

Washington Metropolitan Area Navy Nurse Corps Association

The Capital Zone



WELCOME to *The Capital Zone*, the newsletter of the Washington Metropolitan Area Navy Nurse Corps Association (WMANNCA).

PRESIDENT'S CORNER

Maggie Balacki

Greetings to all WMANNCA members! Well, here we are still, patiently biding our time safely at home. I've heard from several of you and I hope you are making some care calls. Summer is moving along so slowly. I have been making masks for our local hospital. This week they have an autumn design. Soon I'll be making Christmas masks!

Reunion update: MOAA Vacations has reported all those who requested reimbursement from the cancelled Reunion 2020 cruise have received it. This includes travel insurance reimbursement as applicable. Yes, WMANNCA will be doing NNCA 2022 Reunion but no plans yet as to what form it will take. We'll soon have our first meeting. If you would like to be involved, please let us know at NNCA2020Reunion@gmail.com. We will use this

email until we stand up the NNCA 2022 Reunion Committee. I have been tracking the process and procedures cruise lines are using to ensure cruise safety. Another cruise may be an option, but we will see what interests the NNCA membership.

My thanks to Ann Ross for taking on this newsletter chore. Remember, a newsletter is only as good as the input the editor gets. Stay in touch!

MARK YOUR CALENDAR!

WMANNCA Chapter Virtual Fall Meeting
November 10, 2020, 7 pm.

Agenda and more details to follow soon about joining the meeting virtually using audio/video or just a phone line

BOARD

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Maggie Balacki

VICE PRESIDENT

Boo Lahman

SECRETARY

Ana Stoehr

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Shelley Savage

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Cindy Sweeney
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Maria Harbeson

COMMITTEES**AWARDS***Boo Lahman***MEMBERSHIP***Sue Miller***NEWSLETTER***Ann Ross***NOMINATIONS/
RECRUITMENT***Cindy Sweeney***ORAL HISTORY***Maria Harbeson***PROGRAMS***Kathy Thorp***SCHOLARSHIP***Sue Miller***TROOP SUPPORT***Kathy Thorp***EMAIL/WELFARE***Dee Bogart/**Boo Lahman***NEWSLETTER
REPORT***Ann Ross, Editor*

It's been several years since WMANNCA last had a newsletter. We all want, especially at this trying time, to reach out more to each other. My goal is to facilitate communication throughout the chapter sharing information on what and how we are doing with reports from the officers and committees. We'll include notices of upcoming

events, luncheons, and items of interest to us all.

What would **you** like to see in this newsletter? Please let me know. Send your comments, questions and especially any articles (250-500 words, please) to me at WMANNCAnews@gmail.com. The deadline for our next newsletter is November 30, 2020.

I'd love to hear from you.

FINANCE REPORT, 1-31 July 2020*Shelley Savage*

Starting Balance: \$21,223.68

Receipts

Dues from NNCA	\$667.47
Refund Annapolis Hotel	\$500.00
WMANNCA Dues/ Donations	\$700.00
Interest	\$000.43

Income \$1,867.90

Disbursements

Dues/donations to NNCA	\$380.00
Troop Support	\$100.00

Expenses \$ 480.00

Ending Balance: \$22,611.58

Liabilities:

Scholarship Fund	\$3,110.21
History Fund	\$1,020.25
Troop Support	\$3,255.14
Rough Seas	\$ 70.00

\$7,455.60

Working Balance: \$15,155.98

TROOP SUPPORT *Kathy Thorp*

A few months ago we sent packages for the troops consisting of Girl Scout cookies and other items. One recipient, **LCDR KK Kiddie** sent the following thank you note: "Thank you so much for the care package. They were definitely enjoyed by all. Please let all who donated (know) that we really appreciate their support and humbled by their generosity...The girl scout cookies brightened up my day!" She further stated that the virus gave them all 60 day extension to their deployment so she was anxious to get back home.



MEMBERSHIP *Sue Miller*

As of August 1, 2020 WMANNCA has 113 members. The 2020-2021 membership drive is complete, and about 95% of our membership have renewed. In addition an introductory email was sent to NNCA members in the Washington DC metro area who were not already WMANNCA members. This email prompted a fair response and gained WMANNCA about 5 new members. We are reaching out to our elderly members to offer support during the Covid 19 pandemic. Members of WMANNCA are being encouraged to recruit new members for our chapter.

SCHOLARSHIP *Sue Miller*

In May 2020, WMANNCA virtually presented graduate nursing scholarships to two Navy Nurses. **LTJG Whitney Thomas, NC, USNR**, a Naval Reservist at Walden University, is studying for an MSN-FNP degree. She received a chapter scholarship for \$1500. **LT Alainna Crotty, NC, USN**, is on Active Duty stationed at Walter Reed National Military Medical Center in Bethesda, MD. She is attending Johns

Hopkins University for her Doctorate degree and her \$1500 scholarship was donated by our WMANNCA member, Alice Moyer, in memory of Rear Admiral Frances Shea Buckley.

