



The Journal

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NSAB Encourages Bike to Work Day Participation

By MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda Transportation Manager Ryan Emery is encouraging people to take part in National Bike to Work Day May 18.

The event is part of a larger effort to get commuters to try bicycling to work as a healthier alternative than driving and taking the metro, while also trying to reduce traffic in the area.

"We partner with MWR to help support the event and to show the athletic nature of biking to work and how it can help reduce stress and provide a more athletic commute," said Emery.

According to the National Day Calendar website, National Bike to Work Day originated in 1955 and is endorsed by the American Medical Association.

People don't need to worry about where to leave their bikes if they do plan to ride to NSAB

"We have several hundred slots for bikes around the base," said Emery. "It depends on when and where they were installed as to how many bikes they can support. They

are primarily centered around the hospital and are also inside all the parking garages."

Bike to Work Day also encourages people to ride in groups.

"Some folks will form convoys so they can ride together in case they aren't comfortable on their first go-round," said Emery. "Every year we have one or two groups come from as far away as Alexandria and ride through the city to get here. It's very good, it builds camaradery."

Each year, 100 to 150 participants ride through NSAB's pit stop on their way to work. The pit stop is one of 100 in the metro DC area. The pit stop is an effort to reach out and support the local community.

"You receive a T-shirt, some encouragement, of course, and light refreshments and then continue on your way."

NSAB's pit stop will be open from 6 a.m. to 9 a.m.

Register online at

www.biketoworkmetrodc.org



Bethesda Notebook

Code Green Exercise

Walter Reed Bethesda conducts a Code Green Mass Casualty Exercise May 3 that will include staged casualties and injuries, emergency response activities, and the sounding of sirens and alarms. The Code Green is used to test medical readiness for a multi-casualty event. Patient care will not be affected by the exercise. For more information, contact Melissa Knapp at melissa.h.knapp2.civ@mail.mil, or 301-319-4906.

Research Poster Display

The Department of Research Program hosts the Paul Florentino Patient- and Family-Centered Care Awards for the Research and Innovation Month Poster Competition May 3 at noon in Building 9's mezzanine. Contenders for the awards present their posters during the event. Focus is on "putting patients and families at the heart of medicine." Everyone is invited to attend.

Remembering Laura Lee, Archie

Walter Reed National Military Medical Center celebrates the lives of its therapy and support canines Navy Vice Adm. Laura Lee and Marine Corps Gunnery Sgt. Archie May 4 at 10 a.m. in front of the flagpole outside the Tower (in the Tower's rotunda in case of inclement weather). Laura Lee and Archie died in March. All are invited to attend.

Cooking with Spices

Walter Reed Bethesda registered dietitian Asha Jain presents and demonstrates "Cooking with Spices" the second Wednesday of each month from 2 to 3 p.m. in Café 8901 on the lower level of Building 9. Everyone is invited to attend the presentations.

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 Guest Speaker Program

Dr. Jennifer Cullen presents "The Critical Role of Patient-Reported Outcomes in Improving Decision-Making for the Treatment of Prostate Cancer" May 3 at 7 p.m. in the America Building, room 2525 (second floor) at Walter Reed National Military Medical Center. The program will be presented via video teleconference at Fort Belvoir Community Hospital on the first floor, Oaks Pavilion, Room S1.901 (Library Lecture Hall). For those without military identification, call the Prostate Center at 301-319-2900 least four business days prior to the event for base access to Naval Support Activity Bethesda and WRNMMC. For those without a military ID at Fort Belvoir, arrive at the Gate 1 at least one hour before the program to complete paperwork for base access. For more information, contact retired Army Col. Jane Hudak at 301-319-2918 or jane.l.hudak.ctr@mail.mil.

"We partner with MWR to help support the event and to show the athletic nature of biking to work and how it can help reduce stress and provide a more athletic commute," said Emery.

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Sixty-two sailors and civilians from Naval Support Activity Bethesda volunteered and showed their support by collecting 1,130 pounds of trash during a base clean up for Earth Day April 17. NSAB held the event to help emphasize the importance of environmental awareness and how the Navy continues to work towards becoming a green fleet.



U.S. NAVY PHOTOS BY MC3 JULIO MARTINEZ MARTINEZ

Lt. Cmdr. Jayne Faul picks up trash during a base clean up for Earth Day April 17. Naval Support Activity Bethesda held the event to help emphasize the importance of environmental awareness and how the Navy continues to work towards becoming a green fleet.

NSAB Celebrates Earth Day With Clean Up, Resource Fair

By Andrew Damstedt
The Journal

Nine teams gathered 1,130 pounds of trash and debris during Naval Support Activity Bethesda's base-wide clean up April 17 as part of the installation's Earth Week observance.

Teams competed to pick up the most trash during the two-hour cleanup. The nine teams consisted of 62 people who came out to the annual event despite the chilly temperature.

The Navy Wounded Warrior Safe Harbor team collected the most trash at 334 pounds, with the USU Laboratory Animal Medicine team coming in second, collecting 211 pounds of trash, according to Karrie Reckley, Naval Facilities Engineering Command natural resource program manager. Of the 1,130 pounds collected, 290 pounds of scrap metal will be recycled, she said.

Lt. Cassie Mulkey, Safe Harbor non-medical case manager, joined the clean up to help clean the installation and bond with her co-workers.

"We all wanted to do it together as a chance to do something to help out," she said.

