



# The Journal

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January 8, 2015

## NSAB Launches Crime Prevention Program

By Mass Communication Specialist 2nd Class Brandon Williams-Church  
NSAB Public Affairs staff writer

According to Federal Bureau of Investigation statistics, violent crimes have been on a five-year decline. But the prevention or elimination of all types of crime is a constant challenge. A world without crime, albeit far-fetched, is can never be realized without participation by everyone who doesn't want to be a victim.

To aid in the prevention of crimes, NSAB's Security Department is spearheading the Crime Prevention Program on base.

"The mission and the purpose of the NSAB Crime Prevention Program is to continue the established relationship with the base police, local law enforcement, Naval Criminal Investigative Service and other appropriate agencies to provide a flow of crime prevention related information to educate the NSAB community and tenant commands on preventing crime in the future," explained Crime Prevention Officer, Master-at-Arms 2nd Class Colleen Dibble.

With crimes including petty theft happening anywhere including NSAB, it's important to see why information notifying staff and patrons of what they can do to help stop crime, is essential to the mission.

"The Crime Prevention Program will benefit staff and patrons at NSAB in a number of ways," said Dibble. "The established relationships with the NSAB Crime Prevention Program and local law enforcement including Maryland State Police, Department of Homeland Security and Montgomery County will educate those residing in and around NSAB on



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

**The Naval Support Activity Bethesda (NSAB) Crime Prevention Program and local law enforcement aim to educate those residing in and around NSAB on ways to prevent crime.**

ways to prevent crime. Furthermore, the staff at NSAB will be given up-to-date information [regarding] base crime statistics and the ability to directly contact NSAB police for crime-related issues."

Through the Crime Prevention Program, "NSAB police will demonstrate a proactive, rather than reactive approach to local, criminal activity," said Master-at-Arms 2nd Class Crystal Brown. "This program will cut down the crime onboard the installation and will reduce the workload on patrol,

investigation and legal departments, resulting in improved quality of work."

The Crime Prevention Program seeks to do more than just providing information to stop criminal activity. Working side-by-side within the NSAB community in future endeavors is the essence of the program.

"Awareness briefs will be conducted on a quarterly basis and upon request throughout the base," said Dibble. "These briefs will highlight specific areas of crime prevention (locking up office spaces, traffic safety,

neighborhood safety, etc.), and continue to educate the community. Tentatively taking place on base August 4th, 2015, National Night Out (NNO) is America's night out against crime. NSAB would like to support the NNO mission which brings together communities and local law enforcement. Along with physical security surveys conducted throughout base facilities, the crime prevention staff will conduct crime prevention surveys which will address any crime-related issues that may have occurred in

various spaces around base."

"Along with our other community involvement, the Crime Prevention Program will also advise and consult with individual departments within NSAB in regards to observed criminal activity, identify shortcomings throughout the NSAB jurisdiction, attend local functions and professionally promote the NSAB police department," said Brown. "The program will also work with the Child Development Center to educate children about preventing crime."

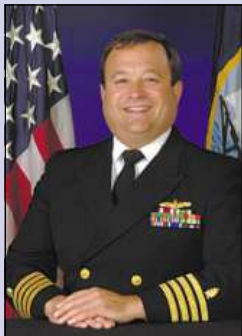
## Commander's Column

Happy New Year! Welcome back everyone. I hope that you all had a wonderful and joyous holiday season. As is often the custom in the new year, folks think about resolutions and things they want to do or accomplish.

A New Year's resolution is a tradition, most common in the Western Hemisphere but also found in the Eastern Hemisphere, in which a person makes a promise or commitment to do an act of self-improvement, something nice for others, something healthy or a commitment to a cause or an effort. Each January, roughly one in three Americans resolve to better themselves in some way. A much smaller percentage of people actually make good on those resolutions. While approximately 75 percent of people stick to their goals for at least one week, some studies suggest less than half (46 percent) are still on target six months later. It's hard to keep up the enthusiasm months in to the year. The top ten resolutions include losing weight, staying in touch with friends and family, quitting smoking, saving money, reducing stress, volunteering, working on one's education, reducing alcohol consumption, traveling and getting more rest.

