



Health Services Professional Advisory Committee

HSPAC News and Views

Spring/Summer 2023 Newsletter

ISSUE 11



Inside This Issue:

2023 HSPAC Subcommittees	2
2023 HS Category PAGs	3
2023 HSPAC CPO's Remarks	4
2023 HSPAC Chair's Remarks	5
HSO: CDR Zanethia Eubanks Distinguished Leadership with PACE	6
Officer Profile: CDR Marquita Burnett	7
Effective Stakeholder Engagement Essentials	8
Assume the Best, Question the Worst, Talk to the Person in Question FIRST	9
5 REASONS Why People Bomb Interviews!	10
Officer Awards and Career Growth Impact	11
Soaring to New Heights	12
USPHS Helps Continue The Promise Aboard USNS Comfort	13
Popular HSPAC Social Media Posts	14
Advertisements/Announcements	16

#WeAreCorpsSTRONG

2023 HSPAC Subcommittees

The HSPAC has eleven subcommittees all HSOs are encouraged to participate. The Category welcomes volunteers.

Subcommittee	Role	Name	Email
<u>Analytics</u>	Chair	LCDR Aaron Grober	Analytics.HSPAC@gmail.com
	Co-Chair	CDR Jennifer Freiman	
<u>Awards</u>	Chair	CDR Shannon Aldrich	Awards.HSPAC@gmail.com
	Co-Chair	CDR Sara Azimi-Bolourian	
<u>Career Development</u>	Chair	CDR Chris Sheehan	CareerDevelopment.HSPAC@gmail.com
	Co-Chair	LCDR Mo Halwani	
<u>Communications</u>	Chair	CDR Kimberly Nguyen	Communications.HSPAC@gmail.com
	Co-Chair	CDR Francis Bertulfo	
	Co-Chair	LCDR Janesia Robbs	
<u>Community Wellness</u>	Chair	LCDR Tracy Avila (Tilghman)	CommunityWellness.HSPAC@gmail.com
	Co-Chair	CDR Danielle Vargas	
<u>Events</u>	Chair	CDR David Schwab	Events.HSPAC@gmail.com
	Co-Chair	LT Rogenia Parker	
<u>Membership</u>	Chair	LCDR Danielle Baquero	Membership.HSPAC@gmail.com
	Co-Chair	CDR Erica Ruchard	
<u>Mentoring</u>	Chair	CDR Jennifer Clements	Mentoring.HSPAC@gmail.com
	Co-Chair	LCDR Jinean Riley	
<u>Policy</u>	Chair	CDR Eileen Bosso	Policy.HSPAC@gmail.com
	Co-Chair	CAPT Kari Irvin	
<u>Readiness</u>	Chair	CAPT Darin Wieggers	Readiness.HSPAC@gmail.com
	Co-Chair	CDR Kimberly Ricketts	
<u>Recruitment & Retention</u>	Chair	CDR Chad Thompson	RecruitmentRetention.HSPAC@gmail.com
	Co-Chair	CAPT Ulgen Fideli	

2023 HS Category Professional Advisory Groups

The HS Category has formed nine PAGs. Together, they address discipline-specific professional issues and advise the HS Category and the Chief Professional Officer of the Health Service Officer Category.

Professional Advisory Group	Role	Name	Email
<u>Basic and Applied Science (BASPAG)</u>	Chair	LCDR Jennifer Grant-Smith	<u>baspag.hspac@gmail.com</u>
	Chair-Elect	CDR Annie Lam	
<u>Dental Hygiene (DHPAG)</u>	Chair	LCDR Jen Eng	<u>dhpag.hspac@gmail.com</u>
	Chair-Elect	LCDR Doretha Wilson	
<u>Healthcare Administration (HAPAG)</u>	Chair	LCDR Diane M Richardson	<u>hpag.hspac@gmail.com</u>
	Chair-Elect	LCDR Velisa Shivers	
<u>Health Information Technology</u>	Chair	CDR David Wright	<u>hitpag.hspac@gmail.com</u>
	Chair-Elect	CDR George Chow	
<u>Medical Laboratory Science (MLSPAG)</u>	Chair	LCDR Osamede Onaghise	<u>mlspag.hspac@gmail.com</u>
	Chair-Elect	LCDR Shercoda "Cody" Smaw	
<u>Optometry (OPAG)</u>	Chair	LCDR Jill Thompson	<u>opag.hspac@gmail.com</u>
	Chair-Elect	LCDR Matthew Geiger	
<u>Physician Assistant (PAPAG)</u>	Chair	CDR Ed Bangor	<u>papag.hspac@gmail.com</u>
	Chair-Elect	CDR Katherine Demers	
<u>Public Health (PHPAG)</u>	Chair	LCDR Ayana Stanley	<u>phpag.hspac@gmail.com</u>
	Chair-Elect	LT Marien Wiley	
<u>Social Work (SWPAG)</u>	Chair	CDR Monique Richards	<u>swpag.hspac@gmail.com</u>
	Chair-Elect	LCDR Jennifer Weekes	

