



# CALENDAR

**October**

Combined Federal Campaign

**Sept. 30-Oct. 1**

2016 Fort Gordon Oktoberfest, Barton Field

**Oct. 2-4**

Rosh Hashanah, the Jewish New Year

**Oct. 6**

Organization Day

**Oct. 10**

Columbus Day federal holiday

**Oct. 12**

Yom Kippur, the Day of Atonement

**Oct. 14-24**

United States Marine Corps Tribute Run 2016, Barton Field, all-day event

**Oct. 15**

Fort Gordon Retiree Appreciation Day, Darling Hall, 8 a.m. to noon

**Oct. 18**

Blessing of the Hands, EAMC Chapel, 11 a.m. to noon

**Oct. 19**

Military Resilience Training for Families, Family Outreach Center, building 33512 (behind Woodworth Library) Rice Road, 9 a.m. to noon, Registration is required at 706-791-1958

**Oct. 20**

Prayer Luncheon, Ike's Café, noon-1 p.m.

Domestic Violence Awareness, Alexander Hall, 1:30-2:30 p.m.

**Oct. 21**

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

**Oct. 22**

2016 Poker Run – Fort Gordon 5k Run Series, Barton Field – Outdoor Stage, 7 a.m. to 4 p.m.

see CALENDAR on page 8

Rounds

October 2016

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

# 'Rounds' enters second year; autumn days chase summer away

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

Now that we are in autumn, I find it difficult to believe how much we accomplished together over this past summer. We said farewell to many of our teammates who relocated and retired. We welcomed even more to our Eisenhower Army Medical Center family and helped them settle into new communities and new jobs.

I am so proud of the support we provided to our community by performing more than 1,100 school screenings this year. Eisenhower enjoys a special relationship with our community and that relationship is built on the trust that is earned by the care and service each of us delivers.

My highlight for the month of September was reviewing my one-year Command Climate Survey results that included the SOUTHCOM Clinic and the Rodriguez Army Health Clinic. I give my sincere thanks to each of the 935 who responded. It took all day, but I read online all 332 pages of your ratings and unabridged comments. I appreciate the time you invested in completing the survey and all the positive comments and suggestions on how we can improve communication and make EAMC even more effective.

Two major communication enhancements since last year's Command Climate Survey are the redesigned public facing website <http://eisenhower.amedd.army.mil/SitePages/Home.aspx> and our monthly newsletter, Rounds, which celebrates its one-year anniversary this month. Rounds serves as a critical pathway to know what

is happening in the month ahead and to learn more about your coworkers and leaders. Seeing Rounds turn one year old fills me with joy and I am already excited to see what the cover of the second year anniversary issue will look like.

October is a month full of observances and celebrations. October is National Energy Action Month. Individual actions that support the Army's efforts include replacing incandescent bulbs with LED lights and ensuring office equipment is programmed with sleep modes to activate automatically when not in use. Army Cybersecurity Awareness Month is observed in October and serves as a reminder for supervisors to confirm security training documentation. On Fort Gordon, October is Domestic Violence Awareness Month and the garrison will have events for us to show our support. October is also the time for EAMC's height/weight and APFT. There are many opportunities for measurement and testing.

Rosh Hashanah is a Jewish Holiday and starts on the evening of Oct. 2. It celebrates the Jewish New Year on the first day of Tishrei and the year will be 5777. A common greeting is *shana tova* which means

"have a good year." Many Jewish families celebrate with challah which is a combination of bread and apples dipped in honey. The celebration continues until the evening of Oct. 4. Ten days later, Oct. 12, Yom Kippur, the Day of Atonement, is observed and celebrated.

EAMC will have two representatives telling our story about Army telemedicine and virtual health innovations at the Association of the United States Army Annual Meeting and Symposium Oct. 3-5. This year's theme is, "America's Army: Ready Today, Preparing for the Future." You can follow the breaking news using #AUSA2016.

Organization Day will be Oct. 6. The Columbus Day Federal Holiday is Monday Oct. 10. Retiree Appreciation Day will be held at Darling Hall beginning at 8 a.m., Saturday, Oct. 15. The EAMC Troop Battalion will conduct the annual Trunk-or-Treat in the patient parking area Friday, Oct. 28. Look for the flyers and signs for details as we get closer to the event. Fort Gordon's Halloween Night in the housing areas is from 6-8 p.m., Monday, Oct. 31.

Thank you again for all you do. You make EAMC my First Choice for Five-Star Care.

## AMERICA'S HOME PLACE CARES



Photo by John Corley

**Col. Joseph Bird, center, Eisenhower Army Medical Center's deputy commanding officer, and Troop Command's Command Sgt. Maj. Thurman Reynolds welcomed David Sparks, David Watkins, Clay Parks, Bih Johnson, Jessica Murphy and Thomas Cade Callihan with Americas Home Place Sept. 16 at EAMC's Fisher House. Americas Home Place presented a donation to Bird and Reynolds on behalf of the Fisher House.**



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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-earmc.mbx.pao@mail.mil](mailto:usarmy.gordon.medcom-earmc.mbx.pao@mail.mil).



Photo by David M. White

Sandra Quinones, RN, left, discusses a procedure with Capt. Jose G. Torrijos, MD, an internal medicine resident, on Aug. 19 at Eisenhower Army Medical Center. Quinones has benefited from the advanced career growth in the 5/7/9 program.

## 'Hidden jewel' accelerates career growth

David M. White  
Public Affairs Office

Eisenhower Army Medical Center

Army Medical Command's 5/7/9 program allows registered nurse civilians to be promoted at an accelerated pace that aids in retention and encourages career advancement. General schedule RNs interested in the program must take the first step to apply to be accepted in the program.

