



# The Journal

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## Walter Reed Casing Colors, Quality of Care to Continue

*The National Naval Medical Center Public Affairs Office and the U.S. Army official Web site contributed to this report.*

After 102 years in service to our nation, Walter Reed Army Medical Center (WRAMC), as we know it, will be closing its doors.

In the next few months patients and staff will move into the new Walter Reed National Military Medical Center Bethesda (WRNMMCB) and the new Fort Belvoir Community Hospital (FBCH) in Virginia.

The official "casing of the colors" ceremony for WRAMC took place Wednesday, in which the unit's colors were taken down and put into a protective covering, marking the inactivation or redesignation of the unit.

On Monday, during a briefing at NNMC, WRAMC staff, leaders, former commanders, and other alumni were given a tour of the hospital, its new facilities and amenities. Rear Adm.

Matthew Nathan, NNMC commander, explained to the group of more than 60 people that the hospitals, merging together, bring the best of both worlds. "One team, one title," he said.

There is no other place that takes care of wounded warriors, the First Family, congressional leaders, while conducting research, he added. "We believe, at the end of the day, we're going to create this synergy of talent and culture."

Col. Norvell V. Coots, WRAMC commander and CEO of Walter Reed Health Care System, said to Army wounded warriors, family members, veterans, dependents and others receiving care that the quality of care will continue to be the best in the world.

"This is not an end, this is just the beginning of the future of the military

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(photo by Daniel Henry)

**Walter Reed Army Medical Center (WRAMC) Commander Col. Norvell V. Coots passes a sword to National Naval Medical Center (NNMC) Commander Rear Adm. Matthew L. Nathan, symbolic of the transfer of the name Walter Reed to Bethesda.**

## 'Day in the Life' Ensures Smooth Transition, Seamless Patient Care

**By Bradley Cantor  
Defense Media Activity**

As final preparations are underway to move patients currently at Walter Reed Army Medical Center to National Naval Medical Center, the Department of Defense is ensuring staff are properly trained for the transition.

One such training exercise, Day in the Life, provides staff with hands on experience dealing with several different patient scenarios. This particular exercise began with a 20-year-old mock patient who checked in with abdominal pain.

Staff and the trainees then determined that the patient needed surgical admission. As they escorted the patient through the standard systems and processes associated with treatment including admissions paperwork, radiology and lab tests, the Day in the



(photo by Brad Cantor, Defense Media Activity)

**Staff members from Walter Reed Army Medical Center (WRAMC) and the National Naval Medical Center (NNMC) worked together Tuesday during a "Day in the Life" exercise at NNMC. The hospital-wide event tested the processes of patient care.**

Life concluded with the mock patient's admission to a surgical unit for treatment.

Although this exercise began with a patient walking into the Emergency Room with a specific issue,

sometimes the patients can't walk through the front door. Additionally, their ailments might not be as apparent. The Day in the Life training prepares staff for any and all contingencies.

As Capt. Wanda Richards the Assistant Deputy Commander for BRAC and Nursing Integration at National Naval Medical Center points out, not all admissions are as straight forward. "Some of them start in the emergency room department. One starts in the garage where a patient gets out of her car and has some problems, so we had to retrieve her from there."

Additionally, these Day in the Life scenarios are provided to train staff in a variety of different medical fields. Richards explains, "We have our Wounded Warriors Scenario, Pediatric Scenario, Medicine Scenario Surgical Scenario — which

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## Feds Feed Families: National Capital Area Program Kicks Off the 2011 Collection

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

Food banks across the National Capital Region (NCR) are facing severe shortages of non-perishable items and household goods just as summer heats up and children aren't able to access school nutrition programs.

At Naval Support Activity Bethesda (NSAB), staff members can help meet this need by donating items in any of the 14 boxes placed around the National Naval Medical Center (NNMC) buildings in support of the Feds Feed Families drive, run by the Office of Personnel Management (OPM). Goods will also be accepted at Pastoral Care on the first floor of Building 8.