2023 HSPAC Chief Professional Officer's Remarks



CAPT Diedre N. Presley
Chief Professional Officer
Health Services Category

Dear Fellow Officers,

It was an honor connecting with so many of you during the 2023 USPHS Scientific and Training Symposium in Tulsa, Oklahoma. You turned out in record numbers and your presence, positive spirit, and enthusiasm helped to make this event a great success. The hard work and efforts of the HSPAC Events Subcommittee and their Category Day Planning team resulted in a day filled with highly interactive and informative presentations by fellow officers and the opportunity to recognize outstanding Health Services Officers (HSOs) during the awards ceremony. I greatly appreciate the dedication and countless number of hours spent in planning an event of this magnitude. A Job Well Done! Category Day was a great way for us to reconnect and remind us why we remain CorpsSTRONG! It is my hope that you felt more connected and had a renewed sense of purpose and confidence.

As we usher in spring/summer remember to Bloom Where You Are Planted, this expression emphasizes how important it is to make the most of your current circumstances. It encourages you to thrive in any situation, regardless of the challenges or limitations. You can apply this phrase to personal growth, professional development, and leadership. When applied to leadership, "Bloom where you are planted" suggests effective leaders can adapt and excel in their current environment. These leaders refrain from seeking new opportunities or waiting for ideal conditions. They understand their success is not dependent on external factors. They recognize their ability to leverage their skills, resources, and influence to make a positive impact in their current role.

Leaders who embody the "Bloom where you are planted" mindset often demonstrate the following characteristics:

- **Adaptability:** They are flexible and resilient. They adjust their leadership style and strategies to suit the needs of their team and the organization.
- **Resourcefulness:** They make the most of the available resources. They capitalize on strengths and find creative solutions to overcome limitations.
- **Optimism:** They maintain a positive outlook. They focus on possibilities rather than dwelling on obstacles or unfavorable circumstances.
- **Accountability:** They take responsibility for their actions and decisions. They recognize their leadership is instrumental to achieve positive outcomes.
- **Empowerment:** They empower their team members and encourage them to develop their skills. They inspire them to take ownership of their work and contribute to the overall success of the organization.

Thank you as always for all that you do. I continue to be humbled by your service. Please be intentional about taking care of yourself and each other and let's continue to stand together as one category, one Corps, with optimism for what the future holds.

#WeAreCorpsStrong!

In Officio Salutis,
CAPT Diedre Presley



2023 HSPAC Chair's Remarks

Dear Fellow Health Services Officers,

It was a pleasure to see so many of you at the USPHS Scientific and Training Symposium, and in particular, on Category Day. I would like to thank all those that helped organize the agenda that included learning more about leadership (including adaptive leadership), self-care, better understanding USPHS officer resources, as well as networking opportunities. Many thanks to the Category Day Co-Leads, those that led the Awards Ceremony, our speakers, those that managed and manned the Health Services Booth. Finally, congratulations to our Health Services award recipients!

This issue of the HSPAC Newsletter features lots of great information for both professional growth as well as exposure to unique opportunities Health Services Officers have experienced. There are a series of articles to improve your ability to communicate in the workplace, expand your methodology in the practice of self-care, improve your job interview success as well as your award writing success. There are also articles to learn more about our Health Services Officers and the unique environments they have served in. For example, there are articles that will help officers better understand the Prevention through Active Community Engagement (PACE) program as well as the Surgeon General's Education Team, the unique opportunity to serve aboard the USNS Comfort, as well as profiles of Health Services Officers in general.

I would like to thank all of you that have worked to build and continue to grow our Health Services community. First, through taking the time to get to know each other. Over the last six months I have met with many of you and have appreciated the opportunity to be intentional about knowing more about each of you personally. It has been my pleasure to serve with such a distinct group of not only amazing, but caring officers. Secondly, I want to commend you on your ability to not only be resilient but to shine in the face of continued change. The Corps has adapted and transformed a great deal in recent years and you rise up to meet that challenge, continuing to find ways to move forward as well as reach back to help those that follow you. I want to encourage you to keep looking out for each other.