What if we were to decide to do something we already do better, instead of coming up with a completely new effort? We could more easily apply that within our lives. What if we made it even simpler and decided to apply our improvement efforts to only one part of our lives? Would our potential success rate be higher? Could we stick with it longer? How big of an impact could we make? Let's consider some facets of our life that take place here on the installation.

Suppose as an educator, you decided to educate better. What impact could that have? Our staff would be better prepared to do their jobs more efficiently and effectively. Staff could have better job satisfaction. Students and residents would be better trained and have a better educational experience. Patients would get better care, and have a better patient experience.



Suppose as a student or resident, you decided to study better. What impact could that have? Think how much your background would expand and how much more comfortable you might feel in unexpected circumstances. You would have more free time or time with your family; because you could be more efficient in your preparation. Think of the things your expanded knowledge would

allow you to bring to your patients and how they could be better served.

Suppose as someone who provides a customer service, you decided to serve better. What impact could that have? Think how much your customer's experience would improve. You would be happier; because, the customers would be happier. A pleasant greeting, whether at the gate or at the front desk goes a long way to making the day better, and what an impact. A smile in the food service line, at the gym, or in the barracks can brighten the day for a person who might be a little down or concerned.

This installation and the tenants have a long history of making a difference to and for the people, patients, staff and visitors they encounter. What an impact we could make if each of us just resolved to do it just a bit better. You can make a difference; we all can make a difference just by doing what we do a little bit better.

2014 was another year of success, happiness and hard work for the installation and the tenants. A New Year's wish for you is when you are lonely, I wish you friendship. When you are down, I wish you joy. When you are troubled, I wish you peace. When things seem empty, I wish you hope. When you are shaken, I wish you courage. May you have a great and a wonderful year ahead filled with success, prosperity, and health.

Have A Happy New Year in 2015.

**All Ahead Flank,  
David A. Bitonti, Capt., DC, USN  
Commanding Officer  
Naval Support Activity Bethesda**

## Bethesda Notebook

### Commissary Tour

Outpatient Nutrition Services will host a free dietitian-led commissary tour on Jan. 14 at 9:15 a.m. Shuttle pickup is at 8:05 a.m. outside of the America Bldg. (Bldg. 19). To RSVP, call 301-400-1975.

### TeamSTEPPS Classes

TeamSTEPPS classes at Walter Reed Bethesda will be Jan. 15 (four-hour fundamentals course) and Jan. 27-28 (two-day train-the-trainer course). TeamSTEPPS (Team Strategies & Tools to Enhance Performance & Patient Safety) is designed to improve patient outcomes by improving communication and teamwork skills. For registration, times and location, contact the Hospital Education and Training (HEAT) Department at [classregistration@health.mil](mailto:classregistration@health.mil) or 301-319-5209.

### NSAB & SHARP Winter Coat Drive

Naval Support Activity Bethesda's (NSAB) Religious Ministries Department along with Army Troop Command's SHARP (Sexual Harassment and Rape Prevention Program) are sponsoring a winter coat drive through Jan. 31. All donated cold-weather-winter-gear will be distributed to various local charities. NSAB drop-off boxes are located in Buildings 11 and 17 (near entrances). SHARP drop off boxes are located in Building 19 (near the piano area); Building 9 (near the escalators); Building 10 (near entrance); Building 2, Main Street and Troop Command, Building 147, Command Suite. For more information, contact NSAB POC Religious Program Specialist 2nd Class John Leitzinger by 301-319-5058/4706 or email [John.Leitzinger@med.navy.mil](mailto:John.Leitzinger@med.navy.mil) or contact SHARP POC Rosemary Galvan by 301-319-3844, or email [rosemary.galvan2.civ@mail.mil](mailto:rosemary.galvan2.civ@mail.mil).