Several nurses at Eisenhower Army Medical Center have successfully completed the program.

Sandra Quinones, RN, came to nursing as a second career with her husband's PCS to Fort Gordon. She had long been a meeting and event planner but saw the opportunity to embark on a new career in nursing in 2009 through the nursing school at what is now Augusta University.

"I know it's a cliché," Quinones said, but "I wanted to help people and make a difference. It's a career with variety and daily interaction with people, especially in a collaboration mode."

The 5/7/9 program, she said, really allows new hires to "advance at a brisk pace" and get a lot of experience in many different care lines at EAMC.

"It's beneficial to grow your own people in the military model of health care," she said.

Deborah Yonce, RN, was a paramedic

at the GS 7 level prior to going to nursing school while she also worked full time.

"I didn't feel as if we had the security of a full-time job as I transitioned from paramedic to an RN," Yonce said. The 5/7/9 program, however, filled that void.

"[The program] is a great recruitment tool and retention tool," she said. "If you bring in a nurse with one year experience, they'll have to be retrained. But [with this program] you can get a good, new nurse fresh out of school" and train and advance them quickly and efficiently.

EAMC's director of the Clinical Nurse Transition Program, Rudolph Newman, is a beneficiary of the program and he recently earned his doctorate of Nursing Practice. While on active duty, he started training as a licensed practical nurse in 1994.

He likens the 5/7/9 program to the Field of Dreams: "If you build it, they will come."

Newman is quick to emphasize, however, that it is up to the applicant to take the initiative.

"The program helps keep people (at EAMC). But I sought it out as a leadership challenge ... a rapid way to learn," he said.

"It's an individually driven process," he said. "There is no season [to sign up] but it takes individual responsibility and commitment."

Newman encourages licensed practical

see 5/7/9 on page 8

## Nursing quarterly award recipients

*Nursing Quarterly Awards were presented Sept. 7 "in appreciation for the hard work and meaningful difference" these staff members "make in the lives of our patients." The recipients were nominated by patients, spouses of patients, coworkers or students.*

*Not all recipients were available for photographs.*

**Melissa Adkison, 11 West, Patient Caring Touch recipient**

**Nominated by: Lt. Col. Gene Meder, retired** — From March 11-12, I was attended to by Nurse Melissa Adkison on the 11th floor at Eisenhower Army Medical Center while hospitalized for atrial fibrillation.

Although all the staff in attendance were excellent, she stood out through her high levels of professionalism and personal care she gave me. I had been suffering from sleep deprivation for close to a month. She relieved me of that burden by her care, ensuring not only my sleep but helping me with anxiety and depression by keeping me continually updated on my condition and treatment. Frankly, I was pretty much kept in the dark until she nursed me and acted as liaison between myself and the doctors.

It got me through those days until I was released. Without her care, my stay as an inpatient would have been impossible. Melissa, you restored my faith in EAMC.

see **RECIPIENTS** on page 6

# Avoiding public enemy No. 1

**Lt. Col. Mendalose Harris**

Chief Army Public Health Nursing  
Eisenhower Army Medical Center

Time goes fast and soon the weather will be cooler and the leaves will start changing color in preparation of the Fall Season. This is the time when public enemy No. 1, Miss Influenza Virus, aka: Flu, is most active and circulating in the human world. The following is an interview with "Ms. Flu" while she was in captivity at the Center for Disease Control and Prevention. Ms. Flu Virus will introduce herself to you.

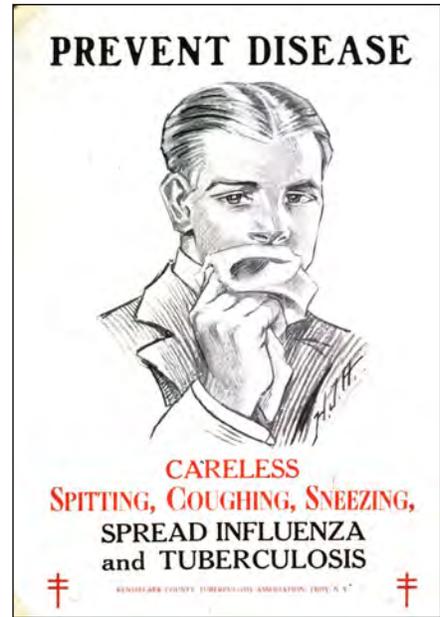
*"Hello, I am Ms. Influenza Virus, aka: Flu. There is no cure once I attack and invade your precious body, especially your respiratory system. There is no telling when I lose my temper and start attacking your lungs through your nose and throat. I thrive during the cold weather and winter season is my favorite time of the year when I hold*

*my party with the rest of my friends. I can be kind to some by injecting a small portion of my genes showing only mild symptoms to detect my presence.*

*"For those who are immuno-compromised, the very young and the elderly, I could create a serious problem and some may die from my attack through pneumonia. I am very contagious and there is no cure for me. I love humans who do not wash their hands, sneeze without covering their nose and mouth with a clean tissue.*

*"My most favorite humans are those who do not eat the right kind of food and don't get enough sleep because these contribute to the degradation of their immune response to fight me and allow me to have a party.*

*"I am very ungrateful because I reward humans who allowed me to enter their precious body by giving them muscle or body aches, fatigue (tiredness), headaches, runny or stuffy*



*nose, sore throat, fever (not all will experience these symptoms) chills, cough, and vomiting and diarrhea. I thank those humans who*

see **FLU** on page 11



Courtesy photo

Some of the 74 dedicated, hardworking food service staff members at Eisenhower Army Medical Center who provide services to more than 25,000 customers every month gather in Ike's Cafe in August.

