



The Journal

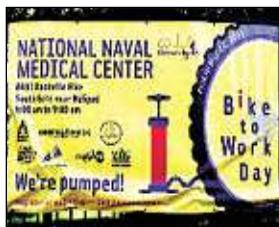
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If You See Something, Say Something

By Sarah Fortney
Journal staff writer

When it comes to protecting our safety, officials at Naval Support Activity Bethesda (NSAB) say the key is being aware of your surroundings.

"If the hair on the back of your neck stands up, or something just doesn't look right, don't hesitate in calling [Security]," said Ron Kunz, NSAB's emergency manager. "Even if you laugh about it afterwards, we'd rather go and find out that it was nothing. Everybody plays an active role in being our eyes and ears for the security force."

Although it has been nearly 10 years since 9/11, Kunz said, we must not forget the importance of protecting our safety.

"As time goes on, we tend to loosen our guard. The threat is still real. We have to be vigilant and keep our guard up at all times," he said.

On base, if something looks out of place — be it a package, a vehicle that looks out of place or suspicious activity — staff are encouraged to report it to security immediately, said Mike Robinson, NSAB's antiterrorism officer. It's also a good idea

to store the number to Security on your phone, he added.

"If you see something out of the ordinary, say something, even if you feel its minute, even if you feel that it's out of the ordinary, but don't think it will harm anyone, that's not true. [Reporting] even the smallest detail that's out of order could prevent [an incident]," said Robinson.

When staff report suspicious activity, their privacy will be protected, he said, adding that security will investigate right away.

"You may be preventing an attack," said Robinson.

Staff members, typically driving the same route at about the same time each day, can best spot suspicious activity, he said, adding, "Who better to see that than the people who come to work here every day."

With frequent changes occurring on base because of construction, Robinson said that's all the more reason to pay attention to your surroundings. By keeping an eye out and reporting anything that just doesn't look right, "You're protecting [patients and visitors], the people who work here on the base, and the base itself."

"The installation is currently in a heightened security posture," said Troy High, NSAB's director of Security.

In light of recent global events, measures are in place to enhance security, he said, such as vehicle inspections conducted at random on base by the Department of Navy (DoN) police officers who protect the installation.

In general, to protect your safety, High encourages everyone to take precautions not only on the installation, but also when traveling to and from the base. He suggests staff vary their daily routines, changing the route and time they leave and return home from work. If ever it seems you're being followed, call the police and go to a secure area, such as a police station.

If you believe you've found a suspicious package — one that perhaps has an unknown substance or powder, has restrictive markings, has been sealed with tape and/or has excessive stamps — isolate it immediately. Do not open, smell or shake it, let a supervisor know and call the police.

To report any suspicious activity on base, call Security at 301-295-1246, or the Force Protection Office at 301-319-4037.

Fleet and Family Center Provides Support for Service Members, Families

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

To better serve families, the Fleet and Family Support Center (FFSC) will offer expanded services beginning Monday in Building 11.

"Fleet and Family Support [Bethesda] has historically been a satellite office where they have been able to offer minimal services, like transition assistance programs, deployment support, job assistance," said Sally Younger, director of FFSC at NSAB. "All of those services will remain, but they will grow and double in capacity."

With offices at nearly every U.S. naval base and abroad, FFSC offers service members help with personal financial planning, family employment readiness programs and life skills education opportunities. All of these services will be instituted at the new center,

said Younger.

"We will be able to better tailor programs to the needs of the community and command, offering specialty classes such as compassion fatigue, new parent support, crisis response, family advocacy and professional short-term counseling for couples, individuals and families," she said.

All of FFSC's services are available to military members in any branch of service stationed at NSAB or the National Naval Medical Center (NNMC), and can be tailored to the needs of wounded warriors at the hospital.

"Everything we do is wounded warrior available," said Younger. "We try to help injured service members and their families through the process of recovery and coping with the fact that the lives they had planned may [now] look different. We [assist with] everything, from the big things to the little things."

During her husband's recent deployment, Janeth



(U.S. Navy photo by Mass Communication Specialist Seaman Patrick Gearhiser)

Susan Groseclose, a deployment specialist with the Fleet and Family Support Center (FFSC), watches as two children decorate cards to send to their deployed parents. Naval Support Activity Bethesda will open its first fully functional FFSC on Monday to better serve families on base.