Over the last 22 years we have reviewed 431 application packages and selected 52 award winning nurses, undergraduate and graduate. Over these 22 years, consistent committee members have included Dee Bogart, Jayne Vorder-Bruegge, Veronica Rubin, Sue Miller and Lee Speckmann. Others serving on the committee have included Jeffrey Bashford, Penny Turner, Maria Harbeson, Kay Mikszan, Bobbie Grace, Claire Pagliara-Miller, Marsha Hughes-Rease, Cindy Sweeney, and Boo Lahman..

A special thank you to all chapter members who have generously donated to the scholarship fund over these 22 years. Announcement and recruitment of applicants for the 2021 Graduate Nursing Scholarships will be initiated in December 2020.



QUILT OF VALOR PROGRAM

Sue Miller

WMANNCA has already presented Quilts of Valor to Bobbi Hovis and Geraldine Houp. We have Quilts of Valor ready for **Alice Bornemeier**, **Lee Speckmann** and **Theresa Proto**, but due to Covid 19 pandemic restrictions, we are unable to present them at this time. A request for a Quilt of Valor for another WMANNCA member is in the process at the Quilt of Valor Foundation.

Please contact Sue Miller at millerses@gmail.com if you want to nominate a WMANNCA member for a Quilt of Valor. In normal times, it can take six months or more for the Foundation to have the quilt made and presented.

KICKING OFF A BUDDY PROGRAM

Christine Boltz

Members connecting with members. WMANNCA is organizing a buddy program. Would you like to be part of this outreach effort? We already have some volunteers but could use a few more. Or would you like to be on the receiving end and be assigned a buddy? Any members seeking assistance would be kept confidential. The plan is for an initial contact phone call within a month and then determine the call frequency such as monthly.

There are two other NNCA chapters who have some kind of program to reach out to members who are no longer able to attend planned social events. During this time of the coronavirus pandemic limitations in gathering for social events continues. Health issues may result in activity and travel restrictions. Personally, most of my volunteer activities came to a halt in mid-March. Some activities are resuming with limitations and include wearing a mask. I have added some new group activities that involve remote/Zoom participation.

If you would like to be part of the WMANNCA buddy program, please let me know. Sue Miller our Membership Committee chair has provided a chapter member list. We just need a dedicated team to make phone calls. Contact me at christine.boltz@gmail.com for more information.

REFLECTING ON 9/11

Christine Boltz

Here on the nineteenth anniversary of 9/11, there were no memorial programs, speeches, or roll call of victims. Instead, due to our isolation, we were left to reflect by ourselves

on the impact of 9/11 and how life is different.

I am a volunteer with the Navy Arlington Ladies, a group that assists families during burials at Arlington National Cemetery. Although, I was not at the cemetery at the time of 9/11, another Navy Arlington Lady was. Bernice was supporting an 0900 funeral service at Patton Circle on the right-hand side of the road next to the fence facing the Pentagon. She and her escort got in the car and started the drive back to the Administration Building when the plane flew over them and into the Pentagon. Shrapnel flew everywhere, including a pile of debris which landed inside Patton Circle. Fortunately, Bernice and her escort weren't hurt. Almost immediately, workers came from everywhere to put tape around the debris. The next year, a group burial service was held for all 184 victims with emphasis on the five without recovered remains and a group burial marker was added to that place in Patton Circle. The five panels on the marker include the names of those who perished in the Pentagon and on the plane, American Airlines Flight 77.



Last year, I celebrated 9/11 by participating in a memorable event, a National Day of Service, at the Alexandria National Cemetery near where I live. This is one of the original 14 national cemeteries established in 1862 by Abraham Lincoln. Following opening remarks about the significance of the day, we were supplied with buckets and brushes and set about cleaning headstones and markers. I joined other volunteers throughout the country who on that day cleaned 190,000 headstones at 39 national cemeteries in 19 states.

WREATHS ACROSS AMERICA

Kathy Thorp

We have a wonderful opportunity this year to REMEMBER the Fallen, HONOR those who Serve and TEACH our children the value of Freedom. WMANNCA has joined forces with **Wreaths Across America** to remember and honor our Fallen Heroes, by laying Remembrance wreaths on their graves during the National event, held in December.

You can help us with this outreach program in several ways:

1. Sponsor a Wreath: Sponsor one or several wreaths for the national event. For each wreath sponsored at \$15.00 each, WMANNCA will automatically receive \$5.00 if you order using the link below. Ordering via this link will also designate the wreaths to the United States Naval Academy cemetery as well as provide credit to WMANNCA.

There is an option to sponsor a wreath for Arlington National Cemetery or any Veterans cemetery designated by Wreaths Across America.

