

to the shore-based commands at Naval Air Station Whidbey Island would receive their required annual Preventive Health Assessment. This Plan of Action included coordinating clinical functions with multiple departments in the hospital including the laboratory, radiology, optometry, Family Practice, Operational Medicine, Occupational Health, Dental, and Immunizations.

3. Additionally, she used her unique skills and her passion for health education to infuse healthy behavior into the lifestyles of the individuals and the general population at Naval Air Station Whidbey Island. She did this by serving as a vital resource for all the health initiatives that were promoted by the base commander and the tenant commanders on the base. Population-wide, she conducted numerous proactive educational lectures to base and squadron personnel on HP topics. Individually, she was very attentive to her patients' needs and spent extra hours ensuring that they received the correct and timely advice that they required to improve their lifestyles. She was very conscientious about her unique responsibilities to all personnel on the base as the expert in the area of Health Promotion, taking on her responsibilities without reservation and performing them at a very high level of competency. I am confident that she would bring this same level of proficiency to any employer for which she worked. Her efforts certainly helped the personnel at Naval Air Station Whidbey Island to maintain a very high level of medical readiness so as not to deter them from their operational mission.

4. As a person, Ms. Downes is one of the finest people that I have ever met. Her respectful interaction with both peers and senior personnel, her high personal standards, and her exceptional work ethic are attributes that we should all emulate.

5. Energetic, intellectually independent, personable, diligent, and motivated, she is clearly the type of individual that you would want to work for you.

6. I would be delighted to answer any specific questions that you may have and can be reached at (202) 685-0726 or email dwight.fulton@navy.mil.

Respectfully,

DWIGHT C. FULTON, MD, MPH
CAPT MC USN (FS)