



# The Journal

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March 24, 2016

## Women's History Month: NSAB Sailor Tackles Her Goals

By **ANDREW DAMSTEDT**  
NSAB Public Affairs staff  
writer

Navy Master-at-Arms 1st Class Colleen Dibble knows about being the only female in the room as she works in a male-dominated field and is part of the 15 percent of women who are active-duty U.S. military.

She was the only woman master-at-arms during her first assignment to Misawa Air Base in Misawa, Japan for 11 months and has been one of the few women to work in Naval Support Activity Bethesda's Security Department since she came to the installation in 2013.

But she views herself as just another member of the team.

"You can't have bias," Dibble said. "You have to see yourself as an equal and you have to be an equal. So you're in the same boat. We're all Sailors – not male, not female – we're all Sailors, we're all trying to get the mission accomplished."

Dibble still sought out a female mentor to work through challenges she has faced as a woman working in a male-dominated field. As her leadership is all male, she had to go outside her command to find Navy Lt. Cmdr. Melissa Burke, a former master-at-arms who now works with the Warrior Family Coordination Cell, to guide her through some of the challenges Dibble has faced.

Burke said she gives Dibble advice on how to handle stressful situations and passes on advice she received from female colleagues when she was a



COURTESY PHOTO

**Master-at-Arms 1st Class Colleen Dibble attends an outdoor Washington Capitals hockey game at Nationals Park January 2015.**

master-at-arms in the '90s.

Burke said she's seen Dibble grow during her time at NSAB and that she's honored to be her mentor.

"She's branched out from 'I'm a Sailor and now let me think what needs to be done,' to 'Let me think about my fellow Sailors and how I can mentor them and how I can help them,'" Burke said.

March is Women's History Month – and the theme this year is "Working to Form a More Perfect Union: Honoring Women in Public Service and Government."

Another woman Dibble



COURTESY PHOTO

**Dibble makes a tackle during a Washington Prodigy Women's Football game.**

said she looks up to is Navy Vice Chief of Naval Operations Michelle Howard, who became the first woman Vice Chief of Naval Operations and four-star admiral in 2014.

"She speaks a lot on different leadership traits which I like," Dibble said. "I look up to her. She comes here often, but I haven't seen her yet."

During her time at NSAB, Dibble has been tasked with starting the base's crime

prevention program and one of her biggest responsibilities was putting on a National Night Out event.

"She networked with so many people out in the local community, inside the base populations and she far exceeded anyone's expectations," said NSAB Security Dept. Leading Petty Officer Master-at-Arms 1st Class Raymond Herrera. "There was food, vendors, and so many things put together

er that it completely blew people's minds ... she didn't have to do that. She could've done something really small, but she took it upon herself and said 'I want this to be huge, I want it to be lasting, and I want it to continue on even when I'm gone from this installation.' She set the bar really high."

That event was a major accomplishment for Dibble,

# Chaplain's Column

## Whatever Happened to the Apostles of Jesus?

On Easter, Christians all over the world celebrate Jesus, who died on the cross, was resurrected from the dead and ascended into heaven; and continues to sit on the right-hand of God, interceding on the behalf of humankind. We know what happened to Jesus, however, have you ever thought "whatever happened to the 12 apostles? Well, according to sacred texts, Christian historians, legends and lore:

- Simon/Peter: Asked to be crucified upside down on an x-shaped cross. According to church tradition he told the tormentors he felt unworthy to die the same way that Jesus Christ died.

- Andrew: Was crucified on an x-shaped cross in Greece. Andrew was severely tormented and tied to a cross, so that he would suffer for a longer time before dying. Andrew lived for two days and preached until he died.

- James (son of Zebedee): Beheaded by King Herod not far from where he was a local missionary to the Jews in Judea.

- John: he only apostle to not die a violent death. He was sentenced to the mines on the Island of Patmos where he wrote Revelation, the final book in the New Testament. He was later freed and served as Bishop in Turkey. He passed away peacefully in old age.

- Philip: he first of Jesus' disciples, he traveled to Egypt where he was cruelly scourged, thrown into prison, impaled by iron hooks, and crucified upside down to die on the cross.

- Bartholomew: Supposedly beaten and whipped by "impatient idolaters" and then crucified – some say he was skinned alive and then beheaded.



