

Washington Metropolitan Area Navy Nurse Corps Association

The Capital Zone**PRESIDENT'S
CORNER***Maggie Balacki*

President's Corner March 2021

Spring greetings to all WMANCA members! This has been a long, difficult winter for all of us. The challenges have been many. I hope you are looking after yourselves physically, socially, emotionally and spiritually. One of our biggest challenges has been to secure a COVID vaccination. I hope you have been successful. Vaccines are our light at the end of the tunnel. I'm even thinking about having "Christmas in July" at my house. Christmas 2020 just wasn't the same without children and grandchildren. On a positive note, I've NEVER had such a healthy winter. Not so much as a mild case of the sniffles! Amazing what social isolation can do but I'm not sure it's a price I want to pay with any regularity.

Like so many of you...my husband and I are VERY eager to begin traveling again. What better way than to sign up for the NNCA 2022 Reunion cruise

scheduled for May 4, 2022! Plans are well underway. Over thirty cabins/suites have already been booked! Help will be provided to those who are looking for a travel companion. We owe this to ourselves. Let's make this the BEST NNCA reunion ever! More information on the Reunion is contained in this newsletter.



Save the date!! The next WMANCA general membership meeting will take place on **April 22, 2021 at 1900 via Zoom.** We have a nice speaker lined up. The response for our last meeting was quite positive. Let's make this next meeting even better. You will have the opportunity to sign up later for this meeting. Hopefully, this will be our last Zoom membership meeting. I so miss having lunch together.

BOARD**PRESIDENT***Maggie
Balacki***VICE PRESIDENT***Boo Lahman***SECRETARY***Ana Stoehr***TREASURER***Shelley Savage***MEMBERS AT
LARGE:**

*Cindy Sweeney
Kathy Thorp
Maria
Harbeson*

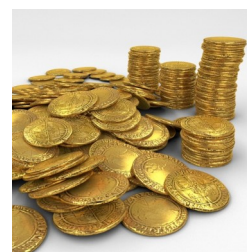
COMMITTEES**AWARDS***Boo Lahman***MEMBERSHIP***Sue Miller***NEWSLETTER***Ann Ross***NOMINATIONS/
RECRUITMENT***Cindy Sweeney***ORAL HISTORY***Maria Harbeson***PROGRAMS***Kathy Thorp***SCHOLARSHIP***Sue Miller***TROOP SUPPORT***Kathy Thorp***EMAIL/WELFARE***Dee Bogart/**Boo Lahman***NEWSLETTER
REPORT***Ann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

Welcome to another issue of the WMANNCA Newsletter. We are looking forward to the end of winter and hopefully to the winding down of the COVID Pandemic. Along that line we have two articles involving our members: One on Pandemic

Planning and the other on being a Volunteer Vaccinator.

We have updates on all the chapter committee including the 2022 Reunion Cruise to Bermuda.

Of course, we always want your stories. The deadline for the next issue is 31 May. Please send to WMANNCAnewsletter@gmail.com.

**FINANCE REPORT
1-31 January 2021***Shelley Savage*

Starting Balance:		\$21,192.44
Receipts (deposits)		
None		
Interest		\$000.18
	Income	.18
Disbursements		
Troop Support Mailing		\$75..27
	Expenses	\$75.27
Ending Balance:		\$21,117.35
Liabilities:		
Scholarship Fund		\$3,110.21
History Fund		\$1,020.25
Troop/Vet Support		\$ 190.40
Rough Seas		\$ 70.00
		\$4,390.86
Working Balance:		\$16,726.49

SCHOLARSHIP COMMITTEE

Sue Miller

In 2021, WMANNCA will award **three \$1500 Graduate Nursing Scholarships** to Navy nurses (active-non DUINS, reserve, retired or former). Applications are due by **April 16, 2021**. Application guidelines and forms are available on the NNCA website (NNCA.org) under WMANNCA Scholarships. Contact Sue Miller at millerses@gmail.com with any questions. Members and other Navy nurses are encouraged to apply for one of the scholarships if you live in or attend graduate school in the WMANNCA catchment area.