Lastly, the Health Services Professional Advisory Committee develops and provides numerous resources to help you on your journey in the Corps. In the upcoming months you will receive a State of the Category survey where we not only seek information about you as an officer but request your feedback. Toward the end of the survey there is a section entitled Pulse of the Category. In this section we seek your feedback on services the Health Services Professional Advisory Committee provides as well as your challenges and suggestions so that we can continue to support you and meet your needs. Please take the time to provide feedback so that we can ensure we can continue to support you. Thanks again and keep up the amazing work that you do and take care of the community you do it with. It is my privilege to work along side of you in the Health Services Category.

Sincerely,
Rebecca



CAPT Rebecca Bunnell
2023 Chair, Health Services Professional
Advisory Committee

HSO: CDR Zanethia Eubanks Distinguished Leadership with Prevention through Active Community Engagement

LCDR Jennifer Weekes

CDR Zanethia Eubanks MPH, PMP, ITPM, DEI, FAC-COR III, P/PM has a background in public health leadership, project management, diversity, equity and inclusion. She commissioned into the USPHS in June 2009. She is currently assigned to NOAA and serving in a dual role as the Internal Risk Mitigation Program (IRMP) Deputy Program Manager and the lead IT Project Manager in the Cyber Security Division (CSD). Her passion for service also landed her an appointment by the NOAA Executive Panel (NEP) as the Diversity, Equity and Inclusion (DEI) representative for the Office of the Chief Information Officer (OCIO).



CDR Eubanks has been active with Prevention through Active Community Engagement (PACE) since 2015 when she was stationed in Region IV (Atlanta area). She served on several local projects as a public health representative and presented on hand washing and other public health related topics. CDR Eubanks reports serving alongside PACE pioneers LCDR Leshin in 2017 and CDR Gumapas in 2018. She became more involved while stationed in the DC/Maryland/Virginia area in 2015. In 2019, she was asked by the PACE Executive Board to serve as the acting Surgeon General Education Team (SGET) National Coordinator while also serving a three-year appointment as the Northern Virginia Lead for the DC Metro SGET.

Under her leadership, the Surgeon General Education Team (SGETs) expanded to encompass all 10 HHS Regions with 15 active SGETs, as well as successfully managing the first large scale turnover amongst SGET officers following the end of the initially appointment letters. She more than quadrupled (over 400%) the number of officers involved in SGET led efforts. She was awarded the PACE Outstanding Community Engagement Award in 2021. CDR Eubanks is passionate about establishing collaborations with community stakeholders that create presentation opportunities for USPHS officers. This supports our USPHS mission as well as increases our visibility within communities.

CDR Eubanks will be transitioning from her current Surgeon General Education Team (SGET) leadership role this summer after multiple years of dedicated service. Her parting words to current SGET leaders is the John Maxwell quote, "A leader is one who knows the way, goes the way and shows the way." She believes that her legacy to the SGETs is to continue to lead the way with humility and grace. She encouraged SGET officers to never give up, only give in to your heart of service – this is what truly matters. When asked about work/life balance and activities she enjoys outside of work, CDR Eubanks cited "FLOW (Faith, Love, Optimism and Wisdom)." She explained that this acronym was shared with her by one of her close friends in Region IV. Over the years, CDR Eubanks expressed learning to take deep breaths, listen with love, accept people for who they are and where they aspire to be. She added that she enjoys spending time with family, close friends, arts and entertainment and frequent spa days.

Officer Profile: CDR Marquita Burnett

CAPT Tracy Branch, HSPAC Senior Officer Consortium



CDR Marquita Burnett is a public health professional who currently serves as the Travel Management Section, Section Chief, within the Transportation Services Branch in the U.S. Department of Health and Human Services, Administration for Strategic Preparedness and Response (ASPR). Commissioned with the USPHS in 2011, CDR Burnett became a second-generation USPHS Commissioned Officer following in the footsteps of her mother, CAPT Maryann Robinson, a nurse.

During your career how have you set yourself apart from other officers?

I find that most officers involved in USPHS activities do their jobs well and I am no different than them. What I did to set myself apart was to set personal goals and I competed with myself, not with others, to achieve those goals. I was intentional about my actions. I didn't take on too much, to ensure the quality of the activities that I was doing. Without even trying, things fell into place and others were able to see my good work.

Looking back on your career, what would you do differently and why?

I wouldn't do anything differently. Everything that I have experienced offered a lesson that propelled me forward to the next step. We have the ability to forge new paths and have self-determination in what we do. It should be fun, allow growth, and learning. You should bring others with you.

What do you believe helped you get promoted to your current rank?

Listening to my mentors, staying the course, and remaining my authentic self. Everything else came in time. Knowing that my action is purposeful, meaningful, and intentional allows me to do good work that others recognize.