Master-at-Arms 3rd Class Joebert Bierman said he came out to pick up trash to support his community.

"It shows that we actually care about the environment," he said.

Lt. Kate Clark-Dawe participated as a way to become more connected to her team members.

"I wanted to help out and make the base look nice," she said.

Patrick Figueroa, Safe Harbor



PHOTO BY ANDREW DAMSTEDT

Dr. Peter Hildebrand, former NASA Goddard Science Director, gives a demonstration of "Science On a Sphere" to students visiting Naval Support Activity Bethesda during the Environmental Fair held April 18 at Warrior Cafe. This was the second year NASA Goddard brought its interactive globe to the installation as part of Earth Week environmental awareness efforts. Students from Emerson Preparatory School were invited to attend the event as part of NSAB's Community Outreach.

program analyst, said picking up trash was a way for him to give back and it's something he does on a regular basis with his family.

"I like helping out around the base and I like to volunteer," he said. "It's really cool to see the base coming together."

Gunner's Mate 1st Class Chelsea Greenwood said her group collected five bags of trash despite the cold weather.

"It was fun," she said.

At the start of the cleanup, NSAB Executive Director Bill Meekins encouraged people to remember to clean up every day, not just during Earth Week.

The day after the base clean up, an environmental resource fair was held in Bldg. 62. The major attraction was a giant sphere set up in the Warrior Café where NASA employees projected planetary data from the solar system.

"We're going to look at the spheres of the Earth – land, sea, air, water – so we

can talk about what we're observing and how to better understand our planet," said NASA Outreach Engineer Maurice Henderson.

He encouraged those who stopped by to remember that humans have a stewardship responsibility for the planet.

"We're the first species on Earth that has the capability to modify or influence conditions on the planet and we need to be responsible about using that capability," he said.

Walter Reed Bethesda Recognizes Master, Associate Master Clinicians

By Bernard S. Little
WRNMMC Command Communications

Walter Reed National Military Medical Center saluted nearly 50 of its clinicians with Master and Associate Master Clinician recognitions during a ceremony April 20 in Memorial Auditorium.

The WRNMMC's Executive Committee of the Medical Staff selected the recipients based on the honorees' "significant contributions to the [medical center's] mission," according to Navy Cmdr. (Dr.) John Hodgson, president-elect of the Medical Staff. He added that specific criteria for selection include "proven excellent outcomes, superior patient satisfaction, high clinical volume, and contributions to medical education and research." He called those honored, "[WRNMMC's] finest."

To achieve Master Clinician recognition, honorees achieved the productivity metrics and have been out of residency and/or training for at least eight years. Those who achieved Associate Master Clinician accomplished the productivity metrics as well and have been out of residency and/or training for at least four years.

Navy Cmdr. (Dr.) Satyen Gada, the current president of the WRNMMC's Medical Staff, said just as the Army, Navy and Air Force have adopted their own traditions of recognizing exemplary health-care providers, Walter Reed Bethesda has also established its tradition. "We proudly host the only joint service Master Clinician Ceremony," he added.

Gada stated "Walter Reed Bethesda is unique in many ways. As I speak, we are delivering high quality, complex health care to our beneficiaries across nearly all specialties of medicine. We are conducting innovative research that will save lives on the battlefield." And he said WRNMMC trains future leaders in military and civilian medicine through its graduate medical

education and continuing education programs.

"The magnitude of this excellence is on a scale which no other military treatment facility can mirror, and this would not be possible without the clinical, research and teaching excellence of [WRNMMC's Master and Associate Master Clinicians]," Gada said. "As president of the Medical Staff, I congratulate you. As a colleague, I aspire to be you. And as a health-care beneficiary of Walter Reed Bethesda myself, thank you for your demonstrated excellence [in care]."

Those honored included medical professionals across all specialties of health care. Most expressed appreciation for the recognition, but added their greatest rewards come from taking care of America's heroes and their families every day at WRNMMC.

"I was overwhelmed when my name was called because I don't do my work to be recognized, but to ensure my kids and their families receive the best patient experience," said Stacey A Springer, licensed clinical social worker at WRNMMC recognized as a Master Clinician. "The leadership I have had from my current supervisor as well as my current chief for Social Work empowered me to provide the quality of care the award promotes. My immediate leadership maintains a philosophy of care that is similar as mine. I also work with a team of colleagues that support and inspire me to go that extra yard."

Army Col. (Dr.) Veronica Baechler, also recognized as a Master Clinician, expressed similar sentiments. "I am grateful for the recognition of the labor of love that we pour out to our patients and their families," she said. "As a pediatrician, it's not just the child whom we hope to benefit, but the entire family. We address their needs and educate them to enable them to better health. With much demand on clinicians these days, sometimes it can be difficult to accomplish all that we would like within the time frame we are given. I am grateful for the staff and other co-workers who enable me to get my



PHOTO BY BERNARD S. LITTLE

Leaders from the Office of the Assistant Secretary of Defense for Health Affairs, Defense Health Agency National Capital Region Medical Directorate, and Walter Reed National Military Medical Center recognize nearly 50 clinicians at WRNMMC with Master and Associate Master Clinician distinctions during a ceremony April 20 at Walter Reed Bethesda.

patients the best care that we can give. They deserve nothing less."

