PTSD program grads appear in ‘ClownVets’

Patch Adams documentary features FHCC veterans who ‘clown’ to help others

By Jayna Legg
Lovell FHCC Public Affairs

One recent winter day, some may have seen actual clowns walking the halls of the Captain James A. Lovell Federal Health Care Center, and others may have even donned their own red noses and relaxed into smiles.

Dec. 16 wasn't the first time the visitors wearing the clown costumes interacted with patients and staff at the FHCC. In fact, for some of the clowns, it was a homecoming of sorts. They were veterans, returning to the place where they received treatment for Post-Traumatic Stress Disorder and other serious mental health conditions brought on by their combat service.

The veteran clowns had a specific purpose for their trip – to screen "Clown Vets," a new documentary about their experiences “clowning” at the FHCC, and in orphanages and hospitals in Michigan and Guatemala, with world renowned Dr. Patch Adams and his Gesundheit! Institute. The institute was founded by Adams, the real man behind the 1998 Robin Williams movie “Patch Adams.” In recent years, Adams has enlisted veterans to join his clown ranks, with the idea that “friendship medicine” can help veterans get close to other people as part of their therapy and recovery from health issues such as PTSD.

“FHCC was the spring board for this whole idea,” said veteran Roger Flanigan, who walked over for the showing from “Bldg. 7,” where he was a current patient in the PTSD residential treatment program.

Flanigan was joined by Mike O’Connor, a former tank commander; Ken Vaughan, a Marine Vietnam Veteran; Russ Nehmer, an Army veteran; Cliff Kilbourne, who was a medic in Vietnam; Michael Tuffelmire, Army veteran who served in Iraq, and Dr. Mark Kane, a Michigan psychologist who works with the Gesundheit! Institute.

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FHCC’s Fisher Clinic is site of Navy active shooter drill

By NSGL and Lovell FHCC Public Affairs

Naval Station Great Lakes (NSGL) held an active shooter exercise at Lovell Federal Health Care Center’s Fisher Clinic on the main base as part of Exercise Citadel Shield - Solid Curtain 2019 (CS-SC 19).

Exercise CS-SC 19 in February was a two-part, linked anti-terrorism force protection exercise conducted by Commander, U.S. Fleet Forces Command, and Commander, Navy Installations Command, on all Navy installations in the continental United States.

“The exercise tests our ability to execute the Navy’s mission in support of Homeland Defense,” said Rear Adm. Charles Rock, the commander of the Navy’s Mid-Atlantic Region, which includes NSGL.

“Through various scenarios, the exercise is designed to enhance the readiness of our security forces, and it ensures seamless interoperability among the commands, other services, and agency partners so that we are able to protect our people, equipment and facilities.” The Lake County Sheriff’s Department and various Lake County agencies participated in the exercise alongside the Great Lakes police and fire departments.

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‘Enduring Promise’ Sailors return

Cmdr. Ryan Griswold, who works at Lovell FHCC’s Fisher Clinic, examines a patient for health issues at one of two sites in Columbia in November. He was part of the 11-week U.S. Southern Command Enduring Promise medical support mission to Central and South America on the USNS Comfort. Working with government partners in Ecuador, Peru, Colombia and Honduras, the medical team provided care on board and at land-based medical sites. (U.S. Army photo by Spc. Joseph DeLuco/Released)

See more Enduring Promise photos on page 6

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Creative Arts Festival hip hop artist releases album
FHCC researchers pioneer PTSD eyetracking study

By Jayna Legg
Lovell FHCC Public Affairs

Accurate diagnosis of PTSD is of vital importance to the Department of Veteran Affairs, caregivers, veterans and their families, and science.

It may be years before a mental health professional finds out what’s really behind the PTSD a veteran is battling. By then, the veteran may have developed negative personal defenses such as addiction and self-destructive behaviors and be suffering from nightmares and flashbacks.

“People are often not able to tell you the brutal details; they or their families tell you the symptoms,” said Dr. John Bair, a FHCC clinical psychologist in Mental Health and Stress Disorders Programs. “Then you might find out after years of therapy and treatment they suffered brutal abuse at other times in their lives, or they observed or became entangled in atrocities of war.”

The causes of PTSD and moral injury “are often unspeakable,” Bair said. “So, we need to help patients access images and words that are buried in their brain, that express a history of trauma and emotion.”