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# Blood Donor Challenge

## Navy, Army Battled It Out for a Good Cause

**By Mass Communication Specialist 1st Class (AW) Chris Krucke  
WRNMMC Public Affairs staff writer**

Sailors and Soldiers battled it out in a competition at Walter Reed Bethesda (WRB) in the recent fourth annual Blood Donor Challenge (BDC).

The WRB Blood Donor Challenge is a yearly competition between WRB's Army and Navy personnel and others to see which service can collect the most blood donations or votes. The WRB competition is part of the larger Army-Navy Blood Donor Challenge, which took place at 14 installations throughout the National Capital Region. The challenge is held in conjunction with the annual Army-Navy football game in December.

The Navy won the 2014 BDC with 723 votes, while the Army had 632 votes. In total, 1,004 units of blood were donated during the challenge.

At WRB, a total of 96 votes were collected. Two votes held the Army in the lead when the final pint was drawn, with 49 votes for Army and 47 votes for Navy. A total of 70 units

were donated from WRB.

Navy Capt. Roland L. Fahie, director, Armed Services Blood Program (ASBP) said the Army-Navy Blood Donor Challenge was designed around the Army-Navy football game because during the winter, donations and inventory is low.

"The passion engendered by this rivalry encourages people to donate for their service and ultimately ensures blood is available for ill or injured service members and their families, worldwide," Fahie said.

Navy Lt. Mike Collins, director, WRB Armed Services Blood Bank Center, explained a decline in winter blood donations can be attributed to a number of factors, including people taking time off of work, travelling during the holidays and an increase in viral related illnesses like the cold and flu.

Blood collected during the annual Blood Donor Challenge is used to support active military, locally and abroad. The Armed Services Blood Program is the official blood supplier for the military, their dependents and veterans who receive ongoing medical care.

Red blood cells can only be

stored for 42 days, and fresh frozen plasma is only stored for one year, Collins said explaining why it is important to have regular donors. "We need to routinely collect blood so we can have blood products for any trauma or disaster that could happen in the future."

Collins said, "This challenge really is 'The Tradition of Challenge Meets the Challenge of Life.' The Army and Navy have a long-standing tradition of battling it out on the football field every year, but in the Army-Navy Blood Donor Challenge, the services battle it out for bragging rights — to see who can donate the most units of blood for the Armed Services Blood Program."

Collins also said the BDC is a friendly competition that saves lives of ill or injured service members, retirees and their families worldwide.

Fahie said BDC coordinators plan to bring in the Air Force and have all three branches compete in the BDC for 2015.

To find out more about the ASBP or to schedule an appointment to donate, please visit [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil) or call the WRB Blood Bank at 301-295-1737.



Photo by Mass Communication Specialist 1st Class Christopher Krucke

**Sailors and Soldiers donated blood for the fourth annual Walter Reed Bethesda's Blood Battle resulting in 70 units of blood being collected.**

## Fair Scheduled to Help Military Members Find Employment, Education Opportunities

**By Andrew Damstedt  
NSAB Public Affairs staff writer**

Naval Support Activity Bethesda Employment and Education Fair organizers had one request for employers to attend the Jan. 23 event, to come with a job opening.

"Folks show up to fairs with the mindset that they can pass along a resume and have an interview on the spot and be contacted by a recruiter, and that's not necessarily the case," said Roselee Atangana, Soldier for Life transition manager. "We want to make sure that employers present at this fair have to have jobs. So, service members, family members and veterans that are attending can actually feel like this is worthwhile."

At other job fairs she's attended, Atangana received feedback that not enough employers have had actual jobs available, and finding a job isn't always easy for

military members transitioning into civilian life.