Santiesteban realized the value of those little things.

"When my husband was deployed, [FFSC] sent out e-mails asking how our two kids, who are two and five, and I were doing," Santiesteban recalled. "Everyone was very nice and called to check up on me as well, telling me about

upcoming events I could participate in."

Last Christmas, Santiesteban attended one of FFSC's annual events that provides free child care for spouses of deployed service members and single parents while they go

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Commander's Column

We often pay tribute to our service members, but we must not forget those who stand behind our Armed Forces, the spouses, children, fathers, mothers, sisters and brothers who daily take on additional responsibilities and make many sacrifices while lending their unwavering support.

When service members deploy, transition to a new command, are absent from the family for training, wounded in conflict or those who pay the ultimate sacrifice, it is the family members who stand in the gap.

Their strength and perseverance is astounding. Often, at a moment's notice they do whatever it takes to support our troops, be it readying the family for a new environment to hopping on a plane to stand vigil at the bedside of their wounded loved one, they are heroes in their own right. If it were not for their tenacity and steadfast devotion, our troops who are in foreign lands or stationed here at home, answering the call of freedom, they would not be able to provide the blanket of protection



that our country enjoys.

At Bethesda we want you to know how much we value our family members. We recognize it is because of you our troops can meet the mission. Therefore, we offer multiple programs tailored to assist and ensure your needs are met and that you receive the support you deserve.

So today and every day, please take a moment to thank those who are the "force behind the force."

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

Bethesda Notebook

Administrative Training Today

All current and prospective administrative personnel at the National Naval Medical Center (NNMC) and Walter Reed Army Medical Center (WRAMC) will have the opportunity today to meet and get to know their counterparts prior to integration. Focusing on customer service, the Careerstone group will conduct a training session at 10 a.m. in the America Building in the first floor conference room. The training will also be held May 26 and June 9 at NNMC. For more information, contact Tanya DelValle at 202-356-1012, ext. 27436, or tanya.delvalle@us.army.mil.

Bethesda Celebrates Nurses Week

National Naval Medical Center is celebrating National Nurses Week this week with a number of events, including a "Nurses Night Out" on Friday at 8 p.m. at the Hilton in Rockville, next to Twinbrook Metro station. The event includes a buffet and discounted room rates will be available for attendees. Dress code is cocktail attire and uniforms are optional. For more information, call Capt. Richards at 301-319-8676 or Ms. Alexander at 301-319-4278.

'CHR Council Live!' Presentation Friday

Civilian Human Resources (CHR) Council will hold two presentations Friday, at 6:30 a.m. and noon, in SEAT classroom 5103, located in Building 1 on the fifth floor. Staff are welcome to attend and learn about how expectations shape our attitudes about the future. The program will also feature some interesting facts that may alter your expectations about concerns such as parking. The presentations will also take place at Walter Reed Army Medical Center (WRAMC) on May 24 in the Joel Auditorium at 7:30 a.m. and noon, and at the DeWitt Army Community Hospital (DACH) on May 25 in the Main Conference Room at 7 a.m. and noon.

NSA Bethesda Offers Safety Training

Naval Support Activity Bethesda (NSAB) will hold its "Critical Days of Summer" Safety Training Session on May 20 in the Laurel Clark Memorial Auditorium. Several time slots will be available to facilitate maximum participation: 7:30 - 9 a.m., 9:30 - 11 a.m., 11:30 a.m. - 1 p.m., 1:30 - 3 p.m. The Montgomery County Police Department, Naval Criminal Investigative Service (NCIS), Security, Fire and Safety Departments and Morale, Welfare and Recreation (MWR) will also be on hand providing presentations on their respective specialties. For more information, call MAC Hebron or MA1 Works in the NSAB Security Training Office at 301-319-8304.

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Naval Support Activity (NSA) Bethesda

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Bethesda Gears Up For Bike to Work Day

By Katie Bradley
Journal staff writer

Staff members at Naval Support Activity Bethesda (NSAB) will join thousands of area bicyclists May 20 to participate in a fun and environmentally friendly commute to work.

Sponsored by the Washington Area Bicyclist Association (WABA), Bike to Work Day is free and open to all area commuters. Given the rising gas prices, the event promotes bicycling as a cost-effective, healthy, clean way to commute. It also encourages area residents to choose bicycling as a method of transportation, reducing traffic congestion.

