



The Journal

Vol. 23

No. 16

www.bethesda.med.navy.mil

April 21, 2011

Inside



Are You Wired?
The ups and downs of caffeine.....Pg. 3



Informing Staff
Of construction, changing traffic patterns.....Pg. 4



A 'Green' Effort
Celebrating Earth Week.....Pg. 6



Family First
Marine's loved ones stand by his side.....Pg. 8

Helping Wounded Warriors Throughout Their Recovery

By Mass Communication Specialist 3rd Class Alexandra Snow and Mass Communication Specialist Seaman Dion Dawson
Journal staff writers

From non-medical care management to home health nurses who care for patients on their road to recovery, the National Naval Medical Center (NNMC) and Naval Support Activity Bethesda (NSAB) offer numerous programs to assist wounded warriors.

"We try to be proactive in assisting Sailors. We want to return them to duty as quickly as possible," said Master-at-Arms Master Chief Douglas Garner, a reservist who works for the U.S. Nuclear Regulatory Commission (NRC) and is currently filling in for Cmdr. Shauna Hamilton, non-medical care manager for Safe Harbor at NNMC.

For injured Navy and Coast Guard personnel and their families, Safe Harbor coordinates non-medical support and assists with pay and personnel issues, housing, education, child

care, transition assistance and transportation needs.

"We support and assist seriously wounded and ill service members and their families by identifying their needs and working towards achieving recovery, integration and rehabilitation goals," said Garner. "When someone is gravely injured, there are so many worries that come with that. Our job is to not let them worry."

Garner added, "This job gives you a sense of self-worth. When one of these injured Sailors comes up to me and thanks me, I want to thank them. It's [an] honor to help them. The military is like a fraternity. Once you're in, you're always a brother. We always take care of our own."

Working with Safe Harbor, the Semper Fi Fund offers immediate financial assistance for injured and critically ill service members of the U.S. Armed Forces and their families. In addition, the organization directs urgently needed resources to post 9-11 Marines and Sailors, as well as mem-

See WARRIOR page 9



(Safe Harbor photo by Zona T. Lewis)

Explosive Ordnance Disposal Technician 1st Class Todd E. Hammond, who is now enrolled in Safe Harbor, was presented the Purple Heart medal Tuesday. Pictured with Hammond is his wife, Christine, and daughter, Samantha, with Master Chief Explosive Ordnance Disposal Technician (EWS) Michael McLean and Capt. Dale G. Fleck, Commander, Explosive Ordnance Disposal Group TWO.

Technology Helps Conserve Energy Within NDW

By Tracey Gold Bennett
Naval District Washington
Public Affairs

Smart meters, integrated networks and green buildings mean energy savings for Naval District Washington (NDW), and by reducing its carbon footprint with the use of smart technology, NDW continues to play an active role in energy conservation.

The smart meter, perhaps one of the most innovative smart technologies, digitally reports on the progress and operation of utility systems in buildings on NDW installations.

"The Energy CONOPS (Concept of Operations) that we've come up with gives us the ability to look

at buildings to be proactive and to see when a facility is not working the way that it should," said David Capazzoli, Utility and Energy Product Line Coordinator for Naval Facilities Engineering Command (NAVFAC) Washington. "We try to resolve the problems with the control software (at the Regional Operations Center — ROC) and issue a service ticket to the maintenance contractor to be prescriptive."

Troubleshooting and diagnostic information is received via the smart metering system; helping NDW be more efficient, the meters capture 95 percent of the energy use, Capazzoli said.

"For example, if something's hot in building 101, now we have the ability to get an alarm that some-

thing happened in a building, and we might be able to fix it from the ROC without calling in a maintenance team to fix it," he said.

In 2009, funding was awarded for an automated meter infrastructure contract, which put smart meters on NDW buildings. Smart meters are deployed on every building over 10,000 square feet at the Washington Navy Yard (WNY), and Naval Support Activity South Potomac as part of a new Smart Energy pilot project. More bases will be online in fiscal years 2012 and 2013.

"When you think about us establishing this network for command and control, wired and wireless support, now we're leveraging that technology to support the advanced meter project," said Jeff Johnson,

command information officer for NDW.