**Lt. Christilene Whalen  
NSAB Command Chaplain**

- Thomas: Was preaching or establishing a church in Greece and India, where he angered local religious authorities who martyred or stabbed him with a spear.

- Matthew: Martyred in Ethiopia, where he was supposedly was stabbed in the back by a swordsman sent by King Hertacus after he criticized the king's morals.

- James, the brother of Jesus: Was the head of the church of Jerusalem. At the age of 94, he was thrown over a hundred feet down from the southeast pinnacle of the temple when he refused to deny his faith in Christ (the same place Satan had taken Jesus during the Temptation). When James was discovered still alive, his enemies beat him to death with a club.

- Thaddaeus/Jude: Crucified at Edessa (the name of cities in both Turkey and Greece).

- Simon the Canaanite: Preached in Mauritania on the west coast of

Africa and then went to England, where he was crucified.

- Judas Iscariot: Died by suicide. He quickly felt remorse over his betrayal of Jesus and went to the temple to recant. When the high priests ignored his plea, he threw down the 30 pieces of silver that he had been paid, and hung himself.

Readers, the disciples of Jesus suffered and faced fierce persecution from many people every day! If Christians are going to following Jesus, then suffering is part of the journey. Today, so many people believe when we follow Jesus, that suffering is not required. Others believe suffering is just not what Christians are supposed to do anymore. And then there are those who believe if we suffer, then we have no faith. However, Jesus said,

"If anyone would come after me, let him deny himself and take up his cross and follow me. For whoever would save his life will lose it, but whoever loses his life for my sake will find it. For what will it profit a man if he gains the whole world and forfeits his soul? Or what shall a man give in return for his soul?"

This writer made a choice to follow Jesus more than 30 years ago. Sometimes I follow without any pain. Sometimes, while following Jesus, I stray away and bring a little suffering upon myself. And then there are those times when I do everything right (or so I think), yet it seems like I suffer the most. But when I look back over my life and see how much help has come my way in spite of difficult situations, then I rejoice; knowing Christ has already charted the journey toward eternal life for me. Thank God, even on Earth, suffering doesn't last always!

## Bethesda Notebook

### Women's History Month

The Women's History Month celebration at Walter Reed National Military Medical Center (WRNMMC) is today at 11:30 a.m. in the America Building (Bldg. 19) in the first floor lobby. Everyone is invited to attend.

### Money Management

The last session of the March Lunch and Learn Money Series, sponsored by Naval Support Activity Bethesda's Fleet and Family Support Center, is March 29 from 11 a.m. to noon in Building 11, Room 171. The session concerns "Investing." To register, call 301-319-4087. For more information, contact Steve Harris at 301-400-2413, Brian Pampuro at 301-400-2414, or Lee Acker at 301-295-5081.

### Brain Injury Awareness

In observance of Brain Injury Awareness Month, the National Intrepid Center of Excellence (NICoE) at Walter Reed National Military Medical Center (WRNMMC) will host the program "Traumatic Brain Injury 101" on March 31 at noon in the NICoE Auditorium. The program is open to staff and beneficiaries of WRNMMC.

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# Daisy Awards Celebrates WRNMMC Nurses

By **BERNARD S. LITTLE**

WRNMMC Public Affairs staff writer

"I love the patient care. I find it incredibly rewarding just being a nurse, but being a military nurse has been an exceptional honor. Caring for and serving such a selfless population gives me an immense sense of pride in what I do, and is definitely the most rewarding part of being a nurse."

So said Navy Ensign Jaime Parker, a nurse at Walter Reed National Military Medical Center and its December DAISY Award winner for extraordinary nursing care. DAISY is an acronym for Diseases Attacking the Immune System.

Ask most nurses at the nation's flagship military treatment facility what they find most rewarding about what they do, and you'll get similar responses.

"Helping people," is simply how Navy Lt. j.g. Kyle Follebout, another WRNMMC nurse, puts what he finds most rewarding about being a nurse. He was recently awarded WRNMMC's February DAISY Award for the care he provided a patient.

Nancy Day, a WRNMMC nurse on 4 East, accepted her January DAISY Award wearing a jacket embroidered with "Together We Fight, Together We Heal."

