

MEMORIAL DAY
MAY 30
The last full measure of devotion

Rounds

Eisenhower Army Medical Center



MAY 2016

THE WAR BRIDE AND THE SOLDIER



Sgt. 1st Class Steven Boskovich prior to deployment to Vietnam in 1970 at an unknown location. INSET: On their wedding day, Aug. 31, 1957, Claudette Zamite and Steven pose for a formal portrait with her parents. Her father served in the French army during World War II.

CALENDAR

May

National Nurses Week, May 6-12

Women's Health Week, May 8-14

National Mental Health Month

Better Hearing and Speech Month

National Physical Fitness and Sports Month

May 3

Fire Evacuation Coordinator Training, main fire station, 8:30-10 a.m.

May 5

Area Safety Officer Training, Location TBD, 1-2 p.m., POC Melissa Hendrix, 787-6280

May 6

Military Spouse Appreciation Day, Reserve Center, 11 a.m. to 1 p.m.

May 12

Days of Remembrance Command Program, Location TBD, 1:30-2:30 p.m.

May 14

United States Marine Corps Mud

Challenge 2016; TA-5, TA-6, TA-7 and GTA-3; 8-11 a.m.

May 18

Military Resilience Training for Families, Family Outreach Center, building 33512 (behind Woodworth Library) Rice Road, 9 a.m. to noon

May 19

Asian-Pacific American Heritage Month Command Program, Alexander Hall, 1:30-2:30 p.m.

May 20

EO program Ethnic Observances

- Asian American and Pacific Islander Heritage Month, 1st floor auditorium, C Co. Troop Command, 11:30 a.m. to 12:30 p.m.

68C Graduation, Alexander Hall, 1-2 p.m.

May 24

Fort Gordon Army Family Action Plan Program Quarterly Conferences, Family Outreach Center, Building 33512, 8:30 a.m. to 12:30 p.m.

see **CALENDAR** on page 15

Round

May 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Chicken Dumpling Soup Philly Cheese Steak Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables Dinner Roll	2 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	3 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Loin Beef Gravy Mashed Potatoes Brown Rice Steamed Rice Green Beans, Potatoes Green Beans Cauliflower Dinner Rolls	4 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	5 Beef w/ Green Pepper Soup Teryaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown Rice Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	6 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	7 Mediterranean Vegetable Soup Salisbury Steak Herb Baked Flounder Cottage Frieds Brown Rice Wild rice Mixed Vegetables Broccoli Dinner Rolls
8 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	9 Bean and Ham Soup Parmesan Chicken Meat Sauce White Pasta Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	10 Chicken Noodle Soup Savory Baked Chicken Beef Stroganoff Brown Gravy Steamed Rice Brown Rice Egg Noodles Whole Kernel Corn Brussel Sprouts	11 Beef, Pepper Soup Baked Honey Glazed Ham Slices Herb Baked Flounder Pineapple Sauce Scalloped or Oven Roasted Potatoes Glazed Baby Carrots Sautéed Cabbage	12 Chicken, Wild Rice Soup Oven Roast Beef Baked Salmon Brown Gravy Egg Noodles Potatoes O'Brien Steamed Rice Sautéed Asparagus Mixed Vegetables	13 Cream of Broccoli Soup Chicken Cacciatore Beef Lasagna Vegetable Lasagna White Pasta Wheat Pasta Brown Rice Sicilian Vegetables Steamed Broccoli	14 Tomato Basil Soup Grilled Chicken Breast Parmesan Crusted Tilapia Chicken Gravy Steamed Rice Steak Fries California Veggies. Baby Carrots
15 Cream of Potato Soup w/ Bacon Swiss Steak w/ Brown Gravy Turkey Tetrazzini Rice Pilaf Mashed Potatoes Peas and Carrots Cauliflower Au Gratin	16 Mushroom Barley Soup Fried Chicken Savory Baked Chicken Herb Baked Mahi Mahi Chicken Gravy Steamed Rice Potatoes and Herb Macaroni and Cheese Mixed Vegetables Sautéed Cabbage	17 Ital. Wedding Soup Beef Yakisoba Sweet and Sour Pork Egg Rolls (Veggie) Fried Rice Steamed Rice Brown Rice Steamed Broccoli Stir Fry Vegetables Dinner Rolls	18 Broccoli Soup Roast Turkey Baked Catfish Fried Catfish Turkey Gravy Cornbread Dressing Mashed Potatoes Gr. Beans w/Potato Green Beans Summer Squash	19 Chicken Tortilla Soup Chicken Fajita Beef Fajita Bean, Cheese Burrito Enchilada Sauce RF Beans w/ Cheese Spanish Rice Brown Rice Peppers and Onions Chuckwagon Corn	20 Clam Chowder Parmesan Baked Tilapia Beef Bulgogi Brown Gravy Lyonnais Potatoes Steamed Rice Brown rice Sautéed Asparagus Glazed Snow Peas	21 Tom. Florentine Soup Baked Ham Slices Baked Salmon Pineapple Sauce Wild Rice Steamed Rice Brown Rice Mashed Potatoes California Blend Vegetables
22 Chicken Dumpling Soup Philly Cheese Steak Mexican Chicken Steak Fries Brown Rice Steamed Rice Sautéed Asparagus Riviera Mixed Vegetables	23 Broccoli Soup BBQ Chicken Savory Baked Chicken Chili Macaroni Chicken Gravy Hopping John Rice Garlic Red Potatoes Sautéed Cabbage, Bacon	24 Chicken, Wild Rice Soup Meatloaf Spicy Honey Pork Beef Gravy Mashed Potatoes Brown Rice Steamed Rice Green Beans, Potatoes	25 Chicken Gumbo BBQ Ribs Fried Catfish Baked Catfish Mac and Cheese Steamed Rice Brown Rice Tomatoes w/ Okra Collard Greens w/Ham	26 Beef w/ Green Pepper Soup Teryaki Chicken Beef Pepper Steak Vegetable Egg Rolls Brown or Fried Rice Broccoli Stir Fried Vegetables Dinner Rolls	27 Italian Wedding Soup Beef Stew Baked Tilapia Parsley Egg Noodles Steamed Rice Sautéed Asparagus Summer Squash Dinner Rolls	28 Mediterranean Vegetable Soup Salisbury Steak Baked Flounder Cottage Frieds Brown Rice Wild Rice Mixed Vegetables Broccoli Dinner Rolls
29 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Beef Gravy Steamed Rice Egg Noodles Peas and Carrots Catalina Blend Vegetables	30 Bean and Ham Soup Parmesan Chicken Meat Sauce White Pasta Wheat Pasta Italian Roasted Potato Wedges Cauliflower Au Gratin Broccoli	31 Chicken Noodle Soup Savory Baked Chicken Beef Stroganoff Brown Gravy Steamed Rice Brown Rice Egg Noodles Whole Kernel Corn Brussel Sprouts				