The smart metering system pulls in meter data at intervals to determine a building's energy consumption, which virtually eliminates the need for a person to go to every building and read the meters. The information is then networked via a "mesh" system, which can be monitored at the ROC.

"With the mesh network, all those meters communicate back to a central point and the point that we're connecting to is the Public Safety Network (PSNET), monitored in the Regional Operations Center, the ROC," said Capazzoli.

NDW Buildings Going 'Green'

NDW buildings are not

See ENERGY page 5

Chief of Staff for Integration & Transition

In this week's article, I'd like to discuss the BRAC Transition Timeline and highlight some of the key milestones that are on the horizon. Tracking over 100 events, the BRAC Transition Timeline is a great resource for anyone interested in what's going on in regards to BRAC. A link to the BRAC Transition Timeline is available on the BRAC, Integration, and Transition intranet page (<https://nmmcintra/SiteDirectory/MCI/default.aspx>). Here are some of the key milestones that are on the horizon.



including a pool, track, and racquet ball courts, and an additional 573 parking spaces.

WRAMC Relocation

Over the course of August 2011, WRAMC Personnel, and selected reuse equipment, will make the journey to the Bethesda campus. Leadership and healthcare relocation specialists are currently finalizing the move sequence plan. The

majority of WRAMC personnel and inpatients transitioning to the NNMC campus will take place in August. On September 29, NNMC will have a renaming ceremony and become known as the Walter Reed National Military Medical Center Bethesda.

Construction/Renovation

In July 2011, Infectious Diseases Clinic will relocate to the first floor of Building 7. Neurosurgery, Pulmonary and Nephrology will relocate to the first floor of Building 9. Plastic Surgery will relocate to the second floor of Building 9. Hospital Dentistry / Oral and Maxillofacial Surgery will expand in place and Women's Health Clinic will expand to include the old Cardiology clinical area.

In August 2011, Pain Clinic, Regional Pain, Stone Center, Pediatric Intensive Care Unit, APU Pre-Screen and Pediatric Sedation will relocate to the third floor of Building 9, and Vision Center of Excellence, Optometry, and Ophthalmology will expand in place and in to the old Stitt Library area.

In October and November of 2011, SEAT, GME, Out-patient Records, Biomed Repair, and Audiovisual Support will transition into the newly renovated Buildings 3 and 5, and the In-Vitro Fertilization Clinic, a portion of Dietary Services, and Stem Cell Lab will transition on to the second floor of Building 10.

With so much happening over the next few months, I ask all staff to please seek out information about what is to come. Get involved in assisting your respective workspace and prepare for and execute their move.

Share the excitement with your fellow staff and visitors. Welcome and assist our Army and Air Force active duty and civilian partners, who will be working here alongside you, and remember, above all else, safe quality patient and family centered care comes first.

Please address any correspondence to NNMCDCIT@med.navy.mil.

Chief of Staff for Integration and Transition sends

Bethesda Notebook

Staff Garage Detours Scheduled to Begin Next Week

The entrance to the staff garage, Building 54, is scheduled to temporarily close on or around April 21, due to construction. During this time, the staff garage exit will serve as both the entrance and the exit. Traffic signals and flaggers will help direct traffic in and out of the garage during this time. Bicycle parking on the ground level will not be available in the staff garage; however, bicycle parking will be available on the first level of both the America Garage and the patient and staff garage, Building 55.

Additionally, displaced handicap parking spots will relocate to the third and fourth floors of Building 54, adjacent to Brown Drive. Elevator access, and motorcycle parking will be available on the outside of the staff garage, adjacent to the entrance of the staff garage. If you have any questions, e-mail Naval Support Activity Bethesda's (NSAB) Transportation Coordinator at ryan.emery@med.navy.mil.

Holy Week Worship Schedule

All staff members are welcome to attend Pastoral Care Holy Week worship services. Roman Catholic mass will be held in the Chapel today, April 21, at 4 p.m., on Good Friday, April 22, at noon, and on Easter Sunday, April 24, at 9 a.m. Please note there will not be a noon mass on Holy Thursday. Protestant mass will be held on Good Friday at 11 a.m. and on Easter Sunday at 10:30 a.m. If you have any questions, please call Pastoral Care at 301-295-1510.