Army Col. Ray Antoine, director of nursing services at WRNMMC, was on hand to present the DAISY winners their awards on their wards with their colleagues present. The colonel explained the DAISY Award is a nation-wide program recognizing nursing excellence established by the family of J. Patrick Barnes in his memory. Barnes died at the age of 33 from complications of Idiopathic Thrombocytopenic Purpura (ITP), an autoimmune disease.

Antoine said when Barnes was ill, his family was so impressed by the skill, care, and compassion of his nurses that they created The DAISY Award For Extraordinary Nurses in 1999 to say thank you to nurses around the country. "They believed nurses are truly 'unsung heroes,'" added Joan Loepker-Duncan, a cardiology nurse who coordinates the DAISY Award program at WRNMMC.

Loepker-Duncan explained nurses can be nominated for the DAISY Award by a patient, patient's



PHOTO BY BERNARD S. LITTLE

**Navy Ensign Jaime Parker won the December DAISY Award.**

family and colleagues. Each DAISY Award winner receives a serpentine stone sculpture hand-carved by artists of the Shona tribe in Zimbabwe. The stone sculpture, called "The Healer's Touch," is representative of the special relationship nurses have with their patients. In addition, the unit or department of the recipient will receive cinnamon rolls, a favorite of Barnes during his illness.

A native of Raleigh, N.C., Parker was nominated for the December DAISY Award by a patient who wishes to remain anonymous.

"This nurse became like a family member to me," the patient stated about Parker. "I am from Tennessee, therefore my family has not been able to be with me and this has only amplified my misery and pain, not to mention the loneliness. This nurse used her natural skills of humor, compassion and

ability to show genuine care with patients. She has become like family to me. This nurse did everything in her power to show encouragement to me when all I could see was discouragement. This nurse listened to me and assured me that everything was going to be OK. This bubbly personality would take my mind off all the serious problems I was dealing with.

"She has the ability to comfort a person who is crying and in tears without losing her own composure and start crying. This is a very special quality....It just seems this nurse always knew the right thing to say, at the right time," the patient continued about Parker.

"When a person is in the place I was in, wondering if they are going to die, having a caregiver like this

See **NURSES** page 10

## Vision Center of Excellence Releases New Clinical Recommendation for Vision Care

By the Vision Center of Excellence

The Vision Center of Excellence (VCE) recently released a new clinical recommendation and associated support tools to help eye care providers identify and treat service members and veterans who have sustained eye- or vision-related disturbances following a blast exposure or Traumatic Brain Injury (TBI).

Nearly 340,000 cases of TBI were reported in the U.S. military from 2000 to 2015, according to the Armed Forces Health Surveillance Center. Researchers in Optometry magazine have reported that as many as 75 percent of these TBI patients reported having vision changes.

If left untreated, persistent symptoms, such as blurred vision, persistent headaches and sensitivity to light, can have a significant impact on a service member's or veteran's quality of life.

"TBI-related visual dysfunctions are often subtle clinically, but because they can interfere with daily visual tasks, such as reading, they may dramatically affect the ability of a service member or veteran to engage with family life, employment and society," said Dr. Felix Barker, VCE's director of rehabilitation and reintegration. "Being aware of the signs or changes in vision is critical to understanding when the individual should consult a qualified eye care provider who can help in minimizing the impact of visual dysfunctions of all causes, and thereby maximizing the potential for patient recovery."

VCE's "Clinical Recommendation for the Eye Care Provider: Eye and Vision Care Following Blast Exposure and/or Possible Traumatic Brain Injury" outlines the procedur-

al recommendations regarding the assessment, management and rehabilitation of patients. This clinical tool offers a practical approach to help eye care providers identify and manage patients with TBI who may benefit from more specialized care.

This suite of tools includes:

Clinical Recommendation: This detailed "Algorithm of Care" provides a recommended, step-by-step approach to help eye care providers refer, evaluate and manage affected service members and veterans. These steps include:

- Basic eye exam
- TBI-related ocular history evaluation
- Supplemental testing for oculomotor dysfunction
- Urgent eye care management
- Non-urgent eye care management
- Referral or specialized care considerations

- Clinical Support Tool: This "Algorithm Card" reference tool guides the eye care provider through the recommended course of care.