From Mothers' Day to Memorial Day, May month of thanks

Col. Michael A. Weber
Commander

Eisenhower Army Medical Center

April was a blur. It seems like it was just yesterday that our community was in the midst of the Augusta National Golf Tournament.

Of course, the highlight for many of us was the Eisenhower Army Medical Center's Spring Ball and I personally thank everyone who was involved in the planning and conduct of the ball. The attendance this year was more than 550 and people are already asking if we can have a bigger ball next time. I especially thank SFC Porter and CPT Bates for their leadership in making our Spring Ball a memorable event.

Another highlight for me was my interview by the journal *Combat & Casualty Care* where I got to brag about the great people and future of the Army's Home for Five-Star Care: https://issuu.com/tacticaldefensemedia/docs/ccq1_2016_web.

There are several celebrations during the month of May. Many in our community will be celebrating Cinco de Mayo and I remind everyone to plan their travel carefully to ensure another safe holiday.

National Nurses' Week kicks off Friday, May 6, and we have many events to celebrate the leadership and service of our awesome nurses.

Victory in Europe Day is observed May 8 and recognizes the unconditional surrender of the Nazi government in 1945.

My mom gave [me] a great start in life that was based on her foundation of unconditional love ... Happy Mother's Day!

If you have a family member who served or supported our Nation during those dark days of World War II, I ask you to call them and thank them for the tremendous sacrifices that generation made for freedom and our country.

On May 21, we will recognize all the men and women who are currently serving in the military with Armed Forces Day. My son is proudly serving in the United States Marine Corps in Okinawa and I wish him a Happy Holiday.

We will end the month on a more somber tone with Memorial Day on May 30 which is dedicated to the men and women who gave the ultimate sacrifice for freedom and our country.

A couple of years ago, I saw a poignant four-minute video of job interviews for the position "Director of Operations." The position description required physical stamina, dedication and selfless service. The video may be viewed at the YouTube link <https://www.youtube.com/watch?v=HB3xM93rXbY>.

The video made a real impact on me and I encourage everyone to think about one of our most special holidays: Mother's Day on May 8. Even though it is not a federal holiday, it remains a very special celebration for me.

My mom was my first teacher, my first coach and my first driving instructor. She was there for me, my sister, Jennifer; and my brother, Matthew. My mom gave us a great start in life that was based on her foundation of unconditional love and for that I say "Happy Mother's Day!"

EAMC teammates, you are my Army family and you make EAMC my First Choice for Five-Star Care.

VOLUNTEER OF THE YEAR



Photo by John Corley

Claudette Boskovich, center, the Fort Gordon Volunteer of the Year for 2015, was presented with the Betty Forbis Volunteer of the Year award at the Dwight D. Eisenhower Army Medical Center Volunteer Recognition Ceremony March 31 at the Fort Gordon Conference and Catering Center. Congratulating her are Col. Michael Weber, left, EAMC commander; and Command Sgt. Maj. Raymond T. Price III, EAMC command sergeant major.

Rounds
Eisenhower Army Medical Center

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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 photos courtesy of Claudette Boskovich

Fortunes not only found in cookies

Maj. Stacey Lent

Nurse Methods Analyst
Eisenhower Army Medical Center

During the Nurse Corps Anniversary, the guest speaker, Col. Wanda Jenkins, Regional Nurse Executive-Atlantic, spoke of the theme "Leading from where you are." In her speech, she mentioned that she was going to send the gift of fortune cookies and explained the meaning behind them. Shortly after her visit, Col. Corinna Barrow, Chief Nursing Officer, received multiple boxes of fortune cookies with the following message "Army Nurse Corps: Leading from where you are!"

Barrow quickly distributed two of each to the nurses. One cookie for the nurse to keep reminding them to continue emulating great leadership qualities. The other cookie was for the nurse to pass on to someone who has demonstrated these leadership qualities, and gone above and beyond to assist others.

Continuing with the theme and embracing the junior officers for career opportunities, the first area-of-concentration presentation panel was conducted April 22. The panel consisted several of subject matter experts, including ICU and clinical nurse specialist Lt. Col. David Bennett, ICU Capt. Paul Brangers, Psychiatric Nursing Capt. Tinika Nixon, Emergency Room Lt. Col. Brett Buehner, and Operating Room and CNS Lt. Col. Tom Rawlings. In the relaxed, informal environment, each SME discussed their respective career field and the opportunities they have had. The attendees asked questions ranging from what material they should focus on to prepare for future course to would be it

advisable to join professional organizations.

The speakers also emphasized how important it is to make an informed decision, making sure to take time and research the different fields in which they are interested. They also stressed the importance of shadowing professionals already in those areas.

1st Lt. Danica Fernandez, RN, found the presentation informative and she enjoyed the face time with future bosses. 2nd Lt.

Hannah Smith, a clinical nurse transition program nurse, found the presentation to be eye opening to the different specialties. 1st Lt. Eun Roe, who is interested in OR nursing, made a point to contact Rawlings and will be shadowing him for a few days this month.

Editor's note: The next AOC presentation will be in May focusing on Public Health, Family Nurse Practitioner, Obstetric Nursing, Nursing Informatics, and Nurse Methods Analyst. For information, contact Maj. Stacey Lent at 706-787-2182.