"The Feds Feed Families campaign is [in] direct response to the 'United We Serve' act signed by [President Obama] in April of 2009. It calls on everyone in the nation to aid in the economic recovery of the country and we've chosen to do so by meeting one of the most basic human needs - food," said Capt. Gary Clore, regional chaplain for Naval District Washington (NDW).

The food drive, which began three years ago, ends Aug. 31 and aims to gather 48,000 pounds of goods for donation to more than 700 National Capital Area food banks.

"It's not Christmas, it's not Thanksgiving ... people aren't thinking about giving as much as when it's the holiday season. We're trying to fulfill the everyday need of the homeless and low income communities in the area," said Religious Program Specialist 1st Class Mikeyesha Booker.

Additionally, although any donation is appreciated, there are specific items that appear on the campaign's "most wanted" list, said Booker.

"There are 11 categories of items that are most needed in the D.C. area for 2011 [such as] canned fruit in light syrup or its own juices, low sodium canned vegetables, multi-grain cereals, grains such as brown rice, canned proteins, soups, 100 percent juices, condiments, snacks, paper products and hygiene items," she said.

"From that list, it is easy to gather that the food banks are selectively asking for food," added Religious Program Specialist 2nd Class Jonathan Youmans. "They want to offer healthy options to their clients."

The Feds Feed Families campaign, taking place on 77 Navy installations around the globe, will attempt to reach the overall goal of two million pounds of donated food from all sources, an increase from last year's final total of 1.5 million pounds.

"The intent of this drive is to help people in need in any local community where the Navy exists," said Clore. "We're trying to send this aid right into our own communities."

"We understand that, for a lot of underprivileged youth, their three square meals come from school nutrition programs," said Booker. "During the summer months, the kids are home, but the income doesn't change, and the amount of food they need to survive on doesn't either. This is our chance as federal employees to give back and fulfill a need."

For food donation bin locations at NNMC, or more information about the drive, call Pastoral Care at 301-295-1510.

## 'Million Dollar' Class Teaches Financial Growth, Responsibility

By Mass Communication Specialist  
Seaman Dion Dawson  
Journal staff writer

With personal financial management being an integral part of a service member's career, Naval Support Activity Bethesda (NSAB) and the National Naval Medical Center (NNMC) are offering a Million Dollar Service Member class to promote proper monetary decision-making.

The Million Dollar Service Member class is a two-day instructional course that teaches service members and their families about military pay and compensation, banking and financial services, credit scores and reports, credit management, car buying, home buying, consumer awareness and retirement planning. In the class, participants learn to calculate net worth, complete finance spreadsheets and set goals.

"We want to help people realize that it is possible to get in control of their money," said Lee Acker, Financial Counselor with Fleet and Family Support Center for NSAB. "If you are aggressive and savvy financially, you can literally become a millionaire. When we say millionaire, we are not referring to a million dollars in your bank account. We are saying the service member or a loved one can have a net worth of a million dollars or more. The opportunity is even greater for young people

because they can apply what they learn at a young age and reap the benefits for years to come."

Acker said the class's curriculum was created in 2008 and has been gradually gaining support.

"This class is the brain child of Chief Eric Jorgensen," said Acker. "He asked if he could spearhead the class, the chain of command said yes and it has been moving right along since. He has a level of enthusiasm for this program that goes unmatched. He has been the project lead on it. We all are working together right now, but with him retiring in the coming months, I will be the project lead moving on after that point."

Acker believes that his prior experience in various financial areas has prepared him to assist in the success of the class. "There is a saying that I heard before, 'If you really want to learn something, teach it,'" said Acker. "That has pretty much been my whole career. I have been doing this for 13 years now. I've been a broker, a non-profit debt counselor, and financial counselor. You learn something new all the time. The advantage is having people in the class participate and sharing their experiences. You learn from that as well."

