

Remember Independence Day's meaning

See page 11

Round



Eisenhower Army Medical Center

JULY 2016

'One team, One purpose'

•
Special Safety section

•
Leader development quest

•
Master of resiliency

School Screenings Scheduled
July 30, Aug. 6, Aug. 20

CALENDAR

July
Eye Injury Prevention Month

July 1
Training Day

July 4
Independence Day

July 8
Strong Bonds for Families,
time and off-post location TBD,
Preference made for deploying
Soldiers

July 13
WTB Inactivation Ceremony, 9-10
a.m., 4th floor flag pole

June 15
Troop Command Change of
Command 8-10 a.m., 4th floor
flag pole

July 20
Military Resilience Training for
families, 9 a.m. to noon, Family
Outreach Center, building 33512

(behind Woodworth Library)
Rice Road

68P Student Graduation, 1:30-2:30
p.m., EAMC Chapel

July 22
EAMC Quarterly Retirement
Ceremony, 10 a.m. to noon, EAMC
Auditorium

July 23
Fort Gordon Army Ten-Miler
qualifier, 7 a.m. to noon, Rice

Road, near the Barton Field

July 27
Army Med Corps/AMEDD
Anniversary

July 28
Marriage 101 Class "Making
Meaningful Connections," 9:30 a.m.
to 3:30 p.m., Family Life Center,
338804 Academic Drive, Fort
Gordon

Rounds



Month July

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnaise Potatoes Steamed Rice Brown rice Sautéed Asparagus Glazed Snow Peas	2 Tom. Florentine Soup Baked Ham Slices Baked Salmon Pineapple Sauce Wild Rice Steamed Rice Brown Rice Mashed Potatoes California Blend Vegetables
3 Chicken Dumpling Soup Philly Cheese Steak Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables	4 Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage, Bacon	5 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Beef Gravy Mashed Potatoes Brown Rice Streamed Rice Green Beans, Potatoes	6 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Mac and Cheese Steamed Rice Brown Rice Tomatoes w/ Okra Collard Greens w/Ham	7 Beef w/ Green Pepper Soup Toriyaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown or Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	8 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	9 Mediterranean Vegetable Soup Salisbury Steak Baked Flounder Cottage Fries Brown Rice Wild Rice Mixed Vegetables Broccoli Dinner Rolls
10 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	11 Bean and Ham Soup Parmesan Chicken Meat Sauce White Pasta Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	12 Chicken Noodle Soup Savory Baked Chicken Beef Stroganoff Brown Gravy Steamed Rice Brown Rice Egg Noodles Whole Kernel Corn Brussel Sprouts	13 Beef, Pepper Soup Baked Honey Glazed Ham Slices Herb Baked Flounder Pineapple Sauce Scalloped or Oven Roasted Potatoes Glazed Baby Carrots Sautéed Cabbage	14 Chicken, Wild Rice Soup Oven Roast Beef Baked Salmon Brown Gravy Egg Noodles Potatoes O'Brien Steamed Rice Sautéed Asparagus Mixed Vegetables	15 Cream of Broccoli Soup Chicken Cacciatore Beef Lasagna Vegetable Lasagna White Pasta Wheat Pasta Brown Rice Sicilian Vegetables Steamed Broccoli	16 Tomato Basil Soup Grilled Chicken Breast Parmesan Crusted Tilapia Chicken Gravy Steamed Rice Steak Fries California Veggies Baby Carrots
17 Chicken Dumpling Soup Philly Cheese Steak Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables Dinner Roll	18 Cream of Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage, Bacon Sautéed Cabbage Whole Kernel Corn Cornbread	19 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Loin Beef Gravy Mashed Potatoes Brown Rice Streamed Rice Green Beans, Potatoes Green Beans Cauliflower Dinner Rolls	20 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Macaroni and Cheese Steamed Rice Brown Rice Tomatoes w/ Okra Collard Greens w/Ham Collard Greens Cornbread	21 Beef w/ Green Pepper Soup Toriyaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown Rice Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	22 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	23 Mediterranean Vegetable Soup Salisbury Steak Herb Baked Flounder Cottage Fries Brown Rice Wild Rice Mixed Vegetables Broccoli Dinner Rolls
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July 2016

'One Team...One Purpose...Conserving the fighting strength'

Col. Michael A. Weber
Eisenhower Army Medical Center,
Commander

June was a very busy month and marked the beginning of our annual PCS season. We celebrated many graduations across the entire portfolio of Army Health Education programs. Significant for our future, June was also the month when Lt. Gen. Nadja Y. West released her vision and mission statements at the Command Team Leader Development Training Session.

The Army Medicine Vision: "Army Medicine is the Nation's premier expeditionary and globally integrated medical force ready to meet the ever-changing challenges of today and tomorrow." Our Mission Statement is, "Army Medicine provides sustained health services in support of the Total Force to enable readiness and conserve the fighting strength while caring for our Families and Soldiers for Life." Our End State is, "Army Medicine of 2025 and beyond, as an integrated system for health, is the Nation's first choice for prompt and sustained expeditionary health services." As part of the new vision, our motto is changed to "One Team...One Purpose...Conserving the fighting strength."

Command Sgt. Maj. Raymond Price and I conducted the change-of-command of the Rodriguez Army Health Clinic. After a very successful two years in command, we wish Col. David Sloniker and his family the best of luck in their new assignment at the Defense Health Agency. At the same time, we welcome Lt. Col. Eli Lozano and his wife, Serena, as the new command team leading

Take extra time, make
an extra effort to
make new teammates
feel warm, welcome
and wanted.

the clinic and wish them the best of luck as they make a new home in Puerto Rico.

Looking ahead to July, there will be stressful and joyous days. July marks the highest level of personnel turnover. Eisen-

hower Army Medical Center will onboard many new members of our team. Please remember that relocations and career transitions can be very stressful for Soldiers and their families. I ask all of us to take extra time and make an extra effort to make our new teammates feel warm, welcome and wanted at EAMC: the Home of 5-Star Care.

This month we will also celebrate our Nation's Birthday with the Federal Holiday Independence Day on the Fourth of July. This year marks the 240th Anniversary of the signing of the Declaration of Independence, and reminds me of the constant need for Citizen Soldiers to defend the Nation's liberties, traditions and ideals from

see **COMMANDER** on page 15



Courtesy photo

Eisenhower Army Medical Center celebrated LGBT Pride Month June 17 with a well-received ceremony. The guest speaker for the event was Dr. Randy Georgemiller, a psychologist at EAMC, who spoke about diversity and challenges faced by the LGBT community. Attendees observed a moment of silence to honor those who lost their lives in Orlando last month. The ceremony included an activity where EAMC leaders and attendees were invited to place their hand print and signature on a large poster, pledging their solidarity with diversity.