- Educational Brochure: This patient-focused, informational tool informs patients of the vision changes associated with TBI, possible symptoms and when to see a doctor.

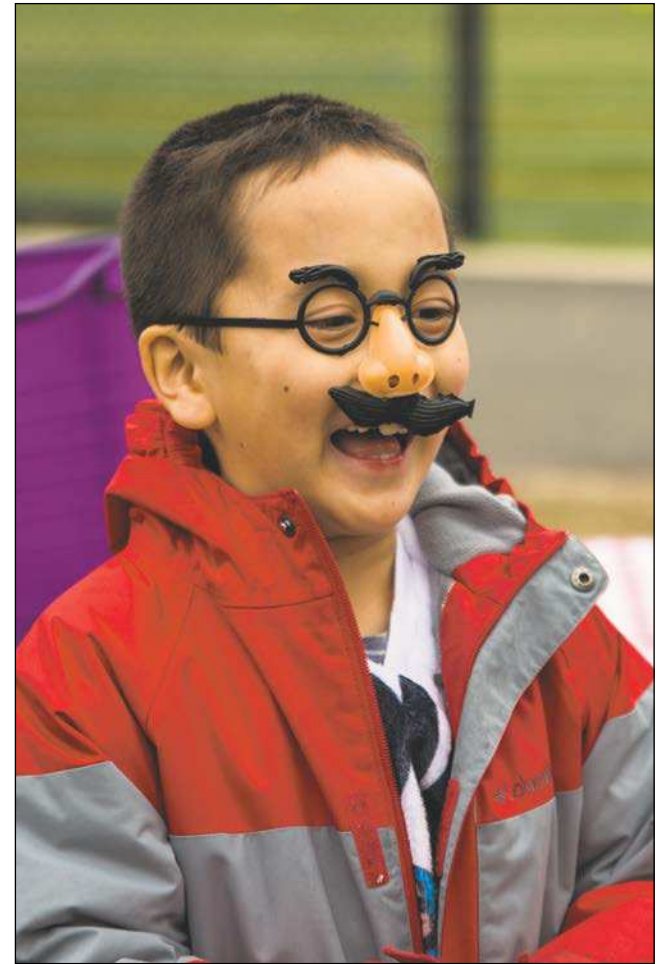
"We need to integrate best practices such as these to the care and support of service members and veterans. Knowing signs, symptoms and proper treatment of visual dysfunction due to TBI contributes directly to the individual's quality of life, as well as the strength of the force," Barker concluded.

VCE encourages the sharing of its latest suite of tools, and welcomes feedback. More information is available online at <http://vce.health.mil/Clinicians/Clinical-Practice-Recommendations/Eye-Care-and-TBI>.

# MWR Hosts 2016 Eggstravaganza

Photos BY MCSN WILLIAM PHILLIPS

Morale, Welfare and Recreation (MWR) hosted the 2016 Eggstravaganza at the MWR Sports Complex for the children and family of personnel on Naval Support Activity Bethesda March 19. The Eggstravaganza included food, games, entertainment and an Easter egg hunt.



# Taking the Leap: RP2 Transitions to Civilian Life

By **MCSN WILLIAM PHILLIPS**  
NSAB Public Affairs  
Staff Writer

In a small office on the third floor of the Naval Support Activity Bethesda (NSAB) headquarters sits a slender man with tousled black hair and his version of a van Dyke with papers in piles around him.

Former Religious Program Specialist (RP) 2nd Class, now Mr. John Leitzinger, is a voting assistance office staff member and purchase card holder for NSAB.

Leitzinger enlisted in the U.S. Navy, after graduating college with a bachelor's degree in economics, when he found himself with a girlfriend, child and no job. Leitzinger came to the realization that he had to do something, so he met with a recruiter, and asked for the rate that left for boot camp the soonest.

Some service mem-

bers join the military with the intent of only fulfilling the required years of commitment on their contract, so they need to have a plan for what they are going to do once their contract starts winding down.

"Since the beginning, [for me] the Navy was a temporary thing," said Leitzinger. "I knew there was a time limit on it. I knew I wouldn't make it a career."

When a service member separates from the military they can run into many roadblocks that cause stress, or that make the transition bumpy.