## Recognizing hospital food service employees

**Capt. Donna Goodson, MS, RD, LDN**

Deputy Chief, Nutrition Care Division  
Eisenhower Army Medical Center

This first week of October every year is set aside to observe the contributions of professionals in the health care food-service industry.

Established in October 1989 by then-President George Bush, this week officially recognizes food-service workers for the integral part they play in the health care team. These teammates include chefs,

cooks, sanitation workers, patient tray-service employees, food-service supply technicians, dietetic technicians and aides, administrative officers and dietitians. This group of professionals not only helps keep waistlines in check but also provides delicious and health-conscious meals for inpatients and staff.

This year the National Hospital Food Service Workers Week is Oct. 2-8, and the theme is Food & Nutrition Services: You're The Key Ingredient To Our Care.

We honor each of the 74 dedicated, hardworking food service staff members at Eisenhower Army Medical Center who provide services to more than 25,000 customers every month. From the preparation to the delivery of foods in the hospital and dining facility, these hard-working professionals work long hours behind the scenes in non-air-conditioned kitchens to provide much needed nourishment to Eisenhower's staff and patients.

The next time you visit Nutrition Care or Ike's Café, tell them "thank you."

**RECIPIENTS** from page 4**Carla Bennett, OB-GYN Clinic,  
Patient Caring Touch recipient****Nominated by: Sgt. Leslie G. Gumas —**

Ms. Bennett started taking care of me in the third trimester of my multiple pregnancy (twins). She was so very caring and patient during my frequent monitor sessions and always made me feel at ease.

Following my C-Section, the off-post hospital mixed up my prescriptions. Ms. Bennett squared me away with the correct medicines almost immediately, ensuring no further delay in me receiving my much-needed pain medication. Most recently, in the 11-week period following my C-Section, Ms. Bennett has shown me compassion and care which helped me and my family as I struggled with my recovery process.

I had complications with my incision which failed to close up and heal properly post-partum. Ms. Bennett ensured my weekly appointments were scheduled, scheduled last-minute appointments on days I felt a need to see my doctor and/or wound care nurse, provided me emotional support as I struggled with the frustrations of my unforeseeable complications along with being a mother of twins.

Ms. Bennett, additionally, went above and beyond by calling me just to see how things were going.

Ms. Bennett's professionalism, diligence and dedication to my well-being were invaluable during this difficult period and, I believe, were key to my ultimate recovery.

Next week, I return to duty, and to my unit, A Co., 297th MI BN. It's been a difficult postpartum period but, never once did I feel alone or isolated through the process.

No one deserves this award — or such special recognition — more than her at this time. Because of her, I am returning to duty physically and emotionally healed. I will always be so grateful to her — as will my family. Thank you for considering Ms. Bennett for this award.

**Michelle Clayton, 9MSP,  
Preceptor Award, two nominations****Nominated by: Tiffany Newcomb**

— Ms. Clayton was my preceptor during Clinical Nurse Transition Program on 9 MSP. Her experience as a nurse and preceptor assisted in making my transition to EAMC pleasant. She provided great mentorship and guidance to allow me to learn and grow. She is always in positive spirits which assisted me during my stressful transition.

Ms. Clayton took time to sit down with me and get to know me as a person and my learning style in order for me to grow as a nurse and her to be able to provide me the preceptorship that I needed. Ms. Clayton, I cannot thank you enough for your mentorship, coaching and guidance. You are a wonderful nurse and a great educator.

**Nominated by: Capt. Derek LaChance** — Ms. Clayton was my preceptor during my initial orientation on 9 MSP. Her experience as a nurse and preceptor made my transition to the 9 MSP pleasant.

She provided just the right amount of oversight allowing me to request assistance as needed and learn. Her demeanor was always positive which assisted me in this potentially stressful transition. Ms. Clayton took the time to sit down with me and review my nursing competencies allowing me to document the nursing activities I demonstrated competence in.

Ms. Clayton exhibited a team-based approach during my precepting and for that I am thankful. Thank you, Ms. Clayton for helping me get up-to-speed to provide quality care to our beneficiaries.

**1st. Lt. Andrea Swansiger,  
Nursing Excellence Award**

**Nominated by: Lt. Col. Michael Corbin** — 1st. Lt. Andrea Swansiger works tirelessly and without complaint on a nightly basis on 11 West Telemetry. While many of the things she does so well may be construed to be “her job,” without her, 11 West and EAMC would experience a large barrenness that would immediately be felt by her patients, her peers, and her leadership.

1st. Lt. Swansiger consistently serves and utterly fulfills her duties as Charge Nurse while often taking a full patient load. When things are hectic with multiple admissions, computer systems going down, patients at risk of falling down, new call



Photo by John Corley

**1st. Lt. Andrea Swansiger, Nursing  
Excellence Award**

systems lighting up the halls like Christmas, other staff calling out or getting pulled to other areas, questions from new residents and nurses, new supervisor coming in early every morning, and so much more, 1st. Lt. Swansiger maintains a safe and positive unit where our patients want to receive their inpatient healthcare and our staff want to work.

1st. Lt. Swansiger efficiently coordinates the night-shift schedule. Often times, when staffing is short, she takes the initiative to fill potential holes by putting herself on-call; selfless service. 1st. Lt. Swansiger is a natural fit for meeting the Commander's intent of “Patient Experience,” safe and reliable; as well as “leader development,” on-point and steadfast. I wish I had a few more like her.