JAG receives ninth claims excellence recognition

Staff Reports

Eisenhower Army Medical Center's Office of the Judge Advocate General has recently named a recipient of the CY2015 Judge Advocate General's Award for Excellence in Claims. This is the ninth straight year EAMC OCJA has received this award and the 14th overall. It is also the second year in a row that EAMC enjoyed the distinction of being the sole MEDCOM legal office to win this award.

Receipt of the award was the result of the superb contributions of OCJA staff members. Specifically, our winning claims section currently includes Susan Combs, Candies Gerald, and Jonathan Shoenholz. During the time frame for which the award recognized excellence, our claims section also included Paul Elkin and Shirley Wallace, who are now serving as a Social Security Administration Administrative Law Judge and enjoying the good life in retirement, respectively.

Rounds
Eisenhower Army Medical Center

July 2016 • Vol. 1, No. 10

Rounds is an official monthly publication of Eisenhower Army Medical Center at Fort Gordon, Georgia, produced by the EAMC Public Affairs Office for and about the staff of the hospital and the military members, family members and beneficiaries who choose EAMC for their Five-Star Health Care.

Editorial content is under the direction of and serves the mission of the EAMC commanding officer. Email: usarmy.gordon.medcom-eamc.mbx.pao@mail.mil.

Cover photo by David M. White

EAMC Army nurses graduate from nursing anesthesia program

Staff Reports

Capt. Kevin Costello and Capt. Nanette Korkow, nurses in Eisenhower Army Medical Center's surgery center, recently from the U.S. Army Graduate Program in Anesthesia Nursing.

Costello joined the Army Nurse Corps in 2009 as a direct-accession assigned to the 86th Combat Support Hospital at Fort Campbell, Kentucky. He has been in the Army for 14 years, first enlisting as an airborne infantryman in 2000.

After seven years, he left the Army to attend college where he graduated with his Bachelor of Science in Nursing from Missouri State University in 2008. He spent his first five years as an emergency room nurse working in civilian, military and deployed settings. He and his wife, Mandy, have been married for nine years and have three children: Emma, 8; Hannah, 7; and Noah, 3.

Korkow is a direct-commissioned officer who joined the Army Nurse Corps in February 2013. She graduated with a Bachelor of Science in Nursing from the University of Nevada, Las Vegas, in 2001 and completed a Master of Science in Nursing from the University of California, San Francisco, in 2007 with an emphasis in cardiovascular nursing. Prior to joining the Army Nurse Corps, Korkow held several civilian positions as a critical care nurse and as a clinical nurse specialist. She has been married to her husband, Rob, for six years.

As graduates of the Graduate Program in Anesthesia Nursing, Costello and Korkow have completed a 36-month doctoral program in anesthesia nursing. During their first year of study in San Antonio, and under the

direction of Dr. Arthur Johnson and Lt. Col. Constance Jenkins, Costello and Korkow conducted a research study entitled The Effects of the ResQPOD on Kinetics, Hemodynamics of Vasopressin, and Survivability in a Porcine Cardiac Arrest Model which was published in Military Medicine in September 2015.

While completing Phase 2 at Eisenhower Army Medical Center and under the guidance of Lt. Col. Craig Budinich, chief nurse anesthetist, and retired Col. Christopher Krupp, Costello and Korkow finalized their Capstone project, An Evidence-based Review of Pharmacological Interventions

to Prevent or Reduce Emergence Agitation in Pediatric Patients Undergoing General Anesthesia. They presented their findings to the anesthesia staff and have recently submitted their manuscript to the American Association of Nurse Anesthetists professional journal.



Photo by David M. White

Capt. Kevin Costello, left, and Capt. Nanette Korkow, nurses in Eisenhower Army Medical Center's surgery center, who recently from the U.S. Army Graduate Program in Anesthesia Nursing, are shown in one of EAMC's surgery suites before the day's surgery schedule begins June 2.

Reflecting on 24 years as an Army Nurse

Wesley Elliott

Eisenhower Army Medical Center
Public Affairs Officer

After 24 years of U.S. Army service, Col. Corina Barrow recommends three ideas to find happiness in your medical career: always focus on the patient, be the best at what you are asked to do, and find your passion.

my initial intent was to graduate school, repay my commitment of four years, and get out. I had no idea what I was getting into or how much I was going to love Army nursing. I have never thought twice about getting out after my initial commitment.”

One of the ways Barrow gives back is by guiding young students and nurses. One of the programs she is most proud of is a part-

nership between Columbia County Schools and EAMC that exposes high school students to military health care. The program is an valuable experience that she wishes had been available when she was young.

Professionally, she advises nurses to do the best at the task they are asked to do, saying no matter where you are, lead and be the best that you can be.

The Army Nurse Corps has many of specialties and training programs to allow nurses to specialize in specific fields of nursing.

Barrow explained that many new nurses are worried if they specialize then they will be stuck in that specialty and that Army broadening opportunities, such as congressional fellowships and Pentagon assignments, will not be available. They believe their unique skills will prevent them from being chosen for special opportunities.

What they don't understand is that, when leaders recommend nurses for opportunities, it is because they are the best at what they do, she said. We are looking for the best nurses the Army has and not for a certain type of nurse.

Barrow also recommends finding something you are passionate about. If a nurse settles for a specialty they aren't passionate about then they won't do as well at the position. If you do better at your position then it is likely that more opportunities will open for you in the future, she said.

“I was an outstanding pediatrics nurse because I loved it and I loved going to work,” she said. “I couldn't believe I was getting paid to take care of babies every day. So, find your passion and follow it.”

Following her retirement on July 29, Barrow plans to remain in the Augusta area so her children can remain where they have established friends and feel comfortable.

For her, having come from the national capital region, the southern hospitality in Augusta has been completely different. She was greeted with warmth and kindness in the CSRA.

“I have had an extremely rewarding Army nursing career and my transition into retirement will be bittersweet” Barrow said. “I will miss the collegiality, my EAMC family, and the Army Nurse Corps Team. I have thoroughly enjoyed caring for our service members, retirees and their families, and truly thank God for blessing me with this incredible opportunity to serve America's sons and daughters, and develop the next generation of Army leaders.”

“Everyone deserves your best, to be treated like family, and receive a five star experience.”

— Col. Corina Barrow,
Eisenhower Army
Medical Center Deputy
Commander for Nursing



Photo by John Corley

Students from Harlem High School are briefed by Col. Corina Barrow, Eisenhower Army Medical Center Deputy Commander for Nursing, at EAMC on the first day of the Columbia County High School Health Science Training Program clinical rotation Oct. 6, 2014.

Barrow began her career as a pediatric nurse but also served as a pediatric instructor at the Practical Nurse Course, ROTC brigade nurse counselor, head nurse of a mother-baby unit, 2010 Military Nurse Fellow for Senator Daniel K. Inouye, executive staff officer for the Chief of the Army Nurse Corps, and the Eisenhower Army Medical Center Chief Nursing Officer.

