



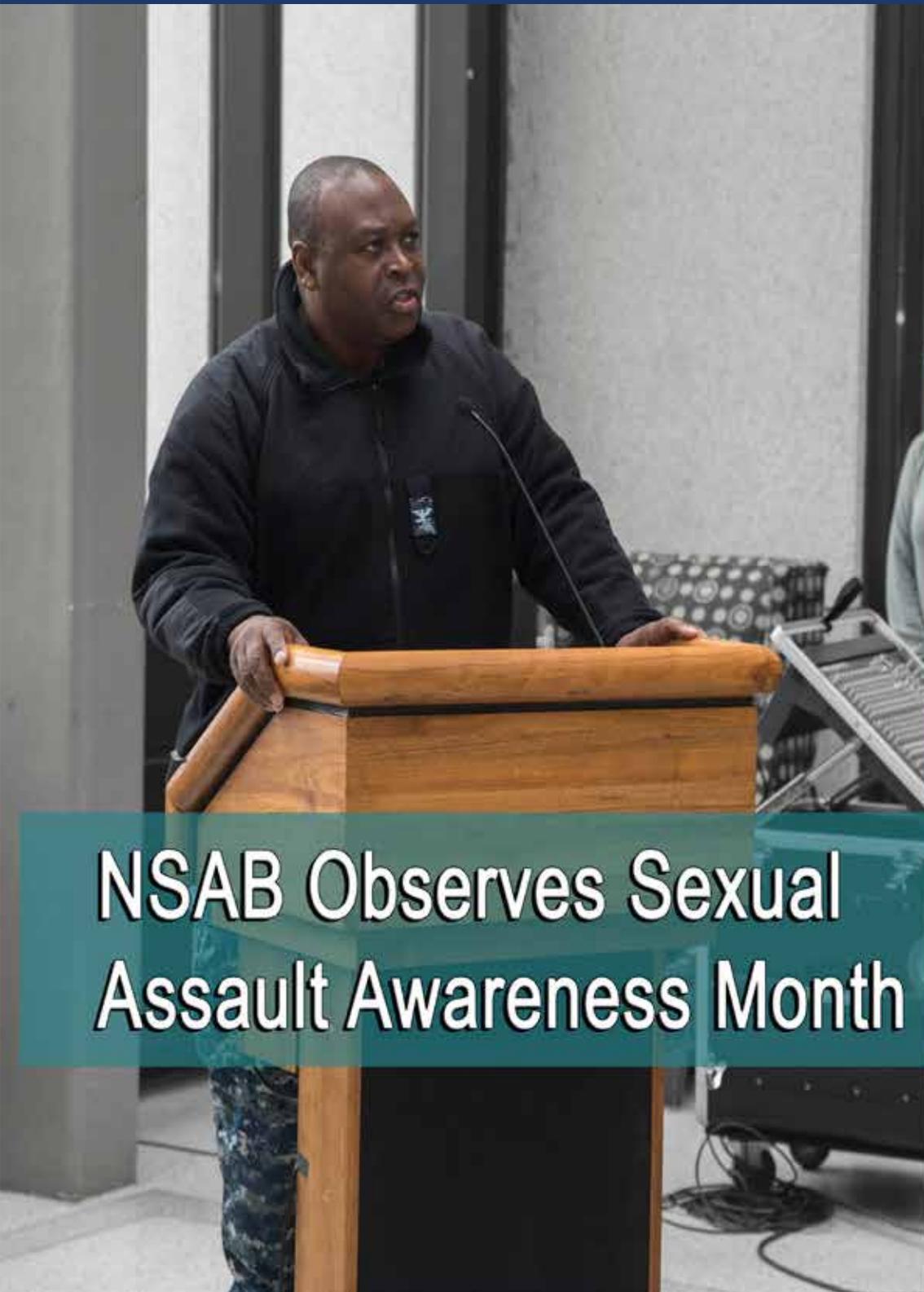
The Journal

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April 5, 2018



NSAB Observes Sexual Assault Awareness Month

**APRIL IS
SEXUAL
ASSAULT
AWARENESS
MONTH**

**PREVENTION IS POSSIBLE
USE INTERVENTION**

- 1 RECOGNIZE THE SITUATION
- 2 EVALUATE THE SEVERITY
- 3 TAKE RESPONSIBILITY
- 4 KNOW WHAT TO DO
- 5 TAKE ACTION

U.S. Navy photo illustration by MC3 Julio Martinez Martinez



**WRNMMC
Hosts Easter
Sunrise
Service**

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Leaders,
Advocates,
Champions**