How do you want to be remembered after leaving service and by whom?

I hope that those who I touched understood that I was an authentic person, willing to protect my fellow officers and the nation. Being an officer is my job, and it is a job that I do well.

What advice would you offer yourself as a junior officer?

Listen to your mentors. Trust yourself. Know that you have the ability to meet and exceed your goals. Keep strong in your faith and it will serve you well.

Fun Fact about CDR Burnett

I love to sing. I sing in church, and I am a member of the USPHS Ensemble.

Effective Stakeholder Engagement Essentials

LCDR Janesia Robbs

As a Public Engagement Practitioner currently stationed at the U.S. Food and Drug Administration, Center for Food Safety and Applied Nutrition, I know first-hand how important stakeholder engagement is in achieving organizational goals. Stakeholder engagement is the process of involving individuals, groups, or organizations who have an interest in or are affected by a decision or an activity. Stakeholder engagement enables organizations to build better relationships, enhance transparency, gain valuable insights and input, and make Informed decisions.



Infant Formula Transition Plan for Exercise of Enforcement Discretion Stakeholder Call

It is important for effective stakeholder engagement to follow a structured and informed process. Below are some high-level stakeholder engagement essentials to consider before an engagement, during an engagement, and after an engagement.

Pre-Engagement – Effective stakeholder engagement requires a significant amount of planning and preparation before any engagement activity takes place. The pre-engagement process involves identifying the key stakeholders, understanding their positions and needs, and determining the engagement goals. Once the engagement goals are defined, the appropriate type of engagement activity can be selected, such as in-person meetings, phone calls, or public meetings. During this process you also develop the necessary materials for the engagement, including an agenda, key messages, and prepared remarks.

Engagement – During an engagement, the first key action is to make introductions with participating stakeholders to show your willingness to get stakeholders involved. The next key action is to make sure the agenda and discussion stays on track and on time. Key messages and prepared remarks are extremely helpful to make sure you stay focused with your messages and deliver information clearly and consistently. You should also take high-level notes that captures key points of the discussion, and any agreed upon decisions or next steps.

Post-Engagement – After engaging with stakeholders, you should compile meeting notes and any materials shared by stakeholders and share them with internal staff and leadership. Another important key step in this process is to conduct follow-up as necessary, such as scheduling internal meetings or additional stakeholder meetings. A good way to build trust among stakeholders is to follow through on action items and promises made during the engagement. Lastly, it is crucial to report back to stakeholders on progress, even if it's just to let them know the status of ongoing work.

In conclusion, stakeholder engagement is about knowing who your stakeholders are, understanding their perspectives, and knowing how best to involve them in your organizations decision-making process. Engaging the right people in the right way can make a notable difference in your desired outcomes.

Assume the Best, Question the Worst, Talk to the Person in Question FIRST

CAPT Julie A. Niven

Gossip: *a very destructive force in our workplace!* When staff talk among themselves creating or emphasizing something negative about someone it can result in harm to our coworkers and make our workplace an unpleasant or hostile environment.

The opposite of this is a potentially an altogether different scenario. Here's how it looks: we come into work with the perspective that our colleagues are each doing their work *to the best of their ability*. Having this attitude contributes to our bodies being more relaxed (55% of our daily communication to others). When less stressed we are more likely to make eye contact, smile and greet each other in pleasant tones (tonality makes up 38% of our communication) which in turn leads to reciprocal relaxation within the workplace. Being less tense/more at ease has shown to increase our personal productivity. For those of us clinicians, this makes us better able to care for the patients who depend on us for their healthcare needs. In addition, a relaxed, positive workspace helps us be more resilient and better able to manage the stressors we encounter in our jobs. Sounds like a win-win doesn't it?

But then, what if things aren't going so well one day? If we see something (that doesn't look quite right), we should say something, BUT seek to speak first to the person in question. Acting in this manner defuses assumptions and misunderstandings and gives us and others the opportunity to correct on the spot. Again, this is teamwork at its best. True teamwork increases productivity and promotes staff satisfaction. When we feel we belong and are valued as a member of the team our morale is better and we are more motivated to be a contributing team member. Gossip, on the other hand, damages morale and the trust that is essential to a solidly performing team. It fosters a hostile culture that only makes the workday seem twice as long as it really is.

So, what do we do if gossip occurs in our workplace? Try these techniques to stop it in its tracks. If you have a question about something a coworker is doing or has done, speak first directly with the coworker in a private setting. If a colleague is saying something negative about a coworker, suggest he or she do the same. If this effort is rebuffed, try changing the subject or saying something positive about the individual being gossiped about. If these techniques fail, politely excuse yourself from the conversation. There is always the option of taking the matter to a supervisor as needed. Share your concerns and ask for anonymity to avoid possible retaliation. Be proactive in managing the team you are a valuable member of keep it healthy, keep it relaxed, keep it real and be the shining light needed in our daily work with one another.