Acker stated additional classes will be held the third week of each month until Decem-

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## Satellite Pharmacy Opens in New Location



(photo by Sarah Fortney)

This week, the drive-thru satellite pharmacy at the National Naval Medical Center opened near the Child Development Center, between the H and I parking lots. The satellite pharmacy, which can be reached at 301-295-6873, is open Monday through Friday from 8 a.m. until 6 p.m. and on Saturdays from 8 a.m. until noon.

# Hearth and Home: Protecting Your Assets

**By Mass  
Communication  
Specialist 3rd Class  
Alexandra Snyder  
Journal staff writer**

Summer is the time for vacations; however, before you leave for the weekend, Naval Support Activity Bethesda (NSAB) would like to remind you to secure your home, reducing its vulnerability for break-ins.

According to the Federal Bureau of Investigation (FBI), more burglaries occur in July and August than in any other months of the year.

To prevent yourself and your family from becoming

victims, consider putting bright lights over porches as well as front and back walkways, said Master-at-Arms 1st Class Ricky Calhoun, leading petty officer of Security on NSAB.

"Homes that look like they're occupied are much less likely to be broken into," he said. "Consider using timers to turn on selected lights and sprinklers. Do yard work before you leave. Following [these] easy tips will lower your risk of being victimized substantially."

All doors and windows to the outside — including those in the garage and sheds — should have working locks, and should

be secured prior to leaving. All shades and curtains to windows should be closed as well.

"If you have an automatic garage door, always look over your shoulder before leaving the driveway to ensure it has completely closed behind you," said Calhoun.

To further protect your property, bushes and shrubs should be trimmed under windows, making it difficult for burglars to hide in them. Also, all ladders should be locked in a garage or shed so that they can't be used to climb into the upper levels of a home, he added.

Master-at-Arms Chief

Robert Hebron, deputy security officer at NSAB expanded upon that thought, saying that home owners should consider hiring or continuing to employ a lawn care, pool, trash collection or other caretaking contract to deter criminals by making it appear as if the residence has lots of ongoing activity.

"You never want to give people the opportunity to act criminally," said Calhoun. "Don't leave toys, tools or equipment in the yard. You don't want anything lying around that could make victimizing you easier for the perpetrator."

Another thing you

should never leave outside is a house key, said Hebron.

"Have a trusted family member or friend bring in your mail and newspaper while you're gone, but give them the key to keep temporarily. Do not leave it in a hiding place," he said, adding that any switch up in your normal routine, such as a loved one coming by to water the plants or retrieve the mail, should start before leaving on your trip.

"If someone is watching or casing your home you don't want to give them any indication that you're sud-

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## CASING

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health system ... The flagship of Army medicine and the flagship of Navy medicine will merge together for the

betterment of all of our beneficiaries, and particularly those wounded warriors that are coming from the battlefields of Iraq and Afghanistan," said Coats. "The care you've been getting for years and years at Walter Reed will not end."

"We've been talking about this

move for the past five or six years," said Lt. Gen. Eric B. Schoomaker, the Army Surgeon General. "Now we are so [close] toward achieving our final goal, with the help of the Navy, (and) in full view of the nation."

"To make this move during the pinnacle of war, to combine the Navy and

Army and build a new hospital, three times the size of the original hospital ... this is comparable to flying that helicopter through a field of combat," Schoomaker said at a July 6 meeting with WRAMC staff. "By Sept. 15, 2011, I'm absolutely convinced [we can make this move] without a hitch."

# MILLION

## Continued from 3

ber.

"The last couple classes have reached capacity and have had a waiting list as a result of the growing popularity of the course. The classes are currently held in Building 141, classroom F, with hopes of future classes being held in Building 11. The classrooms in building 11 will be able to house more participants and be better equipped for teaching," he said.

Interior Communications Chief Eric Jorgensen, Leading Chief Petty Officer of the Command Duty Office with NNMC, said the difficulty lies in saying no to ourselves.

"Sacrificing is the key," he said. "It is important to know where your money is going. When

you know where it is going, you are one step closer to proper money management. It's about personal development. It's not only for the Navy, it's for [service] members to better themselves personally."

