

CHANGE OF COMMAND • MEET THE NEW COMMANDER

Rounds 
Eisenhower Army Medical Center

AUGUST 2017



Don't
look at
the Sun
and other eclipse advice

PERFORMANCE
TRIAD
Month

SCHOOL
BUS
SAFETY

Photo by John Corley

CALENDAR

Aug. 1
Junior Enlisted Development Program, EAMC Auditorium, 6-7 a.m.

EO Training, EAMC Auditorium, 8-9 a.m.

ASAP, EAMC Auditorium, 3-4 p.m.

Aug. 2
NCO DP, EAMC Auditorium, 6-7 a.m.

Junior Enlisted Development Program, EAMC Auditorium, 6-6:30 a.m.

Resilience training, EAMC Auditorium, 8-10 a.m.

Junior Enlisted Development Program, EAMC Auditorium, 4-5 p.m.

NCO DP, EAMC Auditorium, 4-5 p.m.

Aug. 7
ACE Training, EAMC Auditorium, 9-11 a.m.

TARP Training, EAMC Auditorium, 1-3 p.m.

Aug. 8
Threat Awareness and Reporting Program training, Darling Hall, Room 188, 10-11 a.m.

Aug. 9
Resilience training, EAMC Auditorium, 8-10 a.m.

Aug. 10
LDP, EAMC Auditorium, 6-7 a.m.

SHARP Soldier/Civilian, EAMC Auditorium, 9:30 a.m. to 12:30 p.m.

LDP, EAMC Auditorium, 4-5 p.m.

Aug. 12
EAMC 2017 School Screening, various places around the hospital, 8 a.m. to 2 p.m.

Aug. 14
ASAP, Alexander Hall, 1-2 p.m.

ASAP, Alexander Hall, 2:30-3:30 p.m.

Aug. 15
Substance Abuse Training for civilian supervisors, Alexander Hall, 9-10 a.m.

Substance Abuse Training for civilian employees, Alexander Hall, 10:15-11:15 a.m.