Clinical Health Psychology Corinn Elmore, Ph.D., added, "The Master Clinician distinction was truly an amazing and surprising honor. After developing my service only a few years ago, it was an honor to be recognized along the top clinicians in our hospital. I was especially humbled because I was nominated by the team where I provide services outside of my own department. The award made me feel appreciated and truly a part of the Walter Reed Community. Finally, the recognition motivated me to continue to provide excellent services to ensure that I continue to perform at the level for which I was recognized."

Doctor of Audiology Lee Ann B. Horvat earned Associate Master Clinician and said, "It was wonderful to be recognized by my superiors and colleagues for this distinction and to be amongst highly-skilled, professional clinicians who were also recognized. I will carry this distinction forward and strive to continue to live up to the award's high standards."

Other Master Clinicians honorees included Navy Lt. Cmdr. (Dr.) Taylor Banks, Dr. Steven Braunstein, Air Force Maj. (Dr.) Jennifer Chang, Army Lt. Col. (Dr.) Marcus Colyer, Army (Dr.) Col. George Coppit, Speech-Language Pathologist Laura Cord, Army (Dr.) Lt. Col. Jean-Claude D'Alleyrand, Dr. Jeffrey Gafner, Navy Cmdr. (Dr.) Harold Gelfand, Navy Capt. (Dr.) Gregory Gorman, Navy Cmdr. (Dr.) Monique Gourdine-Shaw, Dr. Kip Hartman, Army Lt. Col. (Dr.) Jason Hawley, Navy Cmdr. (Dr.) Elliot Jessie, Army Lt. Col. (Dr.) Kathryn Johnson, Dr. Harjinder Kumar, and Army Maj. (Dr.) Noelle Larson.

Those who also earned Master Clinician recognition included Army Col. (Dr.) Kenneth Lieu, Dr. Edward Lucci, Army Lt. Col. (Dr.) Andrew Mack, Licensed Clinical Social Worker Marcela Morgan, Dr. Keisha Nieto, Army Lt. Col. (Dr.) Torie Plowden, Dr. Donna Rinis, Navy Cmdr. (Dr.) David Rogers, Air Force Lt. Col. (Dr.) Christopher Rouse, Dr. Shuchi Saluja, Navy Cmdr. (Dr.) Bradley Serwer, Registered Pharmacist My Lan Tran, Army Col. (Dr.) Karen Vogt, Dr. Amy Wells, Navy Lt. Cmdr. (Dr.) Nicholas Wells, Doctor of Audiology Vivianne Wersel, Dr. William Young, and Doctor of Psychology Carla York.

In addition to Horvat, others who earned Associate Master Clinician distinction included Army Maj. (Dr.) Michael Adams, Navy Lt. Cmdr. (Dr.) Tiffany Cox, Army Maj. (Dr.) Jonathan Dickens, Physician Assistant Anne Kristobak, Army Maj. (Dr.) Bryan D. Laliberte, Army Maj. (Dr.) Joseph Loudon, Doctors of Osteopathic Medicine Amanda Owens, Navy Cmdr. (Dr.) Albert Schuette, Army Maj. (Dr.) Jonathan Smith and Navy Lt. Cmdr. (Dr.) Jason Souza.

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Magazine Salutes Local Navy Spouse

By Andrew Damstedt
The Journal

Serving others is something that comes natural to Rosalyn Mendez.

First while serving eight years in the U.S. Navy and now as a military spouse, Mendez has always found ways to help others, whether it's her family, fellow command members or even sea turtles.

"I've always been someone who at every command, [is] constantly doing things in the community," she said.

She was selected as the Military Spouse of the Year to represent Naval Support Activity Bethesda by Military Spouse Magazine. Her husband, Hector Mendez, who works for Navy Wounded Warrior Safe Harbor, nominated her for the award.

"She's supported me at every command I've been at," he said. "The last 10 years, she's been the ombudsman at last two commands, HSC9 [Helicopter Sea Combat Squadron Nine] and Naval Air Technical Training Center. She's done a lot of community work and conservation in the Pensacola region. Everywhere we go, she's making an impact."

As ombudsman, she said she learned how to help other military spouses get



PHOTO COURTESY ROSALYN MENDEZ

Rosalyn Mendez, left, was named Spouse of the Year for Naval Support Activity Bethesda by Military Spouse Magazine.

through the complex military system she learned to navigate by herself.

"[For] a lot of new spouses coming in – ones who haven't been deployed – I try to be that person that goes 'I've been there and you're not by

yourself,'" Mendez said.

Mendez volunteers in the community wherever they live. She's helped out local Girl Scouts, parent teacher associations and spent three years working with an organization to help

protect sea turtles and their nests.

One of the biggest challenges as a military spouse, Mendez said, is the constant change – such as moving to different commands. Sometimes the service member is deployed and the spouse is left to do it by themselves, she said, and moving can be tough on children.

But while moving is a challenge, Mendez said traveling and meeting new people is one of the things she most enjoys about military life.

"The weird thing is, is you don't realize how small the world is," she said. "I think that's pretty amazing – the family that you make in military life."

Mendez said military spouses often go unrecognized, so she hopes more spouses get nominated for the award. While she didn't move on to represent the Navy at a May 9 gala, she said she's excited to meet fellow nominees and past winners and find out who will be named the overall Military Spouse Magazine of the Year.

Mendez said while she doesn't serve for the recognition, she she's grateful to know her service is seen as important by others.

"It's nice because people are recognizing you and seeing what you're doing," she said.

