

# VITAL SIGNS



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Naval Hospital, Orlando, Florida

November 1994

## Thanksgiving

*I'm thankful for  
each separate day  
For every moment  
in it*

*The chance to work,  
to learn, to play  
To set a goal and win  
it.*



*I'm thankful for the  
common things  
We often take for  
granted:  
The sun, the rain, the  
birds, the trees,  
Each flower that's  
planted.*



*I'm thankful for the  
wintertime,  
Spring, summer, and  
the fall;  
And for a wise and  
generous God  
Who watches over all.*

*And for this land,  
America  
Wherein free men are  
living,  
With right to worship  
as they please,  
I render my thanks-  
giving.*

*By M. Kathleen Haley*

## IN MEMORIAM



Emogene Heismann

Passed away 24 October 1994  
Collection Agent at NHO from  
26 September 1976 to  
15 June 1988

## IN MEMORIAM



Stella M. Anderson

Passed away 22 October 1994  
American Red Cross Volunteer  
for 18 years  
at the Physical Therapy Department

## American Red Cross



75 Volunteers contributed  
1,504 hours  
for the month of  
October

## NIT-PIK-SIX



FINDING the next meal has been a problem for many Americans ever since the Pilgrims landed. This is something to remember as you sit down at the groaning board this Thanksgiving. While you're picking your teeth, try to find the six differences in these seemingly identical drawings.

1. Left cornstalk has moved.
2. Window in cabin has moved up.
3. Goodwyfe has lost an eye.
4. Hatchet has gained another edge.
5. Goodwyfe's apron has been shortened.
6. Musket has become a blunderbuss.

**SOLUTION:**

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## Staff Pulse Beat

### Hispanic Heritage Luncheon

The Hispanic Heritage Committee concluded the month-long Hispanic Heritage Celebration with a popular luncheon on the 13th of October in the Clements Room. The guests were treated to lots of Hispanic food plus they were serenaded by the "Grupo Trapiche."



Guest speaker, CAPT T. S. Lagomarsino, USN, Center Commander.



"Grupo Trapiche"



Official cake cutters: CAPT Michael E. Kilpatrick, MC, USN, Executive Officer; LTJG Manuel Santiago, NC, USNR, Master of Ceremonies; CAPT Lagomarsino; LT Rebecca Hernandez, NC, USN, Chairman, Hispanic Heritage Committee; CAPT R. H. Brant, MSC, USN, Commanding Officer; and CAPT Carol A. Peterson, NC, USN, Director for Nursing Services.

### Award Ceremony of 18 October



HM2 Jesus R. Juarez, USN, Personnel Management Department, received the Navy Achievement Medal for his professional achievement while serving as the President of the Bachelor Enlisted Quarters Advisory Board. The Citation read in part: "... Under his direction, and unrelenting lobbying, a record number of changes were implemented to improve the quality of life in the BEQ. ..." The presentation was made by LT James A. Clindaniel, MSC, USN, his department head.



DT3 Lemuel Bradham, Jr., USN, Dental Department, received his first Good Conduct Award from LCDR Bruce C. McLeod, DC, USN, his department head.



DN Derrick Henry, USN, Dental Department, received his First Good Conduct Award. LCDR McLeod also made this presentation.



HM3 Ronald H. Henkel, Jr., USN, Pharmacy Department, received his First Good Conduct Award. Making the presentation was CDR Franz R. Peterson, MSC, USN, Head, Pharmacy Department.



HN Joseph K. Swetz, USN, Patient Transportation/Ambulance Service, received his First Good Conduct Award from CAPT Kilpatrick.



Ms Mary V. Van den Heuvel, Personnel Management Department, received the Navy Meritorious Civilian Service Certificate and Medal for her meritorious service during her tenure at this command. CAPT Kilpatrick made the presentation.



LT Nicole D. Hancock, NC, USNR, Nursing Services, was frocked to her new rank on 21 October. Assisting with the new shoulder boards were her brother, Shawn Dennis, and her mother Mrs. Elaine Steadman. The Oath of Office was administered by LT Raymond J. Hood, NC, USN.



HN Brian L. Skinner, USN, Communications Center, received a Letter of Commendation from CAPT Michael E. Kilpatrick, MC, USN, Acting Commanding Officer, on 26 October. HN Skinner was commended for his outstanding performance as a member of Naval Hospital, Orlando's Color Guard.



27 October was promotion day for LTJG Debra Y. Williams, NC, USNR, Nursing Services. CAPT Carol A. Peterson, NC, USN, Director for Nursing Services, administered the Oath of Office. Assisting with the new Lieutenant shoulder boards were HM2 Carol K. Gilchrist, USN, and ENS Stacy R. Batt, NC, USNR, both from Nursing Services.