see **CALENDAR** on page 11

Rounds

August 2017

 		Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 Italian Wedding Soup Beef Yakisoba Pork Adobo Egg Rolls Fried, Steamed or Brown Rice Steamed Broccoli Vegetable Stir Fry	2 Chicken Noodle Soup Roast Turkey Baked or Fried Catfish Cornbread Dressing Mashed Potatoes Green Beans Summer Squash	3 Pork & Green Chili Soup Chicken Fajitas Enchiladas Bean, Cheese Burritos Refried Beans Spanish, Brown Rice Peppers & Onions Corn Tomatoes	4 New England Clam Chowder Parmesan Tilapia Beef Bulgogi Lyonnaise Potatoes Steamed, Brown Rice Asparagus Carrots Almandine	5 Cream of Broccoli Soup Glazed Ham Baked Salmon Wild, Steamed or Brown Rice Mashed Potatoes California Blend Vegetables Black-eyed Peas
6 Italian Wedding Soup BBQ Beef Sandwich Mexican Chicken Steak Fries Brown, White Rice Asparagus Riviera-Mixed Vegetables	7 Cream of Broccoli Soup Baked Chicken BBQ Chicken Chili Macaroni Rice Red Potatoes Sautéed Cabbage Corn	8 Chicken & Wild Rice Soup Meatloaf Spicy Honey Pork Loin Mashed Potatoes Brown, Steamed Rice Green Beans Cauliflower	9 Chicken Gumbo BBQ Ribs Fried, Baked Catfish Macaroni & Cheese Brown, Steamed Rice Tomatoes & Okra Collard Greens	10 Beef with Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Egg Rolls Steamed, Brown Rice Broccoli Stir Fry Vegetables	11 Chicken and Dumpling Soup Beef Stew Baked Tilapia Egg Noodles Steamed Rice Asparagus Summer Squash	12 Mediterranean Vegetable Soup Salisbury Steak Herb-Baked Flounder Wild, Brown Rice Cottage Fried Potatoes Mixed Vegetables Broccoli		
13 Mushroom Barley Soup Hungarian Goulash Parmesan Tilapia Steamed Rice Egg Noodles Peas and Carrots Catalina Vegetables	14 Tomato Basil Soup Chicken Cacciatore Spaghetti with Meat Sauce White, Wheat Pasta Roasted Potato Wedges Cauliflower Au Gratin Broccoli	15 Chicken Noodle Soup Baked Chicken Beef Stroganoff White or Brown Rice Egg Noodles Corn Brussels Sprouts Dinner Rolls	16 Beef and Ham Soup Honey Glazed Ham Herb-Baked Flounder Fried Flounder Scalloped Potatoes Rice Glazed Baby Carrots Sautéed Cabbage	17 Chicken & Wild Rice Soup Oven Roast Beef Baked Salmon Egg Noodles Potatoes O' Brien Rice Sautéed Asparagus Mixed Vegetables	18 Mediterranean Vegetable Soup Chicken Parmesan Beef or Vegetable Lasagna White, Wheat Pasta Brown Rice Sicilian-Mixed Vegetables Broccoli	19 Beef with Pepper Soup Turkey Tetrazzini Parmesan-Crusted Tilapia Steam Rice Steak Fries California Mixed Vegetables Baby Carrots		
20 Potato Soup w/ Bacon Steak Ranchero Rice Pilaf Mashed Potatoes Peas & Carrots Cauliflower Au Gratin	21 Chicken Gumbo Fried, Baked Chicken Baked Salmon Steamed Rice Potatoes & Herbs Baked Beans Mixed Vegetables Sautéed Cabbage	22 Italian Wedding Soup Beef Yakisoba Pork Adobo Egg Rolls Fried, Steamed or Brown Rice Steamed Broccoli Vegetable Stir Fry	23 Chicken Noodle Soup Roast Turkey Baked, Fried Catfish Cornbread Dressing Mashed Potatoes Green Beans Summer Squash	24 Pork & Green Chili Soup Chicken Fajitas Enchiladas Bean, Cheese Burritos Refried Beans Spanish, Brown Rice Peppers & Onions Corn Tomatoes	25 New England Clam Chowder Parmesan Tilapia Beef Bulgogi Lyonnaise Potatoes Steamed, Brown Rice Asparagus Carrots Almandine	26 Cream of Broccoli Soup Glazed Ham Baked Salmon Wild, Steamed or Brown Rice Mashed Potatoes California Blend Vegetables Black-eyed Peas		
27 Italian Wedding Soup BBQ Beef Sandwich Mexican Chicken Steak Fries Brown, White Rice Asparagus Riviera-Mixed Vegetables	28 Cream of Broccoli Soup Baked Chicken BBQ Chicken Chili Macaroni Rice Red Potatoes Sautéed Cabbage Corn	29 Chicken & Wild Rice Soup Meatloaf Spicy Honey Pork Loin Mashed Potatoes Brown, Steamed Rice Green Beans	30 Chicken Gumbo BBQ Ribs Fried, Baked Catfish Macaroni & Cheese Brown, Steamed Rice Tomatoes & Okra Collard Greens	31 Beef with Green Pepper Soup Teriyaki Chicken Beef Pepper Steak Egg Rolls Steamed, Brown Rice Broccoli Stir Fry Vegetables				

Eisenhower welcomes Ristedt as new commanding officer

Editorial Staff

Eisenhower Army Medical Center welcomed its new commanding officer, Col. David E. Ristedt, at a change of command ceremony July 13 at Barton Field.

Ristedt recently relinquished his duties as the deputy surgeon, United States Army Pacific/Assistant Chief of Staff, Medical Services, a position he had held since June 2016.

EAMC's military and civilian staff welcome Ristedt in the service of the hospital's mission and the entire Ristedt family into the Eisenhower family.

Together, we are Eisenhower.

The following is Ristedt's remarks to those in attendance at the change of command ceremony.

...

Today begins another chapter in the long legacy of outstanding care and support you provide to the greater Southeastern US, Puerto Rico and to military forces around the world. Your dedication, professionalism and outstanding care are recognized across the Department of Defense.

During my transition, it became crystal clear that EAMC leads the way in many metrics across the AMEDD and is a critical asset to the Region's health mission as well as the future transition to the DHA. A change of leadership will not change your outstanding work. But what it does bring is an opportunity to build upon success and make some subtle course corrections where efficiencies can be gained.

