



KENKO SHIMBUN

Official newsletter of U. S. Naval Hospital Yokosuka

Summer 2010

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Photo provided by
CFAY MWR Outdoor Recreation Division

COMMANDING OFFICER WELCOME



Captain Kevin Moore, MC, USN
Commanding Officer
U.S. Naval Hospital Yokosuka

It is my pleasure to welcome you to the latest edition of Kenko Shimbun, our hospital's quarterly newsletter.

Since this will be the last edition of Kenko Shimbun published prior to my Change of Command, I want to take a moment to reflect on the past two years and to recognize the many significant accomplishments we have accomplished.

We have been part of history! We enabled the arrival of the first forward deployed nuclear powered aircraft carrier USS George Washington (CVN 73) to Yokosuka-- a success that has forever changed the bi-lateral relationship between the United States and Japan. We have become the first overseas hospital to be smoke free-- a program cited by U.S. Seventh Fleet as a best practice that serves as a role model for the fleet. We assisted Kameda Hospital in becoming the first Japanese hospital to be accredited by Joint Commission—a landmark initiative that will benefit Sailors and their families with improved quality of host nation care for decades to come.

We dealt with the regions first pandemic flu, leading and coordinating the successful medical response to the 2009 H1N1 crisis--a situation that tested our operational readiness and proved to the community that we are indeed ready.

Our crew should be very proud of all these remarkable achievements. As your commanding officer, I am certainly proud of you. You have all done a tremendous job! We have exceeded all expectations.

During these historic events and in the midst of an unprecedented deployment tempo, we have also continued to accomplish our mission. No matter what challenges have been presented, we have continued to provided medical, operational and contingency support for 55,000 eligible beneficiaries while deploying in direct support of overseas contingency operations and humanitarian assistance missions around the world.

As we move forward, there will of course, continue to be challenges that lie ahead. As I now must pass the mantle of command, I am confident that the men and women of USNH Yokosuka will continue to embrace and overcome each new challenge with the steady determination and teamwork that has become the hallmark of our command.

It has been my honor to serve as your commanding officer and a pleasure to serve alongside the entire crew.

In closing, I want to thank my family for their support and sacrifice during the past two years. Marie, Kristabel, and Kevin Michael, thank you. I ask all of you to please thank your families for me. I know that we cannot do all the great things we do without them.

Again, thank you and your families for all you do. I wish you all only the very best.

Capt. Kevin Moore, MC, USN
Commanding Officer

COMMAND INFORMATION

Our Mission:

We are forward deployed to provide medical, operational and contingency support for active duty, family members and other eligible beneficiaries in Japan, Korea and Diego Garcia. We deploy in direct support of the overseas contingency operations and humanitarian assistance missions.

Our Vision:

Enabling the Fleet through quality patient and family-centered healthcare delivered by empowered people using efficient business practices

Kenko Shimbun:

The Kenko Shimbun is an authorized publication of U. S. Naval Hospital Yokosuka, and is published quarterly by the hospital's public affairs office.

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THE STRAIGHT SCOOP HOSPITAL NEWS



New 5k event educates public on EDIS program

By Ben Avey, U.S. Naval Hospital Yokosuka Public Affairs.

Sailors and families from U.S. Naval Hospital Yokosuka joined with those of other commands April 24 for the first annual “EDIS and DoDEA Child Find 5k Fun Run, Walk or Ride.” The event, sponsored by Naval Hospital Yokosuka Educational and Developmental Intervention Service (EDIS) and Department of Defense Education Activity (DoDEA), was held to promote the national “Child Find” program.

“Child Find” is a continuous process of public awareness activities, screening and evaluation designed to locate, identify, and refer children with disabilities and their families as early as possible for support services.

EDIS is a hospital program which provides specially trained staff to work with DODEA to ensure that when families come overseas, parents will have someone to turn to in order to address possible developmental delays that restrict a child’s ability to learn.

Children launch their bicycles from the starting line to start the first annual EDIS and DoDEA Child Find 5k Fun Run, Walk, Ride. Children were encouraged to attend the event with parents in order to better educate the public about screening for early childhood developmental delays.



Photo by Ben Avey, USNH Yokosuka Public Affairs.

THE STRAIGHT SCOOP HOSPITAL NEWS



USNH Yokosuka Health Fair educates with preventative approach

Story and photo by Mark Elrod, CFAY Public Affairs

U.S. Naval Hospital (USNH) Yokosuka held their 2010 Health Fair at the red brick area in front of the commissary April 16.

According to USNH Yokosuka Chair of the Patient Education Committee Lt. Anne Jarrett, the annual Health Fair offers an opportunity to educate people, because a lot of times when healthcare providers see patients in a hospital they are seeing them for a specific purpose such as urgent care, or a specific problem, so there is not a lot of time to investigate, or talk to patients about preventative healthcare.

“This gives providers an opportunity to rally, in a relaxed atmosphere, teach some of the things people can do, so that they are not ending up in the hospital, that they are not ending up in urgent care types of



Gavin Fisher gets his cheek swabbed to see if he is a potential match as a bone marrow donor during the 2010 USNH Yokosuka Health Fair held at the red brick area April 16.

situations, so that they learn about healthier lifestyles and they learn how to do better health screenings for themselves,” said Jarrett.

During the event there were various tables set up with brochures and collages covering various topics.

“A lot of the presentations are preventative health topics, like colon cancer, and breast cancer, and what you do for breast cancer screening and what you do for colon cancer screening,” Jarrett said. “There is also the maternal child health [presentation] that has information about breast feeding and childcare.”

Other topics covered were, speech therapy, occupational therapy, clinical psychology, physical therapy, early child special education and social work, dental health, mental health awareness, cholesterol, drug and alcohol awareness, diabetes and sexual assault.

In addition to the educational displays, there was a bone marrow donor drive, where people could sign onto a registry, and get a cheek swab to see if they are a potential match for marrow donation. Although people have been apprehensive to donate marrow in the past because of the perception that it is a painful process, with advancements in medicine that is no longer the case.

“There’s a new method called Peripheral Blood Cell Donation, which is non-surgical, it’s similar to donating blood,” said USNH Staff Nurse Lt. Kimberly Gerber. “They give you an injection to stimulate your stem cells, and then they extract it from a process similar to donating blood.”