"Transitioning out of the military is stressful," said Leitzinger. "You have to find a job that matches up financially with what you were making while you were in, and that can be tough because you also have to factor in the benefits you were also getting like the basic allowance for housing,



PHOTO BY MCSN WILLIAM PHILLIPS

**John Leitzinger, voting assistance officer for Naval Support Activity Bethesda (NSAB), works on his computer March 22 at NSAB headquarters.**

and the health benefits that your family was receiving."

For many jobs, military experience is favorable, whether it is working on a construction crew or coming back to work for the government as a civilian like Leitzinger did.

"Especially working with the government and knowing how the Navy works, how decisions are made and how problems are handled definitely helped,"

said Leitzinger. "Understanding the structure of the chain of command, and knowing who to go to when you have a problem really helps you."

There is more than one way to serve, whether it is as a service member or a civilian.

"I think the things he [did] when he was an RP, when he was doing suicide prevention training ... I think he had a sig-

nificant impact on the command," said John Epperson, the administrative officer for NSAB. "When he came to work for me he stood up our voting assistance office, and he got us through several inspections, or program oversights and we did well. He had a significant impact there."

"In his role as a civilian ... his role hasn't really changed; the only thing that has really changed is the uniform. He still runs my voting assistance office, and he is a command purchase card holder."

Leitzinger goes out of his way to make sure that the people of NSAB have access to the information and the forms they need to get their voice heard with the upcoming elections, according to Epperson.

"He is always willing; whenever you ask him to do something

he will do it," said Epperson. "Especially recently, he is really taking hold of the voter's assistance. He is really taking it by the horns. [Leitzinger] is really doing a lot with that program I can see that there will be a significant impact in the future because of him. I can foresee his impact as a voter's assistance office staff member with the upcoming elections."

Just like when enlisted, as a civilian, he plays many roles in the command and balances his varying responsibilities.

"[Also,] he is one of two card holders on the base for the command," said Epperson. "The third quarter of the fiscal year gets extremely busy. I can see that he is going to be a contributor there."

"He has always been a guy you can count on to do something. He is very reliable."

## Red Cross Month: Volunteer Spotlight

By **MARIN REYNES**  
WRNMMC Red Cross  
Station Manager

Mary Bochanis was a student at George Washington University during the height of World War II.

According to Mary, "the whole town was about the war," which is why she decided to begin volunteering at Walter Reed Army Medical Center in 1943. Mary's duties were to keep morale high and visit with patients, which is very similar to what she does now, 73 years later.

While volunteering in 1943, Mary met her husband Gus who was receiving care as an amputee from a gunshot wound in Belgium during World War II.

Gus spent two years at the Walter Reed Forest Glen Annex rehabilitating, and they married on November 24, 1946 in a "big fat Greek wedding."

Mary often relates well to patients and families because she has been through similar experiences. She talks about the many advantages warriors have these days, one being technology, which allows amputees and those with injuries to do so much

more than they could back then.

At 91, Mary still comes in every Thursday to help with the Comfort Cart Program.

She is the light of the Red Cross Office on Thursdays and brings that sunshine throughout the hospital as she and the team visit with patients and families in the Surgical Waiting Room, the intensive care units and the Inpatient Floors to ensure they have everything they need.