Photo by David M. White

1st Sgt. Corey Winn, Army Dental Lab, has been selected to be the assistant coach of the All-Army Women's Softball Team in Indian Town Gap, Pa. His team brought home the gold, besting every other DOD team. A hand-picked all-star team moves on to the ASA national championships that end Oct. 2.

## Dental Lab's first sergeant helps All-Army Women's Softball Team bring home DOD gold

**David M. White**

Public Affairs Office

Eisenhower Army Medical Center

Normally he answers to "first sergeant," but for the next month or so, Corey Winn will be called "coach."

Winn, the first sergeant at the Fort Gordon Army Dental Lab, has been chosen to be the assistant coach of the All-Army Women's Softball Team in the Armed Forces Softball Tournament in Indian Town Gap, Pa.

Participants in the All Army Sports Program are called Soldier-Athletes because they must be Soldiers first and outstanding athletes second. Soldier-Athletes must apply to be selected for the All Army program. Soldier-Athletes represent the Army in Armed Forces Sports Championships and national and international competitions.

Soldier-Athletes must apply to be selected for the All Army Sports Program

and require Command approval before they can be considered. Reviewing officials include All Army Sports staff and the Army Coaches of each designated sport. They consider the applicant's background, past performances, athletic awards and sports standards. Applicants have the opportunity to supplement their applications with newspaper articles, letters of recommendation, award certificates or other forms of support.

Winn, who grew up in San Diego as the son of a Navy sailor, has been playing sports for as long as he can remember.

"There the season's never really change," he said, "the sports change."

He played high school basketball and soccer and basketball in college. He picked up softball after he joined the Army in 1993.

"I had good mentors," he said. And, after developing a passion for softball, "I played everywhere I went," Winn said.

When he was stationed in Alaska, he applied for the All-Army Men's Softball Team, "just to see if I could compete."

He made the team.

In the past year Staff Sgt. Nichole Higgins attend one of the schoolhouses here at Fort Gordon and, while looking for a softball team, landed on Winn's team. Higgins, it turns out, is the head coach of the All-Army Women's Team. She encouraged Winn to apply for the assistant coach spot, which, of course, he earned.

And, at the end of September, the Army keeps rolling along as both the women's and men's teams took gold at the armed forces tournament in San Antonio, Texas.

The All-Defense Women's and Men's teams, culled as an all-star team from each of the four branches, will compete in the Amateur Softball Association's national championships Sept. 30-Oct. 2 in Oklahoma City, Oklahoma, against the best teams in the country.

# October is Pastoral Care Month, be spiritually fit

**Lt. Col. Rick Stevenson, chaplain,**  
Chief of the Department of Ministry and  
Pastoral Care  
Eisenhower Army Medical Center

October is Pastoral Care Month and Eisenhower Army Medical Center will celebrate in two ways. On Oct. 18, the department will sponsor two Blessing of the Hands ceremonies in the chapel. The ceremony will be 20 minutes in length and will be offered at 11 a.m. and 4 p.m. Chaplains will also visit various floors throughout EAMC and the outlying clinics to provide this service.

A prayer luncheon will be held Oct. 20 in Ike's Café. EAMC Commander Col. Michael Weber will be the guest speaker and the theme for the luncheon will be Spiritual Resiliency. Bring your food to the side area of Ike's and join us. We are planning to have goodies to hand out to those in attendance.

Spiritual Fitness is a term used to capture a person's overall spiritual health. The spiritual side of you impacts other areas of your life and can lead you to become a well-balanced person. It can help you have a better life and can assist you as you deal with painful issues.

## CALENDAR from page 2

### Oct. 23-31

Red Ribbon Week, several locations around post

### Oct. 24

United States Marine Corps Tribute Run 2016, Barton Field, all mission commanders run final lap, 8 a.m.

### Oct. 26

Installation influenza immunization, Gym 5, 5 a.m.

## 5/7/9 from page 4

nurses, civilians or military preparing to transition to civilian life, to consider the program.

"The benefits are in the training and it's good for new RNs," he said.

Geraldine Washington, RN, who was in the same graduating class at Augusta University as Quinones, came to the program with 14 years of prior government experience in medical logistics and 24 years as an Air Force Reservist.

She became interested in hands-on nursing care when her mother became ill in 1995.

Spirituality may be used generally to refer to that which gives meaning and purpose in life. It is not to be confused with religion, but religion is certainly a way you can become more spiritually fit. Like religion, your philosophy of life will assist you with your spirituality. Many believe these intertwine and come together to form the person you are today.

If you want to be a different person, focus on your spirituality. Your chaplain is certainly a person who can assist you with this journey. Remember, your chaplain isn't here to form you into his idea of spirituality but rather to assist you in your unique journey.

A spiritual fitness tool developed by the Navy encourages the idea that spirituality has two primary expressions:

1. Human Expression, which refers to the essential core of the individual. This includes activities that strengthen self and build healthy relationships. Examples of this include commitment to family, love of life and *esprit de corps*.

2. Religious Expression, which refers to applying your faith. This includes activities that connect you to the divine, God and

to 4 p.m., for military and mandated-DOD civilians

### Oct. 27

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

### Oct. 29

Influenza Drive-Through Campaign for beneficiaries 10 years old and older, EAMC staff parking lot, 8 a.m. to 2 p.m.

"Watching the nurses caring for her," she said, sparked an interest in the profession. She later studied to become a certified nursing assistant and, in 2004 became an LPN. In 2008-2009, she earned her RN license, along the way enjoying the advancement benefits of MEDCOM's 5/7/9 program.