According to Gerber, it’s extremely important to find willing donors, especially in the Department of Defense community, because service members, in the field, may potentially be exposed to radiation, or chemicals that could possibly lead to blood diseases and finding donors is very difficult, especially for minorities, whose DNA is very specific.

THE STRAIGHT SCOOP HOSPITAL NEWS



"It's really important to see if you match someone and get on the registry," said Gerber. "I would encourage it, because you might help save someone's life. This is a simple way of seeing if you have the potential of helping out in the future."

USNH Yokosuka staff hopes that they can help community members learn ways to maintain good physical and mental health.

"We really value healthcare and we want to promote healthcare and preventive types of services for active duty and their beneficiaries," said Jarrett.

For more information on marrow donation and procedures, send an e-mail to kimberly.gerber@med.navy.mil. For more information about future USNH Yokosuka health fairs, contact the USNH Yokosuka Public Affairs Officer Ben Avey at ben.avey@med.navy.mil.

Staff Usage Policy for New Wi-Fi Service

By Jennifer Savage



U.S. Naval Hospital (USNH) Yokosuka beneficiaries and staff now have free access to the Internet, thanks to a new wireless network zone covering most patient waiting areas in the facility. The wireless network, commonly known as Wi-Fi, allows access to the Internet via mobile devices such as personal laptop computers or cell phones.



Photo by Richard McManus, USNH Yokosuka Public Affairs

This service will be available in the pharmacy, family practice, immunizations, TRICARE, obstetrics and gynecology and urology patient waiting areas, the galley and the gazebo to anyone with personal laptop computers or cell phones.

The hospital installed Wi-Fi as a customer service effort so that patients may check e-mail or pass time on the Internet while waiting for an appointment or for a prescription to be filled.

Staff members are welcome to use this Internet service, but a few rules do apply. Use of the Wi-Fi Internet by USNH Yokosuka employees is permitted only during non-duty status and meal hours. Staff members are prohibited from downloading music, games or movies, file-sharing, having personal computers in the workspace, having personal computers in patient care areas or transferring any patient health information (PHI) from the command computer system to personal computer systems.

Anyone interested in using this service via their personal computer or phone should check with the hospital quarterdeck for instructions.

HOSPITAL CORPS BIRTHDAY

USNH Yokosuka Celebrates 112th Hospital Corps Birthday

By Mass Communication Specialist 1st Class (SW/AW)
N. Ross Taylor, Navy Public Affairs Support Element
West Det., Japan



U.S. Naval Hospital Yokosuka staff members in formation for morning colors while celebrating the 112th birthday of the Navy Hospital Corps. Photo by Tom Watanabe, USNH Yokosuka Public Affairs.

Sailors from U.S. Naval Hospital, Yokosuka, Japan, celebrated the Navy Hospital Corps birthday June 17.

The ceremony included a special morning colors cake-cutting to commemorate 112 years of service in healing sick and injured service members around the world.

Seventh Fleet Band played the national anthems of the U.S. and Japan to kick off the event.

The ceremony also included speeches delivered by corpsmen assigned to the hospital, as well as a brief history of the Hospital Corps read by Hospital Corpsman 1st Class (FMF) Jason McDonald, a Leavenworth, Kan. native and Navy Medicine West's Sailor of the year.

"Today's ceremony symbolizes duty and sacrifice," said McDonald. "It is important to honor all the past, present and future corpsmen."

McDonald also said being stationed in Japan and being able to take care of forward-deployed service members and their families is especially gratifying.

The hospital corpsman rating ranks as the largest and most highly decorated in the Navy with 22 Medal of Honor recipients.

Cpl. David Entler, a Pikton, Ohio native assigned to Fleet Anti-terrorism Security Team Pacific, attended the ceremony to deliver a special birthday message from Gen. James T. Conway, commandant of the Marine Corps.

"Since 1898, wherever Marines have been called to serve, hospital corpsmen have proudly stood by their side. From hospitals and clinics at home to distant battlefields, Navy corpsmen have served our great nation with the utmost courage and professionalism. When the call "corpsman up" has gone out, you have always been there. Corpsmen have served with Marines in every clime and place and Marines know that we can always count on you. We take great pride in serving side by side with you wherever our nation calls us," Entler read on behalf of Conway.

Chief Hospital Corpsman (FMF) Robert Mack, a Kannapolis, N.C., native said he hopes the ceremony will remind all corpsmen of their legacy and customs.

"It is an honor and privilege to be a hospital corpsman. Today's ceremony is a reminder of our tradition and heritage in the Navy and I hope all the Sailors here today will embrace that and ensure we pass it on to the next generation of Navy corpsmen," Mack said.



U.S. Naval Hospital Yokosuka's Color Guard standing by for morning colors as staff members attend a celebration for the 112th birthday of the Navy Hospital Corps. Photo by Ben Avey, USNH Yokosuka Public Affairs.

MEET THE INTERN



Hirokazu Ban.

I am from Matsudo city in Chiba prefecture.

I worked as internist at Chibanishi General Hospital in Matsudo city.

I am very interested in western style medicine and I am planning to apply for the residency program of internal medicine. To ready for that, this program is very good opportunity to be accustomed to western way and the U.S. culture. That's why I enter this program this year.

I am going to apply for residency program of internal medicine this September, and after finishing the internal medicine residency, I am going to apply for the fellowship of Infectious Disease.

I love travel, soccer, cooking, judo, aikido, playing guitar, skiing, scuba diving and so on. Actually, I am enjoying soccer with co-worker every week.

Miho Hatano

I am from Oita, Japan

Prior to coming to USNH Yokosuka, I worked at a hospital in Kyushu as a pediatrician.

I applied for this program because I would like to experience the American style of medicine and improve my English.



Once I complete this program I plan to get into a pediatric residency in the U.S. I would like to finish the pediatric oncology fellowship there.

I like chatting and Karaoke. Please let me know when you plan to go to Karaoke! I am shy, so I can sing only in the small Karaoke Box.

Nobuhide Matsuoka.

I came from Kyoto where I worked for four years. My hometown is Nara.

I worked in Kyoto City Hospital as a general surgeon.

I entered this internship because I would like to brush up my English ability, experience working in foreign environment, and try to pass the United States Medical Licensing Examination (USMLE). That is because I hope to work in a hospital in the U.S. I think we are in the period where we should think not only about our own country but the whole world. I do not want to stay isolated in Japan all my life.