Sources:

- <https://www.forbes.com/sites/forbescoachescouncil/2020/08/24/strong-nonverbal-skills-matter-now-more-than-ever-in-this-new-normal/?sh=2857ddf75c61>
- <https://hbr.org/2015/12/proof-that-positive-work-cultures-are-more-productive>
- <https://smallbusiness.chron.com/team-effectiveness-increased-productivity-48735.html>

5 REASONS Why People Bomb Interviews!

CDRs [Denise Morrison](#) & [Vicky Stowers](#)

There can be multiple reasons why people bomb interviews. Here are five common ones:

1. **Lack of Preparation:** The interviewee typically focuses entirely on the wrong things during the interview preparation. Interviewees spend ample time researching the organization/agency instead of devoting equal time towards introspection. An interview is a set of questions about the interviewee. The more self-aware an interviewee is, the more prepared they will be to respond to interview questions. Therefore, it is essential to know your strengths, growth areas, triggers, communication barriers, expectations of a supervisor, and even how you manage conflict best. What skills and traits do you possess that would benefit the organization or agency?
2. **Nervousness or Excessive Worrying:** Interviewees tend to worry excessively over things outside of their locus of control. This may include factors such as comparison to or imaginary competition with other applicants, the actual interview process, and what will happen post-interview. While it is completely normal to be concerned about these factors to some degree, they can present an obstacle to forward progress if not kept in check. The interviewee's primary focus should be what they can offer the organization/agency. Reframing your focus around how you add value will prove to be more beneficial to the process.
3. **Lack of Self-confidence:** Going into the interview with a negative mindset. Without believing that you deserve the position, the chances of performing poorly during the interview drastically increase. To this end, self-confidence is crucial to the process. If the interviewee believes in what they have to offer, they can sell themselves accordingly and increase the interviewers' chances of hiring them.
4. **Negative Self-belief or Mindset:** People tell themselves they will bomb the interview. This internalized belief negatively affects a person's energy and productivity during the interview. It is important to replace any self-defeating statements with positive affirmations, such as "I got this" and "I will do great on this interview". What we choose to believe about ourselves is what we internalize and portray.
5. **Lack of Practice:** The interviewee does not practice or prepare for the interview. Most interviewees believe they will do better on the spot and do not want to sound scripted. However, most people who do not prepare tend to choke up during the interview. Interview expert Anna Papalia, who has interviewed over 10,000 people, said, "no one does better on the spot. Everyone does better if they prepare." A practice interview allows a person to familiarize themselves with the interview process in a low-stress environment. Additionally, a practice interview boosts confidence and improves performance.

If you are interested in polishing your interviewing skills, consider signing on for a mock interview. The Career Progression Resource Team and HSPAC Career Development Subcommittee invite Health Services Officers (HSO) to practice their interviewing skills! This opportunity provides one-on-one mock interviews with officers who have prior interviewing and supervisory experience. This simulation of an actual job interview will provide HSOs with constructive feedback in a low-stress environment to improve techniques, boost confidence, and reduce anxiety. If interested, please contact CDR Denise Morrison at Denise.C.Morrison@ice.dhs.gov and CDR Vickie Stowers at Vickie.A.Stowers@ice.dhs.gov.

Officer Awards and Career Growth Impact

LCDR Valeria Favela, LTs Mary Luc & Tia McClelland



Sixty-three officers attended the HSPAC's Peer-to-Peer (P2P) Mentoring Program's **Open Forum Chat on Officer Awards and Career Growth Impact** on Wednesday, March 15, 2023.

Officers heard from our current PAC Awards Subcommittee Chair (CDR Shannon Aldrich), two former PAC Chairs (CAPT Todd Alspach and CAPT Simleen Kaur), and a PAC Career Development Lead (CDR Deidre Washington-Jones). They discussed the importance and impact of awards as part of overall career growth.