Barrow teaches new nurses that if they treat every patient like a member of their own family, then they can't go wrong.

“Everyone deserves your best, to be treated like family, and receive a five star experience,” said Barrow.

She knew since elementary school that she wanted to be a nurse and, while working on a nursing degree, she learned about Army ROTC Nursing scholarships.

“I was doing well academically but was having a tough time paying the tuition and

Alexander Hamilton: A master at resiliency

Lt. Col. Robert Stevenson, chaplain
Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

In case you haven't heard, Alexander Hamilton is having a very good year.

A musical based on his life, complete with a hip cast and a hip-hop cast album, recently won 11 Tony Awards for the best on Broadway. It also won the Pulitzer Prize. If you want to see it, however, good luck with that. Tickets are sold out for many months. You can, however, get resale tickets which are going anywhere from right under \$1,370 (the cheap seats) all the way up to \$3,000 a ticket.

The Lincoln Park Zoo in Chicago just announced the name of their new baby camel. The calf is named Alexander Camelton. Admission to the Lincoln Park Zoo is free, so if you find yourself in Chicago this summer, I suggest visiting the camel and waiting a bit for the show prices in New York to cool down.

Many people only think of Alexander Hamilton as the face of the \$10 bill, or the fact that he was on the losing end of a duel with Aaron Burr. That's a shame. Not only was he the chief staff aide to General Washington during the revolution, he was the first secretary of the treasury, the founder of the United States Coast Guard,

His resiliency benefited not only his own life but our lives as well, 212 years after his death.

the founder of a political party (The Federalists) and the founder of the New York Post newspaper. He was also one of the primary interpreters and champions for the United States Constitution. He did all of this, and more, before his death at age 47.

The most amazing thing about Hamilton, however, was the resiliency he possessed throughout his life. Years before his birth, his mother abandoned her husband and child on the island of St. Croix to eventually settle on the island of Nevis with Hamilton's father. His father never married his mother. They had two

sons, James Jr., and Alexander. By the time he was 10, his father abandoned the family. When he was 13 he and his mother became ill. Hamilton survived but his mother died. He couldn't get a formal education because of his illegitimate birth so he received his education from a tutor and also from the family treasure, a library of 34 books.

The death of his mother psychologically scarred Hamilton. She had never divorced her husband from all those years earlier so it was that husband who received her small inheritance. A family friend, however, was able to secure those 34 books back for Hamilton. Now orphaned, he and his brother were adopted by an uncle who later committed suicide. After this, the brothers were separated.

Hamilton's early life was not an easy one. He was able to rebound because his work ethic impressed his boss and he mastered those 34 books. After a hurricane devastated

see **CHAPLAIN** on page 15

Pharmacy receives Army Medicine recognition

Staff Reports

Eisenhower Army Medical Center's pharmacy department recently received DOD-wide recognition for its admission, transfer and discharge process in the Medical Reconciliation contest.

Specifically, EAMC's pharmacy was recognized for its discharge reconciliation and counseling process that is comprised of:

- Identify Daily patient discharges.
- Pharmacist reconciles provider discharge medication notes with the patient's active medication profile.
- Pharmacist processes any needed medications, prints discharge medication summary, and proceeds to bedside for patient education and

counseling.

- Pharmacist documents patient discharge encounter in the Electronic Health Record.

"Over the last year we have worked to set this up on the ninth and 11th floors," Col. Keith Wagner, deputy commander for Patient Services, said. "This is a great outcome and five-star services for our patients as they leave the hospital after being discharged."

The recognition was well received among EAMC leadership as well.

"Excellent results," Col. Michael Weber, EAMC commander, said upon learning of the recognition. "Congratulations to the pharmacy team."

Rounds 
Eisenhower Army Medical Center

Editorial calendar, story/photo deadlines

August 2016 July 8
Children's Eye Health & Safety
World Breastfeeding Week (Aug. 1-7)
Contact Lens Health Week
(Aug 24-28)

September 2016 August 12
Suicide Prevention Week (Sept. 4-11)
Patriot Day 9/11, National Day of
Service and Remembrance (Sept. 11)
Childhood Obesity Awareness Month

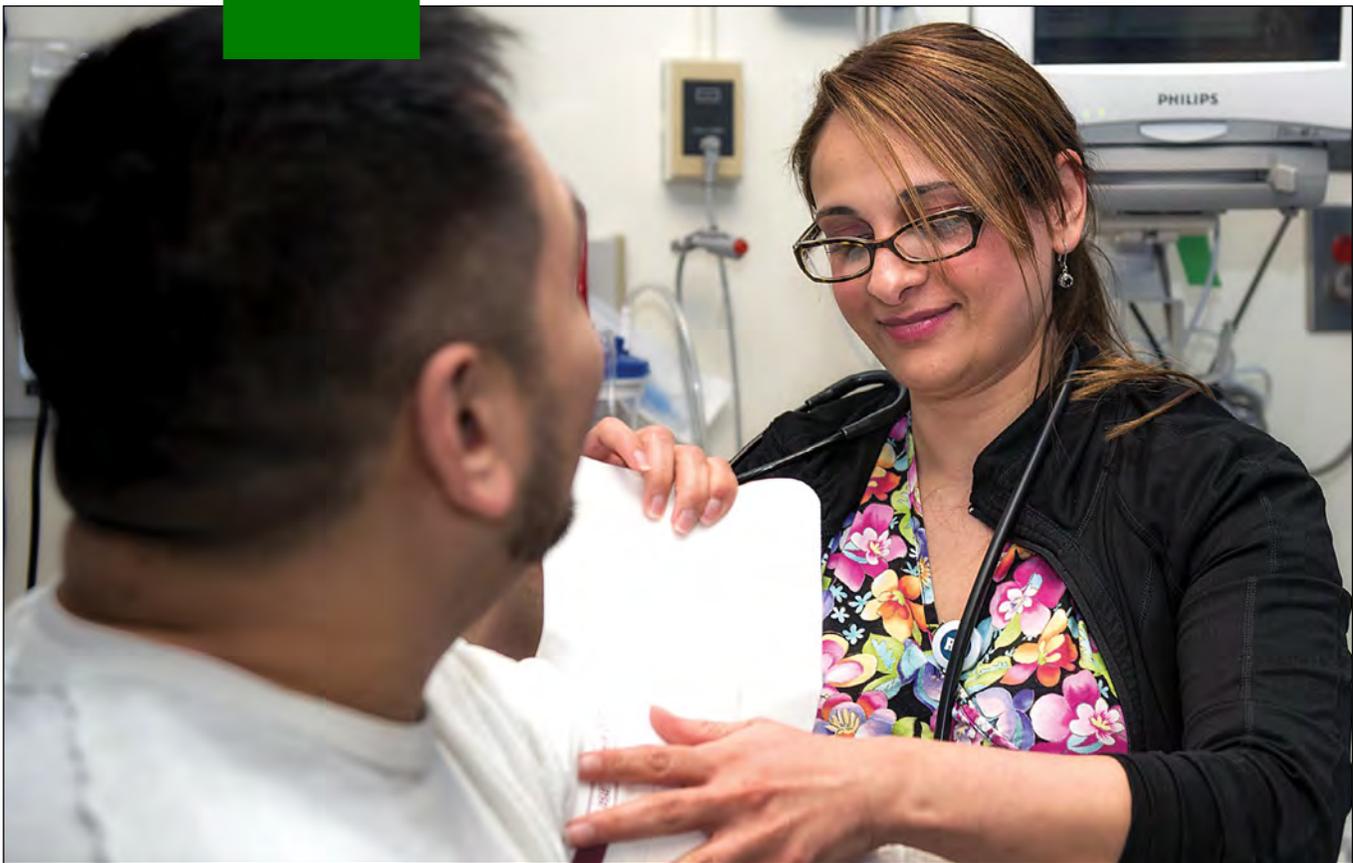
October 2016 September 9
Domestic Violence Awareness
Red Ribbon Week
Dental Hygiene Month