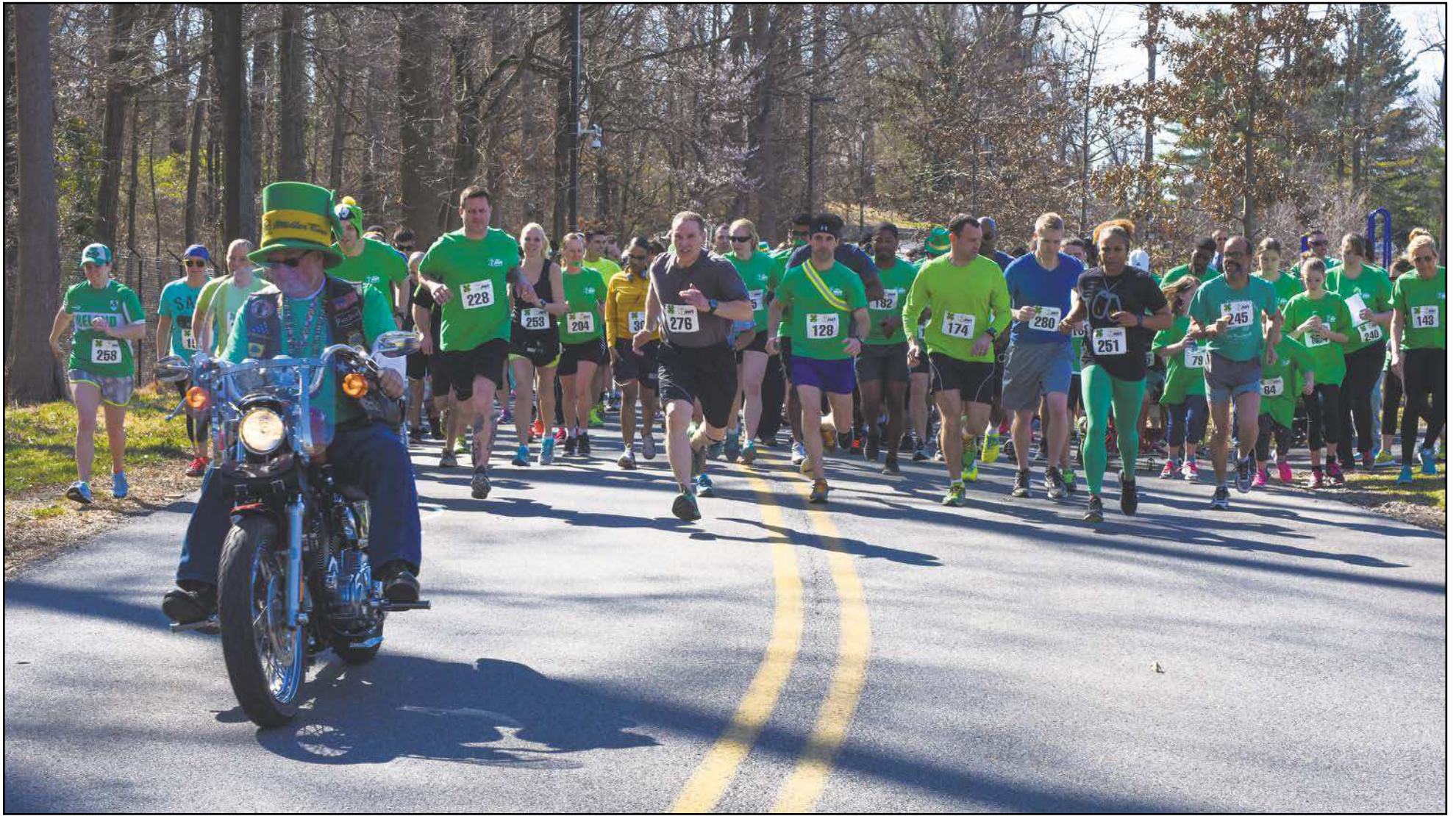
As many patients travel far to receive care or are unexpectedly admitted overnight, they often forget to pack toiletries, clothing or items such as books, magazines, and movies to keep them entertained. Mary and the Comfort Cart Team provide these items seven days a week, 365 days a year.

Mary, not only volunteers at Walter Reed, but spends one day a week at the National Institute of Health's Children's Inn and has done so since its inception in 1990. This past fall Mary was awarded AARP's Maryland Volunteer of the Year Award for her dedication and service to others.

Mary Bochanis is truly an inspiration.



PHOTO BY MARIN REYNES



# 2016 Leprechaun Chase

By PHOTOS BY AIRMAN MATTHEW HOBSON

More than 200 people participated in Naval Support Activity Bethesda's (NSAB) Leprechaun Chase 5K held on the installation March 17. NSAB's Morale Welfare and Recreation hosted the event that included a 5K run, 1.5 mile walk and celebratory meal.



# Savor the Flavor of Herbs, Spices, Aromatics

By 2ND LT. DEREK ANDERSON  
WRNMMC Dietetic Intern

“Savor the Flavor of Eating Right,” this year’s theme for National Nutrition Month observed during March, encourages people to appreciate healthy eating while enjoying the traditions, flavors and social experiences foods can add to our lives.

