



## Corpsmen hone trauma skills in Chicago



*Cook County Trauma Experience partners FHCC with Stroger Hospital*

**By Stephanie McCrobie**  
Lovell FHCC Public Affairs

**S**troger Hospital in Chicago and Lovell Federal Health Care Center recently announced a new training partnership that embeds active duty Lovell FHCC Navy medical personnel in Stroger Hospital's Trauma & Burn Unit.

The program, called the Cook County Trauma Experience (CCTE), allows Lovell FHCC Navy surgeons, nurses and hospital corpsmen to work alongside Cook County trauma surgeons and nurses as they treat patients at Stroger. Navy medical personnel complete one, to two-month rotations in the trauma and burn units.

*Cook County trauma surgeon Dr. Hassen Dagher, left, and Navy corpsman Karl Gieseke care for a patient brought to the Cook County Trauma Unit. (Photo by Stephanie McCrobie)*

*Continued on page 4*

## USVAP donates supplies to FHCC Expressive Arts Therapy

*United States Veterans Art Program a strong supporter of combat Veterans healing through expressive arts*

**By Jayna Legg**  
Lovell FHCC Public Affairs

**V**ietnam Veteran Johnnie Johnson's packing list, wherever he travels, always includes his prized possession – a sizeable piece of original artwork painted by a fellow Vietnam Veteran.

The framed oil painting depicts a serene mountain landscape, the kind of place Johnson goes to in his mind to escape the stress caused by PTSD. The former Sailor displays the painting in his room at Lovell FHCC, where he is currently enrolled in a residential treatment program.

"It meant a lot to me to get this," he said of the painting, which he

received earlier this year from combat Veteran and artist Richard Beauvais. "It goes where I go," Johnson said. "I'm in treatment here; I'm still healing."

Johnson isn't the first to receive a painting from Beauvais. Beauvais has painted and presented more than 300 paintings to combat Veterans. Each one, he completed in the time it takes for the Lovell FHCC Expressive Arts Therapy group to meet every Friday.

It's a tradition that will continue now that Beauvais and other FHCC Veteran patients received a donation of art supplies from philanthropist, Chicago cable TV show host and retired ER nurse Carol Williams.



*Veterans who participate in the Expressive Arts Therapy group, which meets Friday mornings at Lovell FHCC pose with Veteran Carol Williams and art supplies donated from USVAP, the non-profit organization she founded with her husband, entertainer and Vietnam Veteran Kimo Williams. Pictured left to right: Joe Klass, Rick Simmons, David Waitling, Carol Williams, Johnnie Johnson and Rick Beauvais. (Photo by Jayna Legg)*

*Continued on page 3*

Lovell FHCC: Invested in Mental Health Recovery

## Annual Mental Health Summit

**Tuesday, August 19, 2014**  
**7:30 a.m. to 12:30 p.m.**  
**Building 4, Bourke Hall**

Our purpose is to enhance the mental health care of Veterans, active duty and their families/dependents through collaboration between FHCC and our community partners.

# Leadership Commentary

## FHCC's green practices lead the way in government

*Efforts to be an environmentally conscious facility go far beyond blue recycling bins in employee work areas*



**By Captain José Acosta**  
Acting Lovell FHCC Director

**D**id you know in the federal government, Lovell Federal Health Care Center is taking a lead in implementing green practices?

We've held three Green Day recycling events and continue to expand our day-to-day recycling efforts here at the FHCC. We are using alternative fuels and increasing the number of electric vehicles in our fleet, thereby

decreasing our greenhouse gas emissions. We've replaced fluorescent lighting with more efficient light emitting diode, or LED, bulbs – an initiative that by itself resulted in anticipated savings of \$500,000 over 10 years.

Our combined heat and power plant on West campus is a cogeneration system – heat generated by the process of electricity production is reused for space heating, water heating and other energy needs. And some of the energy is provided to Great Lakes Naval Station.

Under the leadership of our Green Environmental Management Systems (GEMS) Coordinator, Joe Bozeman, and our GEMS Committee, we've been regionally and nationally recognized, both in the Department of Veterans Affairs and the U.S. Environmental Protection Agency (EPA).

We participate in the EPA Federal Green Challenge, which requires we improve our efforts in the categories

of energy, waste and transportation by 5 percent every year. Earlier this year, we had case studies published on the EPA's website representing national best practices, as a result of winning three EPA awards just in the time I've been here: National Transportation, Regional Overall Achievement and Regional Innovation.

Just look around and you will see evidence of our growing GEMS program. The program is extensive, starting with the blue bins in work areas. Everything but plastic can be recycled in the blue bins. That's an important way all of our employees can contribute to our green efforts on a daily basis.