For Newman, with his bird's-eye view as director of the CNTP, he sees the need to educate EAMC's leadership about the benefits of nurse advancement through the 5/7/9 program so more RNs can take advantage of accelerated career growth.

"This is a hidden jewel of a program," he said.

the supernatural. Examples include prayer, worship and participation. As a Christian chaplain, I think of the verse from the New Testament Book of James (chapter 1, verse 22) "Be a doer of the word and not a hearer only." Don't just listen to something and think "what a great idea" but make it a part of your life. As the old Nike advertising slogan use to say, "Just Do It."

Your spiritual fitness is typically healthier if you practice your faith, beliefs and other activities that support your spirituality. Your spiritual fitness is typically less healthy if you neglect to practice your faiths, beliefs, and other activities that support your spirituality.

*Editor's note: Lt. Col. Rick Stevenson, chaplain, is the chief of the Department of Ministry and Pastoral Care at EAMC. You may see him throughout EAMC or in the DMPC area on the third floor. Now that college football season is upon us, you may spot him around town wearing orange shirts with a great big white "T" on it.*

*Rounds*   
Eisenhower Army Medical Center

## Editorial calendar, story/photo deadlines

November 2016 Oct. 14

Domestic Violence Awareness  
Red Ribbon Week  
Dental Hygiene Month

December 2016 Nov. 10

Influenza Vaccination Week  
Safe Toys and Gifts Month  
Army National Guard Birthday

January 2017 Dec. 9

Cervical Health Awareness  
Thyroid Awareness

February 2017 Jan. 6

American Heart Month  
African Heritage, Health Week  
National Donor Day

March 2017 Jan. 22

Colorectal Cancer Awareness  
National Nutrition Month

# Breast cancer awareness improves detection

**Ms. Cris Hightower, R.N.**

CCM Hematology/Oncology

Eisenhower Army Medical Center

October is a time to pause, recognize, and take action to increase breast cancer awareness. Increasing awareness improves the ability to identify early breast changes that may require further tests and ultimately save lives.

Breast cancer is defined by the presence of abnormal, mutated cells which form in breast tissue. However, the exact cause of breast cancer is still unknown. According to the National Cancer Institute, during this year alone (2016), an estimated 246,660 women and 2,600 men will be newly diagnosed with breast cancer, in the United States.

## What is breast cancer screening?

The goal of screening is to identify breast health abnormalities before symptoms occur. The most common screening tools are breast self-examinations, clinical breast examinations and breast mammography. These screening methods help identify cancers early, when they are more likely to be small and localized in the breast.

The American Cancer Society now recommends women ages 40-44 consider annual mammograms, while those ages 45-54 continue annual mammograms and those over age 55 consider mammograms every annually or 2-years.

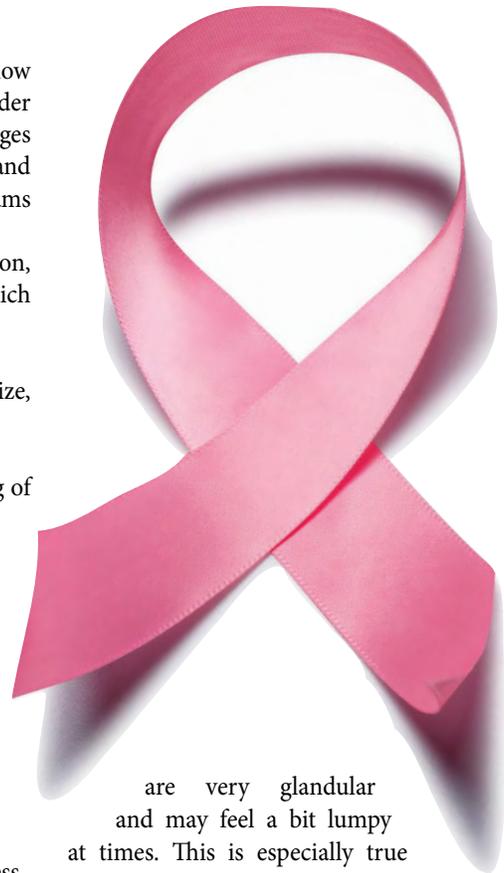
During your breast self-examination, you should assess for these signs which may:

- indicate a need for further tests:
- changes in breast appearance (shape, size, color, etc.)
- changes in breast texture
- rippling or thickened skin or a feeling of localized firmness
- puckering and/or dimpling breast tissue
- lumps in breasts and/or underarm area
- nipple turned inward toward the breast
- nipple drainage/or fluid (especially blood tinged)
- abnormal breast tissue appearance (scaly, reddened, swollen)
- breast pain and/or abnormal tenderness

It is important to note that our breasts

are very glandular and may feel a bit lumpy at times. This is especially true for women who are pregnant

see **BREAST CANCER** on page 11



# Mammography 101: answers to questions you might not think to ask

**Chris Frayne B.S.,RT(R)(M) and**

**Cris Hightower RN., CCM**

Radiology Department

Eisenhower Army Medical Center

**Q:** Why do they say not to wear deodorant,

**A:** No. Deodorant and powders can mimic breast cancer or a breast abnormality. Creams will make the skin slippery preventing good compression.

**Q:** Why do I have to hold my breath when they take the picture?

**A:** It prevents motion on the image. Because we are looking for such fine details, we don't want anything movement that will blurred the image.