Ten key takeaways from the chat:

1. Different categories of awards come with different procedures and timelines. Do your research and inquire with your agency liaison for when you need to submit an award. Be strategic on what award to initiate and when.
2. [Memorandum \(POM\) 821.14](#) discusses awards processing and timelines. Be mindful of timelines and determine what award you want to pursue. If you are up for promotion, submit your award package early to allow enough time for your award to be listed on your PIR and be included in your promotion packet.
3. Review page 5 of the Award Program's [Policy CCI 551.01](#) which outlines four criteria to use when determining the appropriate level of an award: 1) scope of impact, 2) leadership, 3) length of time, and 4) level of achievement. Make an outline focusing on these points to write a strong narrative.
4. Allocate a specific time of year where you evaluate your accomplishments and think about awards. Create a schedule for yourself to strategically look at your career and consistently document your accomplishments in detail.
5. Be proactive and justify the award to your supervisor or nominator. Let them know your accomplishments and how you went above and beyond your regular job. Ask for their thoughts and provide a draft to them.
6. Include quantitative and qualitative data to demonstrate impact.
7. The one-page narrative is formulaic. Describe the context/problem and what you did. Follow the Commissioned Officers' Awards Program's [Write-Up \(Narrative\) Guidance and Tips](#).
8. Don't wait until your project is over to write an award. As you're working on the project, start writing the award at the same time so that you remember the details.
9. When given feedback on your award from your agency review board, incorporate edits and review comments; this is an opportunity to improve your narrative. Be sure to submit your revised narrative to your agency awards board before the deadline. The board will review feedback and check to see if you accepted/included suggested edits to improve your narrative.
10. Pay it forward. Help others with award writing and volunteer for award subcommittees.

A recording of the chat is available on the HSPAC Webinars Repository: <https://community.max.gov/pages/viewpage.action?pageId=2365908032>.

Thanks to all who joined in—stay tuned for P2P's next open forum chat! Interested in what the P2P mentoring experience can bring to your PHS life? To join, [complete the enrollment form](#) and send it to P2P.HSPAC@gmail.com. For more information, visit the [P2P website](#) or reach out to us at P2P.HSPAC@gmail.com. We'd love to hear from you and hope you join this mentoring journey!

Soaring to New Heights: Leading with Inter-Personal Mindfulness and through Transcendental Meditation

CAPT Charlene Majersky

In my humble opinion, two important components of an effective leader is the keen ability to remain calm and the skill to exercise sound judgment. In order to be able to do this consistently through your behaviors and actions, it starts with self-introspection. It's important to continually work on yourself, strive to be your best self as you discover your innate wisdom, and navigate the journey called life.

- Personally, I've had the honor and privilege to learn and practice Mindfulness Meditation starting in my late 20's. Mindfulness is welcoming and fully embracing the ebb and flow of life, come as it may. It can be defined as openhearted and present moment awareness cultivated by paying attention at each moment to what we are experiencing, without judgment to whatever arises in the present moment, either internally or externally; recognizing and accepting the present reality without fighting it; moving onward to the next moment of consciousness; and then discerning what direction to take.
- In the practice of Inter-Personal Mindfulness, we examine our own experiences and behaviors, and the manner in which others are interacting with us. Here, we may notice both intellectually and emotionally what is there to experience in a particular situation. The practice of Inter-Personal Mindfulness can strengthen our ability to remain fully open to our experience especially when we feel discomfort or are overwhelmed by negative feelings. Inter-Personal Mindfulness can also strengthen our ability as human beings to empathize with others. The beauty of Inter-Personal Mindfulness practice is that it can bring tranquility and liberate understanding into your life.
- Transcendental Meditation (TM), practiced with the eyes closed while sitting comfortably, is a natural technique focusing on a single mantra repeated silently. It aids in obtaining inner calm, peace, and optimal health and wellness. In this practice, you learn how to *transcend* – meaning, to extend above the outward level of your awareness. This is an evidence-based practice and published research studies have found that TM is effective for stress, brain utility, and cardiovascular health.
- Recently, a mentor introduced me to and taught me the fundamentals regarding TM. I've incorporated this practice into my daily life, and it has helped me to remain grounded and balanced, especially in stressful times. I'm awe-inspired by the powerful and intriguing work of Tony Nader, M.D., trained at Harvard University and Massachusetts Institute of Technology with a Ph.D. in neuroscience. Dr. Nader is head of the international TM organizations in 100+ countries. For more information, please see [Dr Tony Nader](#). His YouTube videos on TM are informative and mesmerizing.

Leading with Inter-Personal Mindfulness coupled with TM are practices that can directly contribute to the way in which we lead others and our deep and vibrant connection with the world. The ongoing practice of self-introspection is a vital first and necessary step in this important process.

USPHS Helps Continue The Promise Aboard USNS Comfort

CAPT Robert Windom

Immediately following the 9/11 attack, there was a request for 800+ sailors to deploy onboard the USNS Comfort (T-AH-20) hospital ship bound for New York harbor. As a relatively young Navy Lieutenant, I immediately volunteered and was “ready to roll”. A modified request followed and the full medical compliment was no longer needed, reducing staffing and leaving me off the roster. Several years later, I attended a Navy training that included my first tour of the massive ship. I was in awe of the floating surgical platform, and the visit increased my desire to serve onboard. In 2008 after transitioning to PHS, I was selected from hundreds of officers for a role on the Comfort. At last, my time was approaching. However, days after receiving this exciting news came a devastating blow. My agency reversed their decision, denying my approval and crushing my dream.