For those who don't normally bike to work, this year's event will be an opportunity for commuters to try some-



(file photo)

During last year's Bike to Work Day, participants took a break from their commute at the Morale, Welfare and Recreation's pit stop to recharge with refreshments and entertainment.

thing new.

"It's a good way to stay in shape and get to work. It's probably one of the best days in the year to begin bike commuting. It's a good day to be out and to give it a first try," said Greg Billing, WABA's outreach coordinator. He added that with the

increased number of bicyclists on the road that day, drivers are typically more aware of the cyclists, he said.

More than 9,000 people throughout the region are expected to participate in this

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NATO Secretary General, Gen. Cartwright Visit Bethesda



(photo by Mass Communication Specialist 2nd Class John Hamilton)

Secretary General of the North Atlantic Treaty Organization (NATO) Anders Fogh Rasmussen, left, and Vice Chairman of the Joint Chiefs of Staff Gen. James Cartwright, visit with patients and staff at the National Naval Medical Center on Saturday, thanking them for their service and dedication.

Archbishop Visits Bethesda's Wounded, Staff Members

By Sarah Fortney
Journal staff writer

After attending a retirement ceremony and leading an afternoon mass Friday at the National Naval Medical Center (NNMC), Archbishop Timothy Broglio, head of the U.S. Archdiocese for the Military Services (AMS), met with patients and staff members, offering spiritual support and inspiration.

The Archbishop, based in D.C., ensures the spiritual wellbeing of more than 1.5 million military personnel and their families stationed throughout the world. These services reach a total of more than 220 installations in 29 countries, according to the AMS Web site.

Since Broglio was named the fourth head of the AMS in January 2008, he said he has visited NNMC four times, but wishes he could come by more often.

"It's very important to visit hospitals, particularly where wounded warriors come, where [the] sick come, to offer them pastoral support, consolation, [and] to try and bring

some encouragement to their lives," said Broglio. "That makes it a very privileged place to visit."

A priest of the Diocese of Cleveland, Broglio previously served as Apostolic Nuncio — a diplomatic representative — to the Dominican Republic and Apostolic Delegate to Puerto Rico. Leading the AMS, the Archbishop is charged with certifying the Roman Catholic chaplains within the U.S. government.

"We're thrilled to have the Archbishop here to support us. I believe it demonstrates the support of the Catholic community to the ministry here, especially for the wounded warriors and their families," said Chaplain Roosevelt Brown, head of Naval Support Activity Bethesda's (NSAB) Pastoral Care.

When the Archbishop visited the hospital nearly two years ago, Hospitalman Jim Huckabay, who works in NNMC's Allergy Department, had the opportunity to be baptized by him. On Friday, he said he was grateful to attend the Archbishop's afternoon mass,



(photo by Sarah Fortney)

During a visit to the National Naval Medical Center (NNMC) on Friday, Archbishop Timothy Broglio, head of the U.S. Archdiocese for the Military Services, met with staff and patients, including Cpl. Edmond Turnbull, a patient on NNMC's surgical ward.

stating that the visit was inspirational.

"It's always good when a bishop [visits] because it inspires people to stay on track, [and] remember their

faith," he said.

Every day chaplains are privileged to play an integral role in a patient's treatment by offering spiritual care and emotional support, said

Chaplain David Oravec, who works in Pastoral Care at NSAB.

For more information on the Pastoral Care services at NSAB, call 301-295-1510.

Psoriasis Clinic Offers Enhanced Treatment

By Sarah Fortney
Journal staff writer

The recently opened psoriasis clinic at the National Naval Medical Center (NNMC) is providing a more in-depth, multi-faceted approach to treatment for those suffering from a common, chronic, inflammatory skin condition — psoriasis.

Skin cells go through a process referred to as "turnover," where skin cells deep within the skin rise to the surface. This process normally takes about a month; however, with psoriasis, skin cell turn over occurs within just a few days, causing scaling and inflammation.

Recent studies have linked various conditions to this skin disease, including high blood pressure, cardiovascular disease and diabetes, said Lt. Cmdr. Jonathan Bingham, head of NNMC's Dermatology department.

"The psoriasis clinic will benefit our patients as a means to focus on the whole patient to include screening for [these] conditions," said Bingham.