November 2016 October 9
Domestic Violence Awareness
Red Ribbon Week
Dental Hygiene Month

Eisenhower Army Medical Center

Safety

At-your-fingertips guide to EAMC safety



EAMC Safety Office Contact List, Room 11C-45

Safety and Occupational Health Manger:
Bob Meloche, 706-787-2621

Safety Specialist:
Melissa Hendrix, 706-787-8117

Safety Specialist:
Larry Strickland, 706-787-7600

Safety Specialist:
Charles Lewis, 706-787-0315

Safety Office Fax Number:
706-787-6280

Safety Office Group Email:
usarmy.gordon.medcom-eamc.mbx.safety-office@mail.mil

EAMC Patient Safety Office Contact List

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Alice Pace, 706-787-4033
alice.e.pace.civ@mail.mil

Jennifer Rector, 706-787-8016
jennifer.j.rector.civ@mail.mil





E-mail the Safety Office:

usarmy.gordon.medcom-eamc.mbx.safety-office@mail.mil

Call the Safety Office:

787-0315, 787-7600, 787-8115, 787-2621

Report online:

Go to IKENet, select the green EAMC Safety Office Tab, and select the appropriate link from the column on the left

Army Safety and Health Management System



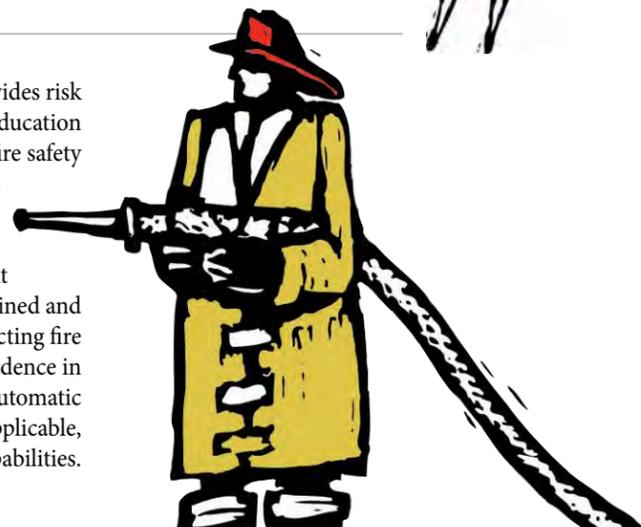
Army Safety and Health Management System is everyone's responsibility. ASHMS is an example of EAMC's commitment to being a High-Reliability Organization through a continuous improvement mindset and includes:

- Management Leadership and Employee Involvement
- Worksite Analysis
- Hazard Prevention and Control
- Safety and Health Training



EAMC's Safety Team provides risk management assistance, safety education classes and materials, training, fire safety training and education, and conducts fire drills.

In a potential crisis situation, people tend to default to the way they have trained and practiced. Therefore conducting fire drills builds confidence in the fire response system, the automatic fire doors, and where applicable, exit capabilities.



Fire Drills

Know your colors

 Green Combative patient	 Blue Cardiac/respiratory arrest patient
 Pink (Silver) Abduction of child (adult)	 Orange HAZMAT
 White Active shooter	 Red Fire
 Violet CBRNE	 Black Bomb threat
 Grey MASCAL (Mass casualty)	 Yellow Utility failure

5 quick ways to keep patients safe everyday



1. Call, Don't Fall: One fall can lead to serious injury for our patients while in the hospital.

Be sure to remind patient's to call for assistance. Provide patient's with non-skid socks during their stay. Be sure to remove objects such as tables and IV poles from your patient's path.

2. It's in Your Hands: What's the number one way to prevent the transmission of infection in the hospital? Wash your hands! Be sure to wash with soap and water or use an alcohol-based hand rub prior to and after each patient contact. If your hands are visibly soiled, wash your hands with soap and water.

3. Medication Matters: Confusing drug names is one of the most common causes of medication error. With tens of

thousands of drugs currently on the market, the potential for error is huge. Be aware of Look Alike-Sound Alike medications in your area. Carefully read medication labels and question any unusual orders.

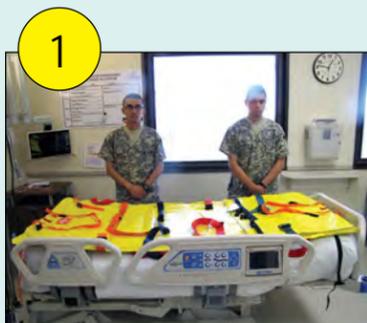
4. Check and Check Again: Patient misidentification was cited in more than 100 root cause analysis by the VA National Center for Patient Safety (2000-2003). The failure to correctly identify patients continues to result in medication errors, testing errors, and wrong person procedures. Be sure to verify the patient's name and date of birth prior to any intervention.

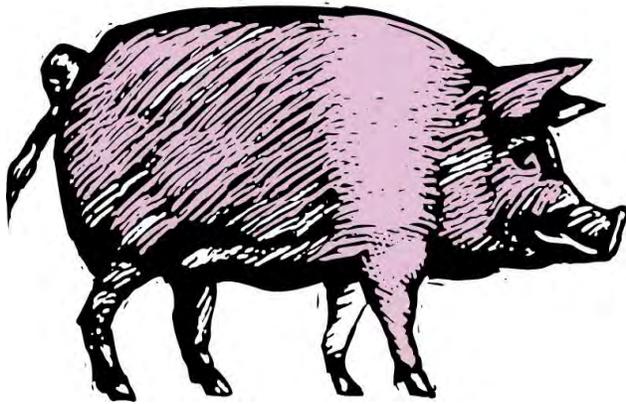
5. Always SBAR: Did you know communication breakdowns are a leading cause of sentinel events reported to The Joint Commission? Be sure to use the SBAR (Situation, Background, Assessment and Recommendation) technique during any hand-off communication (change of shift, transfer, etc.)