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**Exploring
Freeze-Dried
Plasma's Use in
Military Care**

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WRNMMC Hosts Easter Sunrise Service



PHOTO COURTESY IT3 BRIANNA SALMON

Chaplains and religious ministries team members from Walter Reed National Military Medical Center, Naval Support Activity Bethesda, Warrior Transition Brigade and Uniformed Services University of the Health Sciences held an Easter Sunrise Service at WRNMMC on April 1.

Bethesda Notebook

Child Abuse Prevention Month Proclamation Signing & Walk

Naval Support Activity Bethesda will host a child abuse prevention signing and walk April 10 at 10:30 a.m. in the atrium of Bldg. 17. Following the signing, people are invited to walk to the tower and back in a show of support.

Another Chance AA

Another Chance Alcoholics Anonymous meets every Thursday at the NSAB Interfaith Center basement conference room 34 from 11:30 a.m. to 12:30 p.m. For more information, email AnotherChanceAA@yahoo.com or call Dan at 760-628-8895 or call the Interfaith Center at 301-318-5058.

Prostate Cancer Support Group

The Prostate Cancer Support Group meets at Walter Reed National Military Medical Center the third Thursday of every month. The next meeting will be April 19 from 1 to 2 p.m. and from 6:30 to 7:30 p.m. in the America Building, River Conference Room on the third floor. Spouses and partners are invited. Military ID is required for base access to WRNMMC. For those without a military ID, call the Prostate Center at 301-319-2900 at least four business days prior to event for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

Donate Life Month

April is National Donate Life Month and in observance there will be a celebration of Walter Reed Bethesda kidney transplant recipients and donors April 4 from 10 a.m. to 1 p.m. in the America Building (19) main lobby. Information will be available regarding organ donation at the event.

*For more coverage:
Visit us online at
dcmilitary.com/journal*

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NSAB Observes Sexual Assault Awareness Month

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda (NSAB) held a proclamation signing for Sexual Assault Awareness Month, April 2. Capt. Marvin Jones, NSAB commanding officer, gave the opening remarks and signed the proclamation along with commanders from major mission partners located across the installation.




**- NSA BETHESDA -
EARTH DAY CLEANUP
TUESDAY, APRIL 17, 1100
MEET AT BLDG. 62**



For more information, contact Karrie Reckley:
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Email: karrie.reckley@navy.mil

Discover How Your Child's Friends Can Help Make Them Smarter, Healthier and Happier

By Chanel Sharp
NSAB School Liaison Officer

The old adage parents, teachers and community members shared with us as a child “You are who your friends are,” is now backed by scientific data and supported on TedTalks, podcasts and literature.

The average military child will attend between six to nine different schools within a parent's military career, making it rather difficult to build a network of friends. This network — also called social capital — has positive social, psychological and academic effects as it promotes support, confidence and assurance in decision making.

The average person takes between nine months to a year to acclimate to a new environment. As military members move — about every three years — their family members often lose their support networks.

It requires a lot of effort to continuously build relationships, but the work is worth it! People with higher levels of social capital tend to live longer, healthier and happier lives. Adolescents with higher social capital have better academic success and are less likely to have behavioral issues. Children with strong relationships are also more likely to be confident, have higher levels of self-efficacy, and a better grade point average.

How can you help build your child's social capital?

1. Start with family capital at home. Build opportunities for deeper discussions during dinner time. For example, as opposed to, “How was your

day,” ask, “Who did you sit next to? Did you help someone today?”

2. Get involved. This is a must, and you have to make time in the year to follow through. Volunteer at your child's school, or have a lunch date with your child once or twice a year. This gives you an opportunity to meet your child's friends and connect with teachers and staff. You can also create opportunities for your child to be active in civic participation by volunteering at a local animal shelter or church. Reach out to your local base School Liaison or Volunteer Coordinator for opportunities to get involved.

