christine Brown  
NSA Bethesda's  
Director of Operations



Troy High  
NSA Bethesda's  
Security Director

Who's Who at NSA Bethesda?



Ron Kunz  
NSA Bethesda's  
Emergency Manager



Janelle Massiatte  
NSA Bethesda's  
Director of Installation Training

# Troops Urged to Quit Smokeless Tobacco

## A TRICARE Press Release

When the Defense Department weighs in on kissing and spitting, it's with good reason — two good reasons, in fact: love and health.

Using smokeless tobacco can pose a stinky, unsavory obstacle to sharing a kiss with a loved one, parent, child or sweetheart. It also may cause a slew of serious health problems. That's why TRICARE asked military personnel to participate in the Great American Spit Out on Feb. 24, and kiss the spit goodbye for a day.

About 19 percent of 18- to 24-year-old men in the armed forces use smokeless tobacco — that's more than double the national rate. The DOD Quit Tobacco — Make Everyone Proud campaign at [www.ucanquit2.org](http://www.ucanquit2.org) is focusing on helping those who spit and chew tobacco to develop a personalized cessation plan.

"Many of our servicemen started using smokeless tobacco at a young age due to peer pressure and became addicted before realizing the negative effects it could have on their personal relationships and health," said Navy Cmdr. (Dr.) Aileen Buckler, a U.S. Public Health

Service officer and chairman of the DOD Alcohol and Tobacco Advisory Committee.

Throughout the month of February, the DOD Web site hosted a special Great American Spit Out page,

[www.ucanquit2.org/facts/gaspo](http://www.ucanquit2.org/facts/gaspo), where service members can publicly post their pledge to quit.

Also on the Web site, Navy Capt. (Dr.) Larry Williams, public health emergency officer, was available to answer questions about smokeless tobacco. Installations planning cessation events will find ideas, an event registration page, pledge cards, and downloadable promotional materials.

Those who use smokeless tobacco are characteristically marked by bulging cheeks, gunk stuck in teeth, permanently discolored teeth, and spitting cups — all universally unappealing. Visitors will also find hard-hitting facts that dispel the myth that smokeless tobacco is a safe alternative to smoking. For example, almost half of those who contract oral cancer die within five years, and one American dies from oral cancer every hour.

"Don't let spitting and chewing get in the way of your personal



relationships," Buckler urged. "Take this opportunity to do something for yourself and those you love. Kiss smokeless tobacco goodbye and experience the benefits to your social life and health."

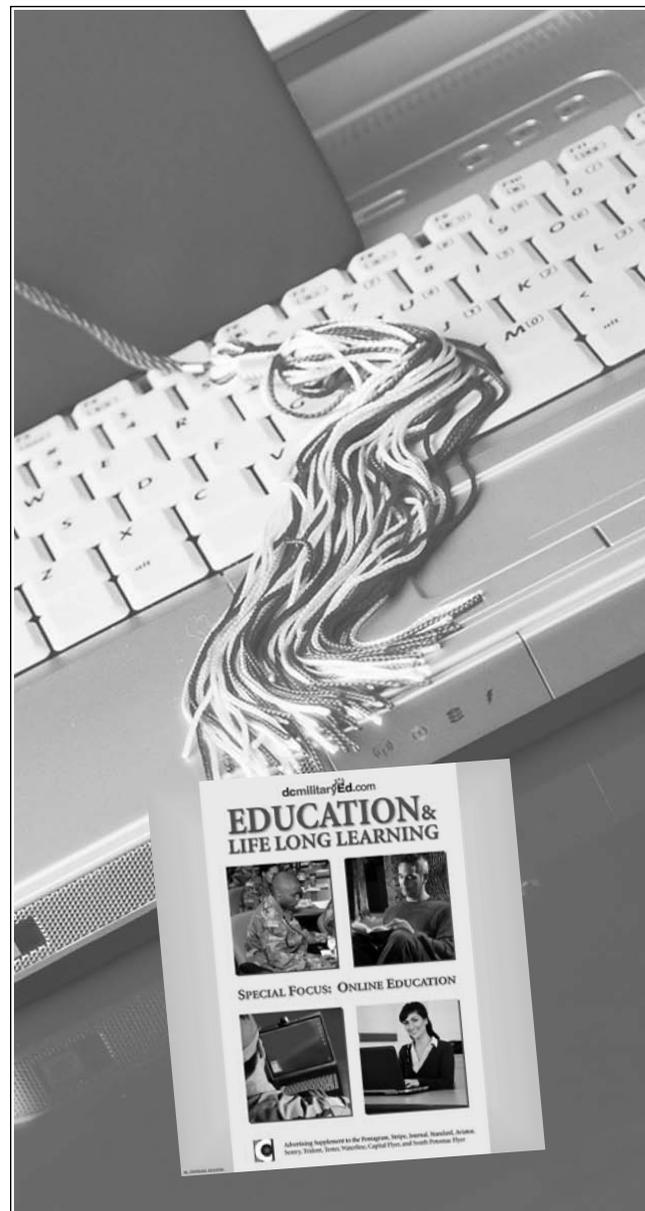
Enrolling in the Web site's comprehensive support system, Train2Quit, can be the first step in the journey to saying goodbye to smokeless tobacco. The system features interactive components such as quit tools, self-assessment questionnaires, and quizzes.