What's new in safety?

EAMC currently has 21 Evacusled devices to supplement the Striker Chairs used to evacuate non-ambulatory patients in case of emergency. More Evacusleds will be ordered this year, and once they are on hand, they will be installed in various locations throughout EAMC.

This series of photos shows how Evacusleds are used.





Nutrition safety quick tips

1st Lt. Emily Sanchez, MS, RD, LD, CLC

Eisenhower Army Medical Center
Nutrition Department

Outdoor picnics and barbecues offer lots of opportunities for fun with family and friends. But warm weather events also create environments for food-borne bacteria to thrive. Try the following tips this summer to protect yourself, your family and friends from food-borne illness:

- No access to running water? Simply use a water jug, some soap and paper towels to maintain proper hand hygiene.
- Have your thermometer ready. Keep cold foods cold at or below 41F. Keep hot foods hot at or above 135F.
- Once served, food should not sit out more than two hours, or one hour in temperatures above 90F. If left it out longer, throw it away to be safe.
- Avoid cross-contamination. Never reuse a plate or utensils that previously held raw meat, poultry or seafood for serving unless they've been washed first in hot, soapy water.



For further assistance in making your summer cookouts safe, tasty and nutritious, contact the Nutrition Care Clinic at 706-787-2243 or 706-787-3081.

Firearms and alcohol: a deadly mix

Art Powell
Directorate of Communication and
Public Affairs
U.S. Army Combat Readiness
Center

One Soldier dead from an unintended discharge is one too many, yet four were killed in weapons accidents during fiscal 2015.

While not all deaths from unintended discharges involve alcohol, it's important to remember that, just like driving drunk, handling weapons while under the influence can be deadly.

"Many of the privately owned weapons accidents we see involve alcohol," said Tracey Russell, Ground Directorate, U.S. Army Combat Readiness Center. "The bottom line is alcohol and weapons should never mix."

The typical accident scene from an unintended discharge follows a familiar pattern.

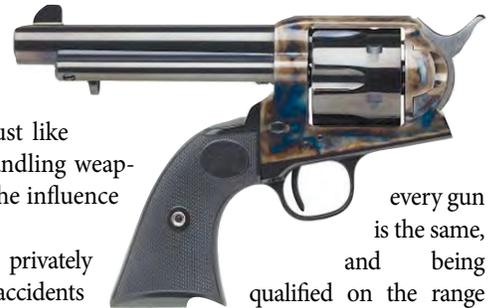
"What we see most are multiple Soldiers and Family members in a social setting and someone says, 'Hey, want to see my new gun?'" Russell said. "Everybody's had a few drinks, they assume the weapon isn't loaded and someone ends up dead."

Preventing the chain of events that lead to such tragedy include Soldiers taking responsibility for their personal behavior and stepping in to stop others handling a weapon inappropriately.

"You need to intervene and stop someone from doing something stupid," Russell said, explaining that several Soldiers have died after they or someone else inadvertently discharged a weapon while "playing a joke."

Soldiers receive weapons training from the time they enter the Army and are therefore familiar with safe weapons handling. However, Russell said complacency is often an issue with privately owned weapons.

"Make sure you know how to properly operate the weapon, read the owner's manual and take a class if necessary," she said. "Not



every gun is the same, and being qualified on the range doesn't mean you're qualified to safely handle every firearm available."

"Being qualified on the range doesn't mean you're qualified to safely handle every firearm available."

— Tracey Russell,
Ground Directorate,
U.S. Army Combat
Readiness Center

Common sense has a vote: If you're going to handle a weapon, don't drink; if you're going to drink, don't handle a weapon.

For information on safe weapons handling, visit <https://safety.army.mil>.

The Declaration of Independence

IN CONGRESS, July 4, 1776.

The unanimous Declaration of the thirteen united States of America,

When in the Course of human events, it becomes necessary for one people to dissolve the political bands which have connected them with another, and to assume among the powers of the earth, the separate and equal station to which the Laws of Nature and of Nature's God entitle them, a decent respect to the opinions of mankind requires that they should declare the causes which impel them to the separation.

ends, it is the Right of the People to alter or to abolish it, and to institute new Government, laying its foundation on such principles and organizing its powers in such form, as to them shall seem most likely to effect their Safety and Happiness. Prudence, indeed, will dictate that Governments long established should not be changed for light and transient causes; and accordingly all experience hath shewn, that mankind are more disposed to suffer, while evils are sufferable, than

necessity which constrains them to alter their former Systems of Government. The history of the present King of Great Britain is a history of repeated injuries and usurpations, all having in direct object the establishment of an absolute Tyranny over these States. To prove this, let Facts be submitted to a candid world.

He has refused his Assent to Laws, the most wholesome and necessary for the public good.

He has forbidden his Governors to pass Laws of immediate and pressing importance, unless suspended in their operation till his Assent should be obtained; and when so suspended, he has utterly neglected to attend to them.

He has refused to pass other Laws for the accommodation of large districts of people, unless those people would relinquish the right of Representation in the Legislature, a right inestimable to them and formidable to tyrants only.

He has called together legislative bodies at places unusual, uncomfortable, and distant from the depository of their public Records, for the sole purpose of fatiguing them into compliance with his measures.

He has dissolved Representative Houses repeatedly, for opposing with manly firmness his invasions on the rights of the people.