Staff Invited to Transition Presentation

National Naval Medical Center (NNMC), Walter Reed Army Medical Center (WRAMC) and DeWitt Army Community Hospital (DACH) staff members are invited to attend one of two presentations April 26, "Enhancing individual and organizational resilience while successfully negotiating BRAC and transition." Hosted by the Civilian Human Resources (CHR) Council, the presentations will be held at 7 a.m. and noon in WRAMC's Joel Auditorium, and will feature Dr. Michael West, deputy director of the Department of Psychology at WRAMC.

Transit Benefits Distributed in New Location

Transit benefits will be distributed today and Friday from 8 a.m. to 4 p.m. in the hallway outside of the upper entrance to the Laurel Clark Memorial Auditorium in Building 10. For more information, visit www.whs.mil/DFD/Info/NCRTransitSubsidy.cfm, or e-mail ryan.emery@med.navy.mil. Office is located in Building 11, room 148. For more information, call 301-319-4087, or e-mail ffso@med.navy.mil.

Training

In May, June and July of 2011, staff members at WRAMC (Walter Reed Army Medical Center) and MGMC (Malcolm Grow Medical Center 79th Medical Wing) relocating to the Bethesda campus (approximately 3,000) will undergo a Transitional Orientation Program to facilitate the adjustment to their new workspace. The Transitional Orientation Program consists of the following:

- Transitional Orientation Sessions (17 May - 28 June)

- Workspace Orientation including tours and Equipment Training (June - July)

- "Day in the Life" Exercises (12 and 26 July)

Gates and Parking

In August 2011, construction on Gate 1 (north gate onto Wisconsin Avenue) will be completed. Gate 1 will provide four lanes of travel, pedestrian access, dedicated bicycle lanes and a Pass & ID office with a small associated parking lot.

In July of 2011, construction on Gate 2 (south gate onto Wisconsin Avenue) and, in August 2011, the new Multi Use Parking Structure (MUPS) will be completed. Gate 2 will provide three lanes of travel, pedestrian access, and dedicated bicycle lanes while the MUPS will add approximately 1,200 parking spaces on 10 levels.

Building 17 and 62

In August, transition into the Administrative Support Complex (Building 17) and Wounded Warrior Barracks (Building 62) will begin. Building 62 will contain 153 suites for wounded warriors and/or their non-medical attendant.

The suites will contain a full kitchen and laundry area, individual bathrooms, and a common living room and dining area. Building 17 will provide 145,000 sq. ft. of administrative space, a 70,000 sq. ft. Fitness Center

Published by offset every Thursday by Comprint Military Publications, 9030 Comprint Court, Gaithersburg, Md. 20877, a private firm in no way connected with the U.S. Navy, under exclusive written contract with the National Naval Medical Center, Bethesda, Md. This commercial enterprise newspaper is an authorized publication for members of the military services. Contents of The Journal are not necessarily the official views of, nor endorsed by, the U.S. Government, the Department of Defense, or the Department of Navy. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement by the Department of Defense or Comprint, Inc., of the products or services advertised. Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor of the purchaser, user, or patron. Editorial content is ed-

ited, prepared and provided by the Public Affairs Office, National Naval Medical Center, 8901 Rockville Pike, Bethesda, Md., 20889-5600. News copy should be submitted to the Public Affairs Office, Bldg. 1, Room 8120, by noon one week preceding the desired publication date. News items are welcomed from all NNMC complex sources. Inquiries about news copy will be answered by calling (301) 295-5727. Commercial advertising should be placed with the publisher by telephoning (301) 921-2800. Publisher's advertising offices are located at 9030 Comprint Court, Gaithersburg, Md. 20877. Classified ads can be placed by calling (301) 670-2505.



Naval Support Activity (NSA) Bethesda

Commanding Officer Capt. Michael Malanoski

Public Affairs Officer Sandy Dean

Journal Staff

Staff Writers	MC1 Ardelle Purcell	(301) 295-5727
	MC3 Alexandra Snow	(301) 295-5727
	MCSN Dion Dawson	(301) 295-5727
	Cat DeBinder	(301) 295-5727
	Katie Bradley	(301) 295-5727
Journal Editor	Sarah Fortney	(301) 295-5727

Fleet And Family Support Center	(301) 319-4087
Family Ombudsman	(443) 854-5167
	(410) 800-3787
	(240) 468-6386

Caffeine: How much is too much?