Fast forward to 2020, I accepted the ASPR Liaison to USSOUTHCOM assignment, excited knowing SOUTHCOM heads the Comfort’s Continuing Promise (CP) planning. Unfortunately, 2020-2021 missions were postponed due to COVID, and 2022 would not include PHS, but I learned of a position on CP-22 that SOUTHCOM couldn’t fill. I immediately volunteered for this vacancy to represent PHS, increase our visibility, and communicate our capability to support future missions. It wasn’t easy securing the position, but finally the stars (and nautical star) aligned. CP-22 ports included Guatemala, Honduras, Columbia, Dominican Republic, and Haiti. At each port, Navy-led medical teams worked alongside Non-Governmental Organizations (NGOs) and Partner Nation (PN) personnel to provide medical care onboard and at land-based sites to enhance the combined capabilities to respond to disasters and humanitarian crises. I served as an extension of SOUTHCOM’s Public Private Cooperation providing critical leadership and logistical support for NGO and PN military. I also assisted the Embassies with securing interpreters. NGOs filled significant gaps and expanded capacity and capability for medical outreach. PNs and interpreters helped provide a richer, international collaboration. I coordinated over 80 NGOs embarked on the ship, as well as 17 PN military from eight countries. I served as the focal point addressing multiple needs of these groups throughout the mission. As a senior officer, my leadership became integral to the CP-22 execution and success. My reach and influence quickly extended beyond my primary role, assisting many active-duty personnel, including military medical students and residents. Although some left with remaining questions about PHS, no question was left that PHS officers can get the job done.


Highlights of my two-months included reconnecting with shipmates from past duty stations, connecting with a new generation of sailors, and working with volunteers to comfort and care for underserved communities. Another highlight was impacting 1,000+ sailors, soldiers, marines, airman, and Military Sealift Command members in some small way, whether it was presenting on USPHS career paths during a Career Fair at sea, or individual fist bumps every day in port for 200+ as they debarked for the medical sites. There’s no doubt that being deployed at sea holds numerous challenges, but I’ve known about the Comfort’s storied history, heard from PHS officers who were on past missions, and now, after 23 years in uniform, one of my career-long dreams is met. I am forever a part of the Continuing Promise.



Popular HSPAC Social Media Posts

Lindsay Hatch
January 3 · 🌐

Happy New Year and Happy National Blood Donor Month! Winter weather and seasonal illnesses often cause blood supplies to run low this time of year. Start off 2023 the right way by donating blood to support this cause! Blood donations save thousands of lives each year.



1

Like Comment Send

Michael Ahmadi
February 3 · 🌐

UPDATE: NOMINATION DEADLINE EXTENDED: FRIDAY, FEBRUARY 24, 2023
Nominations are OPEN for the 2023 PHPAG Excellence in Leadership and Junior Officer of the Year Awards. The nomination deadline is Friday, February 10, 2023. Nomination packages can be found here: <https://dcp.psc.gov/OSG/hso/pag-phpag-awards.aspx>

With more than 300 PHS officers, PHPAG represents the diversity of public health disciplines - Epidemiology, Generalist of Public Health, Global Health, Health Promotion ... See more

DCP.PSC.GOV
Health Services Officer Professional Advisory Committee

Calvery Kimberly

Like Comment Send

Megan Morgan Brose
January 17 · 🌐

January is National Radon Action Month. Radon is a serious health risk factor facing many of us, but it is easy to forget about since we can't see, smell or taste it. Exposure to radon gas causes more than 20,000 deaths annually and is the number one cause of lung cancer among non-smokers. Check out [these resources](#) for more background information, how to obtain a test kit for your home, and mitigation strategies.



January is
NATIONAL RADON ACTION MONTH
TEST. FIX. SAVE A LIFE.

1

Like Comment Send

Jay Mill
January 21 · 🌐

Public Health Professional Advisory Group (PHPAG)
2023 Excellence in Leadership Award and Junior Officer of the Year Award
The PHPAG represents the diversity of public health disciplines - Epidemiology, Generalist of Public Health, Global Health, Health Promotion & Education, and Policy.
The PHPAG is requesting nominations for the PHPAG Excellence in Leadership Award. The PHPAG Excellence in Leadership Award is presented to a Health Services Officer (HSO), rank O-5 and above, wh... See more

Calvery Kimberly

Like Comment Send

Health Services Officers

David Schwab
March 11 · 🌐

Want to learn how to be a better leader? Join Dr. Jason Woo, CAPT (ret), United States Public Health Service, as he hosts an interactive discussion based on over 31 years of experience in the Public Health Service and now as a teacher and motivational speaker.