Bair and fellow VA and academic researchers believe a new diagnostic approach, relying on biomarkers, may significantly speed up the time it takes to do mental health assessments. Biomarkers are measurable indicators, or medical signs, of a biological state or, in this case, a medical condition.

Bair’s team’s most recent study – the second of four scheduled, and one of more than 10 related FHCC mental health studies – involves a biomarker called eyetracking. Using an Eyelink eye-tracking device and software, researchers observe patterns of eye movement and fixation, and speed of dilation, as the research subject looks at experimental pictures for a few seconds at a time. “We look for levels of trauma exposure by looking for, and evaluating, patterns,” Bair said.

Study partners are Dr. Bharathi Swaminathan, FHCC department head for Physical Medicine and Rehab Services; Dorothy Nguyen, FHCC clinical psychology intern and current lead student researcher; Christine Meltzer, Rosalind Franklin psychology research student; Andrew McKinstry, Argosy University psychology research student; Dr. Bikram Sharma, Rosalind Franklin psychiatry resident, and Dr. Danielle Ciccone (who along with Bair completed the first eye-tracking study to assess PTSD).

“I think this study is not only relevant to the VA’s mission of providing exceptional care to veterans, but it’s equally important as providers to ensure we are accurately diagnosing and treating PTSD so patients get earlier access to treatment,” said Nguyen, who has several relatives battling PTSD.

The study involves 50 research subjects and is wrapping up this spring. Eyetracking research is being done in other places, Bair said; however, “ours are pioneering studies with PTSD.” Bair said in addition to better serving mental health patients, the research may result in more cost-effective treatments in the future.

“If we can spend a few minutes with people on eyetracking, we can get additional information that is scientific, augmenting what we can get with multiple costly interviews or testing” he said. “Eyetracking or other biomarkers help us in short order gain information that is underlying layers of personal defense.”

You’re invited:
FHCC LIVE Tele-Town Hall
Participate via phone!
Or attend in person!

6:30-7:30 p.m., March 21
To sign-up for call, Send email by 3/19 to:
“FHCC.Feedback@va.gov”

• Resources for women veterans
• Learn about services
• Ask questions
Room C108, Bldg. 134
Community Living Center
3001 Green Bay Road
North Chicago, IL 60064

I want to thank each and every one of you for what you do every day to make this possible. As we continue on in 2019, our priorities should remain fundamentally focused on the basics of health care and readiness: Patients, People, Processes and Places.

Our Patients: Our mission is simple – we are here to provide the very best patient care and readiness support possible for all entrusted to our care. From the operating rooms and ICU, to the clinics and wards, to the environmental, logistical, training and information technology support areas – we are here for our patients.

Our People: We should strive to be the Best Place to Work. All 3,200 Lovell staff must receive the tools, training, wellness support, accountability and recognition needed to advance our direct patient care and readiness missions.

“Our mission is simple - We are here to provide the very best patient care, and readiness support, possible for all those people entrusted to our care.”

Dr. Robert Buckley
Lovell FHCC Director

Each and every one of us plays a part in supporting our health care and readiness mission – ensuring we are Ready to Care – 24/7/365.

Our Processes: We have to get better at what we do – continuously improving and updating our policies, procedures, practices, SOPs, standard work, checklists, training and certifications to meet the mark of being a “High Reliability” health care organization.

Our Places: Lovell must maintain an impeccably clean, well-equipped, fully functional health care environment that inspires both patients and staff – to continuously get better at what we do. OK. This is not easy work. But I know the 3,200 people who work at Lovell FHCC have “the right stuff” to meet the challenges that lie ahead. So, I want to say thank you again for everything you have done, and will do, to make this year a success.

Lovell FHCC. Wherever I go throughout the main campus, outlying clinics, residential and support areas, I see so many familiar faces, (and many more new ones), working hard for our active duty, veterans, military family members and retirees.

Lovell FHCC is wonderfully unique among all VA and DoD facilities - because we are our country’s first fully integrated hospital and clinic system - where more than 3,200 active duty and employee staff members join together Readying Warriors and Caring for Heroes.

Despite several areas of leadership transition in 2018, Lovell FHCC continued to shine throughout the year, maintaining fantastic access and low mortality rates, inspiring patient satisfaction feedback and garnering a commendable SAIL Quality rating.