By Mass
Communication
Specialist Seaman
Dion Dawson
Journal staff
writer

At the onset of your morning, do you feel sluggish and unfocused much like the persons represented in black and white commercials for energy boost supplements whose primary ingredient is caffeine?

When it comes to caffeine, National Naval Medical Center (NNMC) encourages staff to monitor their daily intake to one mug at a time.

“While most people who drink caffeine feel it makes them more alert and gives them a boost of energy, it’s also been shown that too much caffeine can cause feelings of anxiety, dizziness, headaches, and disturbed sleep,” said Larry Grubb, outpatient psychiatrist at NNMC and Walter Reed Army Medical Center (WRAMC).

In addition, too much caffeine affects the cerebral vascular system and the activity of your digestive system. It also impacts mood, stamina and increases blood pressure and heart rate and can be tied to other health issues down the line, said Army Capt. Andrew Kim, cardiovascular fellow at NNMC.

Ensign Elaina Ortiz, registered dietitian and division officer for patient meal service in the Nutrition Services department at NNMC, went on to say, “Caffeine is a mild diuretic and an effective performance enhancer as it promotes a heightened sense of alertness; however, abuse could result in gastrointestinal side effects and possible insomnia. Tolerances to caffeine vary.”

Grubb agreed and explained most people



aren’t aware of how much caffeine they take in on a given day.

“Most people don’t keep track of the amount of caffeine they drink, so it’s a good idea to put a limit on the total amount of caffeinated and decaffeinated products they drink,” Grubb added.

“Caffeine is a natural substance found in certain leaves, beans and fruits of more than 60 plants worldwide,” he noted.

He explained that a cup of coffee can contain up to 150 mg of caffeine compared to a cup of tea that contains less than half of that.

“Experts consider 200 to 300 mg of caffeine a day to be a moderate amount for adults, but consuming as little as 100 mg of caffeine a day can cause someone to become ‘dependent’ on caffeine. This may develop [into] withdrawal symptoms of tiredness, irritability, and headaches if he/she quits caffeine suddenly,” he said.

Grubb suggests experimenting to see how you feel with and without low to moderate amounts of caffeine.

“Some people do not feel anything when they consume caffeine and others don’t feel anything when they stop consuming it,” Grubb stated. “After ingesting caffeine, it is completely absorbed into the body within 30 to 45 minutes and its stimulation effects fade away in about three hours.”

“If you want to see how much caffeine you are consuming, keep a 3x5 card in your pocket and write down everything you drink or eat that contains caffeine,” Grubb urged. “You’ll be shocked at the end of the week when you see the amount of caffeine you’ve taken into your body.”

Instead of relying on caffeine, Grubb encourages everyone to maintain a healthy lifestyle.

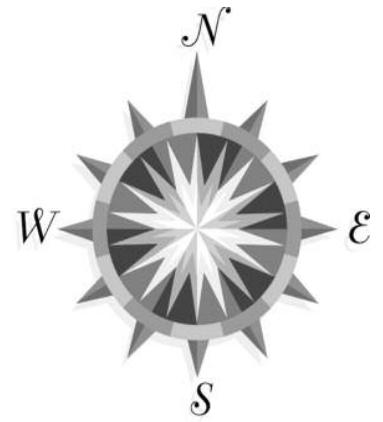
“The best thing is to not use caffeine as a stimulant. You should eat and drink in moderation, exercise daily, and get at least eight hours of sleep every night,” he added.

For more information regarding caffeine in your diet, consult your medical provider.

The Patient Navigator

At the National Naval Medical Center (NNMC), we want to do everything we can to make your experience extraordinary, each and every time.

Below are the answers to some frequently asked questions about referrals.



Q: What does the Right of First Refusal (ROFR) mean?

A: Generally, when a TRICARE prime patient is enrolled to a civilian primary care manager (PCM) and needs specialty care, Managed Care Support Contractor (MCSC) is obligated to determine whether the patient is within access standards to a medical treatment facility (MTF) that can provide the service. The access standard for specialty care from the patient’s home is a 40 mile radius or a 60 minute drive time. The MTF has the right of first refusal (ROFR) for any services requested by a civilian provider.

at the MTF, your request will be sent to the MTF’s Point of Contact (POC) for review. If your referral is accepted by the MTF, the MCSC will authorize your referral to the MTF and you will schedule the appointment at the MTF. If the MTF refuses your referral, the MCSC will authorize your care in the civilian network and you will receive notification so you may schedule your appointment.