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NSAB Hosts Denim Day

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

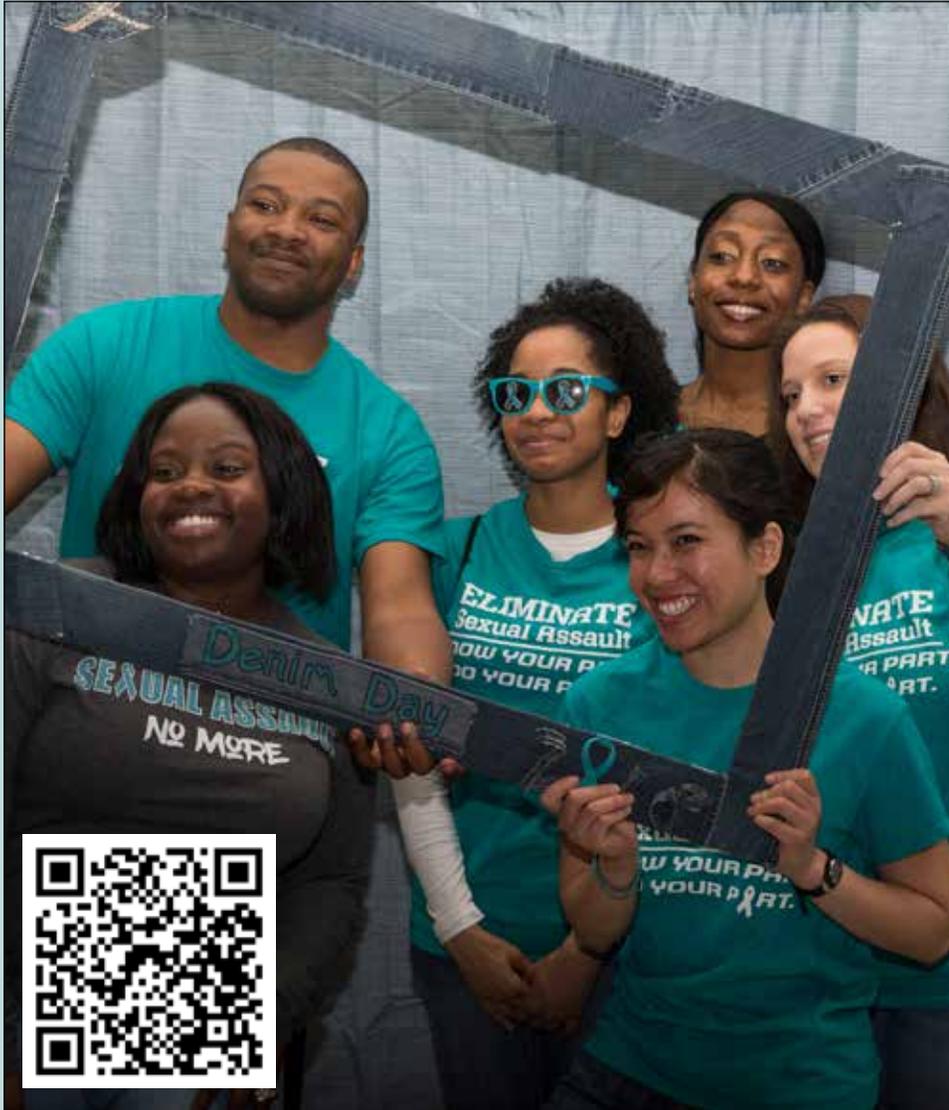


PHOTO BY MC3 JULIO MARTINEZ MARTINEZ

Army Col. Tonya Dickerson, commanding officer U.S. Army Element-North, gives a speech during Denim Day.



Capt. Marvin Jones, NSAB commanding officer, gave a speech during Denim Day April 25 as part of Sexual Assault Awareness Month in the rotunda of Walter Reed National Military Medical Center's historic Bldg. I. Denim Day is a yearly event inspired by a court case in Italy that brought attention the problem of victim-blaming, where victims of sexual assault are accused of wearing clothing that was "too tight" or "too revealing."



Supporters of Denim Day held on April 25 watch presentations given by volunteers in the rotunda Walter Reed National Military Medical Center's historic Bldg. I.

Supporters of Denim Day took a group photo after an event in the rotunda Walter Reed National Military Medical Center's historic Bldg. I.



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U.S. NAVY PHOTO BY MC3 JULIO MARTINEZ MARTINEZ

Hospitalman Eric Alter swims laps in the Naval Support Activity Bethesda Fitness Center pool April 30. The pool reopened after a four-month project to replace the deck area around the pool.

Fitness Center Reopens Pool

By MC3 Julio Martinez Martinez
NSAB Public Affairs

Naval Support Activity Bethesda's Fitness Center pool is now open following a four month closure for repairs.

Amanda Kozay, fitness director explained the project. "Basically we had the entire walking deck redone," she said. "The small tiles were cracking and lifting and the cement was caving in below and it was a safety hazard along with looking bad." The new deck is a rubber compound instead of the tiles that used to surround the pool.

The Fitness Center has taken no

time to ramp up its activities and programs for patrons wanting to take advantage of the newly updated pool.

People can sign up for programs that are being prepared for May.