Top priorities should be Patients, People, Processes and Places.
Staff dedication helps us weather whatever nature throws at us

By Captain Gregory Thier
Deputy Director/Commanding Officer

Winter is slowly retreating but we are still in the hazardous weather season, which means we could still see snow, ice and freezing conditions. That makes it challenging to get going from home, let alone to keep a large facility such as ours safe and easily passable. I’d like to take a few moments to address how we have been doing and how you can help our patients and each other.

Were you aware the American Public Works Association (APWA) recognizes communities for their planning efforts to keep roads and residential pathways are clear of snow and ice? The fact that a national program takes the time to evaluate how individuals ensure safety and functioning status during winter means it is, indeed, a big deal.

The first big snow hit us Sunday night, Nov. 25, into the wee early hours of the 26th. By official accounts, we received 10 inches. Despite the fact we were coming off of Thanksgiving weekend, I think our own Facility Support team did a tremendous job keeping as many roads and walkways cleared as possible to allow us to open on time and ensure we delivered the same top-quality care our patients have come to know and expect of us. Throughout the night, plows and shovels were being worked to their capacity, and at times it may have seemed an overwhelming task. After meeting with several of the crew that took care of us, I am pleased to say not a single person complained. Additionally, there were staff members not part of the official crew who pitched in and grabbed a shovel. I even know of a senior Navy commander who was shoveling away.

Prior to the storm in November, the leadership team had several meetings over two days, some during off hours, to ensure the weather emergency plan was ready to implement. Does this mean everything went off perfectly? No, but considering how much snow fell in such a short period of time, I think it could have been much worse. Since then, we’ve had several more weather events. We continue to improve our communication with the base emergency management team to ensure everyone is synced up at the branch clinics.

Whenever the next weather event happens, I think we will be better prepared than many other communities. Although we wouldn’t qualify for the APWA award, I think the entire team is deserving of recognition for a superb job! Every person can make a difference – whether it is recognizing hazardous areas (and telling someone), finding salt and spreading it on walkways, helping an elderly veteran walk to our doors, or grabbing a shovel – it all ensures those people entrusted to our care can access that care.

It reminds me of when President Kennedy visited the NASA space center and saw a janitor carrying a broom. He asked him, “What are you doing?” The man replied, “Well, Mr. President, I’m helping put a man on the moon.” No matter what your job is here at FHCC, know that you all have one common goal, providing the best care to our nation’s heroes, past and present.

Local first responders participated in Fisher Clinic exercise (cont.)

NSGL Training Support Center students assisted as role-players. Nine students were transported to the Lovell FHCC Emergency Department to be treated for simulated gunshot wounds and other serious injuries.

FHCC ED Hospital Corpsman 2nd Class Brad Jones said the ED personnel responded correctly, quickly divided the student role-players by level of injury (green, yellow, red and black) and put them in separate rooms to complete primary surveys of their injuries.

“TSC Machinist’s Mate (MM) Travis Kroeker, a fireman recruit, acted like he had head trauma. “It was fun. I got to do some acting. I didn’t know my name, or where I was, and I asked if it was Christmas,” Kroeker said. “The corpsman helping me did a good job of asking me questions. He treated it like it was a real situation.”

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FHCC Hospitalman Jacob Ehekicher, right, applies trauma makeup to Electronics Technician Seaman Apprentice Sarah Newman. (Photo by Mass Communication Specialist 2nd Class Jacob Waldrop)
Keeping a hospital fully operational at all times can be challenging. Throw in extreme weather, and it’s even harder. Nonetheless, Lovell FHCC remained open despite record-breaking low temps Jan. 29-30.

“We must always remain ready to care for our patients,” said Command Master Chief Jonathan Crisafulli. “Injury and illness does not go away due to weather, and I feel we are one of the most critical resources when conditions are adverse.”

To stay open during harsh weather, FHCC staff went above and beyond to ensure roads were plowed and walkways were clear of snow. During the record-breaking cold, 14 people were called in midnight to 2 a.m. to prepare the facility’s roads and walkways for the next day.

“The key to our success is the dedicated staff who volunteer and are willing to be on site in extreme conditions,” said Kurt Schild, Facility Management volunteer and are willing to be on site in extreme conditions. “Pre-planning is also critical. Before any snow event or anticipated cold weather, we gather as a group and plan... It comes down to executing the plan, which circles back to our dedicated staff.