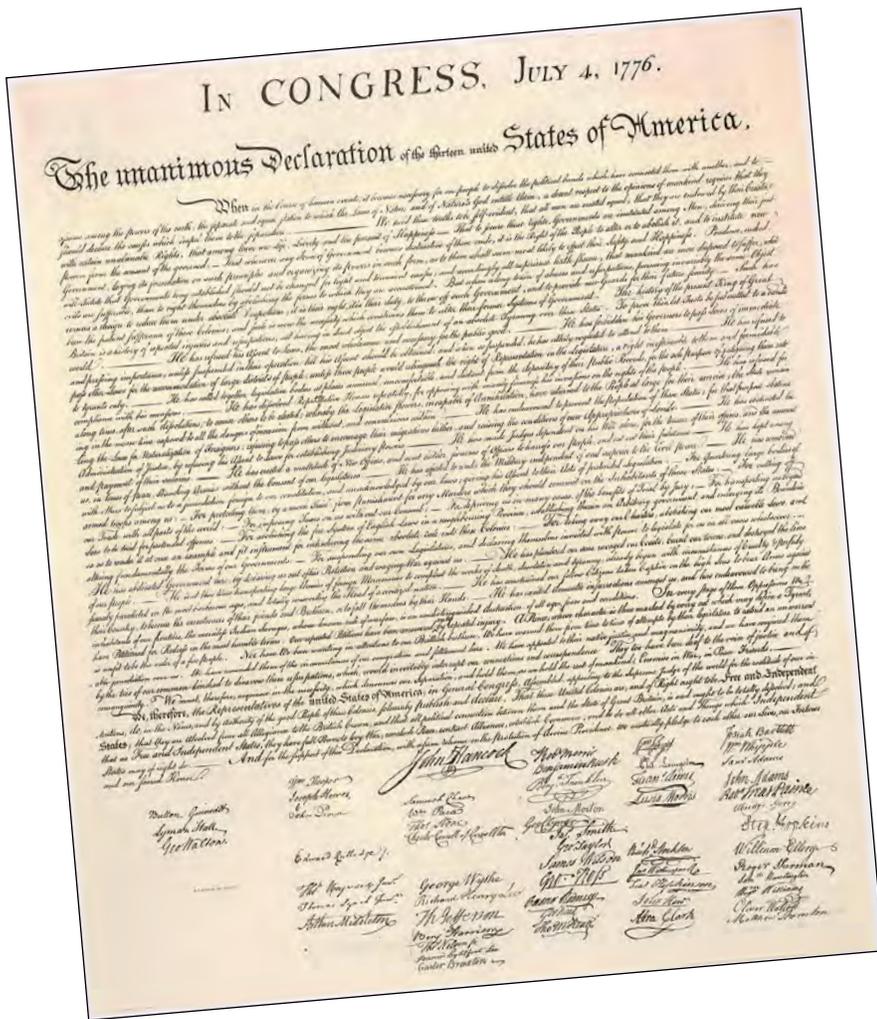
He has refused for a long time, after such dissolutions, to cause others to be elected; whereby the Legislative powers, incapable of Annihilation, have returned to the People at large for their exercise; the State remaining in the mean time exposed to all the dangers of invasion from without, and convulsions within.

He has endeavoured to prevent the population of these States; for that purpose obstructing the Laws for Naturalization of Foreigners; refusing to pass others to encourage their migrations hither, and raising the conditions of new Appropriations of Lands.

He has obstructed the Administration of Justice, by refusing his Assent to Laws for establishing Judiciary powers.

He has made Judges dependent on his Will alone, for the tenure of their offices, and the amount and payment of their salaries.

He has erected a multitude of New Offices, and sent hither swarms of Officers to harrass our people, and eat out their substance.



We hold these truths to be self-evident, that all men are created equal, that they are endowed by their Creator with certain unalienable Rights, that among these are Life, Liberty and the pursuit of Happiness. — That to secure these rights, Governments are instituted among Men, deriving their just powers from the consent of the governed, — That whenever any Form of Government becomes destructive of these

to right themselves by abolishing the forms to which they are accustomed. But when a long train of abuses and usurpations, pursuing invariably the same Object evinces a design to reduce them under absolute Despotism, it is their right, it is their duty, to throw off such Government, and to provide new Guards for their future security. — Such has been the patient sufferance of these Colonies; and such is now the

12 Beneficiaries' chief embarks on leader development quest

David M. White
Public Affairs Office
Eisenhower Army Medical Center

"A trained leader is knowledgeable and more confident in the role being performed. Trained leaders exhibit a knowledge and confidence that is picked up by people around them." This bit matter-of-fact justification for continued leadership education comes not from some Army doctrine, not from some Ivy League MBA doctoral dissertation.

This doctrine comes from the leadership manual of the Boy Scouts of America.

But the sentiment is not just the BSA's alone. The Army Individual Leader Development Program is dedicated to the same philosophy: "it is critical that the Army focus on the strategic end of developing military and civilian leaders to meet the challenges of the 21st Century," according to the ILDP training document.

The ILDP is a two-year TRADOC program that admits five people each year for the purpose of developing Army civilian leaders. Vanessa Calloway, chief of beneficiary services at Eisenhower Army Medical Center, has been selected to participate in this year's program.

Calloway first came to EAMC as a Licensed Practical Nurse in 1994 and has worked her way in various capacities, including contracting, to the position of leadership she holds today ... and she's not standing still.

"Eisenhower is home," she said. "As a nurse, I've grown through good leaders and supervisors who motivated me to learn and grow and I want to give back what has been given to me."

Through this program, she will shadow other leaders throughout the hospital to see and experience firsthand the administrative and financial side of the mission, including budgeting, human resources, business



Photo by David M. White

Vanessa Calloway, chief of beneficiary services at Eisenhower Army Medical Center, was selected to participate in TRADOC's 2016 Individual Leader Development Program.

planning and policy. There is also a temporary-duty assignment but those details have yet to be determined.

"I believe [the ILDP] will enhance my leadership skills," she said. "I want to know how all of health care administration runs. I've experienced the hands-on medical side and the contracting side, now I want to learn the daily operations side so I can better assist the managed care to meet [EAMC's] mission."

Through this program, Calloway will be better prepared to serve the people at EAMC who serve its patients and beneficiaries.

As stated in the ILDP manual: "Leader development is achieved through the life-long synthesis of the knowledge, skills and abilities gained through education, training and experience."

In other words: "Be prepared" ... just like the Boy Scouts.

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Summer time is disaster prep time

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Summer rays and cool breezes can quickly turn into unexpected lightning and blinding rains. TRICARE makes it easy to get the care you need in the event of a natural disaster.

In emergencies, the Department of Defense can approve a waiver of primary care manager referrals. Waiving the PCM referral requirement allows affected beneficiaries to get care from TRICARE-authorized providers without a PCM referral, avoiding point-of-service charges.

The "Emergency Refill Too Soon" waiver authorizes early prescription refills for affected beneficiaries. When a prescription

waiver is authorized for an impacted area, information about early refills is posted on the TRICARE website. Beneficiaries who've signed up for TRICARE updates via email or SMS text-messaging receive the update directly. Also check TRICARE's social media pages for updates.

Severe weather can happen at any time, during any season. Disaster preparation is important and being prepared is just as essential as knowing how to get help. Everyone should have an emergency "Go To" kit, and copies of important documents like your Uniformed Services ID card or other health insurance card, driver's license, Social Security card and list of



prescriptions and shot records.

Have the numbers to family doctors and the regional contractor close at hand for help getting care. Make a disaster plan and practice it. TRICARE has a downloadable contact wallet card with all the contacts you need for help with your health plan. Visit the TRICARE website for details on how to stay safe and get the care you need in a disaster.

New TRICARE coverage of treatment for major depressive disorder

TRICARE

TRICARE recently announced coverage of Transcranial Magnetic Stimulation as a treatment for major depressive disorder. TMS is used when other depression treatments have not been effective.