Q: How Does the Right of First Refusal (ROFR) Process Work?

When a request is submitted to the TRICARE MCSC from a civilian provider, if the specialized services you require are available

Q: Who can I call with questions about referrals?

A: For questions about referrals, contact Leslie Cohen, division chief for Referral Management, at 301-319-4766.

NNMC Conducts Code White Training



(photo by Mass Communication Specialist Seaman Dion Dawson)

Lt. Yen Guckeyson, Emergency Management Division Officer at the National Naval Medical Center, instructs staff members on the importance of a Code White drill, conducted April 21 in the America Building. Code White is the emergency code to alert staff to shelter-in-place in response to an active shooter. The drill tested and evaluated staff roles and responsibilities in the event of an active shooter.

Preparing New Travel Lanes at NSA Bethesda

**By Ensign
Kat Smith
Naval Facilities
Engineering Command -
OICC Bethesda
Public Affairs**

The Officer-in-Charge of Construction (OICC) is switching lanes at Gate One on Naval Support Activity Bethesda (NSAB) the week of April 25 to allow for further construction on the gate and Pass and Identification (ID) office.

The construction is part of the Base Closure and Realignment Commission's (BRAC) decision to integrate Walter Reed Army Medical Center (WRAMC) and National Naval Medical Center (NNMC) into the Walter Reed National Military Medical Center Bethesda (WRNMMCB) in September.

This new construction pattern should help get traffic on and off base more quickly.

"With this new construction we will be able to more efficiently route traffic on

and off campus," said Jeff Miller, transportation program manager for NSA Bethesda. "We will also have a dedicated bicycle lane and pedestrian access at both gates."

Other improvements will include more lanes of traffic and a new traffic signal.

"We will have more traffic lanes and more interchangeable traffic lanes, some in and some out depending on the time of day," said Allison Justiniano, traffic mitigation project manager for OICC Bethesda. "We're going to have a new traffic signal at Gate One, which will also have four lanes with the option of three in coming on base the morning and three out in the evening."

While the new traffic pattern, after the construction, will benefit the base, for now the change in the traffic pattern may take a little getting used to.

"The new traffic pattern will drive under the canopies (to the right of current outbound traffic)," said Justiniano. "There will be two lanes



(courtesy photo)

A recent aerial view shows construction is underway for a new Pass & ID facility.

in and one lane out. The guard station is going to be a little closer to 355 (Wisconsin Avenue), but people will be entering and exiting at the same intersection as they do now just at a little different angle."

"I don't think the lane changes will pose a significant impact to vehicle or pedestrian traffic," said Miller.

Until the lanes switch, no pedestrian access will be

available at the North Gate. Pedestrians can still access the base through Gate Two, which is also scheduled to begin construction after the lane change at Gate One.

"Gate One will become a 24 hour gate when construction begins on Gate Two," said Justiniano. "Gate Two is also scheduled to be 24 hours, but only for outbound traffic. Gate One will have two lanes in and one lane out 24 hours a day during the

week."

Gate Two will only be open for in bound traffic between the hours of 5 a.m. and 9 a.m., said Miller. All other times the gate will be used for outbound traffic. Pedestrians will still have access to the metro and vehicles will be able to make signaled left turns onto Wisconsin Ave.

Construction to both gates is scheduled to be finished by Aug. 1.

NNMC, WRAMC, Conduct Integrated Laboratory Uniform Inspection



(courtesy photo)

Officers and enlisted staff from the National Naval Medical Center and Walter Reed Army Medical Center's Laboratory Departments conducted an Integrated Laboratory Uniform Inspection in Building 9 on April 7 and April 8, one of many traditions that will continue to be observed as the two medical centers integrate and operate as a tri-service facility.

ENERGY

Continued from 1

only networked, but entire buildings are going green like the Uniformed Services University's (USU) Building 70A, located on Naval Support Activity Bethesda (NSAB), and the WNY's Pass and ID Office and Building 200.