Jorgensen said the topics covered in class are informative for the participants and the instructors. Over the course of his career, he said, he has offered financial counseling to many Sailors.

"This class allows me to be proactive in solving the problem before it occurs. It gives adequate training in multiple areas to show service members they don't have to fall in the same pitfalls of the people before them. With car buying being my favorite area, I am able to share my experiences and information regarding car buying, while learning more about home buying in the process. I was able to learn

a few tricks of the trade," he said.

The class also offers students the opportunity to retain an in-depth understanding of financial opportunities for service members.

"The program was a great experience," said Hospitalman Clarence Presley, a pharmacy technician with the outpatient pharmacy for NNMC. "It gave me insight into some of the benefits the Navy has to offer. They covered scholarships and tuition assistance (TA), budgeting, insurance and more. I was able to learn how to save my money the right way. I learned how to set specific, measurable, action-oriented, realistic and timely (S.M.A.R.T) goals. I highly recommend this class to everybody. I've told quite a few people about it so far and I will continue to spread the word."

Jorgensen noted that personal progress and improvements like this are what motivate him.

"I love to see people learn and progress," said Jorgensen. "Instead of me seeing them when things are bad, I can talk to them about how much money they saved, a new house they bought or credit card debt that was cleared. It's an awesome feeling knowing that I contributed to that."

For more information on the Million Dollar Service Member class, contact Lee Acker at 301-295-5083.

# HOME

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denly doing something outside the norm. Once you come back from vacation, try to continue with the new routine for at least a week after returning to follow through," said Hebron.

Additionally, if you use a social networking site, be cautious of the content you post, said Calhoun.

"Absolutely do not post photos or updates of expensive purchases that you have in your home or the fact that your house will be unoccupied while you're on vacation. There is no reason to make a criminal's job easier," he said.

If you are the victim of a crime, there are steps you can take now to make sure your treasures can be easily found.

"Engrave or mark, in a discreet location, an identifying number on all of your valuables such as televisions and other electronics. It doesn't deface or lower the value of the objects and makes it so that they are easily identifiable if found in pawn shops or other locations," said Hebron. "If you keep something of extreme value in the home such as a firearm or jewelry, consider buying a drop safe in which to store it. It's also possible to keep it in your bank's safe deposit box."

Tiffany Smith, security executive assistant at NSAB, said she makes sure to take these precautions before vacations and year-round.

"I do everything I can to protect myself before going out of town so that I can truly enjoy myself," said Smith. "I have an alarm system, I ensure that all my windows and doors are locked, and I put my front light on a timer to make it appear as if I was home turning it on. I am most definitely prepared."

"I know I can't unwind if I'm worried about something at home," agreed Calhoun. "Do yourself a favor before your next trip and secure your home so that your vacation can be a relaxing one."

# Cycling Program Enhancing Rehabilitation for Service Members in Recovery

By Sarah Fortney  
Journal staff writer

For military members recovering from combat injuries, both mentally and physically, the healing process can be an uphill battle, but at the National Naval Medical Center (NNMC), a new cycling program is helping patients foster resiliency, symptom relief and self-esteem.

The Bethesda Cycling Program, which has picked up speed in the last year, is open to service members in treatment, for combat wounds or any other injuries/conditions, said Lt. Cmdr. Ann Williams, cycling program co-chair and assistant department head of NNMC's Main Operating Room. Currently, there are about 20 patients from Walter Reed and Bethesda involved in the program, in various stages of their recovery, but she hopes to grow participation.

"It helps with their morale, and helps with their overall well being. It's very therapeutic," she said.

Participants can go on daily rides around the local community, and take part in cycling events nationally and internationally, she added. Most recently, the group rode a portion of the sixth stage in the Tour de France.

Williams hopes to spread the word about the program as several significant cycling events are on the horizon for which she would like to put a team together, such as a 9/11 anniversary ride from New York to D.C., and the Race Across America, from Camp Pendleton to Annapolis.