I cannot stress their support enough.” Over the three-day period, the Facility Management team collectively devoted 222 man-hours to resolving an array of weather-related problems, from burst pipes to heat issues.

“Staff safety is always a concern, whether it be fatigue from long hours or safety related to the cold weather,” Schild said. “The fact that we have limited resources to complete the work we do is often overlooked. In saying that, it is important to prioritize the work while also making sure our staff are safe.”

Enlisted military personnel also are called in to assist with snow removal. “We spent most of the day clearing snow from the parking garage and sidewalks around the entrances,” Hospitalman Paul Nenoff said. “It was a long job but it was worth the effort to keep our patients and staff safe.”

Other departments also stepped up. Police officers gave about 100 rides from parking lots. Housekeepers worked non-stop to clean floors. Schedulers assisted with changing appointments, and food service workers battled the elements to deliver food to the Green Houses. Many clinicians and staffers from various departments worked overtime to cover for coworkers who didn’t make it in, and some stayed overnight on cots.

While the harsh weather is not ideal, staff do what’s needed to meet the mission of “Readying Warriors and Caring for Heroes.”

- MC2 Jacob Waldrop & MC2 Weston Mohr

\textbf{Nurse gives family chance to say last good-bye}

\textbf{Facility Management, police and other staff pose by snow mounds in the main parking lot. (Photo by Mass Communication Specialist 2nd Class Weston Mohr)}

\textbf{Nurse Karen Brodlo sat in a restaurant enjoying her dinner when she heard someone yell, “Call 911.” She looked up to see that an elderly woman had collapsed.}

The woman was dining with her husband when the night took a turn for the worst. Without thinking, Nurse Brodlo quickly took action. As a VA nurse for 23 years, it was second nature for Brodlo, who has worked in the nursing field since 1969.

She identified herself as a nurse and right away noticed the woman - who wasn’t breathing - was positioned incorrectly. Brodlo quickly made the adjustments, started CPR and continued it until the rescue team arrived. She then turned her focus to calming the patient’s nervous and scared husband.

Brodlo said the worst part was not having equipment she needed. Afterwards, she suggested the restaurant owners invest in a general-use defibrillator. Just as most businesses have fire extinguishers, they should also have defibrillators.

After the incident, Brodlo remained humble in the face of much praise. “I just did what was right; no accolades are needed for doing my job.”

\textbf{FHCC Nurse Karen Brodlo}

The restaurant gives her star treatment whenever she dines there. The daughter of the woman who wasn’t breathing, called Brodlo her mom’s “Guardian Angel.”

Brodlo kept in touch. As a caring nurse who adores her job, she wanted to know the status of her honorary patient. Sadly, a couple of weeks later, the woman passed away from further health issues but the family remained grateful to Brodlo for giving them more time with her. If it wasn’t for Brodlo’s quick actions, they would have missed out on the opportunity to say their last goodbye.

- Chanda Johnson

\textbf{Congratulations!}

- Sailors of the Year were named: Senior Sailor of the Year HM1 Margarite Adams; Sailor of the Year HM2 Carlene Thomas; Junior Sailor of the Year HM3 Matthew Sosongco; Blue Jacket of the Year BN Bernard Cleaxton.

- RN Kathy Serbin, Navy veteran, won first in the FHCC Veterans Creative Arts Festival and went on to the nationalCAF, for her latchhook rug, “Tree at Sunset.”

- Dr. Frank Maldonado, CME, was named an Inspirational Physicians Recognition Program Honoree by the AMA’s Women Physicians Section, one of only 30 physicians nationwide.

- Dr. Sarah Fouse, VA Nurse Executive, retired after more than 50 years of service!

- 4th Quarter Sailors of Quarter were Senior Sailor of the Quarter HM1 Brittani Zarzeck; Sailor of the Quarter HM2 Jason Kreczmer; Junior Sailor of the Quarter HM3 Carlos Cardonamante and Blue Jacket of the Quarter HN Kayla McCuen.

- 1st Quarter Sailors of the Quarter were Senior Sailor of the Quarter HM1 Candice Tebeau; Sailor of the Quarter HM2 Christian Paredestaibby; Junior Sailor of the Quarter HM3 Anastasia Gillo; Blue Jacket of the Quarter BN Trevor Werner.

- LCDR Jessica Woody was selected Navy Medicine Senior Patient Administration Officer of the Year 2018.