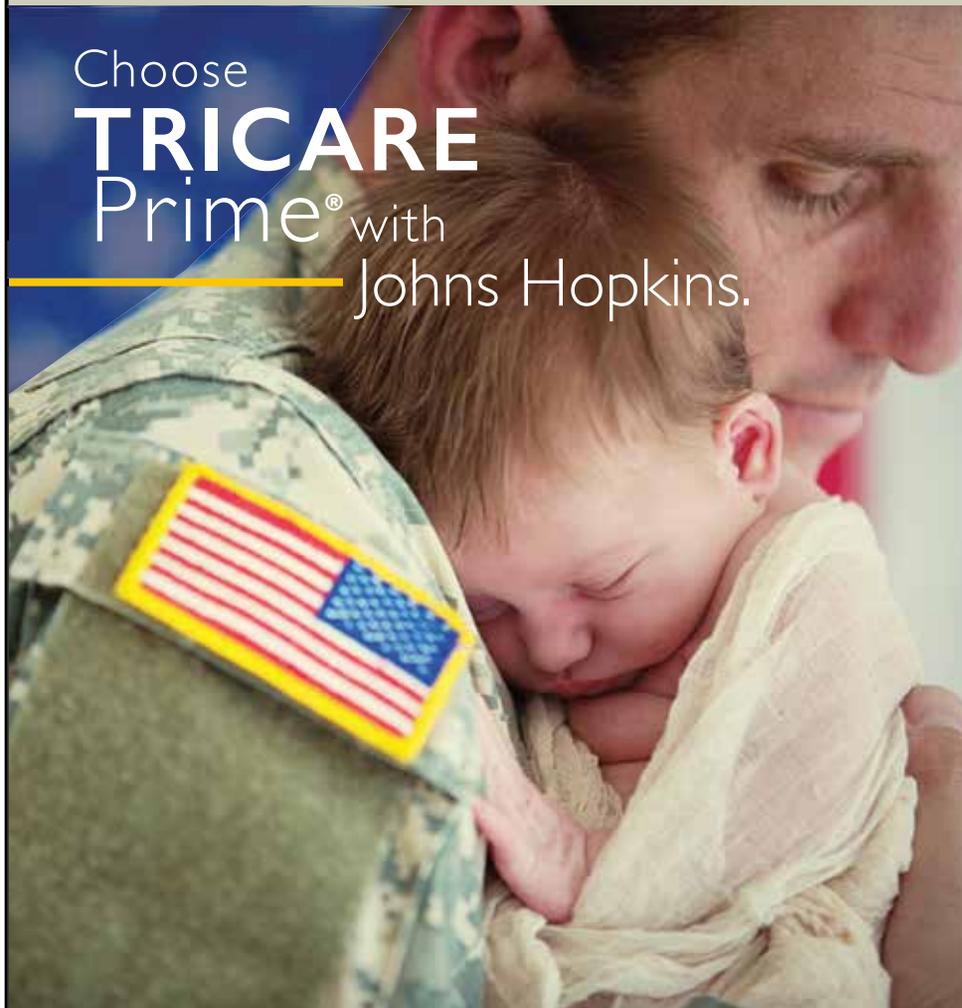
"We have kayak football coming up for our wounded warriors," said Bryan Jackson, aquatics coordinator. "We also do movie nights in the pool, our goal is to have a great variety of activities to keep the people in the water."

The Fitness Center pool is open from 5 a.m. to 8 p.m. on weekdays, 8:30 a.m. to 5 p.m. on Saturdays and 8:30 a.m. to 4 p.m. on Sundays.



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Children learned about the fire trucks used on Naval Support Activity Bethesda during “Take Your Child to Work Day” April 26. NSAB held the day to show children how the base operates and what some of their parents do on a daily basis.

NSAB Employees Take Their Children to Work

Story and photos by Andrew Damstedt
The Journal

For its third annual Take Your Child to Work Day, Naval Support Activity Bethesda enlisted the help of student volunteers to escort the approximately 50 children who attended the April 26 event. The student volunteers from Wootton High School and Elizabeth Seton High School helped keep things on track during the day’s many stops to show children what their parents do on the installation. The volunteers passed on the knowledge they learned during four days of training before the event.

“I liked the running around – the fire truck and seeing everything that I’ve never seen before – and seeing the kids happy about it,” said 16-year-old Kadian Griffin, a 10th grader from Wootton High School.

The day started off walking to the flagpole to see the morning ‘colors’ ceremony. Other events throughout the day included a visit to the fire station, USO Warrior and Family Center at Bethesda, security and dispatch and learned about landscaping on the installation. The day ended up with a game of dodgeball at the Fitness Center gym.

“I think it’s a great opportunity to explore and see what our parents do and how they work,” said 12-year-old Jayla Davidson.



Children learned about Walter Reed National Military Medical Center “facility dogs” and how they are used to help patients, staff and visitors during “Take Your Child to Work Day” April 26. Naval Support Activity Bethesda held the day to show children how the installation operates and what some of their parents do on a daily basis.



Naval Support Activity Bethesda Fire Department Inspector Arthur Clardy explained to children participating in “Take Your Child to Work Day” how a firefighter dons protective gear while Firefighter Jonathan Zink demonstrated April 26. NSAB held the day to show children how the installation operates and what some of their parents do on a daily basis.

Her father, Michael Davidson, installation physical security officer, said his daughter was born on this installation so she’s seen a lot of it before. Jayla said she was hoping to see more of the mechanical operations and how the base operates.

At the fire station, Inspector Arthur Clardy explained how a firefighter dons protective gear while Firefighter Jonathan Zink demonstrated. Then Clardy surprised Matthew Amobi, one of the student volunteers, and had him try on the firefighter outfit.

The children also explored the inside of a fire truck and ambulance as well as a police car during the day.