Aside from riding across the globe, cycling may also help speed up the process of a service member's recovery, and help them to return to a sense of normalcy, Williams said. She noted that patients who have participated in the program have actually reduced or gone off their medications after getting involved in the sport.

The cycling program is also part of the hospital's new Resiliency and Psychological Health program, which encompasses mental health services from Walter Reed and Bethesda, said Lt. Cmdr. Barbara (Bobbi) Dittrich, cycling program co-chair and service chief for Behavioral Health at NNMC.

For patients coping with post-traumatic stress, or symptoms of anxiety and hypervigilance, cycling puts patients into a real life scenario where they're outside of the office, out of their comfort zone and working with others as a team, Dittrich said. "It helps them address a

lot of their problems, [like] being somewhat fearful of crowds. It also lets them socialize with other people who have been through similar [experiences]. It also gives them something to strive for," she said.

The cycling program offers adaptive bikes for amputees, that include hand cycles, recumbent and upright bikes, said Williams, allowing all service members to participate; however, before any recovering service member can participate in the program, they must go through a medical clearance process.

"We have to know what their injuries are so we can keep an eye on them," Williams said. "We go through a whole clearance process their PCM (primary care manager) signs off on."

Currently, there are 10 staff members at Bethesda keeping track of clearance paperwork, maintaining the bikes and leading the daily rides.

"It's a very humbling experience to see these [individuals] do what they do. They motivate each other, and it increases their self esteem," said Dittrich.

Sgt. First Class Andre Cilliers, a former NNMC patient who now works at the Defense Intelligence Agency, didn't consider riding a regular bike — combat injuries left him without the use of his left hand. He heard about the program from other participants and, when he learned there were adaptive bikes that allowed him to ride, he soon found himself a new sport — and group camaraderie among others who were also passionate about it.

Since he started the program about a year ago, he has made great strides, and now hopes to try an Olympic distance soon.

"I have also become interested in triathlons and have completed two sprint distances in the last two months," he said. "I can keep up with, or leave behind, many able-bodied riders."

For more information on the cycling program at Bethesda, contact Lt. Cmdr. Williams at [ann.williams1@med.navy.mil](mailto:ann.williams1@med.navy.mil), or Lt. Cmdr. Dittrich at [barbara.dittrich@med.navy.mil](mailto:barbara.dittrich@med.navy.mil).



(courtesy photo)

Bethesda cycling program members had the opportunity to ride in the Tour de France.



(courtesy photo)

Members of Bethesda's cycling program have participated in many events, such as a ride through Normandy, France, as pictured.



(courtesy photo)

Sgt. First Class Andre Cilliers, a former patient at Bethesda, started cycling about a year ago through the hospital's cycling program. He has since become interested in triathlons and has completed two sprint distances in the last two months.

# Expanded Meal Hours, Dining Options in the Galley

By Maj. Kelli Metzger  
Chief, Nutrition Marketing  
and Integration Services,  
Walter Reed Army Medical Center

Over the last several months, food options in the National Naval Medical Center (NNMC) dining room have increased to provide a greater variety of choices to staff and patients.

This week, the National Navy Medical Center's (NNMC) Nutrition department continued to expand its services, opening Walt's Cafe, which provides meal services from 6:30 p.m. until 12:30 a.m. each night.

For those who need a snack during a late night shift, the cafe offers a selection of burgers, other hot and cold sandwiches, soups, baked potatoes, salads and soft pretzels, as well as assorted beverages and packaged snacks.

Also, earlier this month, the weekend meal service for breakfast and lunch was initiated.

LTC John Kitchen, director of Nutrition Services at NNMC, said the expanded hours help "facilitate meeting hectic staff schedules and provide visitors another dining option."

The hospital dining facility is located in the basement of Building 9, offering numerous choices at reasonable prices.

## NNMC Dining Room Hours

### Monday - Friday

Breakfast: 6 to 8 a.m.

Grab N' Go: 8 to 10 a.m.