People who have more severe cases of psoriasis

also seem to be more likely to have hypertension, obesity, cancer, even other immune-related conditions, including Crohn's disease, an inflammatory bowel disease that causes inflammation of the digestive tract lining, according to a report published in 2008 by the Journal of the American Academy of Dermatology.

Working with other departments, the clinic, located in the America Building, ensures patients with psoriasis are receiving the proper treatment for other health conditions, be it maintaining their weight, controlling their cholesterol or managing their diabetes, said Lt. Cmdr. Josephine Nguyen, a dermatologist who works in NNMC's Dermatology department.

In addition, patients with psoriasis have more incidents of psoriatic arthritis, a painful disorder that impacts joints, said Nguyen, noting that as many as 10 percent of those with psoriasis develop this disorder.

"Psoriasis can have a tremendous impact on patients' lives," said Bingham. "It has been

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Early Saving for Retirement Pays Off

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

Saving for retirement may be the last thing on a junior service member's mind, but not starting early can, literally, cost millions.

Putting away \$200 a month, starting at age 21, can generate over \$1 million by the time a person is 65, the current age of retirement in the U.S., according to the Social Security Administration (SSA). Waiting until 35 to begin saving, at the same rate, can guarantee you'll save roughly \$330,000.

"Saving is easy if you have a portion of each paycheck automatically deposited into a fund," said Leslie French, director of the Navy-Marine Corps Relief Society (NMCRS) at Naval Support Activity Bethesda (NSAB). "Start with a small amount of your pay and, as you receive raises or promotions, direct a portion of each one into a retirement or investment account."

John Walter, retired Navy captain and former chief-of-staff for Naval Reserve Command New Orleans, agreed.



"I started out as an ensign in the Navy making \$222 a month. My wife and I had \$5 per month to spend on recreation. I know how hard it can be to save, but when raises and promotions come, put a part of those in your retirement fund," he said.

Dr. John Swope, a retired physician who volunteers for the NMCRS, also suggests saving as early as possible.

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FAMILY:

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holiday shopping. She has also received resume assistance and tutoring.

"It is comforting to know that people want to help you and worry [along] with you. They're very important and were a big help to my family," she said. "FFSC really supports our service members and families and promotes

healthy living and healthy families," added Younger. "We support the life of a service member's career beginning, middle and end, and I'm very excited to have this opportunity to work under our full capacity and service our military members."

For more information on FFSC and its services, call 301-319-4087. FFSC is open 7:30 a.m. to 4 p.m. Monday through Friday. For after hours crisis support, beginning May 16, call 301-312-5531.

BIKE:

From Page 3

year's event. WABA will provide 20 commuter convoys, led by experienced cyclists, to help bicyclists navigate to their workplace. Billing suggests, "You can feel free to jump on a convoy at any point and ride with them for a while, then hop off and go to work."

This year, there will be 49 local pit stops throughout the D.C. area, Maryland and Virginia, including a stop at NSAB, sponsored by Morale, Welfare and Recreation (MWR). As a place to put on the brakes, pit stops will offer refreshments, music and free t-shirts between 6 and 9 a.m.

Billing also stated cyclists can use the WABA Web site to find pit stops, bike lanes, trails, paths and convoy locations, as well as the site to map out directions from their home to work.

To accommodate bicycle traffic May 20, MWR will also provide additional bicycle racks at the pit stop. Bike racks will also be provided at the temporary gym, where riders can have quick access to showers.

MWR Recreation Manager Wendy Tompkins said biking to work may also help eliminate traf-

fic on base. In preparation for the ride to work, she urges staff members to take spin classes offered at the temporary gym. Through these classes, Tompkins said riders can, "get an idea of the distance in which they're going to be traveling and sitting on a bike for an extended period of time."

While biking to work, it's important for all bicyclists, drivers and pedestrians to keep safety at the forefront, said Ryan Emery, NSAB's transportation program coordinator. On Bike to Work Day, he encourages all commuters to take extra precaution. When riding to work, bicyclists should not wear headphones and should wear a helmet and reflective material, either on a backpack or clothing.

"It's going to be dark [in the morning], so they're going to have to be mindful that motorists may not be able to see them if they're traveling on [highly] populated roadways," said Emery.

To register and learn more about Bike to Work Day, visit www.waba.org or call 202-518-0524. Participants must pre-register by May 13 for a free t-shirt and chance to win raffle prizes. For more information on fitness classes at the temporary gym, and for bike rack locations at NSAB, visit the National Naval Medical Center's Web site, www.bethesda.med.navy.mil.