Service members can create a customized quit plan with a calendar to track progress and learn how to beat cravings, overcome weight

gain and cope with nicotine withdrawal. The site also has personal quit coaches, available 24/7, to get answers to questions about becoming tobacco free.

"The important message is for service members to realize that smokeless tobacco is not harmless," said Adrienne Brantley, National Naval Medical Center's tobacco cessation health educator.

NNMC offers tobacco cessation programs not only for smokers, but also for those who wish to quit using smokeless tobacco. For more information about these programs at NNMC, call 301-295-2159.



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# First Lady, Dr. Biden to Launch Troop-Support Campaign

By Elaine Wilson  
American Forces Press Service

First Lady Michelle Obama and Dr. Jill Biden, wife of Vice President Joe Biden, plan to launch a campaign next month that's designed to rally citizens, businesses and nonprofit organizations to provide support for U.S. service members and their families.

Obama and Biden previewed the campaign Monday during the National Governors Association meeting at the White House.

"We're very excited about this initiative because we think that this will not only help our troops and their families, but it will help us as a nation link together and be even stronger," the first lady said.

The campaign, Obama explained, will focus on four main areas: employment, education, wellness and public awareness.

"We're going to be working with businesses and nonprofit organizations to improve career opportunities for veterans and military spouses," she said. "There are a lot of wonderful models, companies that are already doing great things. We want to raise up those models and encourage other businesses to find a way to do the same."

They'll also work with education groups to better accommodate military children, Obama said, and encourage Americans to "simply step up as individuals."

It's evident that Americans care for the nation's troops, she said. However, "Oftentimes we just don't know what to do. And our hope is that through this public awareness campaign, we can funnel that energy, we can galvanize it, and we can direct it in a way that's going to be most helpful for our military families."

The first lady praised sweeping efforts already under way. President Barack Obama unveiled last month a new whole-of government initiative to support military families. Federal agencies have made nearly 50 commitments to improving military families' quality of life, she said.



(Official Department of Defense photo)

**First Lady Michelle Obama and Dr. Jill Biden welcome the Nation's governors to the White House, Feb. 28, 2011, and talk about their campaign to support America's military families.**

It's an important step, she noted, but military families' needs can't be met by government efforts alone.

Families need employers willing to hire them and who understand the unique employment issues that military spouses face, she said. They need schools that recognize there are military children in their midst and understand how to address their unique needs as they cope with multiple deployments and moves.

And, "They need communities that show gratitude for the sacrifices they're making — not just with words, but with deeds," the first lady said.

The first lady acknowledged the additional challenges National Guard and reserve families face, particularly those who live far from bases or communities with built-in resources and support networks.

"It takes a special effort to reach out to these individuals and their families," she told the governors. "And that's why we want to work with all of you — the governors of our states and with people and organizations within your states — to help us find ways to better support military families, to keep raising awareness and making these families an important part of all of our common agenda."

Stepping up to help military families doesn't have to entail large-scale efforts, the first lady noted. People can help out with simple acts of kindness, such as mowing a lawn or shoveling snow off of a driveway. And local businesses and professionals — ranging from lawyers to mechanics — can offer military family discounts.

"However folks choose to help, the idea here is very simple," she said. "It's about doing everything we can to keep military families in our hearts and on our minds."

"It's about showing our gratitude to that very small group of Americans who make such a tremendous contribution and sacrifice to this country," she added. "And it's about serving the people who sacrifice so much to serve us."

Biden said she knows from personal experience what a difference it can make when some-

one, whether an individual or group, reaches out to support troops and their families. She cited her experience as a military mom — her son, Beau Biden, is a captain in the Delaware Army National Guard — and her work with the grassroots organization, Delaware Boots on the Ground.

"Where a military family in Delaware has a need, we try to meet it," she said, describing the organization's mission. "Whether it's physical labor or repairs around the house, a fun night out for the kids, or other simple ways individuals, businesses and groups can support a family through a deployment."

Small groups like "Boots on the Ground" are making a difference across the country, Biden noted. A Minnesota-based organization, for example, collects hockey equipment for military children, she said, and a group of barbecue lovers in Ohio provides meals for military family events across the state.

As an educator, Biden said she's also pleased to hear how schools and teachers are supporting military children. She highlighted the efforts of a teacher working near Fort Stewart, Ga. The teacher sets up parent-teacher conferences over the Internet so deployed parents can take part, she said.

"There are so many great and inspiring stories which demonstrate that every American can take their time, their expertise and their passion and use it to support and thank a military family," Biden said.

Biden said she and the first lady often talk about the ways that Americans can support troops and their families. "And now we are trying to encourage all Americans to join us in this effort," she said.

Obama said the true mark of the campaign's success will be in its longevity.

"This isn't just a campaign for today. This is a campaign for every day, all day," she said. "This is going to outlive me and Jill and Joe and Barack. This is something that should be a part of what we do here in America."

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