(May 2021-May 2022)! If you are able, please renew online at NNCA.org. Be sure that you renew for both NNCA and WMANNCA. In the past, some members inadvertently renewed for just NNCA and not the chapter. If you are unable to renew online, please contact **Sue Miller** at millerses@gmail.com or 443-520-1573 to obtain your preprinted renewal form. Sue will email your renewal form to you, and you can then send this form with your check to WMANNCA, who will process your dues and send your form and money on to NNCA. Mailing address and return instructions will be given by Sue when she emails you your renewal form.

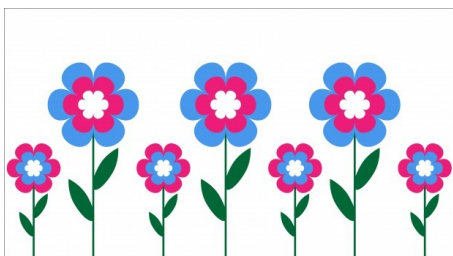


MEMBERSHIP RENEWAL DRIVE

Sue Miller

It is that time of year when we kick off the annual NNCA/WMANNCA **membership** renewal drive for the 2021-2022 membership year

Let's get our renewals processed so that we can enjoy all the activities offered by our chapter. Once we get vaccinated and the pandemic is in the past, we can look forward to luncheons, meet-ups, and the 2022 NNCA Reunion which WMANNCA is hosting.



Spring Chapter Meeting!

Mark your calendar for **April 22nd, at 1900** for an exciting speaker!

Our spring virtual event, will feature **LCDR Leone**, a Navy Reservist who was a Top 10 finalist for the Ms. Veteran America 2020 and is an advocate for homeless female veterans. She holds a master's degree in nursing from Drexel University and was a past recipient of one of our scholarships. A request to sign up for the Zoom link will be sent out during the month of April.

SEEKING NAVY NURSE VETERANS TO INTERVIEW FOR TV SHOW

Kristin Leone, a Naval Reserve Nurse and also a 2017 recipient of the one of the WMANNCA Graduate Nursing Scholarships, is the host of a weekly talk show on RVNTV based out of Cherry Hill, NJ. Her show is called "Breaking Barriers," and is designed to educate, motivate and inspire people. She is seeking any Navy Nurse who would be interested in coming on her show to talk about their time in the service, especially anyone from the Vietnam Era. Kristin is able to do the interview via Zoom, so you would not have to travel to New Jersey. If you are interested, please contact Kristin at xmaslotus@yahoo.com.



REUNION 2022 UPDATE!!



The reunion committee has been meeting virtually and is well into planning. We currently have **41 reservations and 79 passengers** signed up for our 2022 Reunion aboard the **Celebrity Summit** sailing **4 May 2022** from Newark, N.J. The 9-day cruise to Bermuda has stops in Newport, R.I. and Charleston, S.C. Our cruise planner is **Jeannie Lipphard** and her preferred contact method is e-mail: Jeannie@cruiseplanneronline.com. Or you can call her at **443-274-8178**.

Prices range from \$919 pp (inside stateroom) to \$1969 pp (Concierge Class Balcony). Detailed rate and trip information can be found on the NNCA website: <https://www.nnca.org/2022-nnca-reunion>.

Additionally, just let Jeannie know if you would like to be matched with another single to avoid a double fare for a single room. A refundable deposit of \$450.00 per person is required to reserve a room. WMANNCA Committee members are assisting with matching singles with roommates. We are also looking for volunteers to help with registration, hospitality, etc. If you are interested, please contact us via WMANNCAnews@gmail.com.

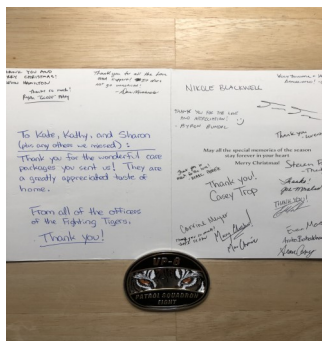
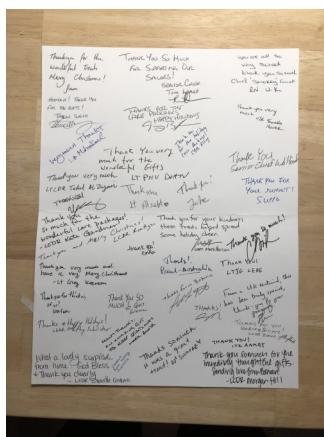
Come join us! It will be four years since our last reunion. We are truly celebrating Friends and Family!