The Building 70A renovation project included the installation of state-of-the-art, energy-efficient architectural, civil, mechanical, plumbing and electrical systems. Energy-conserving lighting systems were added throughout the facility to reduce environmental impact, such as motion detectors and ambient light sensors, which dim or switch off overhead lights when a room is unoccupied or sufficiently lit.

As a result of these efforts, the building is classified as a LEED-certifiable (Leadership in Energy and Environmental Design) facility, conserving energy, reducing waste, lowering operating costs and demonstrating commitment to sustainable design.

Additionally, WNY unveiled its "green" Building 200 in November, which features a white reflective roof for cooling, storm water plant with bio-retention filter, bamboo doors, indigenous plants, xeriscaping (landscaping with plants which can survive with less water in dry climates), and a bike rack. The building was designed to meet LEED Silver certification – the second highest certification level by the United States Green Building Council (USGBC).

"All new buildings that are being renovated by NAVFAC are being built to LEED standards," said Capozzoli. "There are a lot of energy

saving concepts to get to LEED level."

LEED-certified buildings or communities must meet green standards including energy savings, water efficiency, carbon dioxide (CO₂) emissions reduction and improved indoor environmental quality.

"We're also going to connect [Building 200] to the PSNET so someone can watch it and make sure that it is operating the way it's supposed to and resolve issues before they become large problems," said Capozzoli. NDW is pursuing innovative technological solutions in efforts to conserve energy, protect the environment and preserve natural resources.

"We are a leader in the DoD in using technology to make conservation a no-brainer, meaning it is invisible and painless to the building occupants. Nevertheless, everyone can still do their part by shutting off all electrical devices when not in use," said Capt. Ramé Hemstreet, commanding officer of NAVFAC, Washington.

The Navy and the Department of Defense comply with building sustainability targets set out by Executive Order 13423 and Secretary of the Navy Ray Mabus' energy goals. By 2015, bases and facilities will be required to produce at least half of all shore based energy requirements through the use of renewable sources, including wind, ocean and solar and, by 2020, use alternative sources to provide 40 percent of the Navy's total energy consumption.

For more information on Naval Facilities Engineering Command projects, visit www.navy.mil/local/navfachq.

Going 'Green,' One Staff Member at a Time

By Mass Communication Specialist
3rd Class Alexandra Snow
Journal staff writer

In honor of Earth Week, April 18-22, the Environmental Program Department (EPD) at Naval Support Activity Bethesda is hosting a number of events including a base wide clean-up today to promote the importance of going "green."

"Every day is Earth Day at Naval Support Activity Bethesda, but this week is our chance to increase awareness for environmental issues," said Zeina Hinedi, EPD project manager.

Also embracing the need for environmental awareness, Assistant Secretary of the Navy for Energy, Installations and Environment, chose the theme "Partnering for a Greener Future" for military and civilian populations shore side and afloat to celebrate Earth Day, April 22.

EPD events this week included a printer cartridge collection in Building 55, encouraging staff to recycle used toner cartridges, and several information booths were set up to educate staff on recycling initiatives in Montgomery County, and issues affecting the ecosystem and weather.

"Earth Day was founded in 1970, and we continue to celebrate it today to raise cognizance about reducing our impact on the environment at all levels," said Lasantha Wedande, a compliance specialist with EPD.

Today, staff members are invited to participate in a base wide clean-up. To kick off the event, a commencement ceremony will be held at 9:30 a.m. at the flag pole in front of Building 10. From there, volunteers equipped with gloves and trash bags, will scour the base removing trash and other non-biodegradable debris.

Staff can also participate in the week's events by bringing their own mug today to the Galley for discounted tea and coffee.

"The Galley has been a certified "green" restaurant for nearly five years now," said

Wedande.

Handing out information and tree seedlings on Main Street, several environmental program representatives encouraged staff on Wednesday to make food choices that are better for the environment.

"We recommend everyone buy food grown locally and seafood harvested locally," said Hinedi.

Worldwide, the demand for seafood is increasing, but many of the fish commonly consumed are over-fished or caught in ways that can have a lasting negative impact on the ecosystem, she said. More than 80 percent of the seafood eaten in the U.S. is imported, according to the National Oceanic and Atmospheric Administration. Choosing seafood and shellfish harvested domestically reduces the risk of mercury poisoning and other contaminants, due to the Food and Drug Administration's guidelines.