Take a look outside, and you'll see our electric "gators" (green and black) and electric Columbia cars (small white trucks) zipping around. Look in the parking lots behind our main buildings on West campus, and you'll see large green bins labeled for recycling. Take a walk by the back of buildings 133 and 134, and

you'll see the partitions for recycling hazardous and toxic waste.

Did you know we now have two Chevy Volts in our fleet? We also have two charging stations on West campus, by the transportation office, which employees can use to charge their electric cars. Future plans call for us to install charging stations that will be available to our patients.

Our GEMS program continues to gain more momentum every year. Most recently, Mr. Bozeman was asked by the Federal Executive Board to present at the 4th Low Carbon Earth Summit – 2014 in Qingdao, China. His presentation, "U.S. Interagency and Governmental Sustainability," highlights the strides we've made right here at Lovell FHCC in our efforts to go green.

If you see Mr. Bozeman, congratulate him and ask what you can do to help Lovell FHCC continue to lead the way!

## Lovell FHCC will field a team August 24 to run in 10 nautical mile Fort2Base Run

*Volunteers also needed to help direct parking, shuttles at Rosalind Franklin*

### Lovell FHCC Public Affairs

Put on your running shoes and join the Lovell FHCC team in the 4th annual Fort2Base Run Aug. 24.

The fun run begins at Fort Sheridan and ends 10 nautical miles (11.5 miles) later at Ross Field at Naval Station Great Lakes. There is also a three-nautical mile (3.45 miles) race on base.

Everyone – employees, volunteers and patients – is welcome to enter. The Lovell FHCC Team, led by Acting Director and Commanding Officer Capt. José Acosta, is looking for members.

"That last big hill, Hero Hill, is a killer," Acosta said, fondly remembering last year's race, which he ran with his daughter.

The runs offer many chances to help out along the way - many volunteers are needed. Lovell FHCC will be in charge of parking and shuttles from Rosalind Franklin on race day. About 20 people are needed to volunteer, including a group leader.

For people who want to volunteer but aren't available race day, other opportunities include:

**Thur., Aug. 21**, from 3 to 7 p.m. at the USO (at Naval Station Great Lakes, main base), help is needed at packet pickup, and volunteers are needed to distribute shirts and other items.

**Sat., Aug. 23**, from 9 a.m. to 6 p.m. (many shifts are available) at Naval Station Great Lakes, and Fort Sheridan, help is needed to set up the course, mile markers and directional signs.

Contact Chief Hospital Corpsman Dawn Williams (dawn.m.williams@va.gov) to learn more and sign up to volunteer.



*Lovell FHCC Sailors complete the running event during the last Physical Readiness Test (PRT). (File Photo)*

Runners who register as part of the Lovell FHCC team will get a break on the fee. To register for the team and receive the 20 percent discount, log on to <http://www.active.com/> and use the code F2BLFHCC (it is case sensitive). There is also a military discount rate. (Runners may not receive both discounts.)

There will be no race-day registration. If the event hasn't sold out, runners may register in person at packet pickup, 3 to 7 p.m., Aug. 21, at the USO at Great Lakes Naval Station. The USO is located just inside the Great Lakes Naval Station main gate.

The race is certified by the Chicago Area Runners Association (CARA), and has been reported on internationally as one of the "world's most unusual events," in "Women's Running UK" magazine.

For information about joining the Lovell FHCC team, contact Jenny King at [jennifer.king1@va.gov](mailto:jennifer.king1@va.gov).

### The Apollo

The Apollo is the official newsletter of the Captain James A. Lovell Federal Health Care Center, published monthly for staff, Veterans, military families and volunteers. The Apollo newsletter is designed by the FHCC Communication Department  
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[www.lovell.fhcc.va.gov](http://www.lovell.fhcc.va.gov)



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# Healing power of expressive arts key to Veterans' recovery (cont.)

Continued from page 1

She is a co-founder of the United States Veterans Art Program (USVAP) with her husband, Vietnam Veteran and entertainer Kimo Williams. Kimo Williams is famously known for starting the Lt. Dan Band with actor Gary Sinise.

In July, Carol Williams personally delivered more than \$2,000 worth of oil paint, easels, brushes and canvases to the Expressive Arts meeting room, where Beauvais, Johnson, other Veteran patients in the Expressive Arts group and Lovell FHCC mental health employees, gathered to thank her.

"I'm very happy to think that you can use them," said Williams, who added that she was "blown away," by the generous donation of the oil paint to USVAP from the Coalition to Support America's Heroes. USVAP matched the coalition's donation with another \$1,000 worth of supplies, she said. "I immediately thought of Dr. Bair's program here at Lovell FHCC," she added.