For some people, the phrase “healthy eating” conjures up images of kale chips, bland chicken breast, and brown rice. Too often people trying to eat healthy or lose weight focus on what they can’t have instead of the delicious, healthy things they can have. Healthy foods don’t have to be bland, especially if you flavor your cooking with herbs, spices and aromatics.

## Herbs

Herbs come from the leafy green part of the plant, while spices come from the plant’s root, stem, bark or seeds. A few small leaves can add amazing flavor to a dish.

Delicate herbs such as basil, parsley and chives tend to taste better fresh, while heartier herbs such as rosemary, oregano and thyme may actually have their flavors concentrated through dry-



COURTESY PHOTO

ing. If you are replacing dried herbs with fresh herbs in a recipe, you should use three to four times as much.

You can make your pasta sauce come alive by adding fresh basil or change things up by pairing fresh parsley with your potatoes.

## Spices

Spices can add zesty, sweet, earthy, bitter or smoky flavors to your dishes. If your chicken lacks flavor, try season-

ing it with paprika, fresh ground black pepper, garlic powder and onion powder before grilling or searing in a pan with a little olive oil. Allspice, nutmeg, cinnamon and cloves can complement the flavor of roasted sweet potatoes, squash and even apples.

Spices can lose their flavor over time, so check their color and aroma. Colors will fade and if you aren’t hit immediately by the spice’s scent when you open

the container, it is probably time to replace it.

## Aromatics

While many people are familiar with herbs and spices, aromatics are often underused for adding flavor to foods. Aromatics are combinations of vegetables and herbs that are heated with a little fat (usually olive or vegetable oil) to add rich flavors and in the process, release aromas.

Onions, celery, bell peppers, carrots and garlic are popular aromatics used in many combinations. Sauté spinach, zucchini, or collard greens in olive oil with onions or garlic to enhance flavor. Adding green peppers, onions, garlic and tomatoes to your breakfast omelet or eggs can boost flavor (and help get those veggies in).

Herbs, spices and aromatics are a great way to add flavor to any dish, and even better when used together. The best part about using these ingredients is they are low in calories and sodium, but not flavor.

If you’d like more information about healthy eating, call the Outpatient Nutrition Clinic at 301-295-4065 for an appointment with a registered dietitian.

## NSAB Leadership Shows Support for NMCRS



PHOTO BY MCSN WILLIAM PHILLIPS

Naval Support Activity Bethesda (NSAB) Commanding Officer Capt. Marvin L. Jones and Senior Chief Petty Officer Jason Rakowski, senior enlisted leader of NSAB, pledge to the Navy Marine Corps Relief Society (NMCRS). NMCRS provides financial assistance and education, as well as other programs to the United States Navy and Marine Corps, their eligible family members, widows and survivors.



PHOTO BY MC2 HANK GETTYS

## Herschel Walker Visits NSAB

Army 1st Sgt. Marquis C. Nunely, first sergeant for Warrior Transition Brigade's Headquarters and Headquarters Company, poses for a photo with former college and NFL star running back, now mixed martial artist, Herschel Walker. Walker spent time with Wounded Warriors and service members in Bldg. 62 on Naval Support Activity Bethesda March 21.



PHOTO BY ANDREW DAMSTEDT

## Subway/Dunkin' Donuts Celebrate 20th Anniversary on NSAB

Naval Support Activity Bethesda Commanding Officer Capt. Marvin L. Jones and Subway and Dunkin' Donuts employees cut a cake March 17 celebrating the franchises' 20 years operating on Main Street in Walter Reed National Military Medical Center. Since opening, employees there have served more than 2 million cups of coffee, 2 million donuts and 1.5 million subs.

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For more news from other bases around the Washington, D.C. area, visit [www.dcmilitary.com](http://www.dcmilitary.com).

**Maundy Thursday, March 24th 6pm**

Join us for a light middle eastern dinner where we will enact the Last Supper before moving to the sanctuary for scriptures on the arrest and crucifixion.

**Easter Sunday 11:00am**  
**"Christ is Risen!"**

Twinbrook Baptist Church is a progressive Baptist church in Rockville, MD. Our mission is to bring Christ and Church to those who have been turned off or turned away. We represent hope to the hopeless and provide an environment which is safe, open to questioning an discussion, free from judgment, and full of Christ's love. We are a fully welcoming and affirming church.