Zoom info:
When: March 22, 2023 @1400
<https://us02web.zoom.us/j/87905940123?pwd=aSs5N2RCeXRrN05wbHJ3TUlRRGh2Zz09>
Meeting ID: 879 0594 0123
Passcode: 415843

US02WEB.ZOOM.US
Join our Cloud HD Video Meeting

You, Calvery Kimberly, Jennifer Bornemann and 5 others

Like Comment Send

Popular HSPAC Social Media Posts



Join the HSPAC's P2P* Career Development Team's Open Forum Chat

Officer Awards & Career Growth Impact

Hear from our current PAC Awards Subcommittee Chair, two former PAC Chairs, & a PAC Career Development Lead on the importance & impact of awards as part of overall career growth!

Featuring:
 CDR Shannon Aldrich
 CAPT Todd Alspach
 CAPT Simleen Kaur
 CDR Deidre Washington-Jones

*Email questions in advance to P2P.HSPAC@gmail.com or bring to ask level

March 15, 2023
12:00-1:00 PM EST

Call-in Number: 833-569-8864 US Toll-free
 Meeting ID: 160 271 7972
 Meeting Link: <https://fda.zoomgov.com/j/14502717972>

*To find out more about the HSPAC's Peer-to-Peer (P2P) Mentoring Program & other mentoring opportunities visit <https://hspac.org/0556/hspac-mentoring.aspx>. For any questions please reach out to P2P.HSPAC@gmail.com



Russell, for creating the identity and for performing above and beyond the call of duty, I would like to award you the highest honour I can bestow.



The Blue badge.

Tia McClelland
 March 6 · 🌐

Join us for an open forum chat on Officer Awards and Career Growth Impact on **March 15, 2023 from 12:00-1:00 PM EST** sponsored by the HSPAC Mentoring Subcommittee's Peer-to-Peer (P2P) Mentoring Program.

Hear from our current PAC Awards Subcommittee Chair, two former PAC Chairs, and a PAC Career Development Lead: CDR Shannon Aldrich, CAPT Todd Alspach, CAPT Simleen Kaur and CDR Deidre Washington-Jones who will discuss the importance and impact of awards as part of overall career ... [See more](#)

👍 Neelam Gh and 1 other

👍 Like 💬 Comment

Write a comment...
 Press Enter to post.



Tia McClelland
 March 6 · 🌐

****The HS Peer to Peer (P2P) Mentoring Program Team is looking for additional leadership! **If you are looking to join a PAC-wide initiative that serves as a support system for officers across our category, then consider joining the P2P Mentoring Program leadership team. We are looking to bring on a Communications Team Co-Lead to our team.**

Responsibilities include:

- Developing innovative and effective communication strategies for implementation.
- Creating various program produc... [See more](#)

👍 Neelam Gh and 1 other

David Schwab
 April 1 at 6:14 PM · 🌐

Hope to see a everyone on the roof! #CategoryDay2023

👍 Neelam Gh and 2 others

👍 Like 💬 Comment

Neelam Gh
 March 30 at 9:09 AM · 🌐

Fellow HSOs!
 Reminder to register for the upcoming USPHS Scientific & Training Symposium (<https://www.phscof.org/symposium/>), ... [See more](#)



PHS COMMISSIONED OFFICERS FOUNDATION

PHSOF.ORG
Symposium
 May 8-11, 2023 Cox Business Convention Center Tulsa Oklahoma #USPHS2023 In the Service ...

👍 You and 2 others

Hope you enjoyed the HSPAC News and Views
Spring/Summer Newsletter!

Thank you to all the officers who submitted ar-
ticles and contributed to the Spring issue!

Newsletter Article Submission

Submit articles and photos to:
Communications.HSPAC@gmail.com

When submitting articles, be sure to include:

- * "Article" in the subject line.
- * A descriptive title for the article.
- * 1-2 high quality photos with captions to help tell your story. Photos should be in .jpeg or .png files.

Special Thanks

2023 HSPAC Newsletter Team

Co-Lead: CDR Samantha Fontenelle

Co-Lead: LT Tia McClelland

Co-Lead Editor: CDR Keisha Bayne

Co-Editor: CDR Karen Beckham

Graphics/Layout Lead: LT Tia McClelland

Connect with us:

