



The Caduceus



The Voice of the Medical Category

Spring-Summer 2016



Photo credit: PHS Athletics

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We appreciate all the pictures and articles contributed by everyone. We welcome any future contributions, articles, essays, or profiles of officers. Please send articles to Tanya.wroblewski@fda.hhs.gov, or Suzette.peng@fda.hhs.gov

PPAC Chairs' Corner

Dear Friends and Colleagues,

A muy buenos días to one and all. And what about that sun? It rose once again. Astounding! Having been alive for 19,267 days, I remain amazed and grateful for the wonders that surround us every day, even in the midst of fiscal crisis and emerging epidemics. If blessed with another 19,267 days, I will be 105 years old, and it will be April 2069.

This is an incredible time to be alive: we are witnessing a pace of technological advance (especially genetic and biomedical progress) that would have been unimaginable just a few generations ago. The 21st century holds promise to expand the quantity and quality of our lives. So as you awaken tomorrow, consider this: what will you do to buy yourself MORE time to see another sunrise? Will you get up a little earlier and hit the gym and put in that cardio that will earn you some life credit? Will you stand there and let your BMI creep steadily upwards? It is all about the little choices we make each day which will afford us the bonus credit or shorten the years ahead.

Here is a tip to go take on the day:

Raise your standards! Lasting change begins with raising our standards; even and maybe especially, realize that small changes count. Let our “should do’s” become our “must do’s.” We are not defined by our goals or wants but rather by our standards and accomplishments. You have only to look in the mirror to verify that reality.

Let us make this day *the first day of the next 20,000 days of our life!* Let us take advantage of the marvels of these times so that we might live to see a day when age is just a number and certainly not the number that defines us. Let’s become age neutral!

May you enjoy an endless summer.

Con abrazos,

Dana, Ezra, and Sara

Welcome and Farewell

Submitted by CAPT Lindenberg, CDR Hurst, and LCDR Smith

**OBC 86 graduated 6 medical officers (all with CDC)
(unfortunately, no photos of this group)**

LCDR Richard Brooks, CDC, Baltimore, MD

LCDR Michelle Chevalier, CDC, Atlanta, GA

LCDR Sara Oliver, CDC, Atlanta, GA

LT Ugonna Ijeoma, CDC, Atlanta, GA

LT Michelle Morales, CDC, Atlanta, GA

LT Diya Surie, CDC, Atlanta, GA



OBC 87

(from left to right)

LCDR Minesh Shah

LCDR Kristine Schmit

LCDR Sae-Rom Chae

LCDR Saleena Subaiya



OBC 88

(from left to right)

LCDR Samantha Alford-Morales (DHS in Leesport, PA)

LCDR Wambui Chege (FDA in Silver Spring, MD)

LCDR Anagha Loharikar (CDC in Atlanta, GA)

HEARTFELT CONGRATULATIONS!

THE PHS NEWSLETTER STAFF AND PPAC CHAIRS AND COMMITTEE MEMBERS CONGRATULATE THE OFFICERS SELECTED FOR PROMOTION.

SELECTED FOR CAPTAIN

Edgardo Alicea
Sarah Jane Arnold
Adam Lauren Cohen
Diana L. Dunnigan *
Thomas Joseph Faber
Carolyn V. Gould
Lauri Ann Hicks *
Michael Alexander Jung
Alexander Kallen
Maria Liza Lindenberg
Meredith Lynn Mcmorrow
Kenneth J. Norris JR
Mark William Osborn
Andrew Dewey Plummer
Dorothy J. Sanderson 07/01/2016 *
Kate Flanigan Sawyer

SELECTED FOR CAPTAIN CONTINUED

Andrew Dewey Plummer
Dorothy J. Sanderson 07/01/2016 *
Kate Flanigan Sawyer
Gregory Allen Scherle
Jeffrey William Sherman
Robert Virgil Sigh *
Andrew James Terranella
Sophie M Twohawk *
Jennifer Rabke Verani
Greggory J. Woitte
*EPP

SELECTED FOR COMMANDER

Susan Hocevar Adkins
Jaspal Singh Ahluwalia
Sarah Denise Bennett
Margaret Mary Brewinski Isaacs
Melissa Antoinette Briggs Hagen
Sallyann Mederer Coleman-King
Jennifer Cope
Marie Antoinette DePerio
Emily Kainne Dokubo
Mary Ellen Evans
Prabhu Ponnusami Gounder
Robert David Kirkcaldy
Jevon David Mcfadden
Sarah Anne Meyer
Manisha Patel
Christopher Lee Perdue Erik Jason Reaves
Maria Aneesa Said
David Charles Schnabel
Rachel Mann Smith
James Dudley Warner
Karen Kai-Lun Wong
Joseph Vincent Woodring
Kristin Marie Yeoman

PHS VETERANS DAY OPPORTUNITY

SUBMITTED BY CAPT ESAN O. SIMON, MD, MBA, FS, USPHS



While there may be times that we view our jobs as routine, the occasions to share some of what we do as Public Health Service (PHS) Officers with the communities in which we serve can be tremendous opportunities for mutual education and development of community partnerships. One prime such opportunity is community involvement in Veterans Day activities. Although World War I officially ended with the signing of the treaty of Versailles on June 28, 1919, fighting had actually ceased on the eleventh hour of the eleventh day of the eleventh month of 1918. In November the following year, President Wilson proclaimed the first commemoration of Armistice Day. Armistice Day

subsequently became a legal holiday in 1938, and, with subsequent American involvement in conflicts in World War II and Korea, the 83rd Congress amended the Act of 1938 to be officially named Veterans Day to honor American veterans of all wars.¹

With a variety of Veterans Day memorial activities throughout communities, one such opportunity for PHS involvement was with Academy at The Lakes School in the greater Tampa Bay, FL, area. With a dedication to student success in the community being part of the mission of Academy at The Lakes, community links with Veterans and the celebration of Veterans Day are part of the core of this school as well as many other organizations in the areas where PHS Officers serve.

A Flight Surgeon with the Coast Guard in the Tampa Bay area, CAPT Esan Simon was invited to participate in Veterans Day activities at Academy at The Lakes on November 11, 2015. In addition to involvement in the school-wide Veterans Day Assembly, CAPT Simon was also invited to a classroom to share his Coast Guard and Public Health



Service experiences with the children.

There are numerous ways that PHS Officers can provide education and awareness about the Commissioned Corps. Engaging with organizations in our communities and speaking at various events provide a means to establish community partnerships and build relationships. Seek out these sorts of opportunities in the areas in which you serve.

1. U.S. Department of Veterans Affairs [website]. *History of Veterans Day*. Washington, DC. Available from: <http://www.va.gov/opa/vetsday/vetdayhistory.asp>. Accessed on 12 January 2016.



Interagency Institute

By CAPT Lindenberg

Over 50 senior health professionals selected from the Army, Navy, Air Force, Public Health Service, Veteran's Health Administration, and one foreign counterpart (Canada's Deputy Surgeon General), convened at the Uniformed Services University of the Health Sciences in Bethesda, MD, to participate in the 128th Interagency Institute for Federal Health Care Executives at the end of April. The two-week course has been held semi-annually for more than 60 years and brings together health care leaders from the services to examine some of the current issues in national as well as international health care policy and management. Main goals and objectives include exploring the potential impact of these matters on respective agencies and promoting excellence in patient care and health promotion through evidence-based practice, outcomes-oriented performance improvement, and responsible leadership.



(left to right): CAPT Michael Johnson (Dental), CAPT Maria Lindenberg, CDR Tara Cozzarelli (Nursing) CAPT David Lau (HSO),

Distinguished speakers from federal, military, and civilian sectors addressed interesting topics and encouraged spirited discussions. The Honorable Jonathan Woodson, MD, the former Assistant Secretary of Defense for Health Affairs, spoke on meeting the challenges of the Military Health System. Generals and Admirals from the Surgeons' General Offices and the Defense Health Agency shared their unique perspectives. Our own retired Rear Admiral Lushniak talked on prevention and wellness in his new role as the USU Chair of Preventive Medicine and Biostatistics. Patient and family centered engagement, caring for an aging population, and health care reform were among the other contemporary issues presented on the federal level. A visit to the Embassy of Canada set the background for analyzing health systems from other countries, specifically, Canada, the United Kingdom, and Australia.

The curriculum also encompassed diverse themes helpful for medical leaders such as sessions on leadership and public affairs, financial markets and health care, and even medical history. Professors of political science, consultants, and high-level congressional staffers discussed

various facets and insights on Congress and legislation. Terrorism, the war against ISIS, and the Middle East were fascinating presentations from dynamic subject matter experts. The former ambassador to Jordan and Australia, Edward Gnehm, addressed the humanitarian turmoil in the Middle East.

Small group work assignments also enriched participant interactions with focused exercises on controversial topics. One group worked on leadership approaches, including those in the book, *Unconventional Leadership* by Nancy Schlichting. Another group responded to the ongoing refugee crisis impacting many nations. They evaluated the actions of the international community and its consequences and then developed recommendations. Assessing outcomes measurement to determine effectiveness of health policies and use of resources was a third group presentation. They examined best mechanisms and modifications. Another group delved into the “whole of government” framework as a construct for building better programs to address challenges in providing health services. The final group tackled the conflicts in the Middle East and examined the underlying reasons for sustainment and possible solutions for the international community to bring stability to the region.

The Institute is a truly enlightening experience with a great opportunity to collaborate and learn from colleagues from other services. Thought-provoking presentations give interesting perspectives on health systems in the US and the world and how global political concerns affect populations. The PHS is allotted 4 spaces to be shared amongst all categories for each class. Typically offered in the spring and fall, consider applying for the Institute to gain an amazing viewpoint of challenges in health care and innovative thoughts on potential management for the future.



(left to right): CAPT Maria Lindenberg, Hon Enrique Mendez Jr, (Retired MG, USA and former Asst Sec of Defense for Health Affairs), the institute directors (Janet Southby, PhD, and Richard Southby, PhD), CAPT Michael Johnson (Dental), and CAPT David Lau (HSO)

Reflections on Leadership
Submitted by CDR Tanya Wroblewski

As I reflected on our country's 240th birthday celebration this 4th of July, I thought about George Washington, one of the founding fathers of the United States of America. George Washington has been called the Father of the Country and the American Moses. George Washington worked with far better educated and brilliant philosophers such as Ben Franklin, John and Samuel Adams, Patrick Henry, and the Randolph family. However, it was George Washington who was chosen to lead the country, why? In one word: character.

Modern day historians' view of Washington describes someone with an outstanding moral character but who was not the smartest person and frequently borrowed his peers' ideas. Washington most likely was chosen to lead the country due to his character and his ability or genius in the arena of leadership. He was a visionary leader.

The visionary leader has a clear short term view and far reaching vision for the cause or organization of which he is in charge. The goals remain constant despite time and difficulties encountered. The means and actions of achieving the goals are never compromised to reach the vision or values. The Visionary leader is adroit at creating an organization culture to facilitate the attainment of the leaders' vision. The visionary leader can attract others to follow him and is able to instill his ideas, beliefs, and values to others to empower them to move beyond their own expectations.

Effective leaders are able to focus on two separate actions that are also at the same time related such as:

Strategy and tactic
Big picture ideas and little picture details
Statesman and politician
Architect and plumber

Henry T. Tuckerman (Essays, Biographic and Critical, Boston 1857) comments on the moral factor in Washington's life and its relation to his intelligence, "The world has yet to understand the intellectual efficiency derived from moral qualities – how the candor of an honest, and the clearness of an unperverted mind attain results beyond the reach of mere intelligence and adroitness – how conscious integrity gives both insight and directness to mental operations, and elevation above the plane of selfish motives affords a more comprehensive, and therefore a more reliable views of affairs, than the keenest examination based exclusively on personal ability".

A reflection on the values of George Washington and the genius of leadership he displayed both in time of war and in the relative peace in the first years of our fledgling nation provide examples of character and leadership for all Americans.

Reference/Source for article: George Washington, Genius in Leadership by Richard. C. Stazesky, Presentation made by the Rev. Richard C. Stazesky on Feb 22, 2000 at the the George Washington Club, LTd, Wilmington, Delaware

Capital Area Provider Teams: Deployments in the Nation's Capital

By LCDR Belksy

Did you ever think as a USPHS Officer you could support an event inside the U.S. Capitol led by the



President of the United States of America that commemorated the 150th Anniversary of the Ratification of the 13th Amendment to the Constitution when slavery and involuntary servitude were abolished? Could you imagine that you would provide ACLS level care in medical tents on the Capitol lawn each May 15th to honor fallen local, state, and federal Peace Officers who have died in the line of duty where families from across the Nation come together to remember and honor them and that, during the 2016 event with unseasonably cool temperatures, you would treat

patients with hypothermia? Could you imagine training with National Disaster Medical System (NDMS) teams from all over the U.S. in support of large events such as the State of the Union Address or the July 4th Celebration on the National Mall where medical capabilities come together to support the public's immediate medical needs as well as prepare for and be ready to treat mass casualties should an unthinkable casualty scenario occur?

Capital Area Provider (CAP) Teams are unique Tier II medical support teams that deploy within 72 hours notice to support the Office of the Attending Physician at the Capitol for high visibility, high profile events in which additional medical support may be needed. The CAP teams also support large National Special Security Events (NSSEs) where Tier III and NDMS assets join forces to fill the Emergency Support Function (ESF) #8 of the National Response Framework. There are five CAP Teams that rotate every fifth month to provide on-call and back-up support. CAP Teams are very active and have supported at least 30 missions since 2013. If you want to deploy and witness history, get your Service Dress Blue uniform ready, shine your boots for the Operational Dress Uniform, and contact CAPT Beverly Dandridge, the OIC of CAP Teams at beverly.dandridge@hq.dhs.gov or LCDR Deborah Belsky at dbelsky@hrsa.gov if you are local to the Washington, D.C. area. We need you!



PHS Officers in Action

Submitted by PHS Athletics





PPAC Newsletter Staff:

***CDR Wroblewski, CDR Peng, LCDR Idowu, LCDR Nelson, CAPT Irizarry,
CAPT Lindenberg, CDR Hurst, LCDR Smith, LT Nelson, CDR Modi, CAPT
Taylor, CAPT Thomas, CAPT Barzilay***

***Please submit photos, articles, comments, editorials for the Fall/Winter
newsletter to Tanya.wroblewski@fda.hhs.gov and
suzette.peng@fda.hhs.gov***