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# HISTORY

Continued from pg. 1

not because it was a big event but because it got the Sailors excited about working in the community.

“The Sailors enjoyed themselves and they keep asking me, ‘When’s the next event?’” she said.

Dibble, 28, said she joined the Navy because her goal is to join the Judge Advocate General’s Corps. She is a step closer to that goal as she is cross-rating to legalman and leaving NSAB to go to Naval Justice School in Newport, Rhode Island.

She is the first member of her family to enlist and her reenlistment is set to take place at a Washington Capitals game at the Verizon Center in April.

Dibble always has been interested in sports, but it wasn’t until she came to NSAB that she actually decided to play football, which is one of her favorite sports. Before playing on a team she coached a youth football team and was the coach of the Naval Air Facility Misawa Command Team.

“I never felt that I was good enough to play football,” Dibble said. “I always thought of football as a guy’s sport.”

That changed after she played on her Purdue alumni flag football team where she saw a flyer to try out for the all-women’s tackle football team: the Washington Prodigy. She now plays left guard on the offensive line for the team and said she likes being able to get in hits and tackles during each play.

“I’ve gone against some people that are three times the size of me,” Dibble said. “It’s just such a good game – that’s why I love playing it.”

Dibble will only be able to play half of this year’s season since she is moving to Rhode Island, but said she plans to continue being involved with the sport in some fashion.

Dibble and Burke both said they’ve seen changes in allowing woman to perform roles in the military that were traditionally done by men.

“We continue to break down barriers and show we actually have a lot to bring and a lot to offer to those [security] fields,” Burke said.

When asked if she sees herself as a role model, Dibble said she wouldn’t necessarily call herself one.

“I just try to set [my Sailors] up for success,” she said. “I make sure that the other Sailors are motivated and I want everyone to succeed.”



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# NURSES

Continued from pg. 3

nurse, always building your confidence and hope is so important...There is simply no doubt in my mind that the state of my mental health and my health itself is intact only because of this nurse," the patient added.

"There is no doubt in my mind that not only I, but my wife and daughter, will remember this nurse's name because of the self-sacrifice performed towards me. My daughter calls her, 'Daddy's angel.'

"We were not under fire or in a combat zone, but nevertheless, I felt like I was fighting for my life and this nurse was the only person who was between me and death. She was the person who kept pulling me back to safety. ..To accurately describe her would be to call this nurse my savior, my hero and my friend for life," the patient concluded.

For her part, Parker stated, "Serving as a military nurse has been the highlight of my professional career. I have been lucky to work with some truly exceptional nurses and



PHOTO BY BERNARD S. LITTLE

**Col. Ray Antoine presents the January DAISY Award to Nurse Nancy Day.**

it is only through emulating their example that I received this award. I hope I'm able to extend quality care to all of my patients and while receiving this award was a great honor, I consider

myself lucky to be a Navy nurse."

Day was also nominated by a patient for the January DAISY Award. In the nomination the patient praised Day's compassion, stating,



PHOTO BY BERNARD S. LITTLE

**Navy Lt. j.g. Kyle Follebout earned the February DAISY Award.**

"This nurse's compassion could be seen in her eyes. I have never felt that much care from a stranger. This nurse is the best nurse I have ever met, not for one thing, but for all the things

this nurse displayed. This nurse went above and beyond to take care of me and I will never forget this nurse."

Follebout explained he comes from a military family and he was born in Italy, but calls Hemlock, Michigan home. He added he went to school to study something he felt would be beneficial to the community, and found that to be nursing. He was nominated for the February DAISY Award by the family of a patient.

"This nurse was an excellent nurse. I feel that he went above and beyond with my son," the family stated about Follebout. My son is autistic...however, he felt comfortable talking to this nurse.

"This nurse works well with children and really got down to my son's level and got him to explain his level of pain in a way that my son felt comfortable [with]. Thank you Nurse!"

According to the DAISY Foundation, there are more than 2,000 health-care facilities in all 50 states and 15 other countries, committed to honoring nurses with The DAISY Award.

For more information about WRNMMC's DAISY Award program, contact Joan Loepker-Duncan at 301-319-4617.



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