Our namesake, President Eisenhower, once said that "Leadership is the art of get-



Photo by David M. White

Col. David E. Ristedt speaks to soldiers prior to the change of command ceremony where he assumed command of Eisenhower Army Medical Center from Col. Michael A. Weber at Fort Gordon's Barton Field July 13.

ting someone to do something you want done because he wants to do it."

I'm confident we have the team that wants to get after our priorities and sustain our vision of 5-star healthcare. Therefore, leaders here are responsible for cutting through any uncertainty and friction to guide, resource and empower our staff to deliver care.

As far as our focus areas, we have specific guidance to ensure that readiness is our No. 1 priority. As you all know, medical readiness of our Soldiers and family members is critical to the deployability and lethality of our combined Armed Forces. In addition, we have the responsibility to train, develop and sustain a ready medical force. With that in mind, our initial litmus test for resourcing decisions will be how any effort will enhance readiness.

We must be good stewards of our most precious resources — time and people. When filtered properly, decisions about resource allocation become better focused and structured.

The other primary focus area for us will be to enhance internal staff communication and well-being. I want people to be excited to come to work and be passionate about their contribution to our mission.

Our mission is to deliver readiness, care for our community and take care of each other. To do that, our facility must be well maintained, our equipment must provide the information necessary for critical decision to be made for patient care, the staff must be cordial, professional and knowledgeable; and leadership must provide the

see **COMMANDER** on page 8

Rounds
Eisenhower Army Medical Center

August 2017 • Vol. 2, No. 11

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

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

4 Students get a taste of volunteer, health care experience

David M. White

Public Affairs Office

Eisenhower Army Medical Center

Now you see them. Now you don't. They're here for just a blink of an eye every summer but their contribution while they're here — and what they take with them when they leave — is immeasurable.

every day in EAMC's same-day surgery department for most of the summer. She is a student volunteer who is a bit out of the ordinary in that, even though she is a high school student, she has already completed a full training course, including clinical experience and passing a licensing exam, to be a Certified Nursing Assistant.

"I have enjoyed watching how the nurses

good on a resume.

Aslakson is not interested in pursuing a career in infectious disease prevention, however. He spent part of the summer visiting colleges, including American University in Washington, D.C., because of their international relations studies program.

A military child, as are most of the student volunteers, Aslakson has spent six years, off and on, living in the National Capitol Region and is interested in going back.

He said he has developed an appreciation for the doctors and nurses, and especially for the patients when they smile when they "see [that] people really care about them."

Evan Wright, 14 from Fox Creek High School, works in the medical library "because the topic interested me," he said after admitting that the opportunity to volunteer was his first draw.

Because of his work in the library with new doctors, Wright has had the chance to watch them learn to communicate with more experienced care givers and patients in a professional setting.

Interested in a career in either civil engineering or architecture, Wright, along with Rahman, quickly ruled out a career in the military as they move forward. Aslakson said the military might be an option to help pay for his college.

As the summer winds down — Augusta area schools start Aug. 7 — the student volunteers fold up their blue shirts and get ready to return to the classroom. However, since they have passed the screening and training to volunteer here, they are welcome to come back to volunteer through May 31, 2018.

By that time, another class of volunteers will be about ready for next summer.

"The [student volunteer] orientation is usually the first week of June, Mahoney said. "They are authorized to volunteer up until school starts and during Thanksgiving, Christmas and spring break.

The applications are available the first week of April and include an essay section.

"Once the youth clears that portion, we do a telephone interview," Mahoney said. "Once this is completed, each youth will be notified as to whether or not they are accepted. Each year more than 100 applications are given out."

A youth recognition ceremony was held the last week of July.



Photo by David M. White

Jamie Rahman, 17 and a student at Evans High School, helps set up a patient room in Eisenhower Army Medical Center's same-day surgery department in the early morning of July 12. She is a student Red Cross volunteer who has already completed a full training course, including clinical experience and passing a licensing exam, to be a Certified Nursing Assistant. She is one of 32 students who served as Red Cross volunteers at EAMC this summer.

Every summer the American Red Cross at Eisenhower Army Medical Center opens its volunteer rolls to high school students who are seeking to make a difference in the lives of others as well as to take away experiences they'll never forget.

"We had 32 volunteers this year," Monica Mahoney said, EAMC's staff volunteer for the Red Cross. "This is a little higher than usual. The number of youth who are accepted depends on the places we have to put them."