3. Change your frame of mind. Connecting with people requires energy and time. Time is a precious commodity as a parent, so look at it like an investment in building relationships and connections. Ask how you can help — the currency

of real networking is not greed, but generosity.

4. Don't keep score. We need intimate, supportive relationships that spur collaboration while deeply satisfying our human need for connection, belonging and meaning. So, if someone cancels dinner with you at the last minute, don't take it personally. We all are busy and we mean well; this “flexible” frame of mind will keep your network larger than ever.

For more information on connecting to the local school community, contact the School Liaison Officer in your area! At NSA Bethesda, you can reach the SLO office at 301-295-7849.



“The average military child will attend between six to nine different schools within a parent's military career, making it rather difficult to build a network of friends.”



Month of the
MILITARY
CHILD
Events

April 10th - Proclamation Signing & Walk
for “Child Abuse Prevention Month”
BLDG 17, 1030

April 13th - Poetry Contest
Warrior Cafe, 0730 to 1100

April 14 - MWR Spring Fling
MWR Sports Complex, 1100 to 1400

April 18th - Volleyball
BLDG 17 Gym, 1100 to 1300

Social Workers: Leaders, Advocates, Champions

By Bernard S. Little
WRNMMC Command Communications

What role do social workers play in the current opioid epidemic?

“We need to advocate for our patients, and encourage our patients to advocate for themselves,” said U.S. Public Health Service Lt. Cmdr. Loquita Roberts, a licensed clinical social worker at Walter Reed National Military Medical Center. She stressed the importance of relationship-building between providers, beneficiaries and their families, as well as the critical role that multi-disciplinary teams play in the care of patients and their outcomes.

Walter Reed Bethesda registered pharmacist David Rohrbaugh agreed that combating the opioid epidemic requires a team approach and social workers are key members of multi-disciplinary teams impacting patient outcomes.

“In your jobs and what you do daily, you can create a relationship with the patient that oftentimes a nurse or a doctor can’t, and that might be the difference between someone transitioning to a misuse point [of opioids] or not,” Rohrbaugh added.

Roberts explained it’s important for social workers to know the signs for opioid addiction, which can include dramatic shifts in moods from sleepiness to euphoria, nausea, confusion, constricted pupils, slowed breathing, constipation, slurred speech, itching, isolation and doctor shopping (multiple prescriptions from different doctors). Long-term effects of opioid abuse can result in organ damage and eventually, death, she furthered.

“We need to improve prescribing of opioids, expand

treatment of addiction, and reduce access to illegal opioids,” Rohrbaugh stated, adding that while the United States accounts for only 4.3 percent of the world’s population, U.S. consumption of the world’s natural and synthetic opiates is at least 85 percent.

Alternatives to opioid use for pain relief can include acupuncture, physical therapy, meditation, massage therapy, chiropractic and cognitive behavioral therapy, among others therapies, the pharmacist and social worker explained.

Roberts and Rohrbaugh were among a number of speakers who discussed various topics focused on this year’s theme for National Social Work Month during three day-long symposiums at WRNMMC. Observed annually during March, this year’s theme for NSWM highlighted social workers as leaders, advocates and champions.

Stacey Springer, also a licensed clinical social worker at WRNMMC, stated that social workers advocate for their clients in obtaining “fair and equitable access to public services and benefits,” as well as “equal treatment and protection under the law, and they “challenge injustices that affect the vulnerable and disadvantaged.”

Springer provides individual and family supportive counseling for children, adolescent and young adults, as well as their family members who have been diagnosed with cancer at WRNMMC. She also provides patient and parent education regarding advanced care planning, which includes advanced directives, guardianship and powers of attorney. The social worker explained a common goal of those in her profession is to help their “clients become independent and exercise influence and control over their own

lives.” She added social workers also advocate for their clients even when the client doesn’t always agree with the social worker. “We can’t control [our clients’] choices or behaviors, but we still advocate for them based on what we determine to be the [best] recommendation. We want to enhance their well-being.”

Army Lt. Col. Liquori Etheridge, another licensed clinical social worker at WRNMMC, agreed, adding, “As a member of a multidisciplinary team, [social workers] conduct routine, acute assessments and follow-up evaluations and treatment in the form of individual, family and group therapy for children, adolescents and families.

The Army officer explained that as leaders and champions in health care, social workers “have an obligation to advocate for the needs of individual, families and positively impact communities.”

Social workers contribute to military readiness by helping to ensure service members are mentally and emotionally fit to serve, Etheridge added. The lieutenant colonel stated, “[Social workers] preserve the fighting force by providing service members centered behavioral health care services.

“Social workers should incorporate the organizational mission, values and goals combined with the social and psychology aspects and principles associated with the field of social work,” Etheridge stated.

According to the Bureau of Labor and Statistics, there are approximately 680,000 social work professionals who act as advocates, champion and leaders for those whom they serve throughout the United States. In addition, the National Association of Social Workers states that clinical social workers are the largest group of mental health providers in the United States.

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PHOTO BY ERIN BOLLING

Dr. Vic MacDonald, product manager for the U.S. Army Medical Materiel Development Activity's (USAMMDA) Pharmaceutical Systems Project Management Office, gives a demonstration of the reconstitution of freeze-dried plasma back to its usable state to Maj. Gen. Barbara Holcomb, commanding general of the U.S. Army Medical Research and Materiel Command during the VIP Medical Lanes display at Fort Detrick, Md. in 2016.



PHOTO BY SGT. SALVADOR R. MORENO

Freeze-dried plasma comes in a powder form so it doesn't need to be refrigerated. To be reconstituted, it needs to be mixed with distilled water.

USU Researchers Investigate Freeze-Dried Plasma's Use in Military Combat Casualty Care

By Christopher Austin
USU External Affairs

Administration recently launched a joint program to prioritize the efficient development of safe and effective medical products intended to save the lives of American military personnel. One such product being reviewed is freeze-dried plasma.

The Department of Defense and the Food and Drug

Administration recently launched a joint program to prioritize the efficient development of safe and effective medical products intended to save the lives of American military personnel. One such product being reviewed is freeze-dried plasma.

Researchers at the Uniformed Services University of the Health Sciences (USU) are now looking into freeze-dried plasma and its potential use for integration into all military emergency medical equipment. Currently, the product is issued to Special Operations Forces (SOF), but not to conventional forces, to carry and the USU team is looking into how the military can possibly make it useful for those beyond the SOF community.

Army Maj. (Dr.) Grigory Charny, an assistant professor in the USU Department of Military and Emergency Medicine (MEM), is working with Army Maj. (Dr.) Steven Schauer, an assistant professor in MEM, and 2nd Lt. Sarah Mongold, a second-year student in the F. Edward Hébert School of Medicine at USU, to perform a case series with the Institute of Surgical Research on six of the more than 20 recorded cases where freeze-dried plasma has been used on U.S. service members.

Freeze-dried plasma was used by the U.S. military as early as World War II and continued through the Korean War, according to Charny. Its use was abandoned because there were repeated hepatitis outbreaks; early screening techniques were not as effective as they are now.

"We are looking at the cases to extrapolate the exact patient condition needed for giving the freeze-dried plasma, beneficial outcomes for doing so, how its use can be improved, and if there are any negative effects that come from its use," said Charny. The U.S. currently uses freeze-dried plasma from France.

By dehydrating plasma and reducing it to a powder, it can be kept fresh at a variety of temperatures and quickly reconstituted with distilled water to treat a wounded patient.

"Multiple things go into whether or not



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PHOTO BY ERIN BOLLING

Freeze-dried plasma is currently being manufactured and used by French forces, with the same manufacturer supplying U.S. forces abroad until a U.S. manufacturer can be found.

something can be used in the field. Is it temperature stable? It has to be something that can work in the cold mountains of Afghanistan or the deserts of Iraq,” said Schauer. “It has to be tightly packed, lightweight, something that you can do with gloves on and in low light.”