Research shows that only half of the patients treated for depressive disorder with medication and talk therapy achieve any success. Consequently, there is a need

to try an alternative treatment like TMS. During a treatment, an electromagnetic coil is placed against the patient's scalp. The coil delivers a magnetic pulse through the skull, inducing a low level electric current. The patient receives multiple pulses over several seconds, with each treatment session lasting about 40 minutes.

TMS is non-invasive and treatments are typically done in an outpatient setting without anesthesia. The electromagnetic pulse

stimulates nerve cells in the region of the brain that controls mood and depression. Because treatment is typically repetitive, you may hear the treatment called repetitive TMS or rTMS.

This new benefit went into effective May 24, and is not a part of a pilot or demonstration program but a part of the basic TRICARE benefit. For information, visit the TRICARE website.



INDEPENDENCE from page 11

He has kept among us, in times of peace, Standing Armies without the Consent of our legislatures.

He has affected to render the Military independent of and superior to the Civil power.

He has combined with others to subject us to a jurisdiction foreign to our constitution, and unacknowledged by our laws; giving his Assent to their Acts of pretended Legislation:

For Quartering large bodies of armed troops among us:

For protecting them, by a mock Trial, from punishment for any Murders which they should commit on the Inhabitants of these States:

For cutting off our Trade with all parts of the world:

For imposing Taxes on us without our Consent:

For depriving us in many cases, of the benefits of Trial by Jury:

For transporting us beyond Seas to be tried for pretended offences

For abolishing the free System of English Laws in a neighbouring Province, establishing therein an Arbitrary government, and enlarging its Boundaries so as to render it at once an example and fit instrument for introducing the same absolute rule into these Colonies:

For taking away our Charters, abolishing our most valuable Laws, and altering fundamentally the Forms of our Governments:

For suspending our own Legislatures, and declaring themselves invested with power to legislate for us in all cases whatsoever.

He has abdicated Government here, by declaring us out of his Protection and waging War against us.

He has plundered our seas, ravaged our Coasts, burnt our towns, and destroyed the lives of our people.

He is at this time transporting large Armies of foreign Mercenaries to compleat the works of death, desolation and tyranny, already begun with circumstances of Cruelty & perfidy scarcely paralleled in the most barbarous ages, and totally unworthy the Head of a civilized nation.

He has constrained our fellow Citizens taken Captive on the high Seas to bear Arms against their Country, to become the executioners of their friends and Brethren, or to fall themselves by their Hands.

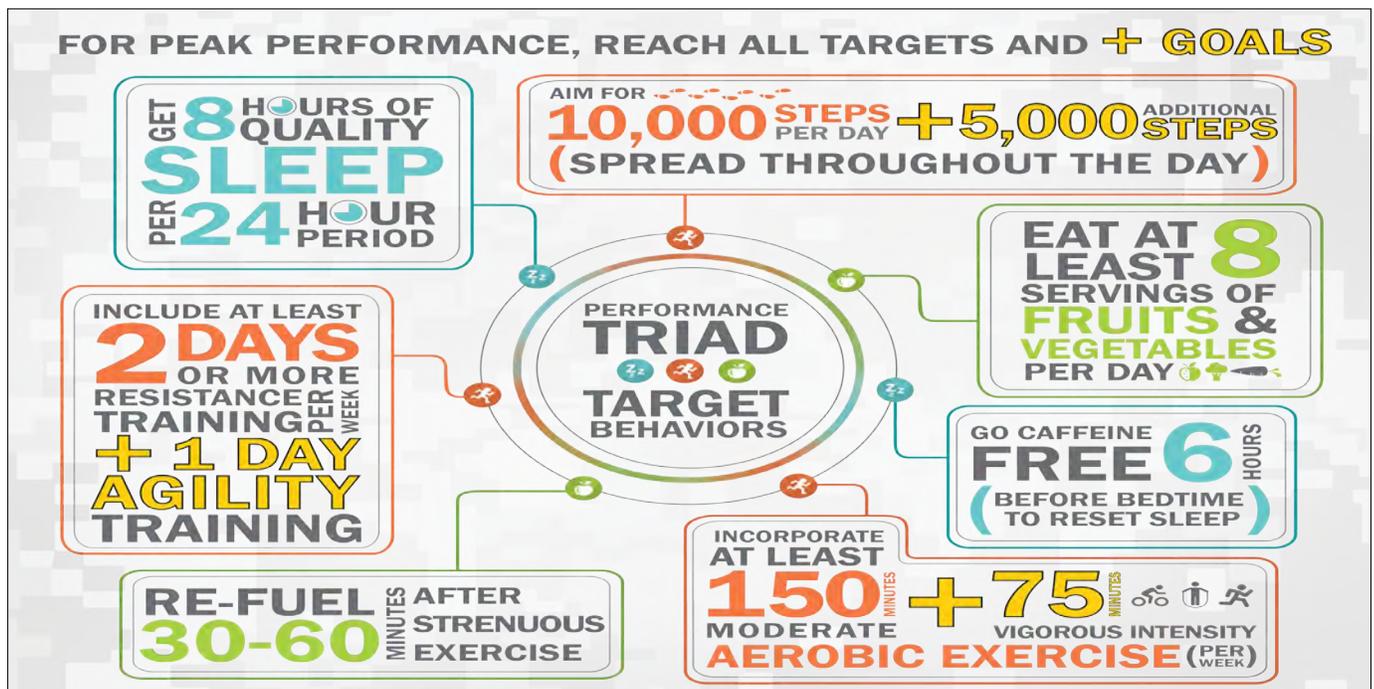
He has excited domestic insurrections amongst us, and has endeavoured to bring on the inhabitants of our frontiers, the merciless Indian Savages, whose known rule of warfare, is an undistinguished destruction of all ages, sexes and conditions.

In every stage of these Oppressions We have Petitioned for Redress in the most humble terms: Our repeated Petitions have been answered only by repeated injury. A Prince whose character is thus marked by every act which may define a Tyrant, is unfit to be the ruler of a free people.

Nor have We been wanting in attentions to our British brethren. We have warned them from time to time of attempts by their

legislature to extend an unwarrantable jurisdiction over us. We have reminded them of the circumstances of our emigration and settlement here. We have appealed to their native justice and magnanimity, and we have conjured them by the ties of our common kindred to disavow these usurpations, which, would inevitably interrupt our connections and correspondence. They too have been deaf to the voice of justice and of consanguinity. We must, therefore, acquiesce in the necessity, which denounces our Separation, and hold them, as we hold the rest of mankind, Enemies in War, in Peace Friends.