They learned about the masks service members make as part of an art therapy program at the National Intrepid Center of Excellence and got a close-up view of some of them. Seeing the masks was the day’s highlight for 15-year-old Lamis Hamdan, a student volunteer.

“It opens up your eyes,” she said.

NSAB Executive Director Bill Meekins thanked the children for letting their parents come to work each day.

“They spend a lot of time with us and they do a great job in everything we need to do,” Meekins said.

Dave Thompson, Navy Exchange general manager, said he brought his



Children learned about the fire trucks used on Naval Support Activity Bethesda during “Take Your Child to Work Day” April 26. NSAB held the day to show children how the base operates and what some of their parents do on a daily basis.

two children so they could see more of the base and get to meet other military children.

“This is our fifth duty station with the kids – they’ve been overseas a long time – and it’s a way for them to connect with more military kids like themselves,” he said.

One of the organizers, Danyelle

Tolliver, said she couldn’t have asked for a better event and she’s looking forward to the event next year. She said the student volunteers did an amazing job.

“We couldn’t have done it without them,” she said.

At the end of the day, Commanding Officer Capt. Marvin L. Jones

encouraged the children to prominently display their certificates and tell their classmates about their experience on the installation.

“You helped Capt. Jones out – I have a big responsibility,” he said. “Be proud of what you’ve done, what you did is important – [tell your friends] ‘I helped keep America strong.’”

Teen Development, Coding Camps Registration Open

By Andrew Damstedt
The Journal

Before finalizing summer plans, Naval Support Activity Bethesda's school liaison officer (SLO) hopes people will consider two summer camps offered on the installation.

One camp (free) will focus on professional development and education prospects for teens, and the other will teach children how to code (\$290 per child).

Teen Professional & Personal Development Workshop

A free three-day camp June 25-27 is looking to help give teenagers guidance in employment and higher education. The camp will be split into a morning workshop session and a tour of a college campus in the afternoon each day.

"The workshop is designed to have kids thinking about their future," said SLO Chanel Sharp. "[It will] focus on social networking, how to create their elevator speech and how they present themselves."

The morning classes will focus on personal development and learn more about their personality such as their strengths and weaknesses, Sharp said. Other topics will focus on employment such as interviewing skills, how to write a resume and social networking.

In the afternoon, attendees will go on campus tours of Georgetown, Montgomery Community College and the University of Maryland.

"The workshop is designed to have kids thinking about their future," said Chanel Sharp.

"The students will learn about campus life, what the admissions process is like and how competitive it is," Sharp said. "And it will explore 'How can you as a freshman or sophomore start preparing for those applications.'"

They'll also learn about available scholarships, she said.

Space is limited to 20 participants and the camp is open to those with base access. The free camp is from 8 a.m. to 4 p.m. each day. Register by calling the SLO office at 295-7849. Deadline is June 18.

Coding Camp

In August, a weeklong camp on the installation will teach children how to code virtual reality and a 3D game design. The camp will be led by CodeRev staff.

"The idea is that you can be a novice or an expert," Sharp said. "They will tailor the curriculum towards your knowledge."

She said the coding camp was a success at her previous commands because it's a unique skill to learn and it's convenient for parents to drop off their children before going to work.

"We encourage parents when their kids are here to have lunch with them – come on over and see what they're doing during camp," she said.

The coding computer camp is Aug. 6-10 in Bldg. 11 for children ages 9 to 16. The class will be from 8 a.m. to 4 p.m. each day. Space is limited to 15 participants. Contact the SLO office at 295-7849 for registration info. Registration deadline is July 27.



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National Healthcare Decisions Day: 'Now is the Time to Think About Later'

By MC2 Kevin Cunningham
WRNMMC Command Communications

Focused on the theme "Now is the Time to Think about Later," Walter Reed National Military Medical Center observed National Healthcare Decisions Day (NHDD) April 17 at WRNMMC.

Paul Cauchon, a physician assistant at WRNMMC, conceived the theme for people to think about beforehand how they would want to be treated in case of a medical crisis.

"We want to inspire, educate and empower the public and providers about the importance of advance care planning," explained Amy O'Connor, health-care resolutions specialist at WRNMMC, about the purpose for NHDD. "A key goal of NHDD is to demystify health care decision-making," she added.

"Among other things, NHDD helps people understand that advance health care decision-making includes much more than living wills; it is a process that should focus first on conversation and choosing an agent," O'Connor continued.

Although observed once a year, any day can be Healthcare Decisions Day for people to plan ahead for how they want to be treated if they are unable to make those choices, O'Connor explained. Advance care planning includes communicating your wishes to your loved ones, conversations that can relieve loved ones and health-care providers of the need to guess what you would want if you are ever facing a health-care or medical challenge, she added.



PHOTO COURTESY OF AMY O'CONNOR

Advance care planning and making people aware of its importance require a joint effort, and staff from Walter Reed National Military Medical Center's Healthcare Resolutions, Legal Assistance, Social Work, and Medical Ethics Committee participated in National Healthcare Decisions Day April 17 at WRNMMC to make people aware of this effort.

In addition, advance care planning includes advance directives, a term used to describe two types of legal documents that enable you to plan for and communicate your end-of-life wishes in the event that you are unable to communicate, a living will and health-care power of attorney.

Information a person should consider when advance care planning includes: who do you want to make care decisions for you if you are unable to do so; what kind of medical treatment do you want and don't want; how comfortable to you want to be; how do you want people to treat you; and what do you want your loved ones to know, O'Connor stated.