- LT Tiara Smith was named Officer of the Quarter, 4th Quarter.

- FHCC Simulation Center trained Waukegan Fire Department in Joint Trauma Skills.

- Dr. John Bair, FHCC psychologist, and student researchers Daniel Perez, Jacques-Rene Hebert presented two posters at the International Society for Traumatic Stress Study Conference in Washington, D.C. in Nov. 2018.

- The Nov., 2018, Daisy Award went to RN Gisella Dorog-Leysen. The Sept. 2018 Daisy Award went to RN Desiree Cox, HBPC.

- Chris Bryant, Certified Biomedical Equipment Technician and Coast Guard Senior Chief, was profiled in “Imaging Community Exchange” magazine.
By Jayna Legg
Lovell FHCC Public Affairs

Clowning is therapy (cont.)

All the veterans appear in “Clown Vets.” Kane has been referring Michigan veterans to the FHCC’s PTSD treatment program “for years. This is where it all started,” he said.

Kane’s outlandish outfit was made up of an oversized patchwork coat over a boldly tie-dyed jumpsuit. Flanigan wore a pink tutu. Nehmer was adored in baggy patchwork pants. Big sunglasses, crazy hats and red noses rounded out the clowns’ costumes, and some carried stuffed animals and noisy toys. “It’s wonderful to see these guys come alive,” Kane said, referring to both the veterans and the people they reach through clowning.

The showing at Lovell FHCC was limited to veterans in the PTSD program because “Clown Vets” is making the rounds on the awards circuit and in the running to be shown at some film festivals, starting with the Cinequest Film Festival in San Jose, Calif. in early March. Getting picked up by film festivals is a step toward a public release and funding for the non-profit Gesundheit! Institute. “To promote ongoing clown trips,” Kane said. “We hope to go to third world countries and stress disorders treatment units anywhere, at any hospital.”

Kane gives a lot of the credit for FHCC’s role in the documentary, and its relationship with Patch and Gesundheit! Institute, to Dr. Anthony Peterson, who heads Mental Health Special Emphasis Programs at FHCC. Peterson, as well as FHCC Director Dr. Robert Backley and Deputy Director/ Commanding Officer Capt. Gregory Thier, attended the December showing and met some of the documentary’s veteran actors.

“This is amazing,” Peterson said, as he put on his own red nose and spoke to the group. “The work we do here is really, really serious. Not every approach works for everyone. We have to step outside our comfort zone and change lives.”

Operation Enduring Freedom/Iraqi Freedom veteran Eric Goonan was another person who walked over from FHCC’s PTSD residential treatment program to watch the documentary. He had one intention—to join up. “I’m going to sign up to clown,” said the Everett, Mich. resident. “It seems like something I want to do, make people laugh. I’ve always been a clown.”

Goodwin served as a military policeman. He praised FHCC’s PTSD program. “It’s giving me the tools to help me back home. I’m not so isolated all the time. It helps with my anger.”

The hour-long documentary was submitted to 25 film festivals worldwide. “The goal is to get as much traffic and leverage as we can so we can market it to a bigger production company, so we can become financially stable,” Kane said.

Veteran Anthony Sarpy sings at the 2018 Lovell FHCC Veterans Creative Arts Festival. (Photo by Israel Molina)

Veteran in recovery celebrates release of first hip hop album

Continued from page 1

C ombat veteran Anthony Sarpy vividly remembers the June weekend last year when he held a release party for his first rap album on Saturday and celebrated his birthday on Sunday.

The weekend was a milestone on a long journey of recovery and determination for the Waukegan resident. Sarpy credits Lovell Federal Health Care Center mental health programs, including expressive arts therapy, with helping him battle his way back.

“I started writing music again in the nine-week PTSD program,” he said. “Getting help motivated me to write again, and I entered my first Veterans Creative Arts Festival that year (2014). The guys in the program suggested I do it. They inspired me to do it.”

Since then, Sarpy has entered the FHCC Veteran Creative Arts Festival every year except one – this year will be his fifth – and won several times in the rap category. “It’s an outlet for reaching out to a wider audience,” Sarpy said. “With music, it gives me a way to express myself and open myself up to people in ways I would have never done in my life.”

Sarpy said the goal of his music “is to be an example.” He tries to highlight examples a black man “has to live by … to instill confidence in himself, strive to be intelligent and to be a productive member of his community, and a respectful and caring person for himself and his family.”