STATEWIDE RECOGNITION



Photo by David M. White

Eisenhower Army Medical Center surgery department's Officer in Charge Lt. Col. Thomas Rawlings, RN, MSN, CNS-CP, CNOR, was recently recognized as the Outstanding Perioperative Nurse of the Year from among all perioperative nurses, civilian and military, in the state of Georgia. Rawlings' recognition serves as a reminder to EAMC's patients and staff that Army Medicine stands shoulder-to-shoulder with civilian health care providers for its dedication and commitment to providing high-quality medical care to its patients.

National Nurses' Week, May 6-13

Friday, May 6

9:30-10:30 a.m.

Opening Ceremony
(Ike's Café)

8-10 p.m.

Ice Cream for
evening/nights

Saturday, May 7

10 a.m. to noon

Lydia House
volunteering

Monday, May 9

8-10 p.m.

Sub Sandwiches for
evening/nights

Wednesday, May 11

5:30-6:30 a.m.

Fun run/walk

4 p.m. - TBD

Bowling at Gordon
Lanes

Thursday, May 12

1-2 p.m.

Closing Ceremony
(Ike's Café)

Friday, May 13

11 a.m. to 1 p.m.

Barbecue (4th floor
grounds)

All week long:

Toys for Tots drive

EAMC HOSTS REGIONAL BEST WARRIOR COMPETITION

Photos by John Corley

Staff reports

Congratulations to the Regional Health Command–Atlantic (P) Best Warrior Competition winners, Sgt. Calvin Britt, Sgt. Micheal Baines, Eisenhower Army Medical Center, Fort Gordon, Georgia; Sgt. Calvin Britt, Lyster Army Health Clinic, Fort Rucker, Alabama.

Sgt. Micheal Baines, Eisenhower Army Medical Center, Fort Gordon, Georgia; Sgt. Calvin Britt; Spc. Joshua Schmid; and Spc. Mallory Haynes, U.S. Army Element–North (USAE-N) Troop CMD.

Pictured above, from left, are runner-up

Sgt. Micheal Baines, Eisenhower Army Medical Center, Fort Gordon, Georgia; Sgt. Calvin Britt; Spc. Joshua Schmid; and Spc. Mallory Haynes, U.S. Army Element–North (USAE-N) Troop CMD.



Army Medicine Soldiers from across Regional Health Command–Atlantic (P) came to Fort Gordon, Georgia, last month to participate in the Best Warrior competition that included events such as a test of Army knowledge, uniform inspection and an extensive field exercise, scenes of which are shown.



'You will live forever, here in our memory'

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

This year, Memorial Day is May 30. It will be marked by parades and other tributes as well as cook outs, trips to the lake or beach, and time spent with family.

I've noticed over the past few years that marathon presentations of the television mini-series "Band of Brothers" have been shown over the Memorial Day weekend. Even though I own the box version of the show, I usually watch at least part of it on TV throughout the weekend. The series was created by Stephen Spielberg and Tom Hanks and, for their efforts in producing this adaptation of Stephen Ambrose's book by the same name, they will always have my respect.

When the show first aired in 2001, I was serving as a chaplain with a Field Artillery battalion. Before PT, on the morning following a new episode, someone would always bring the previous night's show up for conversation. Sometimes a few of us would get together at someone's house and watch it together as a group. Everyone would be talking, carrying on multiple conversations, and then that music by Michael Kamen would start and the room would suddenly go still.

"Band of Brothers" was quite an event. The mini-series was a ratings bonanza on the first night it appeared, Sept. 9, 2001. Two days later the nation endured the 9/11 terrorist attacks. Suddenly those field artillerymen would become my own band

of brothers as we prepared for war. Many of you had similar experiences.

Last year, President Obama said these words at Arlington National Cemetery: "The Americans who rest beneath these beautiful hills and in sacred ground across our country and around the world, they are why our nation endures. Each simple stone marker arranged in perfect military precision, signifies the cost of our blessings. It is a debt we can never fully repay. But it is a debt we'll never stop trying to fully repay, by remaining a nation worthy of their sacrifice. By living our own lives the way the fallen lived theirs - a testament that greater love has no other than this than to lay down your life for your friends."

The obvious way to end this article would be with Shakespeare's words from "Henry V." The famous St. Crispin's Day speech, when Henry inspired his much outnumbered force of English Soldiers to go into battle at Agincourt, has rallied many over the centuries:

"... From this day to the ending of the world,

"But we in it shall be remembered —

"We few, we happy few, we band of brothers ..."

Instead, my mind goes back to that haunting music from the beginning of the show, which cued my red-leg brothers to stop their talking and to behold the lives of heroes.

There are lyrics which go with the song. They are written by Frank Musker and can be looked upon as a prayer.

Requiem for a Soldier

*You never lived to see
What you gave to me
One shining dream of hope and love
Life and liberty
With a host of brave unknown Soldiers
For your company, you will live forever
Here in our memory*

*In fields of sacrifice
Heroes paid the price
Young men who died for old men's wars
Gone to paradise*

*We are all one great band of brothers
And one day you'll see we can live together
When all the world is free*

*I wish you'd lived to see
All you gave to me
Your shining dream of hope and love
Life and liberty*

*We are all one great band of brothers
And one day you'll see — we can live together
When all the world is free*

*Our Holy Calling
in Marriage*



A celebration of marriage

May 6 at 6 p.m.

2016 The Snelling Center,
3165 Washington Road, Augusta, Georgia

Guest Speaker

Col. Timothy Mallard, Ph.D., Command Chaplain
US Army Cyber Center of Excellence and Fort Gordon

Door Prizes and Resources
Attire: Business Dress (Coat & Tie Equivalent)
US Army Signal Corps Jazz Ensemble

Tickets are \$20 per couple
Reserve tickets at Chapel Services, through May 1, or
through your unit chaplain's office.
For information, see unit's chaplain or chaplain assistant

Rounds 
Eisenhower Army Medical Center

Editorial calendar, story/photo deadlines

July 2016 June 17
Juvenile Arthritis Awareness
World Hepatitis Day (July 28)

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

THE WAR BRIDE AND THE SOLDIER

Wesley Elliott
Public Affairs Officer
Eisenhower Army Medical Center

AMERICAN MILITARY ENTERED CASABLANCA, MOROCCO, in 1942 as part of Operation Torch and one U.S. Soldier would tell the story of a young girl he met in Casablanca and gave her a single nickel. She was so beautiful that he asked her to call him when she was older. Unfortunately by that time, a phone call would cost 10 cents, so it would take many years to find her.