Freeze-dried plasma could also be a useful tool in wilderness medicine, allowing medical providers to more readily transport life-saving plasma to wounded individuals in an austere or remote setting,

according to the researchers.

“Getting blood and blood products to our casualties on the front lines continues to be a logistical difficulty for military medical providers,” said Mongold. “The possibility of using freeze-dried plasma is one consideration in attempting to provide the most cutting-edge, effective care for patients. While we are focusing at this time on freeze-dried plasma for combat casualties, maybe in the future it will have a role in the civilian setting as well.”



PHOTO BY ERIN BOLLING

Freeze-dried plasma comes in a powder form so it doesn't need to be refrigerated. To be reconstituted, it needs to be mixed with distilled water.

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Kids and Money: Suggestions to Help Your Child Learn Money Management

By Brian Pampuro, AFC
FFSC Personal Financial Manager

As parents, we often agonize over what type of gift we want to get for our children during the holidays or when their birthday is fast approaching.

One of the best gifts that a parent can give their child, however, is the ability to save and manage money smartly.

I often bring this up when I'm speaking with groups of people or even counseling clients on a "one-on-one" basis because it generally sparks a lot of interest and generates good conversation. Since April is the "Month of the Military Child," there's no better time than now to share some thoughts on the topic.

Certainly, some parents might disagree with me and say the best gift you can give a child is a happy, healthy home with a foundation built on unconditional love. I couldn't agree more!

Children raised in a happy and healthy home, stabilized by unconditional love, will most likely succeed in dealing with any of the complexities that life, in general, will throw at them.

However, even some of the most grounded and stable people have not always made the best financial decisions.

It must be understood that poor money management decisions are not the result of poor parenting, sub-level intelligence or a lack of scholastic accomplishment. Poor money management decisions are often made because people simply do not know how to manage money and never have had the opportunity to learn.

A lot of our own parents were never exposed to proper money management skills or techniques for saving and investing.

Back in the time that I attended school, there were no courses offered on basic personal finance or money management. Some school systems are now offering basic personal finance classes to junior high and high school aged children, but is that enough?

I have heard a variety of things some parents do to teach their youngsters about earning and saving money. One of the best tools parents can use to teach their children money management is providing a monthly allowance. I believe an allowance should be provided as a tool for children to learn money management, not as a means to get children to perform household tasks. Children can learn to contribute to the household without expectation of monetary reward. That makes an allowance a focused means to teach children money management.

Here are six suggestions to encourage children manage their money and get them on the road to financial freedom:

- 1. Match your children's savings dollar for dollar, quarter for dollar or whatever comfortably fits your budget.** Who doesn't like free money? It may be a small cost to you, but the saving habits you are instilling now will be a great return on your investment later on in your life and your child's.
- 2. Give your kids interest on their savings.** You can customize the interest rate so that their account can grow at a faster rate. This is another example of free money and over

time, will introduce your child to the power of compound interest.

- 3. A good way to help children understand compound interest is by allowing them to "see" their money grow visually.** Over time, even small amounts of money can grow at a fast rate. Demonstrate compound interest using a chart or spread sheet. For something a little more "kid friendly," you can use kids "online" savings program such as www.smartypig.com or www.feedthepig.org. Your bank or credit union might offer financial literacy programs for children, too.
- 4. Put your child in charge of buying their own "stuff."** This can be done with allowance and is for things like candy, video games, trading cards, cell phone applications, etc. It might surprise you how frugal your child will become when it's their money being spent and not yours. In addition to helping children learn how to determine "needs versus wants," the added benefit is that it will save you money in the long run.
- 5. Have your kids establish and record financial goals.** Make sure the goals are easily attainable in a relatively short period of time. This increases the chance they'll want to establish more goals in the future and you can then increase the time and the amount they need to save for those goals ("a bite at a time" I say). These goal-setting skills will help them later on when they are ready to start saving for a car or home.
- 6. Help your kids open a savings account at your bank or credit union.** Kids love to act "grown-up" and tapping into this opportunity may be the spark that ignites their life-long savings habit. Additionally, when their money is in a savings account, it is not as easily accessible. Encourage your child to categorize their savings into three groups: saving and investing, charity/church/community, and spending. Suggest to them depositing at least 10 percent of any money they receive for allowance, gifts, earning, etc., into their savings. Another 10 percent can go to the charity/church/community category. The remainder can be set aside for future spending based on your child's financial goals.