Dr. John Bair, clinical psychologist in the FHCC's Mental Health and Stress Disorders Program, listed the many projects USVAP has supported at Lovell FHCC, starting several years ago with a golf outing.



Vietnam Veteran Johnnie Johnson, left, displays the oil painting fellow Vietnam Veteran Rick Beauvais, right, painted and gave to him. Both are members of the Expressive Arts Therapy group, which recently received more than \$2,000 worth of supplies from USVAP. (Photo by Jayna Legg)

"Carol has had five or six Veteran artists on her TV show," Bair said. "She continues to promote the utility of art in psychotherapy with Veterans ... and the value of art in psychotherapy is finally being recognized at the national level."

Last year, Kimo and Carol Williams, under the auspices of USVAP, presented a Yamaha digital piano for use by Veterans being treated for

PTSD and other mental illnesses at Lovell FHCC.

The healing power of expressive arts, including performance art, is well known to Lovell FHCC therapists, providers and social workers.

"Our heartfelt thanks goes to you," said Dr. Anthony Peterson, psychologist program manager and section chief of PTSD programs. "This is changing lives."

Beauvais told Williams, "I can't tell you how grateful we are. It's a boon. It's not always easy to acquire what supplies you need." Beauvais said every time he gives a painting away to a combat Veteran, "I get a jump in my heart."

For Johnson, participation in the Expressive Arts group as a vocalist, and the gift of the painting from Beauvais, is all part of his recovery. He happily retrieved Beauvais' painting from his room to show to Williams and fellow Veterans assembled for the presentation. Beauvais' heartfelt gift came to him at a crucial time last March, when he sought help from Lovell FHCC.

"I was going through some loss of family members; I had been in jail for DUI; my stress, PTSD and other symptoms clashed, and then I made some bad decisions," said Johnson, who served on the USS Blue Ridge

(LCC-19) in Vietnam.

"It was the flagship ... There were 117 days of shelling from it, non-stop, in 1972," Johnson said, referring to the "Easter Counter-Offensive," the last major combat amphibious engagement of the war.

Williams, an Army Veteran herself, said USVAP believes all recovering Veterans should have the opportunity to engage in expressive arts to help them heal, and "we know it costs money to be artistic."

She added, "There should be some place where you go in this world where you feel you are not judged ... where you have that sense of freedom of thought and words, whether it's through photography, art or music."

*"There should be a place ... where you have that sense of freedom of thought and words, whether it's through photography, art or music."*

**Veteran Carol Williams,  
USVAP co-founder**

For Beauvais, art is a way to show thanks. "We're telling the new wave of Veterans, 'you are welcome' and 'thank you,' because there wasn't anything there for us," he said. For more information, contact Dr. John Bair, [vhanchbairj@va.gov](mailto:vhanchbairj@va.gov).

## Lovell FHCC Navy culinary specialists fix meal for Veterans

*FHCC Sailors volunteer time at A Just Harvest in Chicago to benefit Veteran patrons*

**By Mass Communications Specialist 2nd Class Darren M. Moore**  
Lovell FHCC Public Affairs

Preparing the lunch meal took on a special meaning recently for two Navy culinary specialists from Lovell Federal Health Care Center.

The Sailors volunteered their lunchtime earlier this summer at A Just Harvest in Chicago to cook a meal for area Veterans.

Culinary Specialist Seaman Ashley Blackmon Bailey, from Warren, Mich., and Culinary Specialist Seaman Olivia Reyes, from Palm Beach, Fla., volunteered at the Chicago organization A Just Harvest's "One Pot Meal" event, serving a meal to the 18 Veterans who attended.

"The Veterans were really excited, and they wanted us to come out again," Blackmon Bailey said. "The meal came out really good. They wanted more."



In the left photo, Lovell FHCC Culinary Specialist Seaman Ashley Blackmon Bailey (left) and Culinary Specialist Seaman Olivia Reyes (center) teach Veterans how to prepare a meal during A Just Harvest's "One Pot Meal." In the below photo, Blackmon Bailey slices peppers. The Sailors volunteered to prepare the meal and spend lunchtime with Veterans. (Photos by Mass Communication Specialist 2nd Class Darren M. Moore)



Lovell FHCC Sailors.

The Sailors did more than cook for the Veterans, however. They also taught the Veterans how to prepare the meal themselves so they have a healthy meal in their culinary toolbox.

"It really makes you feel good to know that all these Veterans appreciate us coming out, cooking for them and showing them how healthy eating is good for them," Blackmon Bailey said.

Carmelo Logalbo, chairman of the kitchen committee and lead volunteer at A Just Harvest, said while he was volunteering at A Just Harvest, he noticed several patrons were Veterans. He decided to put together an event for them to let

them know the organization is there to help them.