The unemployment rate for veterans who joined the military after Sept. 11, 2001 was 9 percent in 2013, a higher average than the jobless rate for all veterans at 6.6 percent, according to the U.S. Bureau of Labor Statistics. Both those rates are higher than the national unemployment rate of 5.8 percent as of November.

"We're trying to link these people directly as possible with potential employers or education programs," said Lindsey Ross, Fleet and Family Support Center work and family life consultant. "All of the employers that will be attending have been asked to come with job openings to collect resumes and talk with people as potential candidates for specific positions."

Atangana said with the military downsizing, there has been a greater need for veteran-friendly employers.

"What I've experienced over the last two years, beginning

with the drawdown, are increased numbers of folks who are transitioning," Atangana said. "Some people have their networks already built in — they've been with the military for some time in fields that allow them to network easily — and others aren't necessarily. So we at least provide comfort in assisting folks with getting their resume together and indirectly linking them up with employers who are looking for them."

According to Ross, this is the base's biggest education and employment fair of the year and is set for Jan. 23 from 10 a.m. to 2 p.m. in the Bethesda Fitness Center Gymnasium. There are smaller networking events the last Thursday of each month, sponsored by Fleet and Family Support Center.

"Another reason why we do this event as well as other smaller events throughout the year is that the best way to find employment is by networking and by building that professional net-

work," Ross said. "Even if they're not retiring or separating for another year or two, this is another opportunity to come in, meet with employers and continue that relationship."

The employment side of the fair will be in the gymnasium, while the education fair will be in Building 17 atrium. There are approximately 35 to 40 schools attending, including area schools and Navy College distance learning schools.

Elizabeth Baker, Navy College Bethesda director, said all are welcome to come and see what the schools have to offer, but advised those coming to be prepared with questions to ask the school recruiters. She also advised attendees bring their Joint Services Transcript and transcripts from any other schools previously attended.

"The schools are very enthusiastic about recruiting military onboard NSA Bethesda," Baker said.

Navy College counseling ser-

vices will not be available the day of the fair, she said.

There are classes to help prepare for the fair in the weeks leading up to the event, such as resume writing, interviewing skills and job searching strategies. On Jan. 22 from 1 p.m. to 3 p.m. there is a class on how to prepare to successfully navigate a job fair.

The organizers are asking people to register for the fair by Jan. 19 at the following website, [Employment-Education-Fair-NSAB-Jan2015.eventbrite.com](http://Employment-Education-Fair-NSAB-Jan2015.eventbrite.com). People are welcome to show up to the free event without registering as well. Approximately 300 people are expected to attend the fair.

The fair will feature employers from the government and private sectors in a broad array of industries, including medical, administrative, financial and information technology. A listing of all the employers attending the fair can be found at the event's registration page.

# 2nd Annual Lung Cancer Research Summit

**By Mass Communication Specialist 1st Class (AW) Chris Krucke WRNMMC Public Affairs staff writer**

To increase awareness for lung cancer treatment, and research, and to stimulate new ideas and collaboration to further enhance lung cancer care, the Walter Reed Bethesda (WRB) John P. Murtha Cancer Center (MCC) recently held its second annual Lung Cancer Summit in the National Intrepid Center of Excellence main auditorium.

“Our main goal is to get our researchers together and share information about what is the latest in lung cancer as far as cutting edge research and treatment,” said retired Army Lt. Col. William Mahr, deputy chief administrative officer for the MCC. “We want to provide a venue where they can talk and that’s why we brought in speakers from outside the [Department of Defense] (DOD) family to help with the collaboration of sharing of information,” he added.



Photo by Mass Communication Specialist 1st Class Christopher Krucke

**Dr. Henry Stevenson-Perez (center) discusses with two other judges the impact a poster has during the recent Lung Cancer Summit Poster Contest at the National Intrepid Center of Excellence main auditorium.**

The summit consisted of 10 key speakers from across the country, and topics ranged from targeted and immunotherapy, to intervention pulmonology.