After finishing the internship, I plan to apply for residency or fellowship program of the US hospital as a surgeon.

I like to play sports. I did Judo when I was in junior high school and high school. I got Kuro-Obi(black belt) and authorized as Ni-dan(second rank of black belt). In University I played rugby.

CLASS OF 2010-2011



Takashi Matsumoto

I was born in Yokohama, and was mostly raised up in Tokyo.

I was a medical student in Tokyo. This is my first clinical experience.

I have great interest in English as a lingua franca in the field of medicine, and I thought it would be necessary and would broaden my view as a physician to have a good command of English. I was seeking a place where I can study not only medicine but also English.

I'm planning to have some experience as a physician in Japan for a while. After that I will seek an opportunity to study outside of Japan. Maybe I will go to the U.S. to train as a physician.

I love cycling. If any of you has time this year, let's go riding around Miura peninsula together!



Intern class photos from 1954 to present on display on the third deck. Photo by Capt. Kevin Knoop, Executive Officer, USNH Yokosuka.



Junichiro Muarasame

I am from Anjo, Aichi, Japan

Before coming to USNH Yokosuka I worked one year as an intern at Obama hospital in Obama, Fukui.

The reason I applied for this program was to experience US medicine in an English speaking environment.

Once I complete this training I hope I can land a residency position at a U.S. institution.

I really don't have any hidden talents that I can share with you at this time.

Toshitaka Shimizu

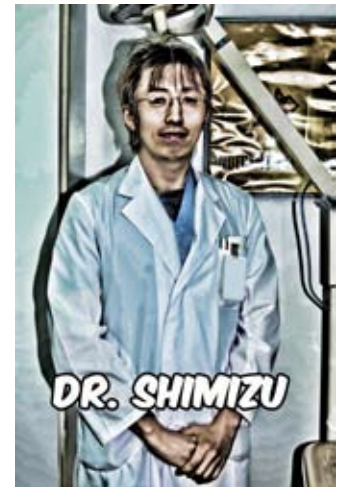
I am originally from Fukuoka prefecture.

Before I came to USNH Yokosuka, I was a resident of general internal medicine and also of pathology

I entered this program to improve my English and learn about American culture and customs.

When I complete my training here at USNH Yokosuka I plan to apply for a U.S. internship program.

A little known fact about me is I love playing tennis and love Japanese animation.



STAY HEALTHY WITH HEALTH PROMOTIONS

New Navy program help Sailors and family members get “Ship Shape”

By Ronald Bolton, USNH Yokosuka

Many of us really do need to lose a few pounds, boost our fitness level, and put a serious bridle on our eating habits. However, doing that is not as easy as it might seem as we have seen with increasing rates of obesity and associated medical problems throughout the United States. To combat those trends the Navy has established a new program named Ship Shape.

Ship Shape is a weight management program approved by the Bureau of Medicine and Surgery (BUMED). This eight week program was designed specifically to help active duty personnel meet the Navy body composition standards.

On board Commander Fleet Activities Yokosuka the program is available to anyone who is eligible to receive services at U.S. Naval Hospital (USNH) Yokosuka. Priority access will be given to active duty Sailors who exceed or are in danger of exceeding the Navy's body composition assessment standards. The program is provided through USNH Yokosuka Health Promotions Office located on the third floor of the James D. Kelly Fleet Recreation Center.

During each of the eight weekly sessions, participants will be instructed on a variety of topics such as weight management, healthy nutrition, physical activity, and psychology of weight loss. Each session builds upon the lessons learned in previous meetings.

The goal of Ship Shape is to provide the tools necessary for individuals to make long-term, healthy lifestyle changes which will enable them to better manage their weight.

Although Ship Shape is not mandatory, voluntary participation can serve to augment a command's fitness enhancement program. All Command Fitness Leader's are encouraged to refer personnel with weight management issues to this comprehensive, science based weight management program.

Active duty personnel interested in participating in Ship Shape will need a recommendation and referral from their command fitness leader (CFL). For all others who would like to participate in Ship Shape, simply contact the USNH Yokosuka's Health Promotions department at 243-9776 to make arrangements.



Chief selectees get ship shape under the watchful eye of their sponsors. U. S. Navy photo by Mass Communication Specialist Seaman Andrew Smith

