

The Rapid Pulse

October/November 2002

Faces and Places

WELCOME

The Director's Perspective

By Dr. Eugene Migliaccio

In this issue of *The Rapid Pulse*, I want to talk about living in uncertain times. As a nation, we have commemorated the one year anniversary of September 11, and the anthrax attacks of last fall. These events forced us to come to terms with the unpredictability and uncertainty of our daily lives. While I am proud of the public health response we provided in the aftermath of these tragedies, it is time to focus on our Division, and how we should function in these uncertain times. We have taken care of others, and now it is time to take care of ourselves.

Recently, there has been much debate and national discourse on the future placement of various government entities in relation to the proposed Department of Homeland Security. While we may not know all that is in store for DIHS, we have a great opportunity to refine our goals and processes, both at Headquarters and in the field. In times of uncertainty, it is important to ensure that the tools are in place to have a solid and structured organization. We must be willing to look inward at our own organization to access its strengths and weaknesses. Now is the time for us all to examine the standards we have set not only in our per-

sonal lives, but in the work we do each day for this Division.

Our Division's senior staff recently convened in Nashville, Tennessee for its annual leadership symposium. The theme was "Back to Basics," examining our past and current knowledge of our organization, and using that information base to move DIHS into the future. To return Back to Basics, it is important to define our values: commitment, inclusion, innovation, integrity, performance, professionalism, service, teamwork, and trust. In future issues of *The Rapid Pulse*, I look forward to focusing on our Mission, Vision and Values.

As in the past, I have returned from this year's symposium excited about the future of our Division, and hope that the leadership in the field will share their experiences from the conference with their staff as well.

In This Issue

Director's Perspective.....	Front Page
A Look at PHS Listservs.....	Page 2
Tips for Physical Fitness.....	Page 3
Florence Staff Meet SG.....	Page 4

El Centro, CA:
LCDR Xiomara Brown

Elizabeth, NJ:
LTJG Raymond de la Pena

Florence, AZ:
Courtney Ramirez
LT Keith Karris

Miami, FL:
CDR Jay Garrido

San Diego, CA:
Carol Rice

Washington, DC:
LT Jason Ortiz
LCDR Steve Wach

FAREWELL

Buffalo, NY:
LTJG Bernadette McEvoy

El Centro, CA:
Diana Macias

El Paso, TX:
LT Annette French

Our
Priorities:

Employees

Quality

Cost

A Look at PHS Listservs

By CAPT Marylouise Ganaway

As a Public Health Service (PHS) officer, have you been wondering how to get the latest news updates from the Division of Commissioned Personnel (DCP)? Do you want to be active in your PHS Professional Advisory Committee (PAC)? If your answers are yes- then this article is just for you!

DCP has a listserv that will keep you updated with the latest news for PHS officers. You can subscribe to the listserv using the following steps:

1. Connect to the internet
2. Go to dcp.psc.gov
3. Click on 'Services' from the menu
4. Select 'Subscribe to DCP listserv'
5. Follow the directions

I also encourage you to sign onto your category specific listservs. If your category does not have their own listserv, perhaps you could get involved with your PAC to initiate one. The Nurse, Pharmacy, and Dental categories do have active listservs as well as mentoring opportunities. Please check with your categories to see how to subscribe to their listserv.

You can find out more category specific information by going to usphs.gov and selecting professions, then select the category of your interest.

I would recommend being a member of multiple category listservs in order to get as many PHS updates as you can. Some categories are more active than others and perhaps you can help your category via the success of other categories!

You should also explore the option of becoming a mentor for your category. By becoming a mentor, you will achieve many benefits. It will provide networking opportunities for you while you are assisting new or less knowledgeable officers who need your expertise in their development as PHS officers as well as within the profession.

This is also a great activity that is well respected and acknowledged by the Promotion Boards which should be noted on your CV as well as in the 'PHS Support Activities' section in your Official Personnel File (OPF).

Congratulations to LT Joanne Galano and LTJG Stacey Little (from the INS Medical Facility in San Diego, CA) on their September 20 graduation from the Basic Officer Training Course (BOTC)! More to come on this exciting program in a future issue of *The Rapid Pulse*!

Congratulations are also in order for Argelia Nunez (INS Medical Facility- El Centro) on passing her boards and becoming certified as an RN.

Tips for Physical Fitness

By LCDR Linda Jo Belsito

Physical fitness should be an important issue to everyone, but for Public Health Service (PHS) officers, it is of especially high importance. PHS Officers are expected to be fit for duty. As a member of CCRF we are now expected to complete a physical fitness test to be fully qualified for deployment.

As an RN, and eight time World Champion Weightlifter/Powerlifter, fitness is a very big part of my life. Since coming into the Corps, I have been approached by fellow officers and Corrections staff about fitness tips, exercise, and diet.

First, you need to assess your level of fitness and decide how to develop a program that will meet your needs. When beginning a program, moderation is the key. Start out with the basic exercises, walking, stretching, and begin to look at your daily nutritional intake. All too often people overexert themselves and give up all together. Others believe they do not have the time. Well, if you want to look and feel better, you need to make the time.

Most of us have had some experience with different fitness

fads, and I can tell you that these don't last. I usually advise people to start with a three day a week, 30 minute exercise program. As a beginner you will need to incorporate some type of weight bearing exercises with a cardiovascular component to increase your energy and overall health.



Remember that our legs, abdominals, and back muscles are the core to our overall strength. Proper body alignment and mechanics can be the key to prevention of injury while on the job. Start to walk more, drink those eight glasses of water a day, decrease your fat intake to 20-30% a day, and really be aware of what and when you eat. Also try to get the rest that you require to feel well.

As a Public Health Officer, these basic concepts should be part of our daily routine. I hope that I have inspired you to take the first step to a healthy lifestyle.

Our Vision:

We strive to be the most prestigious place to work in all of the U.S. Public Health Service.

FLORENCE STAFF MEET SURGEON GENERAL!

On Friday, September 20 the new Surgeon General of the United States, VADM Richard Carmona, visited the Phoenix Indian Medical Center. The INS Medical Facility in Florence, Arizona was advised of the visit and encouraged to have as many Commissioned Officers at the event as possible. DIHS' very own CAPT Denise Williams, CDR Eddie Frazier, and LCDR Deanna Johnson attended.



CAPT Denise Williams (l) and LCDR Deanna Johnson (r) meet the Surgeon General, VADM Richard Carmona.



CDR Eddie Frazier poses with VADM Carmona.

Our Spirit:

We add dignity to a necessary process of detention, serving without fanfare at the forefront of public health protection for the American populace.