(file photo)
The America building, an outpatient facility, among the LEED gold certified buildings at Naval Support Activity Bethesda, houses a cancer treatment center, a pharmacy and several outpatient clinics, such as dermatology, audiology and physical and occupational therapy.



(photo by Mass Communication Specialist 2nd Class John Hamilton)

Capt. Steve Hamer, commanding officer of Naval Facilities Engineering Command, OICC Bethesda, delivers a speech during a ceremony May 5, recognizing the Leadership in Energy and Environmental Design (LEED) gold certification of the newly constructed America and Arrowhead buildings.

Facilities 'LEEDing' the Way

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

To recognize the Leadership in Energy and Environmental Design (LEED) gold certification of two newly constructed inpatient and outpatient facilities, America and Arrowhead buildings, Naval Support Activity Bethesda (NSAB) and the National Naval Medical Center (NNMC) hosted a ceremony May 5 outside the hospital's America Building.

"Achieving LEED Gold certification for the new facilities at NNMC was an exceptional feat. Hospitals are inherently energy inefficient since they operate around the clock and use high-energy major medical equipment," said Andrew Gutberlet, Naval Facilities Engineering Command (NAVFAC) supervisory project manager for the Officer-in-Charge of Construction (OICC) Bethesda.

In the LEED system, buildings can qualify for four levels of certification — certified, silver, gold and platinum. Buildings are classified based on the number of points they receive upon a review by the U.S. Green Building Council. Up to 100 points are awarded for categories such as water efficiency, energy and atmosphere, materials and resources and indoor environmental quality.

At NSAB, the new facilities earned a significant amount of points for site selection and energy efficiency. The buildings, adjacent to Building 1, the "Tower," offer a view of open space and contribute to the overall healing environment for patients. Cutting down the

cost of energy, the buildings are equipped with a heat recovery system that significantly decreases the cost of operating the facilities, resulting in a 32 percent reduction in energy costs, Gutberlet said.

"This corresponds to an energy savings of more than \$580,000 per year," he said. He added that this savings could result in a savings of more than \$29 million in energy costs alone over 50 years.

All LEED enhancements in the building had no impact on the time frame of construction — in fact, the new inpatient and outpatient facilities were completed 45 and 75 days ahead of schedule, respectively, he said.

These facilities are not the only buildings on base that are energy efficient — a new Navy Exchange (NEX), currently under construction at NSAB, will reuse 75 percent of the former NEX's materials, said Teresa Oyler, NSAB's NEX manager. The 151,000 square-foot building, slated to open in the fall of 2012, featuring a food court, a two-story parking garage and a broader selection of merchandise, is also on track to be LEED gold certified.

"The NEX will have a green roof, which means we will have grass and vegetation on top, which will help insulate the building to keep it cooler," said Lt. Ruben Chonna, construction project manager for NAVFAC. "The goal is to blend the NEX with all of the landscaping in the surrounding area, and plant more trees than we pulled out during construction."

The hospital's existing Buildings 3 and 5, which were built in the late 1940s, are also undergoing construction to make them more

environmentally sound, said Chonna.

"To convert those two buildings will be a challenge because the walls and windows will have to be replaced as will the pipes, plumbing, heating, ventilation and air condition systems. The entire way the building consumes energy will be changed, but in the end they will be LEED silver certified," said Chonna.

Renovations in Buildings 3 and 5 are scheduled to be completed this November.

"We have a very aggressive building schedule, and any new buildings will be LEED certified," added Chonna.

"Green building is important — it provides a more sustainable building, which saves money on construction and in future operating costs, and it allows the federal government to take a leadership role for using fewer, renewable resources," said Gutberlet, adding, "This [LEED certification] provides an outstanding level of environmental stewardship, energy efficiency and sustainability that directly supports the goals of the U.S. Navy and Department of Defense (DoD)."

"As we accept the certification for LEED Gold, we recognize our responsibility to the nation, to the taxpayer and to the American people to be good stewards of the resources that have been provided us," added Col. Charles Callahan, NNMC's chief of staff. "More importantly, we care for America's treasures when we take care of the warriors and their families, and we accept this plaque and these facilities on behalf of the men and women who will care for those warriors here in the next year and for the next century as we become Walter Reed National Military Medical Center at Bethesda."