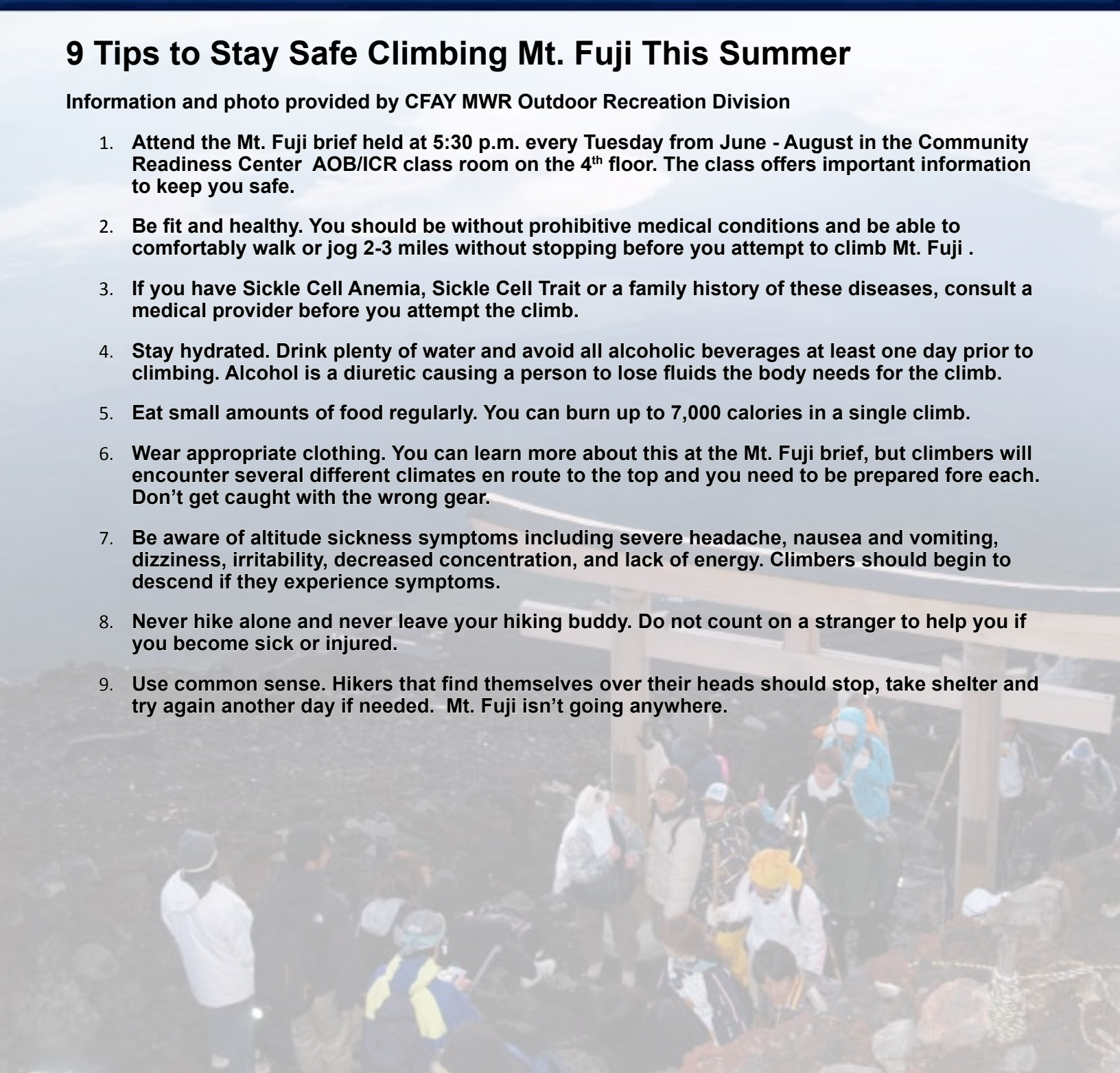
RELAX AND ENJOY JAPAN WITH

MWR

9 Tips to Stay Safe Climbing Mt. Fuji This Summer

Information and photo provided by CFAY MWR Outdoor Recreation Division

1. **Attend the Mt. Fuji brief held at 5:30 p.m. every Tuesday from June - August in the Community Readiness Center AOB/ICR class room on the 4th floor. The class offers important information to keep you safe.**
2. **Be fit and healthy. You should be without prohibitive medical conditions and be able to comfortably walk or jog 2-3 miles without stopping before you attempt to climb Mt. Fuji .**
3. **If you have Sickle Cell Anemia, Sickle Cell Trait or a family history of these diseases, consult a medical provider before you attempt the climb.**
4. **Stay hydrated. Drink plenty of water and avoid all alcoholic beverages at least one day prior to climbing. Alcohol is a diuretic causing a person to lose fluids the body needs for the climb.**
5. **Eat small amounts of food regularly. You can burn up to 7,000 calories in a single climb.**
6. **Wear appropriate clothing. You can learn more about this at the Mt. Fuji brief, but climbers will encounter several different climates en route to the top and you need to be prepared fore each. Don't get caught with the wrong gear.**
7. **Be aware of altitude sickness symptoms including severe headache, nausea and vomiting, dizziness, irritability, decreased concentration, and lack of energy. Climbers should begin to descend if they experience symptoms.**
8. **Never hike alone and never leave your hiking buddy. Do not count on a stranger to help you if you become sick or injured.**
9. **Use common sense. Hikers that find themselves over their heads should stop, take shelter and try again another day if needed. Mt. Fuji isn't going anywhere.**



CHAPLAIN'S CORNER

COMMAND CHAPLAIN LT. J.G. MICHAEL ANDERSON

All Are Welcome!

By Chaplain Michael Anderson



Command chaplain, Lt. j.g. Michael Anderson, works out the details for Caregiver Appreciation Day before his next appointment. Photo by Richard McManus, USNH Yokosuka Public Affairs.

I am both honored and proud to be your new chaplain. While acquainting myself with the people of this command I have noticed a tremendous level of professionalism, camaraderie, and dedication to those in need. I say with the utmost sincerity that I am thoroughly impressed with the amount of work you do, the efficient way you do it, and the effectiveness of the care you provide. BZ to all!

Though this is my first command as an active duty chaplain, I have served as an enlisted reservist (IT2), as a chaplain candidate for 5 years, and as a civilian hospital chaplain for 2 years. While I am new to the command, be assured that I can provide the pastoral care services you need, or I can refer you to an external resource to assist you in a timely manner. RP2 Marseille, who reported aboard in March, can draw upon her 12 years of religious ministry team experience to provide top-shelf customer service as well.

Please take a moment to visit our Pastoral Care intranet site (left-hand side of the intranet homepage) for a synopsis of what we do, our activities schedule, announcements, links, and other valuable information.

As IA deployments and increased demands on our staff compound the inherent stressors and life complexities we (and our families) all face, please remember to take time to care for yourself. As your chaplain, I will provide any spiritual care, counseling, coaching, moral/ethical advisement, and listening you may need, all with complete (TOTAL) confidentiality. I am here to serve you, my customer, and you will be heard.

We are also here to ensure our wealth of religious diversity is both accommodated and celebrated. While I am endorsed by the Christian Lutheran faith tradition, I can facilitate the free exercise of a wide array of diverse religious activities. If you believe your faith tradition is underrepresented on-base, please come see me. Again, I am here to serve you, my customer.

What you do is significant and has a profoundly meaningful impact on those in your care. It is a privilege to care for you - such brave, selfless, and noble caregivers - as your chaplain.

I am your chaplain and your family's chaplain. Never hesitate to contact me. All are welcome!

Pastoral Care Services' Contact Information
Command Chaplain Lt. j.g. Michael Anderson
DSN Phone: 315-243-8736
Email: michael.anderson22@med.navy.mil
Office 4B18

RP2 Brunette Marseille
DSN Phone: 315-243-9337
Email: brunette.marseille@med.navy.mil

CARE FOR THE CAREGIVER

USNH Yokosuka Honors Caregivers with Appreciation Day

By Mass Communication Specialist Seaman Mike Mulcare, Navy Public Affairs Support Element West Det. Japan

U.S. Naval Hospital (USNH) Yokosuka honored its caregivers by declaring May 12 Caregiver Appreciation Day.