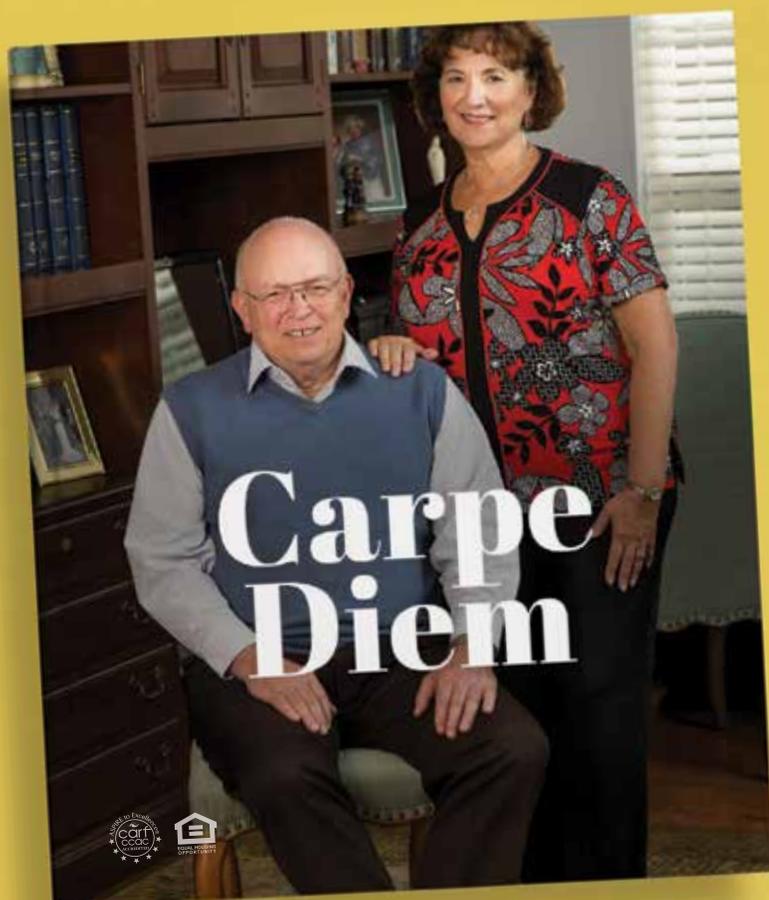
"People are in a better situation to make these important decisions prior to a life-changing medical diagnosis," O'Connor offered.

She added that advance care planning and making people aware of its importance require a joint effort. In addition to Healthcare Resolutions, other organizations that participated in NHDD at WRNMMC this year included Legal Assistance, Social Work, Command Communications, and the Medical Ethics Committee.

For more information about advance care planning, call or email Amy O'Connor at 301-319-4447 or amy.oconnor.civ@mail.mil, or Legal Assistance at 301-319-7828.



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Trauma Symposium Highlights Importance of Unified System

By Bernard S. Little
WRNMMC Command Communications

Focused on the theme “Building a Unified Civilian-Military Trauma System in the National Capital Region,” Walter Reed National Military Medical Center and the Uniformed Services University hosted the 2018 Trauma Symposium at WRNMMC and USU on Naval Support Activity Bethesda from April 17-19.

During the three-day event, presentations and activities highlighted the importance of trauma medicine and care “advancing together or not at all,” establishing a unity of efforts among trauma facilities throughout the nation, explained the symposium’s keynote speaker, Dr. C. William Schwab of the University of Pennsylvania in Philadelphia.

Schwab said he’s “hopeful” the NCR considers creating one trauma system for the region which would potentially serve as an example and the impetus for a national trauma care network.

He explained a strong reason for this is that “preventable death from injury is rampant in America. Twenty-five thousand to 30,000 deaths a year are preventable if we can optimize the delivery of hemorrhage control earlier to the trauma patient.”

Emeritus professor of surgery at the Perelman School of Medicine and founding chief of the Division of Traumatology, Surgical Critical Care and Emergency Surgery, Schwab serves as senior consultant of Penn Medicine for the University of Pennsylvania Health System.

Internationally known for his work in damage control surgery and the care of complex trauma, Schwab served in the U.S. Navy during the Vietnam War. One of his assignments was at the National Naval Medical Center, a predecessor of WRNMMC, and he has fostered a technique

called “Damage Control Surgery,” credited with increasing the numbers of service members surviving devastating injuries. He also works to reduce firearm-related injuries as founding director of Penn’s Firearm and Injury Center at Penn.

“Perhaps the best contribution to the public health of the latter 20th century was the American trauma system,” Schwab continued. “It greatly improved survival after critical injury,” added the physician who has worked in trauma surgery for approximately 40 years.

Schwab explained that with the advancement of the U.S. trauma system, challenges surfaced because there wasn’t a national lead establishing standards, policies, and a system framework for how trauma centers should operate. He said these national challenges resulted in “islands of excellence [with some regions having trauma services], patchwork with gaps [some regions not having conveniently located trauma services], and “uncontrolled proliferation without need-based assessment [growth and redundancies of trauma services in certain regions].”

Military medicine has greatly contributed to advances in trauma care, Schwab said. “War stimulates change, and certainly for medicine,” he continued. “The military created the most efficient, with the best outcomes, world-wide trauma system the likes of which we had never seen. They are the mass casualty experts.”