Lunch: 11 a.m. to 1 p.m.

Grab n' Go: 1 to 3 p.m.

Dinner: 4 to 6 p.m.

Walt's Café: 6:30 p.m. to 12:30 a.m.

### Weekends

Breakfast: 6 to 8 a.m.

Lunch: 11 a.m. to 1 p.m.

Dinner: 4 to 6 p.m.

Walt's Café: 6:30 p.m. to 12:30 a.m.

# Advancement Preparation Offered Through Classes, Training at NNMC

By Mass Communication  
Specialist Seaman  
Dion Dawson  
Journal staff writer

As of September 2012, the amount of questions on Navy-wide examinations will decrease from 200 to 175. The 175 questions will consist of 150 rate-specific technical questions and 25 PMK questions, with that in mind, the National Naval Medical Center (NNMC) is offering classes and training in preparation for September exams. With the advancement season quickly approaching, the Early Advancement Program (EAP), a command-sponsored weeklong class will assist junior sailors with advancement to their next rank and expose Sailors to material that will enhance their professional military knowledge (PMK).

"When I first [arrived at] the command, I was an E-5," said EAP class instructor Hospitalman Petty Officer 1st Class Marvin Mamaril, an x-ray technician with the Radiology department for NNMC and one of the leaders. "I decided to take the EAP course. When I looked at the improvements in my exam scores, I wanted to get involved in the administrative side of it."

Mamaril said the EAP allows him the opportunity to help mentor junior Sailors and assist them in taking the next step in their military career.

"It personally makes me proud when a Sailor goes through the EAP course," he said. "We do this to increase study habits, confidence and productivity. On average, when a person takes the exam a second time, after an EAP course, we see an improvement of at least 16 points. That may not be a lot to some people, but that 16 points could be the difference between seaman and petty officer third class."

To participate in EAP, a Sailor must be eligible to test for the current advancement cycle and route the request for training through their chain-of-command for accountability purposes.

"It is important for a Sailor to know his general duties as a Sailor and rate-related duties," Mamaril insisted. "EAP is something that the command approves and that I am very passionate about. The junior Sailors are the future leaders and it is up to us to continue to mold them and show them the right way."

To help E-3 Sailors in their advancement, the Junior Enlisted Mass (JEM) has also joined forces to help prepare Sailors for advancement by sponsoring basic military re-

quirement (BMR) study classes for E-3 sailors. The classes will be held every Tuesday in the Orthopedics conference room on the second deck of the America building from 3 to 4 p.m.

"While the classes will not cover rating-related knowledge because of the various ratings at the command, it will cover basic military requirements (BMR) that will be featured on every E-4 exam," said Hospitalman Kenneth Glenn, with the operating room department. "Everyone should be studying for the exams because advancement is a big part of our careers. It is our duty to know our rate to provide the best service we could give to our command, Navy and country."

With training and classes being offered around the command, it comes at a time of change to the Navy-wide advancement exam structure.

The new exam structure will increase the emphasis on rating-specific technical questions, improving the opportunity to demonstrate greater rating knowledge in comparison to a Sailor's peers.

For more information on the EAP, contact Mamaril at 301-295-5036. For questions regarding JEM classes, contact Hospitalman Kenneth Glenn at kenneth.glenn@med.navy.mil.

## LIFE

### Continued from 1

we are following right now — an Orthopedic Scenario and we also have a Hema Oncology Scenario."

She continued by explaining that each of these scenarios gives trainees an opportunity to work in different departments within the medical center. This — she feels — will all contribute to a more robust training experience.

Additionally, Captain Richards

said that there are no details too small to go over in training. Best routes in the hospital, how to navigate the gurney and familiarization with differences in rank structure between Army and Navy all ensure the success of the overarching mission: patient and staff safety. She explains, "Patient and staff safety are priority and making sure every bit is covered will ensure that."

In the end, Richard emphasized that although the Army and the Navy are coming together under one roof with this new medical center, "We are one team, one fight and one mission."



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