“Our goal is to bring one huge federal effort together to fight cancer,” Mahr explained “You will see all sorts of topics at

the seminar; it covers the whole spectrum of lung cancer.

“It’s really a multi-disciplinary approach to fight cancer,” Mahr continued, comparing their efforts to the military’s combined munitions effort on one target, this target being cancer. “That’s what

we are doing, bringing all the specialties together to work together, talk together and coordinate.”

Navy Capt. (Dr.) Robert Browning, chief of Interventional Pulmonology at WRB, said for him, the cancer summit was especially exciting because it offered a forum to dis-

cuss and learn about new breakthroughs in lung cancer screening, detection and treatment. “A lot has happened in a year and it is inspiring to think that this rate of change and progress could continue or even accelerate over the coming years,” he said.

Browning, who was also one of the key note speakers, discussed the role of an emerging new field of Interventional Pulmonology and its vital role in the diagnosis and treatment of lung cancer. This sub-specialized field of pulmonary medicine focuses on minimally invasive bronchoscopic and pleuroscopic techniques to treat large airway obstruction often caused by lung cancers, as well as advanced diagnostic techniques to biopsy and stage lung cancers.

Summits like this offer a rare opportunity for researchers to discuss their field of study with other researchers, Browning said. “The interaction between speakers and attendees was wonderful. The ideas that were generated and enriched

by such a wide array of perspectives were really special,” he added.

Browning also noted within DOD, summits and meetings are often difficult to put on and he was glad to see the topic of lung cancer has reached a level of awareness in the defense department that it supported hosting this summit. “It’s exciting to be a part of the Murtha Cancer Center and Walter Reed Bethesda as we make a meaningful and significant engagement in the fight against lung cancer,” he added.

New this year was a poster session. During breaks and lunch time, attendees had a chance to look at the posters and ask questions about the research.

More than 20 posters were submitted.

“What’s happening here is there is a group of people who discovered that they really love science and they really want to take it to the next level,” said Dr. Henry Stevenson-Perez, who was part of the Research

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## NSA Bethesda: From The Deckplates

### What is Your New Year's Resolution



**“My New Year’s Resolution is to be better caring and nicer toward people.”**

- Master-at-Arms 2nd Class Colleen Dibble, Naval Support Activity Bethesda Security, Crime Prevention Officer



**“... is to pray more and to pray more out loud.”**

- Lt. Cmdr. Gloria Garner, Walter Reed National Military Medical Center, Assistant Supervisor Inpatient Pharmacy



**“... is to try and find ways to relax more out of work and to do more things to enjoy my life.”**

- Brian Pampuro, Fleet and Family Services Support Center, Personal Financial Coach (ret. HMCM (SW/ FMF)



**“Mine would be to be a better father to my son than I was last year.”**

- Delante Jackson, Administrative Assistant, DEERS Office



**“... is to be more patient with people. If people are more patient it will decrease a lot of stress in the work environment.”**

- Lisa Oh, Walter Reed National Military Medical Center, Medical Safety Pharmacist



**“... is to work on cutting toxic situations in my life and be more choosy in my friends and relationships.”**

- Carrie Bidus, Naval Support Activity Bethesda’s Morale, Welfare and Recreation, Group Fitness Coordinator

# DOD Releases 2015 Military Pay and Compensation Rates

## From the Defense Media Activity

The Department of Defense recently announced the 2015 military pay and compensation rates for service members, with most service members receiving a one percent increase in basic pay.

The new rates for basic pay, basic allowance for housing, basic allowance for subsistence, and the cost of living allowance rates for the contiguous United States took effect Jan. 1, 2015.

Basic pay for service members will increase one percent, except for general and flag officers who will not see an increase in 2015. For example, an E-4 with 3 years of service will see an increase in basic pay of \$22.20 per month, while an O-3 with 6 years of service will receive a basic pay increase of \$54.30 per month in 2015.