Remember, children constantly look to their parents for guidance and direction. If you model good saving behaviors, money management skills and savvy consumer habits, chances are good your kids will do the same. Best of luck to all of you parents raising our next generation of millionaires!

If you would like additional financial information or financial counseling, please contact the FFSC Personal Financial Management Team. Financial Counselors: Lee Acker, Brian Pampuro or Kristy Halderman at 301-319-4087.



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- 4/14 11 am-2 pm  SPRING FLING-MWR Sports Complex
Event is open to all with base access and free. Family fun-moon bounces, crafts, nature walk, prizes, petting zoo, food concessions
- 4/17 11 am Base Clean Up-Meet at rotunda of Bldg. 62-Compete in teams of 7 to win Pizza from MWR!
- 4/18 9 am-2 pm Earth Day Vendor Fair, Bldg. 62
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- 4/22 8 am-5 pm Day Hike & Brewery Trip-\$10*
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Escape Room-Alexandria Trip \$25*
- 4/10 6 pm
Bowling Night-Bowling Center \$5*
- 4/12 6 pm
Card Game Night-Liberty Center
- 4/14 10 am
Sakura Festival \$10*
- 4/15 12:00 pm
TopGolf Trip \$30*
- 4/18 6 pm
NBA 2K Tournament
- 4/21 10 am
Paintball & Sportsland Excursion \$20*
- 4/22 11 am
Arlington National Cemetery Tour \$10*

*REGISTER online:
Navymwrbethesda.eventbrite.com

LIBERTY Trips include transportation and depart from lobby of bldg. 62.



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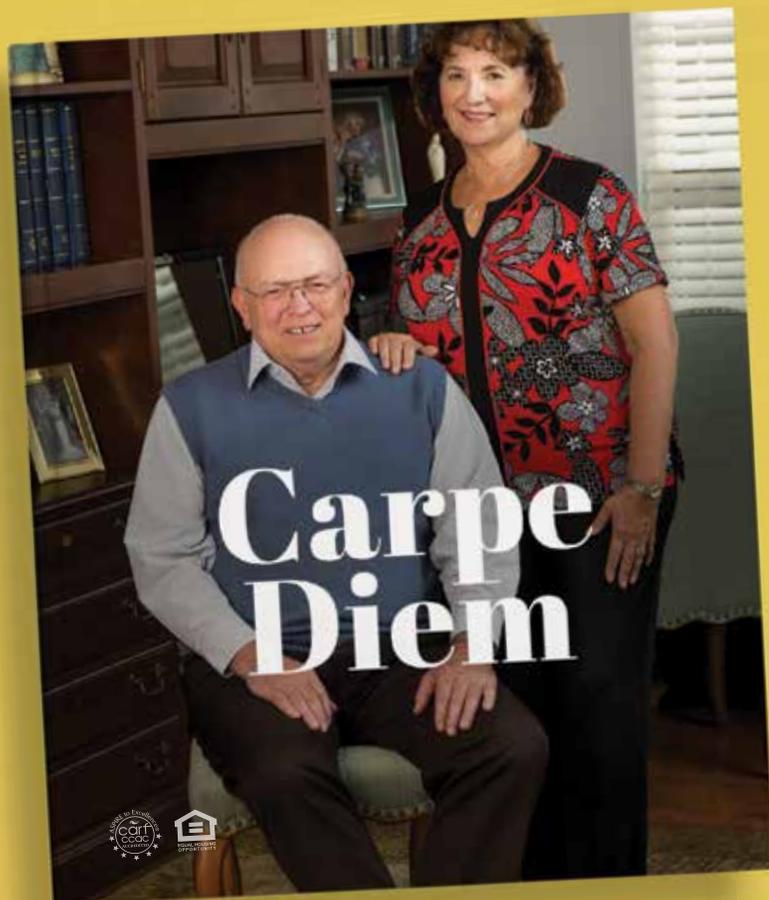
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