Jamie Rahman, 17 and a student at Evans High School, has been volunteering all day,

[here] interact with the patients," Rahman said. "The look on the patients' faces when they make the connection with the nurses ... I love that."

And her sights are high. Rahman's desire is to become a pediatrician.

The student volunteers have a bit of a say in where they work while at EAMC.

Sam Aslakson, 16 from Lakeside High School, has been working in infectious disease prevention. He volunteered this summer because he was interested in volunteer opportunities and, frankly, it looks

Sustaining combat proficiency through regular training

Capt. Zachary Patterson

Alpha Company Commander, Troop Command
Eisenhower Army Medical Center

Troop Command recently conducted training to ensure its Soldiers are prepared and ready to deploy in support of any war-time mission.

Army Warrior Tasks is a set of baseline skills for all Soldiers to maintain, regardless of their military occupational specialty, to ensure combat proficiency.

All Eisenhower Army Medical Center Soldiers E1-E7, O1-O2, WO1-WO2 and those assigned to Professional Filler System

positions are required to maintain these skills annually.

When activated, PROFIS Soldiers are attached to deploying units and must be prepared to function effectively alongside combatant Soldiers.

The most recent iteration of AWT testing occurred June 13-15 at Training Area 3 behind Building 319.

Approximately 100 EAMC Soldiers completed skills testing during the three-day training event which consisted of an assortment of Warrior Tasks.

Tasks included performing a weapons function check; requesting medical evacuation on a SINCGARS radio; map reading and land navigation; establishing security halt and performing a personnel search; reacting to Chemical, Biological, Radiological and Nuclear hazard/attack; performing combat casualty care; and detecting Improvised Explosive Devices.

Troop Command also hosted two German officers who participated in AWT testing, exhibiting the rigorous training expectations of our Soldiers.

This quarterly training event allows Soldiers to exercise their tactical competencies and ensures a more ready force. The next AWT training will be conducted in September.



Courtesy Photo

German Army Officers, Capt. Christian Albert and Dr. Michael Goldbach, conduct disassemble/reassemble and perform functions check of a M16 task during their Army Warrior Task experience with Eisenhower Army Medical Center's Troop Command's quarterly training June 13-15.

DON'T look at the sun Aug. 21 ... or any day for that matter

Never look directly at the sun:
It can permanently damage your eyes.
You must use proper safety equipment
to look at any type of solar eclipse.

Compiled by David M. White

Public Affairs Office
Eisenhower Army Medical Center

On Aug. 21, a total solar eclipse will be visible to people in the United States along a narrow band, approximately 73 miles wide, that crosses 12 states from Oregon to South Carolina.

Major U.S. cities in the path of totality include Salem, Ore.; Casper, Wyo.; Lincoln, Neb.; Kansas City, Kan.; Kansas City, Mo.; Jefferson City, Mo.; St. Louis; Nashville, Tenn.; Greenville, S.C.; Columbia, S.C. and Charleston, S.C.

Fort Gordon sits just outside of the path of totality. The amount

see **ECLIPSE** on page 9

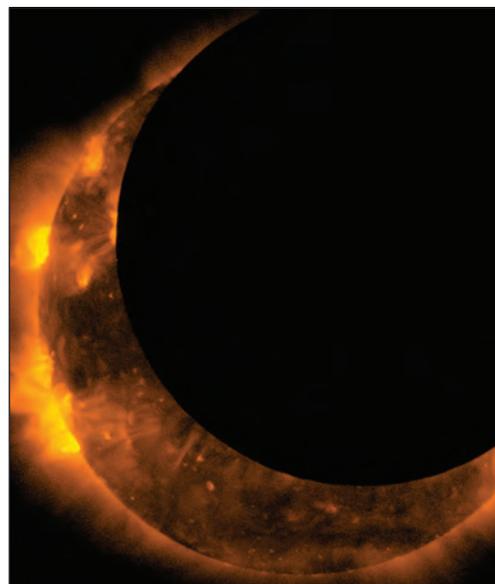


Image from the Hinode spacecraft shows the solar eclipse, which darkened the sky in parts of the Western United States and Southeast Asia, May 20, 2012. Photo courtesy of NASA.gov.