TROOP SUPPORT *Kathy Thorp and Sue Miller*

Treats for Troops

The "thank you" notes, have been pouring in, showing appreciation for the 80+ boxes which were mailed to the Troops for the holidays. Each note filled with heartfelt words, describing how much it all meant to not only the Servicemember it was sent to, but to all who he/she were able to distribute too. A huge thank you for each of you in financially supporting the Troop support fund.



Thank you letters.

A few comments from the letters—

"Many thanks for the boxes of treats" - William Villegas II

"Your thoughtfulness makes this time away from my family more bearable" - Jason Hon-eycutt

"From the mimes of 30 LSB Operations...we are eternally grateful for your support to our cause" - Max Saxen



Platoon in Korea

WREATHS ACROSS AMERICA *Kathy Thorp*

On a clear, crisp sunny day, on December 11th, at the USNA cemetery, over 2,000 wreaths were laid to honor and remember our Fallen. Thanks to many of you, we were able to sponsor 115 wreaths this year to help with this annual event. We will be doing it again this year, to support both the USNA cemetery and Arlington National Cemetery. If you like being ahead of the Christmas rush, you can sponsor a wreath for USNA by using the link below. The form specific to Arlington National Cemetery will be distributed as we get closer to the holidays. For each wreath that is sponsored, \$5.00 is returned to WMANNCA to help with various programs.

[Wreaths Across America](#)



Kathy Thorp and family.

PLANNING TO MEET A PAN- DEMIC: A NAVY NURSE IN UNCHARTED WATER *Rose Perdue*

In spring 2020, I relinquished my position as Director of Nursing Services at Fort Belvoir Community Hospital (FBCH), to begin preparing for retirement after 29 years as a Navy Nurse Corps Officer. Days before my departure, my Director “Commanding Officer” Captain Cindy Judy, asked me to assist in the fight against the COVID virus. I realized that I needed to be part of that effort and so I requested to stay on Active Duty.

Captain Judy assigned me as the COVID-19 Coordinator and liaison for all things pandemic related coming into the Command at Fort Belvoir Community Hospital (FBCH). Many commands from the Fort Belvoir Garrison to all the National Capital Area Military Treatment Facilities, had a nonstop and ever growing list of questions and concerns about how best to man, train and equip for the monumental challenges posed by the coronavirus. I started participating in an endless series of phone conferences and virtual meetings with people across many different disciplines to answer a wide array of complex questions: What is the hospital’s position/advice on the barber shop, gym, commissary and exchange staying open? How do we protect service members who share common living spaces in the barracks? What locations on Post might we use to house healthcare workers in a surge? How should we protect an entire special forces unit?

I would filter what was coming in and get things to the right staff and I would also push out data back to the requesting party so we knew what was coming in and out of the Command and how that was impacting our staff. I spoke frequently and shared many references and stories with col-

leagues including retired RADM McCormick-Boyle who was establishing a COVID hospital in Buffalo, NY and with CAPT Dixie Aune, who was Naval Hospital Portsmouth’s DNS. The Command leaders swung into action and with no additional staff established, reconfigured, and managed countless new requirements. We established a COVID-19 clinic with curbside clinical testing capabilities, a drive- thru pharmacy, and a temporary quarantine/isolation facility. We committed to outreach and provided transparent real-time community information and feedback.

As I once again contemplate retirement I am full of pride and gratitude for the opportunity to



serve. The vaccine distribution presents its own unique challenges, yet I know there are many ready to assume the watch. As my “extra” year comes to a close, I am ready to step ashore, but I will head directly to the nearest American Red Cross and sign up as a volunteer ... maybe I’ll see you there and I look forward to continued service with all of you in this great association.