(file photo)

Among the LEED gold certified buildings on Naval Support Activity Bethesda, the Arrowhead building, an inpatient facility, houses an emergency department, cardiology, interventional imaging and nuclear medicine.

Volunteers Lend a Hand in Navy-Marine Corps Relief Society Efforts

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

The Navy-Marine Corps Relief Society (NMCRS) has long been a premier aid organization for military members and their families, giving away nearly \$50 million in 2010 alone.

At Naval Support Activity Bethesda (NSAB), all active-duty, retired and reservist Sailors and Marines, as well as their dependents, are eligible for NMCRS services, which include financial counseling, budgeting classes, educational grants, loans and monetary gifts.

"We are a volunteer-run organization," said Leslie French, director of NSAB's NMCRS. "They're our life blood and the only reason [NMCRS] has been successful for over 107 years. Because of their willingness to help, at no cost, overhead costs are very low, which allows us to assist more service members."

Keeping the offices running at NSAB, 10 volunteers perform various tasks such as individual casework, assisting clients with paperwork and answering the phones. In addition, they help clients apply for Quick Assist Loans — a no-questions-asked credit advance

that only requires applicants to provide a current Leave and Earnings Statement (LES) and their military or dependent ID.

"The best feeling you get around here is helping a Sailor or Marine," said John Cotton, who has been volunteering as a caseworker since he retired as a Navy captain two months ago. "Everyone gets into a hole, financially, once in awhile and our Quick Assist Loans allow people to come in without the shame of having to say, 'Hey, I made a big mistake.'"

Although NMCRS aims to assist as many Sailors and Marines as possible, there are some limitations to their giving capabilities, said retired Rear Adm. Jack Adams, a volunteer caseworker for NMCRS.

"We can't give out loans to pay bills for non-essentials, finance liberty or vacations, pay legal expenses or help clients live beyond their means. We can help with necessities like emergency transportation, food, rent and utility bills, essential vehicle repairs and medical bills," he said.

Another part of the volunteer's role is helping clients with budgeting and financial counseling.

"We try to assist people financially, not only with loans, but with counseling to



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

Navy-Marine Corps Relief Society (NMCRS) volunteers from left to right: retired Capt. John Cotton, retired Rear Adm. Jack Adams, retired Chief warrant officer four Harry Chadbourn, and retired Cmdr. John Swope. Volunteers play a vital role in sustaining the services provided by the NMCRS, such as budget counseling and loan support.

help them understand where their money is going and how to handle it responsibly," said Adams.

He also noted many NMCRS volunteers at Bethesda have prior military service, allowing them to relate to their clients.

"Sometimes, clients come in and think we don't understand what they're dealing with because they don't understand that we have served in the military as well," added Cotton. "I have 22 years in the Navy, and I know how difficult it can be."

French echoed that senti-

ment, stating that prior service members and military spouses have an understanding of who they're helping and why it's important.

"All of the money we loan out is donated by service members just like the ones we're helping," said Harry Chadbourn, a retired Navy chief warrant officer four who volunteers for the NMCRS. "We have to be good stewards of those donated dollars."

On average, only six percent of Navy and Marine members utilize the

NMCRS's available aid, but for those who do, the help can make a significant difference.

"Sometimes the things you hear can tear at your heart strings, but then you get to help somebody and it makes you feel good," said Chadbourn.

Beyond giving loans and counseling, Chadbourn added that caseworkers can call landlords and creditors on a client's behalf and try to arrange for lower interest rates and extended payment periods. At times, by just speaking with creditors, the volunteers can help grant their clients some grace.

Chadbourn noted the importance of offering assistance to the staff at the National Naval Medical Center on NSAB, allowing them to focus on their job, be it patient care or administrative support.

"At the hospital, service members do the most important job in the Navy — take care of [wounded] Sailors and Marines," added Chadbourn. He said of hospital staff, "If we can help them be at ease and know that someone has their back, they can take better care of our service members. That's important."

For more information on the NMCRS or to volunteer, contact French at 301-295-1207.

NURSING ASSISTANT TRAINING IN JUST 4 WEEKS Now Enrolling for June 6th Classes

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Gaithersburg, MD 20877
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Suite 205
Silver Spring, MD 20904
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VETERANS BENEFITS INFORMATION FAIR

Hosted by BPOE Elks Lodge 15
5 Taft Court, Rockville, Maryland 20850
Saturday - May 21, 2011 - 10 a.m. to 2 p.m.
Open to all currently serving, separated and retired
Veterans, Friends and Families.
Free Admission.