Steven Boskovich enlisted in the U.S. Army in 1939 and fought in Morocco and made the beach landing in Salerno, Italy, where he was wounded and received a Purple Heart and Bronze Star. After the war ended, Steven wanted to stay in the U.S. Army and switched from infantry to a non-combat role in the Army.

In July 1956, he received orders to France and was assigned to the Commanding General's office.

Claudette Zamite, the daughter of a French military officer, had recently returned from England where she worked as an *au pair*, or nanny, for a Dutch family. She returned to France to work at the U.S. Army Base and to be near her parents.

Soon after Claudette arrived, one of the officers began asking Steven to consider a position in the office where Claudette worked, because they needed a sergeant. Steven repeatedly refused the transfer until he visited the office and saw Claudette.

The next morning he began his new assignment, at a desk next to hers.

Claudette describes Steven as hard working, helpful and well-liked by the other service men and employees. "Everyone liked him, but I was never interested in dating him."

Then on her birthday, flowers with only "ESB" on the card arrived at her home. She had no idea who could have sent them and when she finally asked Steven, he playfully responded, with "it depends if you liked them." She would later learn that "Steven" in French is "Etienne" and the card with "ESB" was "Etienne Steven Boskovich."

After work, the French workers would get rides back to the city in the service men's cars. One day, Claudette rode



Photograph courtesy of Claudette Boskovich
Steven Boskovich in Italy in 1945 toward the end of World War II.

with Steven and that evening he proposed to her beside the river in Saumur, Claudette said.

Fearing her father would disapprove, she never answered the proposal and, for two weeks, she acted as if nothing had happened. During that time, Steven introduced himself to Claudette's father and asked for her hand in marriage.

Although they had never met previously, Claudette's father, a French captain in Casablanca, fought together with the then 23-year-old Steven through Morocco and Italy in 1942.

Through an arrangement by her parents, Claudette was surprised that their engagement was announced at another couple's engagement dinner.

Claudette jokes that, "she was engaged and had never said yes."

In preparation for the wedding, Steven converted to Catholicism and filed all the Army paperwork to marry a foreign citizen. Her father and the Steven's friends on base were happy for them but Claudette still didn't think she would actually marry him.

see **WAR BRIDE** on page 12

Happy Mother's Day

Maj. Mike Henry, Eisenhower Army Medical Center executive officer, Command Group, and his mother, Josette in March 1987 in Steamboat Springs, Colorado.



Beverly Coe, administrative assistant to EAMC Troop Commander, Troop Command, and her mother Mary Drayton in July 2013 in Charleston, South Carolina.



Carolyn Grey, chief of Clinical Support, EAMC, and her mother, Grace Grey, at the beach in Manasquan, New Jersey, in August 1964.



Maj. James E. Zavala, Warrior Transition Battalion, S3 OIC, and his mother, Cecilia, in September 2008 after his promotion ceremony to captain at Fort Wadsworth, New York.



Col. Michael A Weber, Eisenhower Army Medical Center commander and his mother, Vivian, in 1996.



Jennifer Ann Simpson-Green, right, Interdisciplinary Pain Management Clinic, with her mother, Karen, and daughter, Skyler, March 4, on the way to Charlotte, North Carolina.



Laura Maioriello, psychiatric nursing assistant, 13 East-Inpatient Behavioral Health, with her mother, Ruth, on March 29 in Augusta.



Sandra Lee Quinones, right, nurse case manager, Internal Medicine Clinic, EAMC, with her mother, Kathleen Murphree Lee, left, and her sister, Karen McGuire, in 2012 in Pensacola, Florida.



Maj. Mary Fisch, right, Judge Advocate, her mother, Mary Ada Dillinger, and daughter, Katie Mae Meek, at Fisch's wedding in the EAMC chapel Jan. 9.

Just for women

Excerpted from the Department of Health and Human Services and the Centers for Disease Control and Prevention

National Women's Health Week is an observance led by the U.S. Department of Health and Human Services Office on Women's Health. The goal is to empower women to make their health a priority. The week also serves as a time to help women understand what steps they can take to improve their health. The 17th annual National Women's Health Week kicks off on Mother's Day, May 8, and is celebrated through May 14.

Take these steps to live a safer and healthier life.

Screenings, prevention

Take steps to protect your health by getting the care you need to prevent disease, disability, and injuries. Regular check-ups are important. Preventive care can keep disease away or detect problems early, when treatment is more effective. Talk to your health care provider to learn more about what screenings and exams you need and when.

- Many health insurance plans now offer preventive services for women available at no cost.
- Learn what you can do before your next appointment.

Keep moving

Get out and about and enjoy the spring and summer weather. Physical activity is one of the most important things you can do for your health and has many benefits including lowering your risk for heart disease — the leading cause of death for women.

- Adults should do at least two-and-a-half hours each week of aerobic physical activity that requires moderate effort. Get it in for at least 10 minutes at a time.
- Adults should do strengthening

activities at least two days a week that include all major muscle groups.

- Strength training can help reduce the chances for falls which means fewer fractures. Fall-related fractures among older women are more than twice those for men.

Enjoy healthy foods

Enjoy the taste, nutrients, and colors of fruits, vegetables, and other healthy foods. With all of the information about nutrition, food choices and recipes out there, it's easy to have a healthy eating plan. Learn the basics and move toward a lifestyle of healthier eating habits.