"This shows that the Navy cares, that A Just Harvest cares, because they're using our kitchen," said Logalbo, an Air Force Veteran himself. "This is all very, very helpful to promote the fact that we have people here to help the Veterans."

Veterans who attended also received free crockpots that were donated to A Just Harvest, and an array of other food items.

Army Veteran Irving Weinberg, 72, said he is learning to cook for himself, and he enjoyed learning how to prepare a meal from the

"It was great because I'm by myself right now," Weinberg said. "I can't ask everyone around here 'cook for me, cook for me,' so I do it myself."

When the meal was ready, the Sailors and Veterans enjoyed it together.

# Corpsmen provide first-line medical care in combat (cont.)

Cook County Stroger Hospital and Lovell FHCC partnership considered ideal for both sides

Continued from page 1

“Working on the complex cases we see at Stroger Hospital will help Navy doctors, nurses and corpsmen improve and enhance their medical skills and prepare them for future military deployments,” said Dr. John Jay Shannon, Interim CEO for the Cook County Health and Hospitals System. “The training they receive here will prepare them to respond quickly on the battlefield.”

The CCTE, a first in the Chicago area, is similar to the Navy’s Naval Trauma Training Center in Los Angeles, where Navy medical personnel care for patients alongside Los Angeles County Hospital emergency department staff.

“The benefits to our Chicago-area Navy medical staff will be tremendous,” said Capt. José Acosta, acting director and commanding officer Lovell FHCC.

“This hands-on trauma training,

in conjunction with the extensive Naval medical training our staff receives at Lovell FHCC, will prepare our sailors for working in the high-pressure, intense environment of combat,” Acosta said.

Lt. Cmdr. Stan Hovell, department head of education and training at Lovell FHCC, lead the development of this program. Hovell chose Stroger because its trauma center is considered not only one of the busiest, but also one of the best in the country.

“It’s an ideal partnership for both sides,” Hovell said. “For Lovell sailors, we are close enough to Stroger to be able to send staff for daily shifts in the unit. Stroger is also benefitting from the extra staff who are coming to their unit with highly specialized combat medical experience.”

Hospital Corpsmen 2nd Class Karl Gieseke found the experience to be beneficial. Although Gieseke has

previously deployed to Afghanistan as a corpsmen, he appreciated the opportunity to learn from Stroger staff about other models of care.

*“The benefits to our Chicago-area Navy medical staff will be tremendous. The hands-on trauma training, in conjunction with the extensive Naval medical training our staff receives at Lovell FHCC, will prepare our Sailors for working in the high-pressure, intense environment of combat.”*

**Capt. José Acosta, Acting Director, Commanding Officer**

“In combat, corpsmen provide that first line of medical care and then we hand off the patient,” Gieseke said.

“At Stroger, it was great to follow the patient throughout their treatment and work side-by-side with Stroger’s doctors and nurses. Although the

types of injuries at Stroger are different than what we saw in combat, I learned a lot from the Stroger trauma team,” Gieseke said.

Lt. Caitlin Workman, a clinical nurse specialist in Lovell FHCC’s critical care unit, also completed a rotation at Stroger. Workman feels that the Stroger staff have gained from the rotation as well.

“Stroger staff were very impressed by the skills of our corpsmen,” Workman said. “Civilians do not always know what military medical personnel are able to do. By working directly with our corpsmen, the trauma staff saw that the corpsmen bring extensive medical experience and knowledge to the table.”

Hovell hopes the partnership with Stroger will continue for a long time so that many Lovell FHCC sailors have the opportunity to complete rotations. Navy personnel interested in the program should contact their senior enlisted leader.

# Corvette wins Veterans’ Choice first place

Beautiful weather, great participation highlights of 11th Annual Car Show for Veterans



Hundreds of people attended Lovell FHCC’s 11th annual Car Show for Veterans, which featured nearly 250 cars this year. First place went to Lawrence “Beau” Bobis for his 1995 Chevrolet Corvette pictured above; Second place went to Dave Kuffel for his 1948 Ford Woodie; Third place went to Steve Partman’s 1948 Hillman Minx Mark II; and Director’s Choice went to Don Fox for his 1940 Nash Opera CRC. Next year’s show will be July 18, 2015. (Photos by Trevor Seela and Royal Eckstein)

## Women’s Equality Day

**Voices of Women’s Equality: Pioneers to Present**

11 a.m. to Noon  
Tuesday, Aug. 26  
Building 4, Bourke Hall

Women’s Equality Day was introduced on August 26, 1971 by Bella Abzug to honor the ratification of the 19th amendment on August 26, 1920.

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