Basic allowance for housing (BAH) rates for service members in 2015 will increase on average \$17 per month, or 0.5 percent. Rates are calculated using median current market rent and average utilities (including electricity, heat, and water/sewer) for each pay grade, both with and without dependents. Two changes were made to BAH rate computations for 2015: renter's insurance, which contributed an average of one percent to rates, was eliminated, and the fiscal year 2015 National Defense Authorization Act reduced



Official U.S. Navy file photo

housing rates on average one percent for service members.

However, individual rate protection for service members remains an integral part of the BAH program. This means that even if BAH rates decline - including through the elimination of renter's insurance and the reduction in the calculated rate - a service member who

maintains uninterrupted BAH eligibility in a given location will not see a rate decrease. This ensures that service members who have made long-term commitments in the form of a lease or contract are not penalized if local housing costs decrease.

Service members can calculate their BAH payment by

using the basic allowance for housing calculator at the website <http://www.defensetravel.dod.mil/site/bahcalc.cfm>.

The 2015 basic allowance for subsistence rates for military members will increase by 2.9 percent over last year. The new rates are:

\* \$367.92 per month for enlisted members

\* \$253.38 per month for officers

The annual adjustments to basic allowance for subsistence -- a monthly nontaxable cash payment to military members intended to be used to buy food -- are linked to changes in food prices as measured by the annual change in the U.S. Department of Agriculture Cost of Food at Home Index. From the beginning of October 2013 through the end of September 2014, the index rose by 2.9 percent, forming the basis for the increased basic allowance for subsistence rates.

The Defense Department also released its 2015 contiguous United States (CONUS) cost of living allowance rates (COLA). Roughly 12,000 members will see a decrease in their CONUS COLA payments, while some 7,000 members will see an increase or no change, and 4,000 members will no longer receive a CONUS COLA payment.

CONUS COLA is a taxable supplemental allowance designed to help offset higher prices in high-cost locations, and rates vary based on location, pay grade, years of service and dependent status. Rates can increase or decrease depending on the prices in a specific duty location compared to prices in an average CONUS location. Service members can calculate their CONUS COLA rate at the website <http://www.defensetravel.dod.mil/site/conuscalc.cfm>.

# Expressing Yourself Through Art Therapy



Photo by Mass Communication Specialist 2nd Class Ashante Hammons

**Nate Lewis, Combat Paper workshop instructor, shows examples of journals during a bookmaking workshop at the Naval Support Activity Bethesda USO Warrior and Family Center.**

**By Mass Communication Specialist 2nd Class (SW/AW/IDW) Ashante N. Hammons  
NSAB Public Affairs staff writer**

Different programs at Naval Support Activity Bethesda (NSAB) offer a plethora of resources to patients, staff and visitors. As part of the Occupational Therapy Department-Department of Rehab, located inside Walter Reed National Military Medical Center (WRNMMC), Jessica Shipman and her colleagues offer a rehabilitation program known as art therapy.

"The mission of the Department of Rehab's WRNMMC Arts Program is to incorporate the arts into the sup-

port of veterans, wounded, ill and injured warriors, active duty service members and the people who care for them," explains Shipman, a recreation arts activities coordinator. "The program seeks to engage with patients and family members here in the hospital to build community, discover new abilities and interests and promote socialization through experiences in the arts."

According to the American Art Therapy Association, "The goal of art therapy is to improve or restore a client's functioning and his or her sense of personal well-being." The rehab program offers weekly art therapy classes that include a variety of visual arts, such as drawing, painting and journaling.

A number of specialized workshops like the bookmaking workshop and Combat Paper workshop are held for two days sponsored by the NSAB USO Warrior and Family Center art classroom.

The paper used for bookmaking comes from the Combat Paper workshop. Combat Paper uses the traditional way of making paper from clothes, by using uniforms.. Facilitator Nate Lewis from Combat Paper Project, and Iraq veteran, has taught the bookmaking course for two years. and said, paper making out of clothing is the oldest form.