Caregivers are the civilian volunteers, Department of Defense medical personnel and service members who provide care to patients such as Hospital Corpsman, chaplains, medical officers, and others who play a role in caring.

“Today, we’re celebrating our caregivers with Caregiver Appreciation Day,” said Lt. j.g. Michael Anderson, hospital chaplain and Bay City, Mich., native. “We’d like to recognize all the sacrifices caregivers and their families give for the benefit of the mission.”

This year marked the first Caregiver Appreciation Day in Yokosuka. The day offered caregivers and their families a magic show for children; a symposium on operational stress, self care, and spirituality and an open floor question and answer session with Anderson.

“I came out here to offer my personal thanks to caregivers,” said Mike Applegate, a Red Cross volunteer and magician for the event. “This is the first time anything has been done on this level. We’re recognizing what the caregivers do and I thank them for that.”

The goal of the symposium was to offer caregivers tools and training on how to care for themselves. Numerous service members from USNH agree that in caring for others, caregivers often neglect caring for themselves.

“Caregivers, because they take care of so many people, often neglect self-care. This conference today has professionals who provide tips and methods for self-care,” said Anderson. “Care for the caregiver is very important with all the stresses and high-tempo operations they take part in.”

Capt. Kevin D. Moore, the hospital’s commanding officer shared his gratitude to caregivers.

“I’d like to thank you all for the things you do and the sacrifices you make,” said Moore. “It truly is an honor to serve next to each and every one of you.”



Director for Nursing Services Capt. Joel Parker, CMDMC Randy Pringle, Executive Officer Capt. Kevin Knoop and Command Chaplain Lt. j.g. Michael Anderson witness Commanding Officer Capt. Kevin Moore sign a proclamation declaring May 12, 2010, Caregiver Appreciation Day. Photo by Tom Watanabe, USNH Yokosuka Public Affairs.

BRAVO ZULU

The term Bravo Zulu comes from a naval signal meaning “well done.” At USNH Yokosuka, Bravo Zulu is the term used to recognize a staff member’s or a work unit’s outstanding performance or support. The comments below were taken from comment forms completed by hospital visitors and staff and submitted to the customer relations department. Please join in giving these deserving members a Bravo Zulu for their hard work. Congratulations!

I wanted to express my sincere gratitude for the service provided by **Mrs. Meghan Madea**, **Lt. Travis Erickson** and **Cmdr. Michael Service**. These individuals are the epitome of what every health care provider should represent.

With every visit they are knowledgeable, understanding, patient, courteous and provide a sense of comfort. They pay attention to the concerns of their patients and address them accordingly. These particular health care providers are prompt and efficient with their services, diagnosis and examinations. I have never had to wait longer than five minutes and I am always greeted with friendly smile. It is not often we recognize our outstanding service members; however, it is imperative that these providers know that they are greatly appreciated. With the stress of being a spouse of a forward-deployed Sailor, mother of two and full-time employee, it is comforting to know that in the case of a medical matter I will receive unwavering service. They are awesome and valued by more than just me. Service members and dependents all over Sasebo are raving about these particular individuals and their service. Again, they are well-respected for their service.



Cmdr. Michael Service and Mrs. Megan Madea

During my visit in both inpatient and outpatient treatment in the past January 2010, I was very happy with all services. I received great care from nurses and corpsmen, especially from **Dr. Mancini** and **Dr. Christopher** at surgery clinic. Both are great with a professional attitude and treat patients with sincere hearts. They are suitable for this professional career. I would like to give a special thanks to **Dr. Mancini** and **Dr. Christopher**. I also commend **Dr. Armbruster** in internal medicine, who works closely with the patient. Thank you for the best care, **Dr. Armbruster**.

I am constantly amazed at the professionalism and excellent customer service provided by the staff at BHC Sasebo. Today I would like to especially thank **Hospitalman 2nd Class Ryan** for her above and beyond attitude with regard to customer service. She not only provided me with answers to a MEDEVAC that was taking place from Yokosuka, she contacted the Yokosuka hospital to inquire on the specifics of my case and provided me with the additional information. The cherry was placed a week later, when she followed up with Yokosuka to see if they need her assistance. Thank you **Hospital Corpsman 2nd Class Ryan**.



Hospital Corpsman 2nd Class Kimberly Ryan

I have been here two years now and over that time, the **pharmacy** continues to get better. Now it seems efficient and the staff seems to care, especially over the last eight months or so. Thank you for your great job!!!

My wife and I came in on the first of January because her contractions were starting. Since then, the staff members at **3AOB** have treated us well. My wife eventually went into labor and all the staff members were very helpful. They took care of our first-born little girl like it was their child. They attended to all of our needs, especially our newborn’s. With our deepest appreciation, my wife and I thank the whole entire staff members.

Dr. Cleary was “clearly” the best. He was sincere and very understanding. I am greatly appreciative of him and **Hospitalman Apprentice Hallett**. Great service and great care and happy patients! Thank you so much.

BRAVO ZULU

Hospitalman 3rd Class Nola is an outstanding corpsman. Although the dermatology clinic is very busy, **Hospitalman 3rd Class Nola** found a way to fit me in! She listens and responds and she is punctual and efficient. When we transfer back to Virginia, I hope **Hospitalman 3rd Class Nola** transfers to Portsmouth Naval Hospital. We need her in the States. I would be remiss if I did not mention dermatologist **Dr. Insley**. When my skin broke out into hives from an allergic reaction, she saw me, treated me and talked to me about my allergies. The dermatology clinic has a great “dynamic duo” in **Dr. Insley** and **Hospitalman 3rd Class Nola**.



Hospital Corpsman 3rd Class Nola

Everyone in the **surgery ward**, and **Ms. Ogasawara**, were so professional and caring, and I felt they went beyond because nothing was a surprise and I never felt uncomfortable. Everyone was great and should be commended, especially **Lt. Cmdr. Christopher, Cmdr. Crosby, Hospital Corpsman 3rd Class Serungard, Ryoko, Hospitalman Apprentice Vasquez, Hospitalman Mills** and **Lt. Taylor**. Please tell everyone that they know how to talk and treat patients. Thank you and you are the best.