Photo by David M. White

One of the 75mm Howitzers and the crew's gear waits for Eisenhower Army Medical Center's change of command ceremony to begin July 13 at Barton Field.



Photo by David M. White

Senior leaders and the color guard render honors as part of Eisenhower Army Medical Center's change of command ceremony July 13 at Fort Gordon's Barton Field as Col. David E. Ristedt assumes command from Col. Michael A. Weber. The host for the ceremony was Brig. Gen. Erik H. Topping III, deputy commanding general, Regional Health Command – Atlantic.

CHANGE OF COMMAND



Photo by David M. White

Four of the five 75mm Howitzers are lined up to render an 11-gun salute in honor of the attendance of Brig. Gen. Erik H. Topping III, deputy commanding general, Regional Health Command – Atlantic, at the Eisenhower Army Medical Center's change of command ceremony July 13.



Photo by John Corley

Command Sgt. Maj. John Steed grips the hospital's colors as he prepares to pass them to the outgoing commander, Col. Michael A. Weber, at the change of command ceremony.

'During my transition, it became crystal clear that EAMC leads the way in many metrics across the AMEDD ...'

— Col. David E. Ristedt, commander, Eisenhower Army Medical Center



Photo by David M. White

Members of the Fort Gordon Army Band provide musical accompaniment to the change of command ceremony July 13.



Photo by David M. White

Minutes following the end of the change of command ceremony, Col. David E. Ristedt speaks with members of the Augusta print and broadcast media who were on hand covering the event.



Photo by John Corley

Brig. Gen. Erik H. Topping III, deputy commanding general, Regional Health Command – Atlantic, right, passes the Eisenhower Army Medical Center colors to Col. David E. Ristedt, left, as a symbol of his assumption of command while outgoing commander, Col. Michael A. Weber, watches.



Photo by John Corley

Col. David E. Ristedt renders his first official salute to his troops as the new commander of Eisenhower Army Medical Center at Fort Gordon's Barton Field July 13.

Laugh your way through your day

Capt. Christopher N. Hart

Chaplain Clinician

Eisenhower Army Medical Center

One of the best ways to decrease your stress level, lower your blood pressure, bring happiness and joy to yourself and others is through laughter. It's just that simple. Laughter in your life is a resiliency tool that works for everyone in all areas of life no matter the challenges or obstacles we are facing. Laughter enables you to bounce back from stress, disappointments and even setbacks. It helps us not to take ourselves too seriously and reminds us to find joy in our everyday life.

Sometimes in life when we face hardships and difficult challenging situations, they sap our energy, steal our smiles and lower our morale. At the end of the day, we are left exhausted and ineffective, and feel as if we did not accomplish our goals. However, having a sense of humor in your everyday life brings joy and happiness which becomes nourishment to your soul. A nourished soul helps maintain a healthy body and mind, and a healthy body and mind produces positive results.

How does one rejoice continually when things have not been going the way you anticipated?

In Proverbs 17:22 it says, "A cheerful heart is good medicine, but a crushed spirit dries up the bones."

Have you ever faced a situation that was so difficult you wondered if you would ever be happy again? Joy and happiness combat depression. Depression is triggered by stressors. Stressors can evolve from the workplace, family issues, loss, financial issues and for some, it's their unfinished business. Unfinished business is any unresolved issue or challenge that you carry along with you. It hinders you from work-

ing in harmony with people around you and most of all harmony within yourself. If you are not in harmony with yourself it will be hard to be in harmony with others.

How can you get out of that pattern of behavior that has left you unhappy and unproductive? In Philippians 4:4 the Apostle Paul in his final exhortation to the Philippian Christians, he encourages them to rejoice. Paul was writing from prison in Rome and, although his circumstances were not that great, he chose to remain positive through rejoicing. He wanted others to do the same when he said, "Rejoice in the Lord always; again I say, rejoice."

You may wonder how does one rejoice continually when things have not been going the way you anticipated? Rejoicing helps you to remain hopeful and focus your attention and mind on positive things. Rejoicing also helps you stay motivated knowing that God's love and care for you is unchangeable. Knowing this will put that smile and laugh on your face. These are remedies that you can use daily and before you know it you will be laughing your way, through your day. Give it a try.