Schwab also credits the military with doing something in trauma care that most states have not – creating data collection on the battlefield [at the point of injury] and linking it to every phase of care concurrently.

Despite its advances, Schwab said a difficulty for military medicine is maintaining its acuity between conflicts. “Many of the lessons learned quickly fall to the wayside as the Military Health System has to deal with other things,” he added.



PHOTO BY BERNARD S. LITTLE

Uniformed Services University President Richard Thomas gives opening remarks at the 2018 Trauma Symposium April 17 at Walter Reed National Military Medical Center.

Schwab stressed the importance of a national trauma system with “shared aims, infrastructure, system design, data, best practices and personnel” from the civilian and military trauma systems.

“Medicine is a team sport, and that’s probably more important in trauma care than any other aspect of medicine,” said retired U.S. Army Maj. Gen. (Dr.) Richard Thomas, USU president. He agreed that those who served on the battlefield in trauma care should take those lessons learned to move health care forward with their partnerships in the civilian community.

Navy Capt. (Dr.) Mark Kobelja, WRNMMC director, agreed, adding that in the NCR, civilian leaders, along with their military counterparts, have been focused “for decades on the needs of the nation, the needs of the combat forces, and support of the expeditionary medical forces. We have a fantastic system in the NCR that has always been task organized around integrated trauma care.” Making this even more important now is that Congress passed legislation signed by the president calling for military medicine to become more integrated with civilian health care, not only to get the combat forces ready for their war mission, but also to better support the NCR region as the seed of the national government.

The three-day symposium also included panel discussion from leaders of trauma centers and systems throughout the NCR, as well as sessions addressing various trauma injuries and care. In addition, USU hosted ‘Stop the Bleed’ training.

Manny Santiago, trauma/acute care surgery clinical nurse specialist, conducted the training during the symposium, explaining that uncontrolled bleeding is the No. 1 cause of preventable death from trauma. In addition, he said that the greater the number of people who know how to control bleeding of an injured patient, the greater the chances are of the patient surviving the injury. He also stressed the importance of a tourniquet to stopping the bleed, crediting it with saving numerous lives on the battlefield in recent years.

Also during the symposium, a number of speakers noted that Air Force and civilian surgeons worked alongside each other during the Oct. 1, 2017 mass shooting in Las Vegas, Nevada. The wounds of the injured were similar to those seen in war, motivating Las Vegas hospitals that treated the victims to reach out to military trauma surgeons for assistance.



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NMCRS Wraps 2018 Fund Drive

By Andrew Damstedt
The Journal

Sailors and Marines donated more than \$38,000 to the Navy Marine Corps Relief Society (NMCRS) Active Duty Fund Drive this year, which ended April 30.

Total donations were up from previous years, but the real goal is to make sure every Sailor and Marine knows about the Relief Society's mission.

"We're asking for donations, but we want to make sure everyone is aware of the services that Navy Marine Corps Relief Society has to offer – especially the junior Sailors and Marines," said Lt. Megan Dunton, who headed this year's fund drive on Naval Support Activity Bethesda.

The organization provides loans and grants to help Sailors and Marines with basic living expenses, moving costs, family emergencies, medical care, vehicle repair and transportation costs after the death or illness of a family member.

Dunton said she received help when she was a junior Sailor after her grandfather died. She said she was looking to go home for the funeral but didn't have much money so her chief suggested she go see if NMCRS could help.

"They certainly did; I made it home for the funeral," Dunton said. "This is just one of the high points in the Navy in my opinion – it's Sailors and Marines helping other Sailors and Marines. It's a great cause and a great foundation. They do a lot for the junior enlisted guys."

Last year, the NMCRS Bethesda office provided \$459,207 in financial assistance to 459 Sailors and Marines. The office is staffed by 15 volunteers and is located in Bldg. 11.

For more information, call 301-259-1207.



PHOTO BY ANDREW DAMSTEDT
Navy Marine Corps Relief Society Director Gillian Connon (center), Lt. j.g. Elizabeth Paul (left) and Lt. Megan Dunton pose for a photo after the successful completion of the 2018 Active Duty Fund Drive at Naval Support Activity Bethesda. Including mission partner donations, the drive netted more than \$38,000.

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A promotional graphic for Altoona, Pennsylvania. It features a collage of images including a baseball field, a train, and two mascots: a yellow bear wearing a white 'Coke' shirt and a brown bear wearing a red 'Buddy Bear' shirt. The text reads: 'Small destination', 'Big adventures!', 'Amusement & Waterpark', 'Double-A Baseball', 'Railroad Attractions', 'Historical Experiences', 'Pennsylvania pursue your happiness', 'Altoona explore Blair County, Pennsylvania', and 'explorealtoona.com'.

Nationals Visit USO

Photos by MC3 Julio Martinez Martinez
NSAB Public Affairs

USO Warrior and Family Center at Bethesda invited the Washington Nationals to come and show their support to the armed forces April 30 during a community outreach event.



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- 5/18 11 am-2 pm Asian & Pacific Islander Heritage Lunch Warrior Café, Bldg. 62
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WRNMMC Pastoral Care Holds Resiliency Breakfast



U.S. NAVY PHOTO BY MC3 JULIO MARTINEZ MARTINEZ

Religious Program Specialist 3rd Class Janelle Maybry offers a prayer during the May 1 Resiliency Day Breakfast at the Warrior Cafe. Naval Support Activity Bethesda and all its mission partners were invited to show their support at the event.

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