- Every woman needs folic acid every day for the healthy new cells the body makes daily — like skin, hair and nails. It's also important to help prevent major birth defects when pregnant.
- Almost everyone needs to eat more fruits and vegetables. Find out the amount that is right for you.
- Avoid drinking too much alcohol. Binge drinking for women is four or more drinks in a single occasion.
- Get started with a step-by-step guide to weight loss and better health.

Priority on mental health

Keep your mind and body healthy. There is emerging evidence that positive mental health is associated with improved health outcomes.

- Getting enough sleep is important for overall health, including mental health. It impacts how you feel and perform during the day. Adults need 7-8 hours of sleep each night.
- Everyone experiences stress at

see **WOMEN** on page 15

Schedule Your Well-Woman Visit



Did you know? Most health plans are required to cover an annual well-woman visit at no cost to you! Thanks to the Affordable Care Act, it's easier than ever for you to check up on your health.



1 out of 4 women reports not visiting a doctor because of cost.¹

More than **75%** of women 40 to 60 years old have at least **one risk factor for heart disease**, the most common cause of death in women in the United States.²



Almost **1 out of every 2 pregnancies is not planned**.³ Women should talk to their doctor about family planning and birth control.

Tips

You can choose from any primary care provider or OB-GYN in your health plan's network without a referral. Before you go to your well-woman visit, remember to:

- ✓ Bring a list of your medicines and know why you take them.
- ✓ Use **My Family Health Portrait** to know your family's health history.
- ✓ Make a list of your questions and concerns.



Schedule your well-woman visit

A well-woman visit is a time to see your health care provider to:

- ▶ Discuss family history, family planning, and personal habits, such as alcohol and tobacco use
- ▶ Schedule necessary tests, such as screenings for high blood pressure, high cholesterol, and sexually transmitted diseases
- ▶ Set health goals, such as being active and maintaining a healthy weight



- ▶ Learn which screenings women need at womenshealth.gov/screening-tests-and-vaccines.
- ▶ Learn more about the Affordable Care Act and how it benefits women at HealthCare.gov.
- ▶ Learn more about National Women's Health Week at womenshealth.gov/nwhw.



Sources
¹ www.kff.org/womens-health-policy/report/women-and-health-care-in-the-early-years-of-the-aca-key-findings-from-the-2013-kaizer-womens-health-survey/
² www.nhlbi.nih.gov/health/health-topics/topics/hdw/atrisk.html
³ www.ncbi.nlm.nih.gov/pubmed/26962904

Ft. Gordon hosts Special Olympics for 32nd year

Bonnie Heater

Fort Gordon Public Affairs Office

The Georgia Area Nine Special Olympics games opened March 30 on Barton Field with applause and cheers as the competitors walked the parade of athletes. The Fort Gordon Color Guard led the procession of Special Olympians, their family members and special education teachers.

Col. Michael A. Weber, the Eisenhower Army Medical Center's commander, welcomed everyone and introduced the dignitaries attending the games before saying a few words about the games.

"We are honored to be the site of these games for the 32nd time, and it's our pleasure to have you here today," Weber said. "We're delighted to be able to contribute to the region by providing the facilities needed for the events. From our perspective, today's event demonstrates our place in the greater Central Savannah River Area. In many ways, we're just another CSRA community, and we want to do our civic duty as a neighbor in the region. Hosting the Special Olympics is one of the ways we can give back to the region that has always shown such strong support for service members and their families. And, frankly, we look forward to the arrival of



Photo by David M. White

Kadarius Gladdin, a senior at Washington County High School, brings the Special Olympics Flame into the stadium and lights the cauldron at the Georgia Area Nine Special Olympics games March 30 on Barton Field at Fort Gordon.

these tremendous athletes each year."

Twelve Georgia and South Carolina counties including: East Central Regional Hospital, Lynndale, Serenity, Burke County Schools, Columbia County Schools,

Jefferson County Schools, Lincoln County Schools, McDuffie County Schools, Richmond County Schools, Washington County Schools, Washington County Schools and Wilkes County Schools bussed about 900 athletes to this Special Olympics games, according to Neil Smith, the project officer for the event and director of sports, fitness and aquatics, Fort Gordon DFMWR.

About a hundred volunteers from the Army, Navy, Marines and Air Force on post ran with the athletes in events, took measurements, recorded race results and awarded ribbons to the winners.

Athletes competed in the 50-meter dash, softball throw, the 400-meter dash, the 400-meter walk, shot put and relays. Other events included the bean bag throw, the tennis ball throw, the 10- and 25-meter wheelchair event, the 30-meter Slalom, 25-meter walk race, the 10-meter walk and the 24-meter assisted walk.

Editor's note: This story was excerpted from an article that originally appeared in the April 8 edition of the Fort Gordon Globe.



Photo by David M. White

Teammates on the Washington County High School 4x100 relay execute a well-practiced baton hand off between the second and third legs of the race at the Special Olympics at Barton Field March 30.

Preventing lower-back pain doesn't have to be ... well, a pain

David M. White

Eisenhower Army Medical Center
Public Affairs Office

The smell of freshly mown grass in the spring is inspirational and liberating. “Throw off the shackles of winter,” it whispers. “Get up and get out here.”

So you dust off the golf clubs or rub up some new baseballs. Lacing up the spikes, you hear John Fogerty singing to you from center field: “Put me in, coach. I’m ready to play. Today.”

Just stop: You’re not ready to play. If anything, all you’re ready for is a wrenched back.

Unless, of course, you’ve kept up a regular regimen of exercises and paid special attention to keeping your back strong and healthy.

According to the National Institute for Health, one of the best things you can do to prevent back pain is to exercise regularly and keep your back muscles strong.

“It is essential to maintain your fitness of the back and core,” said Maj. Jason B. Alisangco, DO, Eisenhower Army Medical Center’s director of Primary Care Sports

Medicine. “Routine exercises should focus the foundation of muscular strength, endurance, flexibility and stability.”

Exercises that increase balance and strength, according to the NIH, can decrease your risk of falling and injuring your back or breaking bones. Exercises such as tai chi and yoga — or any weight-bearing exercise that challenges your balance — are good ones to try.