While he was still in the Army, Sarpy became a Muslim and took the name “Abdullah,” which is his rap name. The cover of his album, “Black Determination,” features a picture of Sarpy showing his son how to play a West African drum.

Songs on his album include “Gender Wars,” which he said is about “the constant divide between black men and women … over serious issues in their relationships. ‘Both are at fault. I want them to respectfully address issues,’ he said. ‘They get together by the third verse.’”

The song on the album Sarpy said is “probably the best” is “Fatherly Love” because “it’s personal. It expresses the genuine love I have for my son and highlights the importance of fathers being involved in growth of their children.”

Hip hop has been a passion for Sarpy since he was a teen listening to beats on YouTube. It was a love he had to put aside during the years he served in the Army, and for a difficult recovery period after his service. “I saw a whole lot of action,” said Sarpy, an infantryman who served four tours in Iraq and Afghanistan between 2002 and 2012. “Then I went home, and I was drinking, angry, feeling the effects of PTSD.” He fought with his brother, had an “ugly argument” with his mother resulting in getting kicked out of her home, and eventually ended up on a psychiatric floor at another VA medical center. “That was my most vulnerable point … I was very suicidal. I had stopped doing music.”

From other veterans, he heard about FHCC’s PTSD program and jumped at the chance to get in. While in the program, he joined Psychologist Dr. John Bair’s Friday Expressive Arts Therapy Group. “Dr. Bair invited me to different events throughout Chicago to perform and talk about the PTSD group,” Sarpy said.

After he graduated from the PTSD program, Sarpy went to “Building 66” (FHCC’s homeless domiciliary), and then on to Compensated Work Therapy, which allowed him to work in the FHCC warehouse for six weeks. “There was a computer lab, and people there helped with resumes and job-search tips,” he said. He used his new skills to get a job with the post office.

Sarpy’s keeping his “day job,” but at the same time, his music career is taking off. He made connections in the industry through open mic events, and friends. He researched, purchased and copyrighted the “beats” he wanted to go with his songs, and used an independent distribution company online to release his album. He’s made music videos. He plays at weekend events, and his songs are being played widely on internet radio stations. This spring, he will be a featured artist in the “Unify da land” showcase in Chicago.

“I keep a strict schedule,” Sarpy said. “I’m not doing everything every single day, and I still go to counseling here at the FHCC.”

Sarpy also is in college and plans to graduate with a computer information systems degree this year. “I live by example, with my military experience and other things I’m doing,” Sarpy said. “I’m in out in the community, and I do my best to inspire young men to look for alternatives to street life.”

Editor’s Note: The 2019 CAF will be 1-3 p.m., March 14, at College of Lake County, A Wing Auditorium.
By Julie Ewart
Lovell FHCC Chief of Communications and Public Affairs

A decade before astronaut James A. Lovell was even born, World War I-era soldiers and veterans received care at a hospital called Lovell at Fort Sheridan, then an active Army base and just a short drive south from the present-day Captain James A. Lovell Federal Health Care Center, in North Chicago, Ill. "The special focus recently on the 100th anniversary of the end of World War I got us to hone in on this fascinating coincidence, and to learn about the vital national role that military hospitals in Lake County, Ill. played in caring for service members and veterans a century ago," said Dr. Robert Buckley, director of the Lovell FHCC.

Lovell FHCC was established in 2010 as the nation’s first, fully-integrated medical center to treat veterans, service members and their families, supporting health care missions of both the Department of Defense and Department of Veterans Affairs.

With support from the Bess Veterans Affairs of Defense and Department of Veterans Affairs.

FHCC Sailors serve on USNS Comfort “Enduring Promise 2018” mission

In the photo on the right, Lovell FHCC Culinary Specialist 3rd Class Courtland Hamilton smiles behind some of his creations on board the USNS Comfort. (Photo provided) In the below photo, Lt. Cmdr. Thomas Slocum (left) and FHCC’s Lt. Carolina Garcia-Leathy (right), from Caracas, Venezuela, explain physical therapy techniques to a patient’s mother. (Navy photo by Mass Communication Specialist 3rd Class Jailene A. Casso)

In 2018, the first cases of the deadly Spanish influenza in the Midwest were seen at Lovell General Hospital, at Ft. Sheridan, Illinois. (Photo provided)