2. Volunteer to lay the Wreaths at the United States Naval Academy cemetery on December 11th at 0930. Individuals who wish to volunteer should arrive no later than 0845, as the lines at the gate can be long. If you're going please contact Kathy Thorp for more information about parking, meeting place, etc.

3. Help get the word out by sharing the WMANNCA link below with organizations business, church groups and individuals who would be interested to sponsor or volunteer with us.

Our goal this year is 550 wreaths! Each wreath sponsored is tax deductible to the full extent of the law. What a great gesture of kindness over



the holidays.!

Last day to sponsor wreaths for 2020 is November 30th.

Questions? Contact Kathy Thorp
E-mail: navyfam6@comcast.net or 410-757-0982.

Ordering link:

<https://wreathsassamerica.org/pages/21871/Overview/?relatedId=0>

IN MEMORIAM

WMANNCA members who have passed away in the last several years include **Geraldine Houp** and **Lura Jane Emery**.

WMNNCA DAISY Award Sponsorship

Cynthia D. Sweeney

The Washington Metro Area Navy Nurse Corps Association (WMANNCA) chapter has been a sponsor for The DAISY Award programs at both The Walter Reed National Military Medical Center (WRNMMC) in Bethesda, Maryland, and the Fort Belvoir Community Hospital (FBCH) in partnership with the Navy Nurse Corps Association. Recently the Navy Nurse Corp Association and the Army Nurse Corps Association assumed a shared sponsorship of the Walter Reed program as a significant message of collaboration between these two services. The WMANNCA Chapter continues to support the Fort Belvoir Community Hospital in partnership with the Navy Nurse Corps Association. WMANNCA members will continue to be invited to attend future celebrations at FBCH, as well as at WRNMMC.

For those not familiar with The DAISY Foundation.... It was created in 1999 in memory of the extraordinary nursing care provided to J. Patrick Barnes during his eight-week hospitalization for idiopathic thrombocytopenic purpura, an autoimmune disease. His family's drive to say "thank you" to nurses for the compassionate and skillful care they provide every day has evolved over the years to play a strategic role in healthcare organizations. The DAISY Foundation is a public foundation (501(c) (3)) serving the nursing profession through recognition programs as well as grants for nursing research and evidence-based practice. 'DAISY' is an acronym for Diseases Attacking the Immune System, to remind all of Patrick and the history of its creation. DAISY is now in over 4500 healthcare organizations in 29 countries.

The DAISY Foundation's flagship award, The DAISY Award, honors the reason that nurses

became nurses, to provide compassionate care for patients and their families with celebrations throughout the year. Recently **Captain Rosemary Perdue, NC, USN**, former Director for Nursing Services at Fort Belvoir Community Hospital (FBCH) shared, "The DAISY Program has given us a chance to highlight our everyday Nursing heroes at FBCH. After all, the most important work that is being done in the organization is at the point of care with the patients. It also provides the patient's voice to be heard and allows us to celebrate the nurses' meaningful contributions."

There is strong evidence that DAISY programs, which focus on meaningful recognition, contribute to higher levels of nurse satisfaction and subsequent retention and improve the patient and family experience during hospitalization. Nurses who are recognized with The DAISY Award, are deeply honored when nominated by their patients, families, and colleagues and selected through a process of peer review. Professional nursing organizations support The DAISY Foundation's programs because they are well aligned with key nursing and patient care strategic priorities. For more information about DAISY please go to www.daisyfoundation.org



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



Capt Rosemary Perdue, Director FBCH, receiving the DAISY Lifetime Achievement Award, in December 2019, with her husband **CDR Perdue** observing.



Ms Ashley Boatright receiving the DAISY Award, December 2019 from **CAPT Rosemary Perdue**.

MEMBER NEWS

Maggie Balacki's daughter, **LCDR Kate Gardner**, A Surface Warfare Officer, recently deployed to Bahrain for a year and is assigned as Command Task Force Protocol Officer.

Lee Speckmann reports that she fell and broke her hip in early September. She is now in rehab. and doing well. She states the care at Walter Reed was very good. She can be reached at 301-221-6412.



ORAL HISTORY COMMITTEE

Maria Harbeson

Navy Nurses are seeking **YOUR** story! Please contact Maria Harbeson for information on how to arrange an Oral History for you or any current/former Navy Nurse who is interested in assisting with the project. Mmharb5@gmail.com. Or call 410-271-5915.



The Washington Metro Area Navy Nurse Corps Association (WMANNCA) is a chapter of the national organization, the Navy Nurse Corps Association (NNCA). The chapter includes the states of Delaware, Maryland, New Jersey, Pennsylvania, Virginia (Northern), West Virginia, and the District of Columbia.

As a chapter we support the mission of NNCA: To preserve the rich history and the traditions of the Navy Nurse Corps through networking and facilitating mentorship opportunities, advancing military nursing and advocating for the conservation of Nurse Corps memorabilia.



WMANNCA
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PLEASE
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STAMP
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