**Q:** Do men have mammograms done too?

**A:** Yes, men get breast cancer. Most lumps felt by men turn out to be benign.

**Q:** Why can't I have a breast MRI or ultrasound done instead of a mammogram?

**A:** An ultrasound is used for a targeted area with a palpable lump or area of concern. An MRI is used in special cases such as

for patients with breast implants.

**Q:** Can a patient with breast implants have a mammogram done?

**A:** Yes, we take eight pictures instead of the usual four. Four pictures show the whole breast and implant, in order to evaluate the implant. The second set of four pictures shows breast tissue only. This is accomplished by pushing the implant back and compressing the breast tissue in front of the implant.

**Q:** I have heard the terms screening mammogram and diagnostic mammogram. What is the difference?

**A:** A screening mammogram is an annual mammogram. In other words, there are no concerns or breast changes. This mammogram examination is usually completed in about 20 minutes. A diagnostic mammogram is ordered by the physician when there is some cause for concern. Concerns include a palpable lump, skin changes, sudden inversion of the nipple, etc. A radiologist is available

to review these mammograms while the patient waits in the clinic. This allows additional images or tests to be done, as needed. This mammogram examination could last up to one-hour.

**Q:** I feel a lump in my breast. Can I call and schedule a mammogram for myself?

**A:** No. EAMC does not provide self-referral mammograms. This is because we want to ensure the patients have a healthcare provider to additional tests as may be required.

**Q:** I have had breast cancer and surgery. Do I need mammograms more often?

**A:** Yes. It is recommended to have a mammogram on the surgical breast every 6-months, for 2-years. The opposite breast will be done every other time (annually).

To learn more about Breast Cancer, visit National Cancer Institute 1-800-4-cancer www.cdc.gov Centers for Disease Control and Prevention 1-800-232-4636 American Cancer Society 1-800-227-2345 www.acs.org.

**Bob Meloche**

Safety Manager

Eisenhower Army Medical Center

This time of year, folks are concerned with preparations for the approaching winter season. This is all well and good. However, the one thing we cannot ignore is the ever present danger posed by Suicidal Wildlife Street Gangs.

We've heard all the hoopla surrounding gang violence issues across the country, but even "20/20" hasn't dared to broach this controversial subject. Some of you have encountered these woodland hoods, and know the portrayal they received in movies like "Snow White" and "Bambi" was nothing more than Hollywood hype and hoopla. I've had the chance to talk to some of the victims, and here are a few of their grisly stories...

"Cletus," (not his real name), age 32. "I was driving down the road, minding my own business, when this cute little deer went scampering across the road in front of me. I slowed down and watched the little creature as it entered the woods, and I thought everything was fine. Suddenly, I heard a loud crash and lost control of my car. As I skidded to a halt in the gravel, I saw a very large deer jump up and run into the woods. I don't mind tellin' you, I was scared! Later, I found out there was about \$2,000 damage to my car."

It seems "Cletus" was a victim of the infamous "Bait and Switch," where a decoy deer is sent across the road to distract a driver while a 200+ lb mega-deer waits for just the right moment before blind-siding the vehicle. Here's another case-in-point...

"Eunice," (not her real name), age 26. "I was driving along, when I saw a deer run out into the road. I was alert and swerved hard to the right to miss the deer. I missed it alright, but I succeeded in hitting three trees and doing almost \$4,500 damage to my car in the process."

"Eunice" wanted to be a good person, and didn't want to hurt the "cute little deer." She got what she wanted and the deer was unscathed. However she also succeeded in hitting three perfectly innocent trees and crunching her car. Perhaps the deer would have done less damage? We'll never know. However, many insurance companies count an animal strike under the comprehensive portion of the policy, potentially saving you the cost of the deductible. The point is, the

Suicidal Wildlife Street Gangs once again succeeded in making the roads you take for granted, a challenging place to drive.

Take the case of one poor soul who was returning home after a long road trip. He was so excited about seeing a whole herd of deer in the vicinity of his house; he dropped his car into reverse so he could once again see the deer in his headlights. This worked amazingly well, and everything would have been fine if he hadn't forgotten he was towing a trailer. You know, it's amazing the amount of damage a trailer can do when it's slapped against the side of a car. In this example, the "sweet innocent deer" had an adverse effect on someone's judgment.

Some folks believe "Deer Whistles" placed on the bumper of their vehicle will scatter the deer to the four winds, and keep them clear of the road. "Tom," (not his real name), relates an incident where the deer whistles so enraged a deer, it ran directly in front of his truck. He struck the deer, causing it to launch into the air, perform the infamous "Kamikaze Kilroy" dive (with three and one half twists, in the full layout position), rest on the windshield of a vehicle in the oncoming lane. Now as anyone familiar with the laws of physics can tell you, if you launch a 200lb deer thirty feet in the air, it doesn't just "come to rest" on the windshield. It actually lands in the lap of whoever happens to be unlucky enough to be driving the vehicle. This tends to upset that person quite a bit, and we'll obtain a written statement as soon as they're allowed to handle pencils and other sharp objects again.