On 19 October, HMCN(SW) Gary E. Patrick, USN, retired from the U. S. Navy. Master Chief Patrick reported to this command in July 1991 and served as the Senior Enlisted Advisor to the Director of Nursing Services. In July 1993, Master Chief Patrick was appointed as NHO's Command Master Chief; however, due to medical reasons, he turned over the reins of CMC to HMCN Richard L. Nelson in December 1993. During his retirement ceremony, Master Chief Patrick received the Navy Commendation Medal from CAPT Brant for his meritorious service while assigned to this command.

### Top Sailors for 3rd Quarter, 1994



HM2(SW/AW) Dana W. Harrington, USN, Personnel Management Department, was selected as the Senior Sailor of the Quarter, 3rd Quarter, 1994. At a ceremony on 26 October, CAPT Michael E. Kilpatrick, MC, USN, Acting Commanding Officer, presented him with a Letter of Commendation, a hospital plaque, and his SOQ certificate. Master Chief Nelson, Command Master Chief, presented the MWR Pass Book and a check from the Oak Leaf Club.



HN Matthew L. Dalton, USN, Out-patient Administration Division, was selected as the Junior Sailor of the Quarter. LT Mark W. Wertz, MSC, USN, Head, Patient Administration Department, presented the Letter of Commendation, his Junior SOQ certificate, and a hospital plaque. Master Chief Nelson presented the MWR Pass Book and a check from the Oak Leaf Club.

Team Awards - 26 October

The Advancement Study Sessions Planning Committee received recognition for their planning, coordination, and instruction which ensured the command's enlisted personnel (E-3 to E-5) were given an opportunity to excel on their respective September 1994 advancement exams. Receiving letters were (left to right): HM1 Peter C. Bennington, USN; HM3 Monica Stammer-Pearce, USN; and HM2 Carol K. Gilchrist, USN.



The Advancement Study Sessions Team received recognition for their many hours of instruction which resulted in an increased understanding of the professional knowledge required for advancement ensuring NHO's enlisted personnel (E-3 to E-5) were ready for the September examination. Left to right: HMCS Edward A. Newberry, USN; HM1 Floyd R. Kirk, USN; HMC Clifford A. Kee, USN; HM3 Kevin J. Jackson, USN; and HM2 Carol A. Barwick, USN.



On 29 September, a few of Naval Hospital Orlando's dedicated volunteers, visited the Fraternal Order of Eagles, Aerie #3496 on Goldenrod Road, to assist in training individuals in Adult CPR and choking. This was a combined effort on the part of NTC Orlando, the Orange County Fire and Rescue Division, and NHO. The President of this Aerie sent a Letter of Appreciation which was presented to each of the volunteers. From left to right: HMC Terry L. Robinson, USN; HM3 Scott Clements, USN; HM3 James Johnson, USN; and HN Joe Morgan, USN.



The same Orlando Aerie #3496 of The Fraternal Order of Eagles, wanted to make a donation toward a charity. Our volunteers suggested the Navy and Marine Corps Relief Society; so, on 26 October, representatives of FOE came to present a check in the amount of \$500. Mrs. Brenda L. Repp, a staff member who is also the State Trustee of the FOE Auxiliary, presented the check to Mrs. Gretta Cheatham, Director of the Orlando Auxiliary of the Navy and Marine Corps Relief Society. In the background, HMC Ernie Repp, USN (Ret.), Chairman of the FOE State Ways and Means Committee; and LT Don Westfall, USN (Ret.), the FOE State Secretary.



On 28 October, LCDR Rebecca Hernandez, NC, USN, received her promotion. Assisting with the new shoulder boards were CDR Lynette Eidem, NC, USN, Associate Director, Nursing Services, and CAPT T. S. Lagomarsino, USN, Commander, Naval Training Center.

## Annual Health Fair

In conjunction with the Retiree Appreciation Day at NTC on 5 November, NHO manned the big tent for the Health Fair. Various tables were filled with pamphlets and enthusiastic staff members were there to provide information on a wide range of health topics from care of the colon to smoking cessation as well as information on CHAMPUS.



LT Susanne K. Kitchen, NC, USN, and HM3 Kevin J. Jackson, USN, manned the booth for Hypertension.

## Who's who?

What could be more appropriate on 31 October than to have a Halloween Costume contest? There were about 20 staff members that took the challenge to come up with the most original costume. The judges were CAPT Michael E. Kilpatrick, MC, USN, as Acting Commanding Officer; HMCM Richard L. Nelson, USN, Command Master Chief, and Mrs. Dee Sellers, Civilian Personnel Liaison.



The winner! Under that makeup as "The Mask" was none other than DT2 Gregory Ewing, USN, Dental Department.



HN Mark A. Scalzi, USN, gave out information to interested retirees on colon cancer tests.