"Buying locally is one of the easiest things you can do for a better environment, and every little bit counts" said Hinedi. "It's easy to reduce [your] impact on the environment ... recycle and reuse. We should be doing that everyday. It's a great thing."

EPD is also assisting Main Street Cafe with becoming green.

Earth Week celebrations will continue Friday at 10:30am in the Laurel Clark Memorial Auditorium for a younger crowd with an hour-long song and dance session for children under age 5 to teach the importance of being environmentally conscious.

"The sooner you begin teaching someone about living a healthy life, the easier it is for that knowledge to become habit," said Wedande. "We're starting early."

For more information on living green, visit www.earthday.org. For more information about the environmental programs offered at NSAB, such as recycling, e-mail NNMCems@med.navy.mil.



(file photo)

During Earth Week last year, “Cody and BJ,” pictured above, performed in the National Naval Medical Center’s (NNMC) Laurel Clark Memorial Auditorium. Performing throughout Virginia, Maryland and the D.C. Metro area, the Cody and BJ show teaches kids the importance of taking care of the environment. They will make another appearance at NNMC on Friday.



(file photo)

Sailors lend a hand in a base wide clean-up during a previous Earth Week celebration at Bethesda. Today, service members and staff will scour the base picking up trash and other debris. Throughout the week, Earth Week, a number of scheduled events helped educate staff about the importance of being environmentally conscious, including an presentation Friday in the Laurel Clark Memorial.



(photo by Cat DeBinder)

Lasantha Wedande, compliance specialist for Naval Support Activity Bethesda’s (NSAB) Environmental Program Department, left, and Karen Pyles, executive housekeeping officer for NSAB Facilities Management, hand out tree seedlings Wednesday on Main Street in honor of Earth Week.

The Love of Family

By Mass Communication Specialist 3rd Class
Alexandra Snow
Journal staff writer

At the National Naval Medical Center (NNMC), family centered care is vital to the healing process for wounded, ill and injured warriors and for one Marine's loved ones, an eternal union.

Lance Cpl. Bobby Thrailkill lost both his legs in Afghanistan after an improvised explosive device (IED) detonated near him Oct. 26, 2010. His fiancé, Karra Wood, their son, Zakiah – born just 12 days after he deployed, along with Karra's mother Nikki and her boyfriend Dwaine Morse have been by his side, helping him throughout his recovery.

"I couldn't have managed my rehabilitation without them – emotionally or physically," Bobby said.

"It's wonderful our families are able to be here at the bedside because families help our warriors get better," said Chief Brian O'Keefe, NNMC Inpatient Warrior and Family Liaison Office officer.

"Bobby was injured a month into his deployment. I couldn't travel to be with him until a month after Zakiah

was born, so the first time he met our son was here at the [National Naval Medical Center]," Karra recalled.

"I spend every single night with [Bobby] and having my mother here to take care of our son is the only thing that makes that possible. We couldn't do it without her," said Karra.

All smiles, his arm around his future son-in-law, Dwaine said, "I am honored to be here to support this man and, no matter what, I'll always be here for him."

"Dwaine came into my life at a critical time," said Nikki, Karra's Mother.

"Karra was pregnant, Bobby was deploying ... not a lot of men would have stepped up then, and because of that I have always known he is the one for me," Nikki said.

Morse added, "I knew she was the one because of her soft heart. She's an amazing woman, and the best thing that's ever happened to me."

Multiple surgeries and many long days at the hospital tested the strength of Nikki and Dwaine's relationship as they kept a bedside vigil of their future son-in-law, but to prove his unyielding love for Nikki, Dwaine got down on one knee in NNMC's Healing Garden on April 11 and proposed to her in front of Bobby, Karra, Zakiah and staff members, including



(photo by Mass Communication Specialist 3rd Class Alexandra Snow)

Throughout his recovery at the National Naval Medical Center (NNMC), Marine Lance Cpl. Bobby Thrailkill, far left, has been grateful for the support of his fiancé and her family. Pictured beside Thrailkill is his fiancé, Karra Wood, Dwaine Morse, who is holding Thrailkill and Wood's son, Zakiah, and Wood's mother, Nikki Wood. Dwaine and Nikki got engaged April 11 in NNMC's Healing Garden while surrounded by hospital staff who have assisted in Thrailkill's treatment.