Representatives from Federal and State Departments of Veterans Affairs and Veterans Service Organizations will be present to assist determining veterans eligibility and filing for benefits regarding:

- Employment
- Education
- Disability Compensation
- Health and Nutrition
- Other Federal and State Veterans Programs



A team from the U.S. Department of Veterans Affairs will be on site to provide health and nutrition advice, referrals to social and volunteer services, related financial advice and other veterans'-related issues. A women's representative and a Veterans Attorney will also be available.

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PSORIASIS:

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shown that the worse a patient's psoriasis is, the greater their risk of depression. We also know that patients with psoriasis of the skin are at a greater risk of developing metabolic syndrome, stroke and other medical conditions."

As many as 7.5 million Americans have psoriasis, according to the National Psoriasis Foundation. About 60 percent of those also reported their disease to have a large impact on their everyday life.

Psoriasis is also known to have a strong genetic component, is not contagious and there

is no cure for it, said Nguyen, adding that it can develop at any age and no particular age group seems to be affected by it more so than another.

For Chief Eric Jorgensen, who works in NNMC's Operations Management, psoriasis disqualified him from serving aboard submarines. About 17 years ago, Jorgensen was diagnosed with plaque psoriasis, a common form of the disease characterized by red patches of dry skin covered with small, silvery scaling spots, which also bleeds at times when it's at its worst, he said.

"When it flares, it covers about 85 percent of my body," he said. "I was on submarines for about 12 years, but the psoriasis got to the point where it wasn't controllable anymore."

At NNMC, there are many treatment options for patients depending on the severity of their

psoriasis, said Nguyen, including topical medications, prescribed drugs and light therapy, which helps slow skin cell turnover and reduce inflammation.

A combination of oral medication and light box treatment help Jorgensen manage his psoriasis. He has also found it helpful not to stress about the condition.

"I was very self conscious about it, and that just seemed to make it worse. Now, it's there, I know it's there, but I don't really think about it. The less I stress about it, the less severe the outbreak is. For me, it's easier controlled without the stress. That's helped me."

There is support available to those coping with psoriasis, Nguyen added. The National Psoriasis Foundation, among others, focuses on education and research for better psoriasis treatments and a cure. For more information, visit www.psoriasis.org, or call NNMC's Dermatology department at 301-295-4551.

SAVING:

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"Save for retirement as if you're paying off a debt," Swope said. "Do not touch the money until the future."

For low-income workers who choose to save for retirement, there is a special tax credit available. Those making less than \$28,250 — or couples making \$56,500 combined — may be able to claim this credit, worth up to \$1,000 for individuals and \$2,000 for couples. According to the Internal Revenue Service (IRS), this may also be used to reduce federal income tax, but is not refundable.

"If you don't need your tax refund for immediate expenses or debts, consider saving a portion of it for retirement or emergency funds," said French.

Department of Defense (DoD) civilians can increase their nest egg is to contribute to the Thrift Savings Plan (TSP), which offers federal civilian employees the same type of savings and tax benefits that many private corporations offer their employees under 401(k) plans. Money invested in the TSP comes from pre-tax dollars and reduces taxable income; investments and earnings are not taxed until they're withdrawn, said Lee Acker, personal financial counselor for Naval District Washington.

"Studies are showing that most people do not work as long as they would like to, and most people do not have enough money to live in retirement for as long as they live, so saving for retirement as soon and as much as possible is vitally important," said Acker.

Today, life expectancies are longer, which means financing even more years of retirement. To ensure success, Walter recommends military members hone in on their skills while they're in the service, making them more marketable in retirement.

"I retired 24 years ago from the Navy as a captain in the Civil Engineer Corps and my training in the service allowed me to begin a lucrative secondary career, which allowed me to put money into investments every month. Now, I travel all over the world and enjoy life," said Walter.

"In 30 years, it won't matter whether you drive a [cheap car] or a luxury model as long as it gets you where you're going, so make smart choices. Don't buy things you can't afford or don't really need," said Swope.

For more information on saving for retirement, call the Fleet and Family Support Office at 301-319-4087, or NMCRS at 301-295-1207.