"What we do in the workshop is cut the uniforms into strips and turn them into pulp," explains Lewis. "Then,

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# DAISY Award Nurses: Caring is the Essence of Nursing

By Katrina Skinner and  
Sharon Renee Taylor  
WRNMMC Public Affairs  
staff writers

Two nurses at Walter Reed Bethesda were recently recognized for the “extraordinary care” they provide patients at the nation’s medical center.

Navy Lt. j.g. Lauren Honeycutt and Army Lt. Paul Willms received Walter Reed Bethesda’s DAISY Award for October and November respectively. The accolade salutes the care of nursing team members at Walter Reed National Military Medical Center (WRNMMC) monthly. WRNMMC is among the nearly 1,800 health-care facilities nationwide and in 13 countries to honor nursing team members with the award, according to DAISY coordinators.

The family of J. Patrick Barnes established the DAISY Foundation and Award in 1999 following his death at the age of 33 from complications of Idiopathic Thrombocytopenic Purpura (ITP), an auto-immune disease. DAISY is an acronym for Disease Attacking the Immune System. Touched by the nursing care Patrick received during



Photo by Katrina Skinner

**Navy Lt. j.g. Lauren Honeycutt, a nurse on 4 Center at Walter Reed Bethesda and the October DAISY Award winner, credits teamwork for the exceptional care provided by nursing team members at the medical center.**

his hospitalization, the Barnes family started the foundation and award as a way of thanking nursing team members “for what they do every single day without giving it a second thought,” explained Col. Ray Antoine, director of Nursing Services at WRNMMC.

Patients, their family members and colleagues can nominate nursing team members for the DAISY Award, which Antoine and other WRNMMC nursing



Photo by Sharon Renee Taylor

**“I just treat everyone like I’d like to be treated if I was in that bed, and how I would want my family to be treated if they were in that room,” said Army Lt. Paul Willms, a nurse on 4 East at Walter Reed Bethesda and the November DAISY Award winner.**

team members present to the winners on their floors and among their colleagues monthly.

A recovering patient, who wishes to remain anonymous, nominated Honeycutt for the October DAISY Award. “Though all of the nurses were wonderful, this nurse went above and beyond duties several times to ensure my comfort and well-being. This nursing team member was very professional and always an advocate for me. She displayed confidence and professionalism while exuding compassion for [my] comfort after a complicated surgery,” the patient stated.

“I think the best thing about 4 Center is our teamwork,” said Honeycutt about the unit to which she is assigned at Walter Reed Bethesda. “We’re all dedicated to taking care of everybody and helping each other, so thank you to my teammates,” she added.

“It’s been awesome, a great first command with lots to learn,” Honeycutt continued. “I’m really grateful to be [stationed] here...the environment fosters lots of learning.”

Willms, the recipient of the November DAISY Award, was selected for the honor among more than 60 nominations for the award—the most ever received in a single month since the program began at WRNMMC nearly three years ago, according to Joan Loepker-Duncan, a cardiology service clinical nurse who serves on the award selection committee.

“[The selection] was very hard be-

cause there were so many [nominations],” Loepker-Duncan said. She added the nomination of Willms, from the daughter of a retired Navy nurse who was a patient at WRNMMC, “was the best.” The daughter stated Willms’ humor, positivity and helpfulness raised her mother’s morale.

“This nurse made my mother feel as though she had a say in her care, and had control,” the daughter stated. “Not only did this team member assist me to be a better advocate, and inform me of information I needed to know to help her, but he helped me learn how to take care of my mom’s needs.”

“I just treat everyone like I’d like to be treated if I was in that bed, and how I would want my family to be treated if they were in that room,” said Willms, assigned to 4 East at WRNMMC. “I appreciate this [award], thank you.”