I have been onboard CFAY for almost two years and have had most of my medical appointments through family medicine. I am compelled to leave a comment about the continued outstanding customer service I have personally received time and time again. They are always friendly and responsive, which I am grateful for. Specifically **Ms. Teekemia Reynolds, Ms. Aretha Fulwood** and **Hospitalman Brad Olton** have stood out in providing remarkable and exceptional customer service during my time at CFAY.

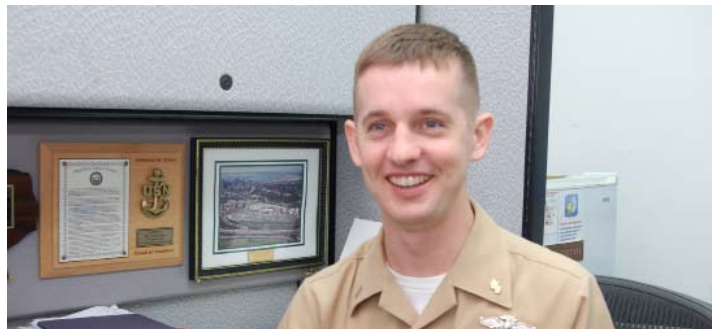
I would like to report the impressive professional work ethic of **Hospital Corpsman 2nd Class Edwardo Bello**. His assistance with my rehabilitation in physical therapy has been trying and tough, but he has been remarkable. I thank him for his service and appreciate his patience.

Please provide a Bravo Zulu to **Mr. Tsutomu Takagi** and **Ms. Ai Ito** for their “very professional and efficient” support in providing lab hood ventilation surveys at the customer location.

We are very pleased with the care we received at the emergency room. We had a small wait time, less than two minutes, and we were treated with the greatest respect. The ER staff members, particularly **Hospitalman Apprentice Fernandez** and **Hospitalman Davis**, were very professional at all times and they showed compassion and concern toward my daughter. The doctor’s care was also second-to-none. Thank you guys so much for the wonderful treatment.

I would like to express my personal thanks to **Lt. Jarrett** for taking her personal lunch hour time to see me on a consultation for my tinnitus. She spent an hour educating me on tinnitus as well as conducting several tests. It is obvious that she is a dedicated professional who cares about her patients. Also, she kept her schedule flexible for my appointment to accommodate an earlier appointment, thus saving me an additional trip from NAF Atsugi, where I am stationed.

I would like to thank **Ens. Parker, Hospital Corpsman 3rd Class Mewes** and **Dr. Foster**. They all worked together to care for my son prior to me leaving on emergency leave. I was very worried about leaving when my son had been wheezing all night. **Hospital Corpsman 3rd Class Mewes** was eager to help me as well as **Ens. Parker**. Thank you all for a job well done.



Recently promoted Lt. j.g. Rhys Parker

Hospital Corpsman 3rd Class Ciampo exhibited remarkably professional and knowledgeable support when I was going through some emotional times. After six years of active duty, I am being separated for medical reasons. He assured me that all was well and answered all of my questions. Thank you.



INDIVIDUAL AUGMENTEES

Alconinimendoza, Marco	HA	Afghanistan
Alexander, Bill	LT	Japan
Bandonell, Byron	LT	Kuwait
Barber, Kenneth	LTJG	Afghanistan
Basil, Anthony	HMC	Afghanistan
Bastable, Leigh	LT	Afghanistan
Bransdorf, Alexander	HM2	Afghanistan
Carbonell, Rosalie	HM3	Bahrain
Cimino, Francesca	LT	Afghanistan
Coe, Kaarin	LT	Kuwait
Combs, Matthew	HM3	Afghanistan
Danyleyko, Graham	LT	Afghanistan
Delosreyes, Romano	HM2	Afghanistan
Fernandez, Gregory	HN	Kuwait
Grey, Christopher	LT	Afghanistan
Grisham, William	LTJG	Afghanistan
Harmon, Timothy	LTJG	Afghanistan
Helledy, Anna	HM2	Afghanistan
Hong, Cheuk	CDR	Afghanistan
Howard, Donald	HN	Afghanistan
Jacobs, Christopher	HM2	Afghanistan
Johnson, Andrew	HM3	Afghanistan
Jones, Gregory	LCDR	Afghanistan
Kee, Kyle	LT	Bahrain



Hospital Corpsman 1st Class Rusty Rapada while on deployment in Afghanistan.



Individual augmentee banners displayed with pride on the U.S. Naval Hospital Yokosuka quarterdeck. Photo by Ben Avey, USNH Yokosuka Public Affairs.

Malveda, Patrickjames	HM2	Afghanistan
Malysa, Marek	HN	Afghanistan
Marcinkiewicz, Matthew	LT	Afghanistan
Marsh, Patrick A.	HM2	Afghanistan
Mason, Myra	HM1	Kuwait
Mcgarrigle, Keith	HN	Afghanistan
Nowaczyk, Jonathan	HM2	Afghanistan
Para, Stephen	HM2	Afghanistan
Picken, David	LCDR	Bahrain
Rapada, Rusty	HM1	Afghanistan
Rayos, Jose Rommel	HM1	Afghanistan
Reyes, Romar	HMC	Afghanistan
Ringquist, John	LCDR	Afghanistan
Simpson, Joseph	HM3	Afghanistan
Taylor, Aaron	HN	Gtmo
Templeman, Sarah	HM2	Kuwait
To, Tony	HM3	Afghanistan
Velasquez, George	HM1	Afghanistan
Woo, John	LCDR	Afghanistan
Wyche, Paulus	HM1	Gtmo
Young, Curtis	HM1	Afghanistan

AWARDS



Commanding Officer, Capt. Kevin Moore pins a Navy Achievement Medal on the chest of GSE3 Moylan during a recent awards ceremony. Photo by Richard McManus, USNH Yokosuka Public Affairs.