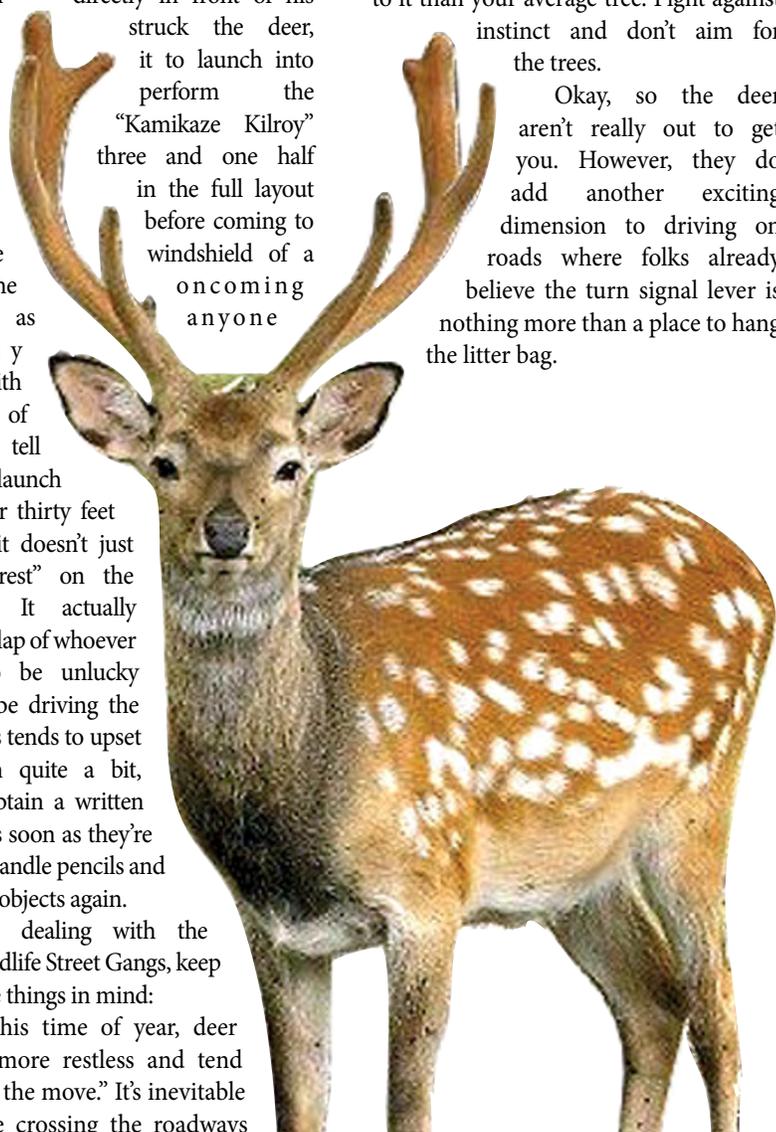
When dealing with the Suicidal Wildlife Street Gangs, keep a few simple things in mind:

- During this time of year, deer become more restless and tend to be "on the move." It's inevitable they'll be crossing the roadways

more frequently.

- Deer do not care if you're in a 2,000+ pound car and they have no means of protection. Given half the chance, they'll run straight in front of, into the side of, or across the top of your vehicle.
- Deer tend to follow the same path back that they started from. Simply put, if you see some deer on both sides of the road, you have no guarantee which side they started from or if they're all headed in the same direction. Slow down and allow them to decide where they're going.
- There are three things you can do to help should you encounter deer: slow down, slow down and slow down. This gives you more time to think and react.
- There may be times when you have to make a split second decision to either hit a deer or steer for the trees. This may sound heartless, but a deer has a lot more "give" to it than your average tree. Fight against instinct and don't aim for the trees.

Okay, so the deer aren't really out to get you. However, they do add another exciting dimension to driving on roads where folks already believe the turn signal lever is nothing more than a place to hang the litter bag.



**BREAST CANCER** from page 8

and menstruating women, just before monthly menses. This is why it is extremely important to become acquainted with how your breasts “normally feel”. This way, you will be able to detect changes early. If you have any concerns, be sure to address them with your healthcare provider immediately.

**Further tests**

Mammograms are x-ray-type photos of breast tissue that can detect early breast changes too small to feel during breast self-examination. Be sure you obtain your mammogram and your mammogram results.

Did you know that it is the law to receive mammogram results within thirty-days of having your mammogram? This is true and

is based upon the Mammography Quality Standards Act. In addition to mammogram findings, your healthcare provider may order follow-up tests, such as a breast ultrasound or magnetic resonance imaging to obtain a more detailed picture of the breast. If the follow-up tests confirm abnormal findings, a breast biopsy is done to prove or disprove the presence of cancer cells.

**FLU** from page 5

*feed me and create an environment that is compatible for my survival.”*

CDC advises that everyone from six months and older should get vaccinated against the Flu. Wash your hands before you touch any part of your body especially after using the toilet, and coughing using your bare hands to cover your mouth. Cover your mouth when coughing by using a tissue or the sleeve of your clothes if wearing long sleeves. Eat a balanced diet and ensure that your plates have the color of the rainbow. It is advisable to have a colorful plate and the darker the color is better to ensure that you are getting the

vitamins and minerals that your body needs to boost your immune system.

Get enough sleep, at least 7-8 hours for your brain to regenerate and help your immune system fight Ms. Flu from infecting you.

The Advisory Committee on Immunization Practices recommends everyone receive the injection only for this year’s flu immunization. Flumist is no longer recommended.

The Department of Defense only ordered injection for this year’s flu season. It is advisable for all active duty members to receive their vaccines from the Military Treatment Facility, clinics

or hospital. Eisenhower Medical Center will not be accepting any documentation of Flumist from outside providers to be put into electronic databases for all active duty members.

The following dates are for flu vaccination

- Oct. 26, from 5 a.m. to 3 p.m., at Gym 5 Cyber Fitness Center for all military and mandated-DOD civilians
- Oct. 29, from 8 a.m. to 2 p.m., drive-through vaccination at EAMC for those 10 years old and older
- Beneficiaries may also receive flu immunizations from their assigned primary care clinic.