LTJG Mark W. Wertz, MSC, USN, gave out information on the Organ Donor Program.

# NHO's Healthy Kids Fair

If you saw all the excitement in and around the Pediatrics Clinic on Friday, the 21st of October and didn't check it out ..... you really missed something! It was the NHO Healthy Kids Fair and it was open to one and all from 1200 to 1600. Outside the kids could enjoy a moon walk, throw balls to dunk Michael Viladesau in the tank, or get to sit in the beautiful boat that was displayed by the Orlando Police Department representing the D.A.R.E. program.

Inside, there was a puppet show; the Orange County Sheriff's robot car; REX; the mascot from MWR; and clowns. For the mothers, there were representatives from many different health care facilities with lots of pamphlets and brochures for information and guidance.



The scarey pirate was HN Donald Ocul, corpsman from PEDS, REX, and CDR Teresita Mendoza, MC, holding one of the "healthy" kids!



"Bloomers" (alias Aunita E. Padgett, LPN from the Surgery Clinic) entertained the little ones with a marvelous puppet show.



In awe ....! The car moved, danced, played music, and flashed its lights!



The dunk tank.

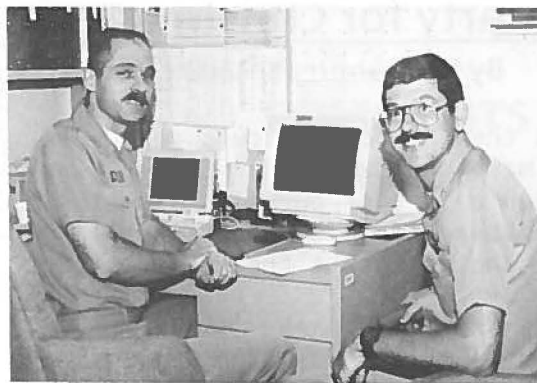


## Personalized detailing! Just like being in DC

With closure approaching very rapidly, it was time to find out where everyone will be going when the doors close on this treatment facility. CAPT Thomas D. Nunn, MSC, USN, Head, Medical/Dental Assignment Branch, Bureau of Naval Personnel, arranged for members of his crew to come to Orlando and deliver some one-on-one detailing for NHO staff members. With appointments lined up for three consecutive days at the rate of every five minutes, the detailers managed to arrange for over 315 sets of orders.



CAPT Thomas D. Nunn, MSC, USN, Head, Medical/Dental Assignment Branch, Bureau of Naval Personnel, was welcomed to the Personnel Management Department by LT James A. Clindaniel, MSC, USN, head of the department.



DKC Timothy Driggers, USN, paused in his interview with MSC William E. Dollar, USN, Food Service Department, to pose for the camera.



HM1 Rodney Antoine, USN, works on the computer to line up a set of orders for HA Donald L. Buchholz, USN, Central Sterile Service Division.



HMCS Marion Murphy, USN, interviewed HM3 Sheryl L. Stevenson, USN, Operating Room Department.



HM1 Frank Connors, USN, came from the Enlisted Personnel Management Center, New Orleans, to lend his assistance.

## Let's party for Christmas!

By HM2 Sherry L. McGlothlin, USN

As the year closes out, we reflect on the many people at this command who have been a part of our lives. Let's get together and enjoy each other's company and celebrate the holidays.

The Christmas party is being held on 9 December 1994 at the Orlando Marriott Downtown Hotel (formerly the Omni Hotel). Cocktails will begin at 1900 with entertainment by Christmas Carolers. At 2000 we sit down for a sumptuous meal of Chicken Marsala, Sirloin of Beef, buffets of salads, pasta, vegetables and desserts. Door prizes will be given throughout the night. Dancing will begin at 2100 with Best, Inc. providing dancing tunes. All this fun, food, and entertainment for \$15.00 per person.

The dress is semi-formal. Get your tickets in the lobby during the lunch hour. We wish everyone all the joys of the Holiday Season and a very Happy New Year.

*Ho, Ho, Ho! Meet me for  
a Merry Christmas at  
the Marriott!*



## Open House in PT

By LT A. C. LeFebvre, MSC, USNR

On the 18th and 20th of October the Physical Therapy Department held an Open House and Fitness Clinic to celebrate October as National Physical Therapy Month. The Open House was held in cooperation with the VA Outpatient Clinic Physical Therapists. The visitors took advantage of the Free Fitness Evaluations and learned about Physical Therapy and what the department has to offer the healthy population who want to stay fit.