We, therefore, the Representatives of the united States of America, in General Congress, Assembled, appealing to the Supreme Judge of the world for the rectitude of our intentions, do, in the Name, and by Authority of the good People of these Colonies, solemnly publish and declare, That these United Colonies are, and of Right ought to be Free and Independent States; that they are Absolved from all Allegiance to the British Crown, and that all political connection between them and the State of Great Britain, is and ought to be totally dissolved; and that as Free and Independent States, they have full Power to levy War, conclude Peace, contract Alliances, establish Commerce, and to do all other Acts and Things which Independent States may of right do. And for the support of this Declaration, with a firm reliance on the protection of divine Providence, we mutually pledge to each other our Lives, our Fortunes and our sacred Honor.





Courtesy photo

The Signal Captain Career Course Class 05-16 visited the Fort Gordon Fisher House June 4 where they received a tour and brief on the mission of the House. The nearly two dozen Soldiers also lent a helping hand working outside in the sweltering heat cutting and trimming shrubberies and small trees around the Fisher House and meditation area. They also cleaned out and organized the inside of the shed.

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COMMANDER from page 3

tyranny. As you plan your celebrations, remember fireworks safety and establish designated drivers. On behalf of CSM Price and me, we thank the Soldiers, civilians, and families of our total Army for their service, bravery and patriotism. We encourage you to remember the service and sacrifice previous generations of dedicated Soldiers have made to defend the nation.

The July issue of Rounds includes our four-page safety supplement that can be removed from the centerfold as a handy desk reference. I appreciate our Safety Office, led by Mr. "Safety Bob" Meloche, for pulling this supplement together.

I respect the attitude of inclusiveness demonstrated at our diversity observances and in our daily interactions with each other. By serving with dignity, respect and patriotism; we not only honor those who served before us, but inspire future generations to serve. You all inspire me to make EAMC my First Choice for 5-Star Care.

CHAPLAIN from page 6

his hometown, he wrote a remarkable account about the event. This led to enough influential people on his island to pledge their support for him to attend what is now Columbia University in New York.

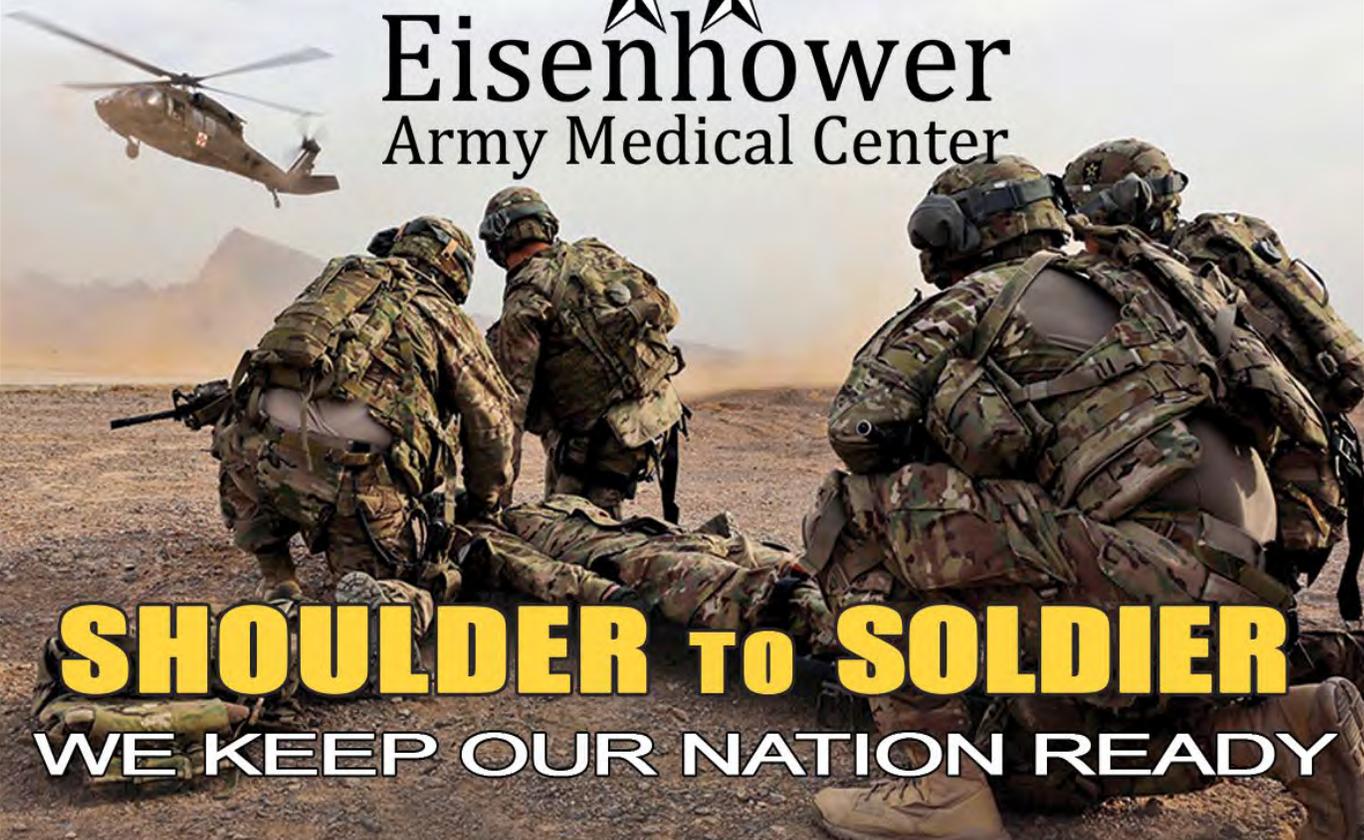
He entered the school in 1774 and he affected faculty and students alike with his ability to reason and debate, particularly about the rights of the patriots and their issues against the British. From there he entered the Continental Army and was invited to be a part of the staff of at least two influential general officers. He refused the offers because he thought his place was on the battlefield. Later he received an offer from a general he couldn't refuse — George Washington. Still later, he was given command of a battalion. At Yorktown it was Hamilton who led three battalions which took Redoubt No. 9, and with the French taking Redoubt No. 10 the war was basically over and the British surrendered.

This was just the beginning.

Hamilton was by no means a perfect person. He could be arrogant, hard headed to a fault, and he was involved in the nation's first public scandal. He never allowed the limitations of his early life, however, to curb a belief that he could do better for himself and for the nation he called his home. His resiliency benefited not only his own life but our lives as well, 212 years after his death.



Eisenhower Army Medical Center



SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



Heather F. Judd, Medical Support Assistant, Same-Day Surgery At EAMC for two years



Eddie R. Tiggs III IMD, AHLTA/CHCS Support At EAMC for 7 years, retired DOD (30 years)



Ron Emory Red Cross Volunteer Human/Animal Bond Program, 535 volunteer hours since 2013



Sgt. Al Q. McClain, LPN Same-Day surgery Soldier for eight years



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