The following four types of exercise are

**“Put me in, coach.
I’m ready to play.
Today.”**

**Just stop: You’re not
ready to play.**

important to general physical fitness and may be helpful for certain specific causes of back pain:

Flexion: The purposes of flexion exercises, which are exercises in which you bend forward, are to

- Widen the spaces between the vertebrae, thereby reducing pressure on nerves
- Stretch muscles of the back and hips
- Strengthen abdominal and buttock muscles. Many doctors think that strengthening the muscles of the abdomen will reduce the load on the spine. One word of caution: If your back pain is caused by a herniated disk, check with your doctor before performing flexion exercises because they may increase pressure within the disk, making the problem worse.

Extension: With extension exercises, you bend backward. They may minimize radiating pain, which is pain you can feel in other parts of the body besides where it originates. Examples of extension exercises are leg lifting and raising the trunk, each

see **BACK PAIN** on page 14

WAR BRIDE from page 7

But when Steven went on 10 days of leave, she realized she genuinely missed him and one month later, on Aug. 31, 1957, they were married.

The following year they were living in Augusta, Ga., and during their happy marriage, Steven’s military career took them to Teheran, Iran; Fort Bragg, N.C.; Korea; France; Germany; Vietnam; Bangkok, Thailand; and back to Augusta where he would retire as a S\ sergeant major in 1975.

Before Steven passed away in 2000, the loving couple lived in Augusta, volunteered with the Fort Gordon Red Cross, and spent the winters in Florida at a duplex they owned.

Claudette taught “Easy does it Yoga” and French language classes, and Steven played tennis every morning. They volunteered with Habitat for

Humanity, traveled around the world and took dance classes five days a week.

“I loved my life with Steven, which is why it’s so hard to be without him,” said Claudette.

Today, at age 86, Claudette can be seen darting nimbly around the Eisenhower Army Medical Center smiling and proudly wearing her blue Red Cross vest and volunteer-of-the-year pin. In her smile you can still see the radiance she must have had when she was 13 years old in Casablanca.

Throughout his life, Steven loved to tell the story of how in Casablanca he met a young girl, so beautiful that he gave her a single nickel. He asked her to call him when she was older, but, of course, by then a phone call cost 10 cents.

It took many years to find her, but when he did, Claudette and Steven had many a lifetime of love and adventure.



Photograph courtesy of Claudette Boskovich
Claudette and Steven Boskovich at their home in Augusta, Ga., modeling their Red Cross Uniforms in 1996.

Grill like a pro but don't burn anything ... that includes your house

Larry Strickland

Safety Specialist

Eisenhower Army Medical Center

The Friday before Memorial Day, May 27, starts the Combat Readiness Center's 101 Days of Summer Safety campaign. For many, this may be the first opportunity to participate in outdoor grilling.

There's nothing like grilling and cooking outdoors. But, a cooking grill placed too closely to anything that can burn is a fire hazard. The grill can be very hot and can cause burn injuries. But there are some simple steps to ensuring you are safe and that the only meat that is barbecued comes from the butcher.

General grilling / cooking tips

Propane and charcoal grills should only be used outdoors.

- Place the grill away (minimum of nine feet) from the walls, deck railings and out from under roof eaves and overhanging tree branches. Be especially aware of distance vs heat if your home has vinyl siding.
- Keep children and pets at least three feet away from the grill area.
- Keep your grill clean by removing grease or fat buildup from the grill and from trays below the grill.

Before you use your grill, perform the below safety checks.

Propane grills

- Check the major connection points between the propane tank hose, regulator, cylinder, and where the hose connects to the burners. Tighten if loose.
- Check the propane tank hose for potential gas leaks by applying a light soap and water solution to the hose using a brush or spray bottle. Then turn the propane tank on. If a gas leak is present, the propane will release visible bubbles around the hose. If bubbles do not exist, your tank should be safe to use. If bubbles do exist, turn off the propane tank and check the connections. It is recommended that you have the grill serviced by a professional technician before using it.

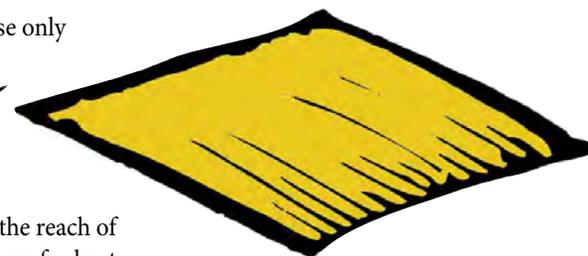
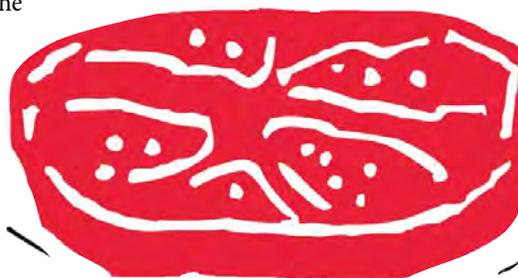
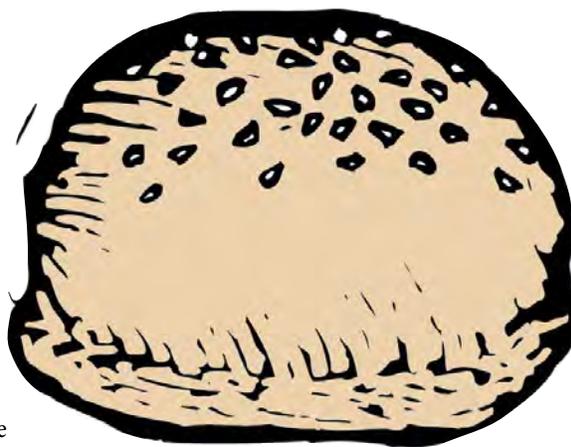
- As you are cooking, if you smell gas, turn off the gas tank and burners immediately. If the gas leak stops, have the grill professionally serviced before using it again. If the gas smell continues, move away from the grill and call the fire department immediately. Do not attempt to move the grill.

Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to light the charcoal using newspaper as a fuel.
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids and already-burning fire.
- Keep charcoal fluid out of the reach of children and pets, and away from heat sources.
- There are also electric charcoal starter devices, which do not use fire. Be sure to use an approved, outdoor-use extension cord.
- When you are finished grilling, let the coals completely cool and dispose of them in a metal container.

Grill safety facts

- July is the peak month for grill fires.
- Roughly half of the injuries involving grills are thermal burns.



MHS GENESIS is new name electronic health record

Military Health System
Communications Office

The new system to transform military health records has an official name. Military Health System officials say the new electronic health record will be called MHS GENESIS and will launch at the end of calendar year 2016. To keep pace with medical advances and innovations in technology, the DOD has purchased a new state of the art EHR that will support us in our mission to continue to provide high quality healthcare to our beneficiaries, as well as an agile, responsive system for our healthcare professionals.

The configuration and deployment of MHS GENESIS constitute a multi-year effort to provide a state-of-the-market system of sharing health records electronically and documenting the continuum of care. The new EHR will begin

implementation in the Pacific Northwest at the end of this year, followed by a pre-planned, programmed installation expected to be completed over a several-year period. Whether on a ship at sea, at a local clinic, or in a major hospital, MHS GENESIS will



be available throughout all Department of Defense facilities, and accessible to all members of the DOD's healthcare team.

While on the surface it appears just a

system for health records, Dr. William M. Roberts, a retired Navy rear admiral who serves as the MHS functional champion, said it really reflects a whole new way of doing business for the MHS.

"We've looked at this process as finding what is best for the MHS as a whole, not just in individual areas," said Roberts. "We see this as the latest step in making sure patients are able to be fully engaged in their own health."

"We want people to know MHS GENESIS is a safe, secure accessible record for patients and health care professionals that is easily transferred to external providers, including major medical systems and Department of Veterans Affairs hospitals and clinics," said Roberts.

"When our beneficiaries see this logo or hear the name, they'll know their records will be seamlessly and efficiently shared with their chosen care provider."

BACK PAIN from page 12

exercise performed while lying prone. The theory behind these exercises is that they open up the spinal canal in places and develop muscles that support the spine.

Stretching: The goal of stretching exercises, as their name suggests, is to stretch and improve the extension of muscles and other soft tissues of the back. This can reduce back stiffness and improve range of motion.

Aerobic: Aerobic exercise is the type that gets your heart pumping faster and keeps your heart rate elevated for a while. For fitness, it is important to get at least 30 minutes of aerobic (also called cardiovascular) exercise.

According to the American College of Sports Medicine:

- Adults should get at least 150 minutes of moderate-intensity exercise per week.
- Exercise recommendations can be met through 30-60 minutes of moderate-intensity exercise (five days per week) or 20-60 minutes of vigorous-intensity exercise (three days per week).
- One continuous session and multiple shorter sessions (of at least 10 minutes) are both acceptable to accumulate desired amount of daily exercise.

- Gradual progression of exercise time, frequency and intensity is recommended for best adherence and least injury risk.

- People unable to meet these minimums can still benefit from some activity.

For back problems, you should avoid exercise that requires twisting or vigorous forward flexion, such as aerobic dancing and rowing, because these actions may raise pressure in the disks and actually do more harm than good. In addition, avoid high-impact activities if you have disk disease. If back pain or your fitness level makes it impossible to exercise 30 minutes at a time, try three 10-minute sessions to start with and work up to your goal. But first, speak with your doctor or physical therapist about the safest aerobic exercise for you.

"With the increase in activity and exercise," said Alisangco, "it's important not to forget the optimal fuel need for performance. Therefore, a healthy diet is essential."

Eating a healthy diet also is important. For one thing, eating to maintain a healthy weight — or to lose weight, if you are overweight — helps you avoid putting unnecessary and injury-causing stress and strain on your back.

To keep your spine strong, as with all bones, you need to get enough calcium and

vitamin D every day. These nutrients help prevent osteoporosis, which is responsible for a lot of the bone fractures that lead to back pain. Calcium is found in dairy products; green, leafy vegetables; and fortified products, like orange juice. Your skin makes vitamin D when you are in the sun. If you are not outside much, you can get vitamin D from your diet: nearly all milk and some other foods are fortified with this nutrient. Most adults don't get enough calcium and vitamin D, so talk to your doctor about how much you need per day, and consider taking a nutritional supplement or a multivitamin.

Practicing good posture, supporting your back properly, and avoiding heavy lifting when you can may all help you prevent injury. If you do lift something heavy, keep your back straight. Don't bend over the item; instead, lift it by putting the stress on your legs and hips.

Preventing lower-back pain is easy ... if you exercise before the coach puts you in. So keep that "beat up glove, your homemade bat and brand-new pair of shoes" in the closet a little longer. Get your muscles ready before you stride to the plate and, with a gleam in your eye, point over the right field fence.

CALENDAR from page 2

May 25

Installation Safety Stand-Down Day, Barton Field Events Stage area, 9 a.m. to 3 p.m.

May 26

Marriage 101 class: Making Meaningful Connections, Family Life Center, 338804 Academic Drive, 9:30 a.m. to 3:30 p.m.

Survivor Outreach Services' Warrior Remembrance

Ceremony, Freedom Park on Fort Gordon, 9:30-10:30 a.m.

Installation Retirement Ceremonies, Alexander Hall, 10-11 a.m.

Cyber CoE Monthly Town Hall, Signal Theater, 1-2 p.m.

May 27

Memorial Day Training Day

May 30

Memorial Day

WOMEN from page 10

times. Find healthy ways to cope with stress.

- Learn about coping after disasters while pregnant.

Healthy behaviors

Daily decisions influence overall health. Small actions, like washing your hands and wearing a seat belt, can help keep you safe and healthy, and set a good example for others.

- Wear sunscreen and take steps to keep your skin beautiful. Ultraviolet rays can damage your skin, increasing your risk for skin cancer and premature skin aging.