O'Keefe, who have assisted the family throughout their stay at NNMC. Nikki tearfully said yes.

Nikki said she couldn't have supported her daughter, future son-in-law and their baby without the support of her now fiancée and the caring staff at NNMC.

Bobby and Karra could not be happier for the bride and groom to be, but the family realizes they still have a

long road ahead. The day of the engagement, Bobby was later discharged from NNMC. He will continue his rehabilitation on an outpatient basis at Walter Reed Army Medical Center (WRAMC) for the next few months before returning home to Michigan. On June 12, Bobby and Karra plan to say their vows at WRAMC's outpatient lodging facility, the Mologne House.



(photo by Mass Communication Specialist Seaman Dion Dawson)

Justin Bunce, a medically retired Marine corporal, receives a care package Sunday during a luncheon held for wounded warriors, their families and staff on 5 East.

WARRIOR

Continued from 1

In addition, the organization directs urgently needed resources to post 9-11 Marines and Sailors, as well as members of the Army, Air Force or Coast Guard serving in support [of] the Marines, said Dawn Van Skike, Semper Fi Fund's East Coast care manager.

"Our goal is to help restore the highest quality of life possible to every injured service member and to ensure families supporting our wounded do not lose their quality of life due to additional financial burdens during the recovery and rehabilitation of their loved one," said Van Skike. "A recovery care coordinator once told me that she loved coming in the hospital room after a Semper Fi Fund representative visits because you could

see the weight had been lifted and they were able to smile again."

Additionally, Pastoral Care is a consistent support network for injured service members and their loved ones.

"We visit wounded warriors on a regular basis," said Navy Lt. Valerie Eichelberger, NSAB's command and staff chaplain. "We attend outpatient rounds where they talk about each warrior's injury and where they are in their treatment."

In addition, chaplains regularly attend inpatient trauma rounds to check on each wounded warrior's progress of their treatment, including how many surgeries they've had, and when they will possibly be discharged, she said. To show their appreciation for their service, the chaplains helped coordinate a luncheon Sunday on 5 East for wounded warriors, their families and staff.

"We are active," said Eichelberger. "We are very accessible. We want to take care of our returning warriors [who] have been injured. The most rewarding thing for me is knowing I play a vital role in their spirituality and being there to let them know that we care about them."

Retired Marine Cpl. Justin Bunce, a patient on 7 East who attended the luncheon, expressed his gratitude for the resources available at NNMC.

"A lot of the programs offered to us are important because [they allow] us to continue with our lives," he said. "I'm allowed the opportunity to befriend wonderful people and use wonderful resources. I'm treated [wonderfully] and it relaxes me."

Throughout treatment, wounded warriors and their families also have support from the Navy-Marine Corps Relief Society's (NMCRS) Combat Casualty Assistance (CCA) program, which offers long-term care at no cost and sends visiting nurses to the patient at the hospital and at home.

"In the beginning, when a service member is injured, they're being well taken care of by top-notch hospital staff, so our focus is on the families," said Rochelle Soto, a CCA visiting nurse. "Family is imperative to service members' healing."

Although they do not provide specialized care, CCA nurses educate the injured and their families on how to reach a "new normal," said Soto.

"We're another advocate in their recovery and we provide emotional [and] medical support as well as financial resources for as long as the person needs it," Soto added. "When they leave here, we have nurses who will go to them in whatever state they're in."

Added Soto, "They've helped us so much, it's our job to make sure they get what they deserve. We love helping and we love what we do."

All current and retired service members and their families are eligible for NMCRS services, such as no-interest emergency loans, budgeting classes and educational loans and grants.

"At the [Navy-Marine Corps Relief Society], we don't just come to a job. We touch people's lives. When you can impact people meaningfully, that's rewarding," said Leslie French, director of NSAB's NMCRS.

There are numerous organizations who partner with NNMC to assist our wounded, ill and injured. For more information on wounded warrior resources, contact Fleet and Family Support at 301-319-4087.