HN Powers	Letter of Appreciation
HN Strowder	Navy Achievement Medal
HM3 Ciampo	Navy Achievement Medal
HM3 Cooper	Letter of Commendation
HM3 McDonough	Flag Letter of Commendation
HM3 Mewes	Navy Achievement Medal
HM3 Miller	Flag Letter of Commendation
HM3 Simoneaux	Letter of Commendation
HM3 Villapando	Flag Letter of Commendation
HM3 White	Letter of Commendation
HM3 Stockman	Flag Letter of Commendation
GSE3 Moylan	Navy Achievement Medal
GSM3 Tate	Flag Letter of Commendation
HM2 Green	Navy Achievement Medal
HM2 Jones	Navy Achievement Medal
HM2 Liquete	Navy Achievement Medal
HM2 Williamson	Navy Achievement Medal
HM2 Corless	Navy Achievement Medal
HM2 Vitug	Navy Achievement Medal
IT2 Patton	Navy Commendation Medal
HM1 Buie	Navy Achievement Medal
HM1 Craver	Navy Achievement Medal
HM1 Guy	Navy Achievement Medal
HM1 Lindain	Navy Commendation Medal
IT1 Knox	Navy Commendation Medal
TSGT Mings	Letter of Appreciation

HMC Poserio	Navy Commendation Medal
YNC Martin	Navy Achievement Medal
HMCS Andico	Meritorious Service Medal
HMCS Andico	Navy Achievement Medal
HMCS Tolosa	Navy Commendation Medal
HMCM Rodillon	Navy Commendation Medal
LT Armbruster	Navy Commendation Medal
LT Coker	Navy Commendation Medal
LT Iizuka	Navy Achievement Medal
LT Jarrett	Navy Commendation Medal
LT Margraf	Navy Commendation Medal
LT Roldan	Meritorious Service Medal
LT Rood	Navy Commendation Medal
LT Sood	Navy Commendation Medal
LT Franzkej	Navy Achievement Medal
LT Green	Navy Achievement Medal
LT Tran	Navy Achievement Medal
LCDR Garman	Navy Commendation Medal
LCDR Weigle	Navy Commendation Medal
LCDR Bensch	Navy Achievement Medal
LCDR Mullen	Meritorious Service Medal
CDR Stein	Navy Commendation Medal
CAPT King	Meritorious Service Medal



Cmdr. Todd Stein, awarded a Navy Commendation Medal during an awards ceremony May 13. Photo by Richard McManus, USNH Yokosuka Public Affairs.

2010 PROMOTIONS



Hospital Corpsman 3rd Class Christopher Melo. Photo by Richard McManus, USNH Yokosuka Public Affairs.



Hospital Corpsman 3rd Class Olton. Photo by Tom Watanabe, USNH Yokosuka Public Affairs.

- | | |
|---------------------|---------------------|
| HA Basa | HM3 Boham |
| HA Burton | HM3 Borseth |
| HA Katan | HM3 Brookman |
| HA Khalil | HM3 Brown |
| HA Kolakowski | HM3 Clements |
| HA Midkiff | HM3 Clinard |
| HA Patton | HM3 Cooper |
| HA Rider | HM3 Davila |
| HA Tayloe | HM3 Fackender |
| HN Alconini-Mendoza | HM3 Garcia |
| HN Austin | HM3 Goldson |
| HN Beaudry | HM3 Grandberry |
| HN Beckman | HM3 Hevener |
| HN Bolt | HM3 Houseknecht |
| HN Calderon | HM3 Hugo |
| HN Campbell | HM3 Jeffreys |
| HN Chase | HM3 Le |
| HN Courtney | HM3 Lundberg |
| HN Cuevas | HM3 Lyons |
| HN Davis | HM3 Marothy |
| HN Delgado | HM3 Marquez |
| HN Ellis | HM3 Martin |
| HN Fernandez | HM3 Mirando |
| HN Green | HM3 Musolf |
| HN Gutierrez | HM3 Olton |
| HN Hallett | HM3 Richards |
| HN Hanley | HM3 Sazima |
| HN Hetherington | HM3 Smith |
| HN Jones | HM3 Stavros |
| HN Lee | HM3 Tebah |
| HN Lin | HM3 Tiongson |
| HN Loll | HM3 Tuggle |
| HN Mcgarrigle | HM3 Zabala |
| HN Miller | HM2 Brown |
| HN Moore | HM2 Cain |
| HN Moran | HM2 Canales |
| HN Murray | HM2 Colas |
| HN Nagy | HM2 Combs |
| HN Newland | HM2 Cruz |
| HN Ponce | HM2 Elahee |
| HN Sloan | HM2 Fernandez-Regis |
| HN Trujillo | HM2 Fotu |
| HN Vulgamott | HM2 Gilchrist |
| HM3 Ackerman | HM2 Jackson |
| HM3 Acosta | HM2 Johnson |
| HM3 Arlequin | HM2 Johnson |
| HM3 Bagunas | HM2 Johnson |
| HM3 Ballew | |

2010 PROMOTIONS



Petty officers in formation during a frocking ceremony June 3. Photo by Tom Watanabe, USNH Yokosuka Public Affairs.

HM2 Llanes
HM2 North
HM2 Pham
HM2 Roces
HM2 Sayre
HM2 Simpson
HM2 Velasco
HM2 Williams
HM2 Winfield
HM2 Wokeme
HM2 Wokeme
HM1 Ardan
HM1 Cobb
HM1 Cornish
HM1 Cox
HM1 Dimapilis
HM1 Estrada
HM1 Gagarin
HM1 Garcia
HM1 Hewitt
HM1 Keehn
HM1 Kraikoom
HM1 Marquez
HM1 Ramento



Lt. Kyle Kee pins a collar device on Lt. Cmdr. Michelle Kee. Photo by Tom Watanabe, USNH Yokosuka Public Affairs.

HM1 Ramirez
HM1 Rocero
HM1 Rodriguez
HM1 Silva
HM1 Tilmon
HM1 Zirkle
HMC Figueroa
HMCS Panis
LTJG Amescua
LTJG Milstein
LTJG Parker
LTJG Wilson-Hammel
LT Bucci
LT Haag
LT Horton
LT Ikari
LT Smith
LT Barber
LCDR Costello
LCDR Kee
LCDR Staub
LCDR Tillmon
CAPT Copenhaver
CAPT Warrington

PIE ANYONE?

Pie your favorite khaki

By HN Grant Whites, USNH Yokosuka



USNH Yokosuka Chaplain Lt. J.G. Michael Anderson dons his weather coat to drop a pie on the head of Executive Officer Capt. Kevin Knoop to help the Second Class Petty Officer Association raise money for the Hospital Corps Ball. Knoop was one of several people who volunteered for the auction in which the prize was the opportunity to "Pie Your Favorite Khaki". By Tom Watanabe, USNH Yokosuka Public Affairs.