- Use prescription drugs only as directed by a health care provider. About 18 women die every day of a prescription painkiller overdose in the US.
- Be smoke free. More than 170,000 American women die of diseases caused by smoking each year. If you are ready to quit, call 1-800-QUIT-NOW (1-800-784-8669) or 1-855-DÉJEO-YA (1-855-335-3569 for Spanish speakers) for free resources, including free quit coaching, a free quit plan, free educational materials, and referrals to other resources where you live.

April

Patient Safety Employee of the Month

Sheryl McInnis a pharmacy technician working in the outpatient pharmacy was nominated Eisenhower Army Medical Center's Patient Safety Employee of the Month for April. The presentation was held April 14.

McInnis was nominated by her supervisor for her good catch on a near-miss patient-safety event. When a patient was picking up a prescription of Propranolol LA 120mg (a blood pressure medication), McInnis noticed the directions read to take one capsule up to 3 times a day as directed.

Upon reviewing of the patient's profile, she saw the patient had previously been taking Propranolol 10mg with the same directions. Through conversation with the patient, she determined the patient and provider had not discussed the dosage increase. This prompted McInnis to contact the provider and it was discovered that the provider had inadvertently chosen the incorrect drug entry. Her attention to detail prevented the patient from a serious medication overdose which certainly would have resulted in harm.

McInnis, whose hometown is Fall River, Massachusetts, was a Special Education Assistant before she became a Pharmacy Tech in 2012.

She shares her life with her husband, retired Coast Guard Lt. Darrell McInnis, and two children, Nathan and Lily. She enjoys cooking. Her goal is to retire and enjoy life. She is an avid Patriots and Red Socks "fan for life."



Photo by John Corley

Sheryl McInnis, left, the Patient Safety Employee of the Month for April, poses with Col. Michael A. Weber, Eisenhower Army Medical Center's commanding officer at her recognition ceremony April 14.

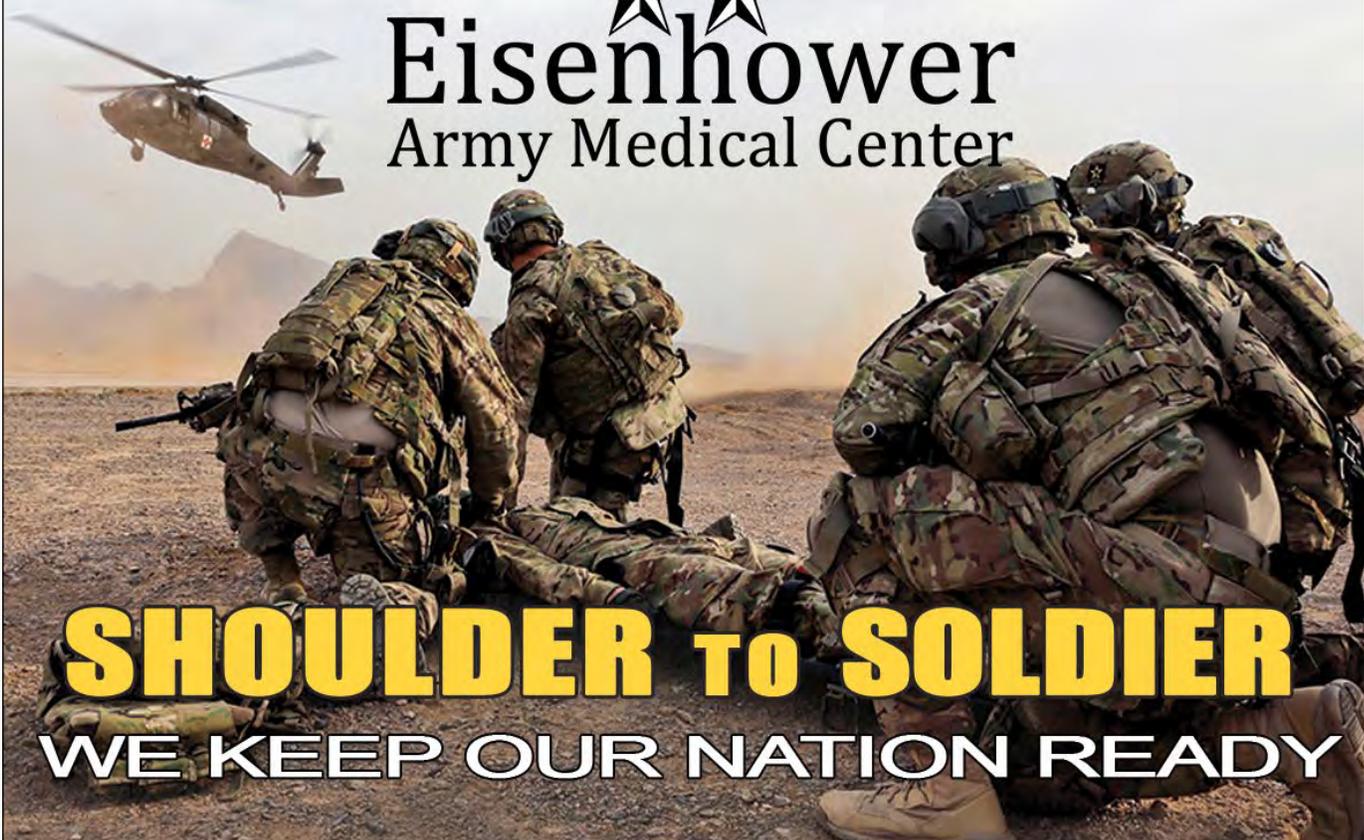
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LIM
INATE
SEXUAL ASSAULT**
KNOW YOUR PART
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SPR Connect
Safe Helpline



Eisenhower Army Medical Center



SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



Jane Beaver
Red Cross Volunteer
Behavioral Health
Volunteer since 2014



Maj. Matthew Samonte,
Chief, Occupational
Therapy Services
Soldier for 16 years



Chasity M. Brantley, RN
Ambulatory Surgical Care
At EAMC for 7 years



David Rosenberg
Medical Illustrator
Drayton, Drayton & Lamar
At EAMC for 2 1/2 years