Honeycutt and Willms each received a hand-crafted Healer’s Touch sculpture carved in Zimbabwe, for being DAISY Award winners. The serpentine stone sculptures are made by artists of the Shona tribe and represent the care and safety of the healer, guiding principles of nurses and the DAISY Foundation.

Since the DAISY Award began at WRNMMC in February 2012, patients, their family members, and fellow medical center staffers have submitted more than 900 nominations recognizing the care provided by nursing team members at Walter Reed Bethesda, according to Loepker-Duncan.

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# LUNG

Continued from pg. 4

Poster Committee.

Stevenson-Perez said last year's summit was the first attempt after the integration of Walter Reed Army Medical Center and the National Naval Medical Center, to identify "who are the players in this game."

"It was very successful to get to know each other and realize that we can work together and start organizing our re-

sources in a way that is intelligent, cost effective, friendly to the patient and made sense to them as well," said Stevenson-Perez.

Stevenson-Perez said his goal for the summit was to find ways to treat lung cancer patients in the safest mode possible and in a cost effective way. "Additionally, we want patients with lung cancer, who can be cured, to be cured. We want to get them in a program to prevent the cancer from returning, by getting smokers to stop smoking, and develop a treatment

based program for those who do have lung cancer to improve their longevity and improve their quality of life."

At the next summit Browning said he would like to see, "More speakers, more discussion. I especially enjoy hearing from advocacy groups. It's very motivating for all to know that we are all fighting together."

"One last thing we would like to get out to the public and patients is that if you participate in lung cancer screening we can catch these types of things early," said Mahr.

# ART

Continued from pg. 5

it is formed into sheets of paper. We use this paper to tell our story."

During the bookmaking class, participants used traditional paper as pages for their books. The paper is folded in half and sized with a bone folder, which is a tool used in bookmaking to crease paper. Next, participants covered the pages with the uniform paper for a distinguished look. After piercing holes through the papers, they are bound together with thick thread. Once completed, the books can be used to tell personal stories, show art work, write in it as a journal or to use for pictures.

"The book-making process is about binding the pages together to make it a functioning

book that you can write in," says Lewis. "It is a way for you to tell your story and to share your experience."

Army Sgt. Danielle Washington found the experience interesting and enjoyable.

"This was my first time taking this class," said Washington. "I like the idea of making something with my hands that I can use to share

my story. I plan to design the outside of my book with some drawings to make it more personal."

Shipman encouraged people to reap the benefits of art therapy by attending a course.

"I hope that when people come to these workshops [like bookmaking], they're able to learn a new skill and a new way to express themselves," stated Shipman.



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Obituary



**Martha Haywood Cox** (Age 51) Martha died of triple negative breast cancer in Kensington, Maryland on December 12, 2014. Raised in Wytheville, Virginia Ms. Cox loved life and particularly children, her friends and family, animals and travel. After completing training in social work at the Universities of Georgia and South Carolina she helped others through charity and in clinical practice at Walter Reed and Suburban hospitals. She was a member of Saint Paul's United Methodist Church and the co-leader of a Girl Scout troop for over 14 years. Many friends from childhood, college, work, the Montgomery County Road Runners Club and her Garrett Park book club fondly recall her truly sweet disposition. She is preceded in death by her mother and father, Mildred Scott Meek and David Breece Cox. Survivors include her husband of 25 years Sean Altekruze, their children William and Leah, her sister Lynn Cox Alt of Camp Hill, PA, brothers Scott (Evelyn) and Steve Cox of Richmond, VA, extended family, neighbors and friends. A memorial service will be held at Saint Paul United Methodist Church in Kensington, Maryland on Saturday January 17 at 2 pm. In lieu of flowers donations may be made to charities such as Stephen's Place of Bethlehem, PA <http://stephens-place.org> (a residential drug rehab facility run by her colleague, Sister Virginia Longcope, MSW) or MobileMed of Montgomery County <http://mobilemedicalcare.org>.

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