It was a whole mess of fun during the Second Class Petty Officers Associations (SCPOA) "Pie Your Favorite Khaki" event held in conjunction with the Junior Enlisted Association Wings and Things food sale fundraiser in the Command Auditorium on board U.S. Naval Hospital (USNH) Yokosuka April 16. Both events were held to raise money for the 122nd Annual Hospital Corps Ball held June 26.

"Khakis" is an informal Navy term used to describe officers and senior enlisted personnel who are authorized to wear the Service Khaki uniform. Hospital personnel were invited to bid at auction for the opportunity to smash a pie in the face of the volunteer "Khaki" who sat on stage.

USNH Yokosuka Executive Officer Capt. Kevin Knoop, pediatrician Cmdr. Jeffrey Cleary, Master Chief Hospital Corpsman Pete Villanueva, Senior Chief Hospital Corpsman Leopoldo Andico, Chief Hospital Corpsman Robert Mack and Senior Chief Hospital Corpsman Kimberly Lamb were among the "Khakis" who volunteered to catch a pie in order to raise money for the ball.

"It was relatively easy to put together," said SCPOA President Hospital Corpsman 2nd Class Keegan Marcantel, "the event raised a lot more money than the SCPOA anticipated."

As an auction event, each "Khaki" was sold for a different price including Lamb, who raised more than \$400 during the event. Sailors jockeyed for the opportunity to throw one of five pies destined for Lamb's face. While in route to the stage to receive her pie, the gauntlet was thrown when a confetti like grouping of dollars and yen were thrown at her feet.

Following the event, a surprised and gooey Lamb jokingly summed up the lessons learned from the bevy of high priced desserts targeted at her head; "I need to pay more attention to my Sailors!"

Shocked by the windfall of donations made at "Pie Your Favorite Khaki," SCPOA is already considering similar future fundraising opportunities.

"Thank you, to everyone who contributed to the success of this event and the money given in support of the Hospital Corps Ball," said Marcantel. "Thank you to everyone who coordinated the event and we all are looking forward to seeing and supporting events like this in the future."



Sailors join forces to smash a pie in the face of HMCS Leopoldo Andico during "Pie Your Favorite Khaki" event on board USNH Yokosuka April 16. By Tom Watanabe, USNH Yokosuka Public Affairs.

OMBUDSMAN

I AM AN OMBUDSMAN

I am not a crutch,
But I can support you

I am not a counselor
But I know one

I am not a taxi driver
But I can steer you in the right direction

I am not a rescuer
But I can help save lives

I am not a babysitter
But I can refer you to a caregiver

I am not a gossip
But I am a great listener

I am not an enabler
But I can provide tools to empower you

I am not a master of anything
But I know many experts who understand your needs

I am not a recreation or health specialist
But I am concerned about your morale, welfare and health

I am not a busybody as I've been called
But I am an official command representative

I am a Navy family ombudsman
And I am of service to you, the Navy family.



The Ombudsman

The ombudsman is a spouse of an active duty or selected reserve command member. The Ombudsman supports the command mission by providing communications, outreach, resource referral, information and advocacy to and for command families. The ombudsman serves as the liaison between command families and the command and keeps the commanding officer/commander informed regarding the general morale, health and welfare of the command's families. (OPNAVINST 1750.1F).

Code of Ethics

1. Support the command's mission.
2. Work within the chain of command as directed.
3. Maintain confidentiality.
4. Maintain the highest standards of professionalism.

Reportable Issues

1. All suspected child abuse/neglect.
2. Alleged domestic abuse.
3. Suspected/potential homicides, violence or life endangering situations.
4. All suspected/potential suicidal risks.
5. Issues identified by the CO as reportable.

Interested in being an Ombudsman?

If you are interested in being an ombudsman, please contact Command Master Chief Randy Pringle at randy.pringle@med.navy.mil or Command Chaplain Lt. j.g. Michael Anderson at michael.anderson22@med.navy.mil. Multiple openings are available so sign up with a friend!

U.S. Naval Hospital Yokosuka Ombudsman

Amanda Reyes
Office: (315) 243-8520
Cell: 090-7285-5231
E-Mail: Amanda.reyes.2@med.navy.mil



ODDS AND ENDS



USNH Yokosuka Sailors at attention and squared away during a uniform inspection. Photo by Ben Avey, USNH Yokosuka Public Affairs.



HMC Robert Mack, Commanding Officer Capt. Kevin Moore and other senior leadership served an All Hands Appreciation Lunch of steak and lobster Jun 18. Photo by Ben Avey, USNH Yokosuka Public Affairs



The Emergency Response Team participates in a CFAY disaster drill. Photo by Richard McManus, USNH Yokosuka Public Affairs.

SPORTS PHYSICAL SATURDAY WALK-IN CLINIC

The U. S. Naval Hospital Yokosuka Pediatric Clinic will be conducting sports physicals exams on August 28th for the upcoming school year.

A few guidelines to help the clinic run as smoothly as possible:

1. All students must be accompanied by parent or guardian, eligible for care and enrolled in DEERS.
2. Sports physical forms should be completed prior to arriving for the physical. You can pick up a form from the school nurse or Pediatric Clinic prior to the examination.
3. Students must be wearing P.E. or gym clothes for the physical. No pants, jean shorts or skirts are allowed and will be turned away.
4. This special clinic is for sports physicals ONLY. Any other specific concerns will not be addressed at this time and will require a separate medical appointment.

The following times are set to streamline the process and avoid long wait times. Students are scheduled according to incoming grade level.

9th graders 8 a.m.
10th graders 9 a.m.
11th graders 10 a.m.
12th graders 11 a.m.

If there are any questions, please contact the Pediatric Clinic at 243-5505.





U. S. Naval Hospital Yokosuka



BHC Atsugi



BHC Sasebo



BHC Iwakuni



BHC Chinhai



BHC Diego Garcia



BHA Hario



BHA Yokohama (Negishi)



BHA Camp Fuji

KENKO SHIMBUN

The Kenko Shimbun is an official publication of U. S. Naval Hospital Yokosuka. If you would like to submit stories or photos to the Kenko Shimbun or you have a good idea for a story and would like to showcase the good things your department is doing, contact the public affairs office at 243-7194 or 243-9968.