## FOR PEAK PERFORMANCE, REACH ALL TARGETS AND + GOALS

GET **8 HOURS** OF  
QUALITY  
**SLEEP**  
PER  
**24 HOUR**  
PERIOD

AIM FOR  
**10,000 STEPS** PER DAY  
**+ 5,000 ADDITIONAL STEPS**  
(SPREAD THROUGHOUT THE DAY)

INCLUDE AT LEAST  
**2 DAYS**  
OR MORE  
RESISTANCE  
TRAINING PER WEEK  
**+ 1 DAY**  
**AGILITY**  
TRAINING



EAT AT **8**  
LEAST  
SERVINGS OF  
**FRUITS & VEGETABLES**  
PER DAY

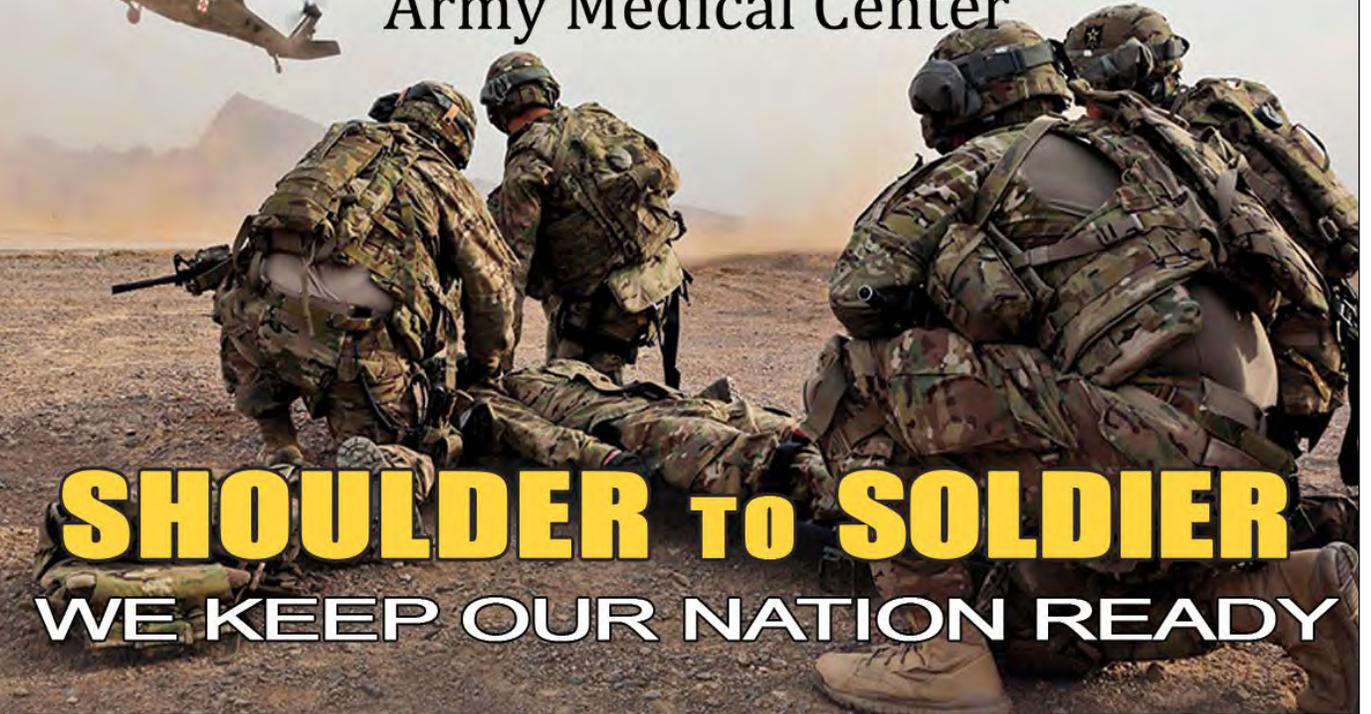
GO CAFFEINE  
**FREE 6**  
HOURS  
(BEFORE BEDTIME  
TO RESET SLEEP)

RE-FUEL  
**30-60** MINUTES  
AFTER  
STRENUOUS  
EXERCISE

INCORPORATE  
AT LEAST  
**150** MINUTES  
MODERATE  
**+ 75** MINUTES  
VIGOROUS INTENSITY  
**AEROBIC EXERCISE** (PER WEEK)



# Eisenhower Army Medical Center



## SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



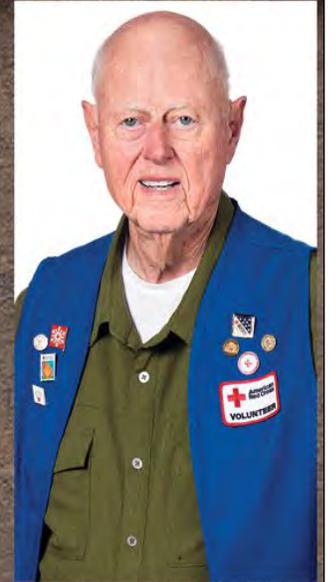
2nd Lt. Suzanne E.  
Redfield, RN  
Medical/Surgical Pediatric  
Soldier since May 2015



Catina Daniels  
Clinical Practice Manager  
Community Care Clinic  
At EAMC 6 years



Terry Jones  
A&J Services  
At EAMC 36 years



Clarence Gissendanner,  
Red Cross Volunteer,  
licensed pharmacist in  
EAMC Pharmacy since  
2010, 1,800 hours