MEDICAL RESERVE CORPS VOLUNTEER—VACCINATION PROVIDER *Christine Boltz*

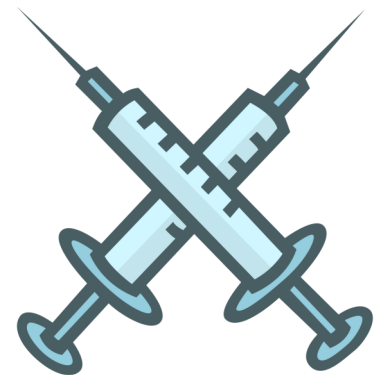
In early January after two notices from the Virginia Department of Health that volunteers were urgently needed for the COVID-19 vaccination campaign, I signed up to support the effort through Virginia's Medical Reserve Corps (MRC). After submitting my application, I began to investigate the training requirements. A new volunteer effort is similar to new employment, you need to pass a background check and complete training before being fully functional in a new role.

Training involved several courses related to volunteering with the Alexandria MRC to support and/or respond to emergencies that impact public health. Then there was the clinical training, the list is longer for those without routine vaccination experience in the last year. Similar to the military and most organizations, the training system is online, and coursework is self-paced. Once I heard my application was received, I began the training which took a few days to complete with the exception of the in person skills/competency check. After my background check cleared, I received word to come in to get my identification badge and a t-shirt, a signal, I was approved to sign up to support an event. Alert messages about event support, started, so I signed up for a vaccination event.

My first volunteer event, I was assigned as a vaccinator assistant as I was pending the skills/competency check by an Alexandria Health Department staff member outside of a vaccination

event. Being a vaccinator assistant was very helpful to see how the operation works and understand better the expectations, it has been a bit since I worked in a clinical setting. The assistant works with a vaccinator and does nearly everything except give the vaccine and document the episode of care. The following week, along with several other new nurse volunteers, I completed my skills/competency check training. As a new volunteer, I may not always be assigned as a vaccinator, however I know I will not be standing outside directing traffic or patient flow.

Getting my vaccination at the location where I volunteer was a great experience. The patient perspective is always helpful, and it also reinforces why I volunteered. I have a nursing license; they need help and what else of greater importance am I doing. Being a vaccinator is the best job. There are a lot of other needed volunteer roles in the vaccination campaign process, such as call center operations and other support activities. I anticipate supporting vaccination efforts in Alexandria, VA once or twice a week as long as needed.



DAISY AWARD UPDATES

Cindy Sweeney

WMANNCA) co-sponsors The DAISY program with NNCA at Fort Belvoir Community Hospital (FBCH). Cynthia Sweeney, Vice President for Nursing at The DAISY Foundation and WMANNCA member represented the chapter at the recent ceremony honoring two nursing leaders with The DAISY Award for Nurse Leaders On January 29th, 2021, in a surprise presentation, COL C. J. Plummer, Director of Nursing Services and CAPT Cynthia Judy, Director of FBCH were presented with the award.



HONORING NURSES INTERNATIONALLY
IN MEMORY OF J. PATRICK BARNES



L to R : Col Plummer and his wife Jackie, RADM Swap, CAPT Judy and her husband, Steve.

BIRTHDAY CORNER

APRIL

- 1 Jayne Vorder Bruegge
- 3 Mary Jessell
- 17 Kristin McInerney
- 20 Carol Speirs
- 24 Margaret (Maggie) Balacki
- 25 Maria Harbeson

MAY

- 3 Carol Bickford
- 8 Mary Ann Elsesser
- 12 Vicky Karrat
- 12 Lois Gillin McCarthy
- 13 Marti Shepherd
- 16 George Byrnes
- 19 Jan Moran
- 22 Carolyn Kirkland

- 22 Brenda H. Miller
- 25 Alainna Crotty
- 26. Myreda Erickson-O'Brien
- 26 Patrice Bibeau
- 27 Marie Schafer

JUNE

- 2 Veronica Rubin
- 3 Patty Trujillo
- 7 Rebecca Hathaway
- 9 Shelley Savage
- 16 Ellen (Boo) Lahman
- 17 Nancy Shank
- 19 Kathy Thorp
- 25 Deanna Bogart
- 30 Nancy Lescavage