Remember ... there is more to staying fit than just going out and exercising. You must exercise properly to avoid debilitating injuries. Staying stretched and maintaining good posture throughout all activities is the key to healthier exercise. Varying your routine and taking days of rest are also important in allowing the body time to adjust and recuperate after a hard workout. Exercise for weight reduction must be performed 3-5 times per week and exercise at a "target heart rate" level must be maintained for at least 20 minutes. A 5-10 minute warm-up before your exercise and 5-10 minutes cool down after your exercise help the body to make better transitions. Wearing the proper shoes and other protective gear is very important and should not be overlooked. Exercise smart ... and stay healthier! For more information, contact the Physical Therapy Department at X-2775.

November ...  
National American Indian  
Heritage Month





## BRIDGING THE GAP

HMCM Richard L. Nelson, USN



## CHAPLAIN'S COMMENTS

CDR John L. Diaz, CHC, USN

### You've got your orders: Now what?

Now that the Detailers have left and everyone who needed orders has orders, it is time to start preparing for your transfer. The first step in this process is to gather information about your new duty station. While you are waiting for your welcome aboard package to arrive, you can go to the Relocation Library located in the Family Service Center and learn about your new duty station. They have welcome aboard packages from almost every command in the world. You can also find a wealth of information about the geographical area that you are going to in the public library. PSD and Household Goods hold classes here at the hospital on the second Wednesday of every month. PSD has a class from 1400-1500 and passes out information on what you need to do for your transfer. The Household Goods class is from 1500-1600 and at this time the paperwork is done and your appointment is scheduled for your pack-out. For the Household Goods class you need to have six copies of your orders and an updated copy of your page 2. PSD and Household Goods are trying to make your transfer as smooth as possible by coming to the hospital, so please take advantage of this opportunity.

This command has a lot of staff who will be transferring to overseas commands. This will be a great opportunity to learn about customs and cultures of other countries. To fully take advantage of this opportunity, you need to learn some of the language of the country where you are going. Once you are overseas you need to leave the base and learn about the culture by meeting the local people. This is also a great opportunity to use the Military Space-Available Program to travel to other countries. MAKE YOUR NEXT TOUR AN ADVENTURE AND SEE THE WORLD!

### The Optimist

This anonymous poem has brought much encouragement to my life over the years -- never to quit till the umpire signals the game has ended.

"I passed a sand lot yesterday,  
some kids were playing ball,  
I strolled along the third base line  
within the fielder's call.  
'Say, what's the score?' I asked.  
He yelled to beat the stuffing,  
'There's no one out, the bases full,  
They're winning forty-two to  
nothing!'  
'You're getting beat, aren't you  
my friend?'  
And then in no time flat  
He answered: 'No sir, not as yet!  
Our side hasn't been up to bat!'"

During this transition at NHO, it is important for each of us to work at becoming optimists ... many of us won't come up to bat 'till after the decommissioning ceremony on 2 June 1995.

## HAPPY HANUKKAH



# TIP

CAPT R. H. Brant, MSC, USN

## We're getting closer and closer

The past four to five months have been filled with change for the Hospital and for our staff members. As we have reduced our capability and lost physicians through attrition, we have seen a concurrent increase in the presence of our colleagues from the Veterans Administration. As the recruit population grew progressively smaller, our Branch Clinic workload has dissipated dramatically. Our Alcohol Rehabilitation Program and our Recruit Intake Facility have completely closed. We have had to close Urology and will close Ophthalmology and reduce our Dermatology capability. Our civilian partnerships in Obstetrics, Neurology, and Cardiology have closed. Our daily routine has been disrupted in hundreds of ways and it has not always been a pleasant process. In spite of the turmoil, the staff has universally been positive and everyone has continued to be helpful and supportive to each other and to our patients. I want to take a moment to thank each of you, and I suggest you turn to one of your fellow staff members and say thanks to them. We are dependent on each other and if we work together we will get through this closure reasonably well.

Due to our present printing schedule, it is possible that this will be the last edition of Vital Signs for many of our civilian employees who elected separation incentives and will be leaving the staff early next month. It would be an understatement to say that we are sorry to see them leave. Others have found jobs and left already, but the group leaving on 3 January will be the first large group to leave us. It has been and will continue to be a painful process for all of us. We wish those of you who are leaving well and hope that your fondest dreams become

## Promotion



On 8 November, LT Thomas S. Stonum, MC, USN, General Surgery Clinic, took the Oath of Office for Lieutenant Commander. The Oath was administered by CAPT Robert K. Daniels, Jr., MC, USN, Director for Surgical Services. LCDR Stonum signed his appointment with the full approval of his wife, Denise, and daughter, Elizabeth. Their other daughter, Katherine, and son, Matthew, were also present for the ceremony.



reality. We will miss all of you and we know that this hospital will not be the same. The next six months will be more difficult, not only because of the rapidly approaching closure, but because we will be travelling the road without many of our friends.

It is hard to say good bye. You will be in our thoughts.