COMMANDER from page 3

resources, guidance and transparency to ensure we can maximize productivity.

We are truly a team of teams, made of individuals — responsible to each other — ensuring our patients have a positive experience on a day when they may not be at their best.

My charge to every member of the EAMC team is to wake up every day excited to come to work and if there is something preventing that, make it known. Be there for each other and together, we will deliver the readiness and patient experience our beneficiaries and the DoD demand.

I sincerely look forward to supporting your efforts of delivering 5-star healthcare. I work for you. Now put me to work.

...

Excerpts from Col. Ristedt's biography

Col. David E. Ristedt, a native of

Logansport, Ind., enlisted in the Army in 1987-88 as a 91D Operating Room Technician. He attended the University of Arizona's ROTC program where he earned a Bachelor of Science degree in Biochemistry and a 1990 Distinguished Military Graduate designation.

Ristedt then attended the Uniformed Services University of the Health Sciences and graduated with a Doctor of Medicine in 1995 followed by a Family Medicine Internship and Residency at Fort Benning's Martin Army Community Hospital, graduating in 1998.

His previous significant officer assignments include Commander, Bad Kreuznach and Dexheim Health Clinics, Germany (1998-2001); Family Medicine Department Chief, Carl R. Darnall Army Medical Center, Fort Hood, Texas (2006-2007); Division Surgeon, 4th Infantry Division, Fort Hood, Texas; Deputy Commander for Clinical Services, Reynolds Army Community Hospital, Fort Sill, Okla. (2009-2011);

Commander, 21st Combat Support Hospital (2011-2013); XVIII Airborne Corps Surgeon (2013-2015).

Ristedt's combat deployments include 21st Combat Support Hospital, Operation Iraqi Freedom (OIF-1), Mosul, Iraq (2003-2004); OIF 07-09, Baghdad, Iraq (2007-2009); OEF 2014, USFOR-A and IJC Senior Medical Officer, Kabul, AFG.

His military education includes Enlisted Basic Training, 91D Operating Room Technician Course, AMEDD Officer Basic Course, AMEDD Officer Advanced Course, Army Flight Surgeon's Course, Command and General Staff College, Division Surgeon Course, AMEDD and Army Brigade Pre-Command Course, and the US Army War College.

He is a member of the Order of Military Medical Merit.

He is married to the former Kelly D. Hardesty and they have two daughters, Samantha and Shannon.



File photo

Back-to-school season is too soon upon us but it's never too early to remember and practice safe habits when traveling in neighborhoods and around school-aged children.

Keeping children safe as they head back to school

Safety Division

Summer vacation is drawing to a close and soon the bells will be ringing to mark a new school year. For Georgia students in Richmond and Columbia counties schools start Aug. 7. In South Carolina's Aiken County, students return to class Aug. 23.

Keeping children safe is the top priority, especially for younger children and those heading to school for the first time of their surroundings. Parents must teach their children the following safety rules for getting on and off the bus, and for exercising good behavior while riding.

The following tips will help ensure your

child's safety:

- Teach children to look left, right and left again before crossing the street. Then remind them to continue looking until safely across.
- Teach your children to put phones, headphones and devices down when crossing the street. It is particularly important to reinforce this message with teenagers.
- Children younger than 10 need to cross the street with an adult. Every child is different, but developmentally, most kids are unable to judge the speed and distance of oncoming cars until age 10.

When you are driving near schools:

- Stop for a school bus with its red overhead lights flashing, regardless of the direction from which the driver is approaching. Drivers must not proceed until the school bus resumes motion and the red lights stop flashing, or until signaled by the school bus driver to proceed.
- Slow down and obey all traffic laws and speed limits, both in school zones and in neighborhoods surrounding the school.
- Prepare to stop for a school bus when overhead yellow lights are flashing. Drive with caution when you see yellow hazard warning lights are flashing on a moving or stopped bus.

ECLIPSE from page 5

of "obscuration" of the sun in the Augusta area is 99.3 percent, according to the U.S. Naval Observatory, and will last 2 hours, 54 minutes and 33 seconds.

For people in the Aiken/Augusta area who want to be in the path of totality, scientists at the USC-Aiken Dupont Planetarium recommend traveling to one of the following areas in South Carolina (listed roughly west to east) and a quick drive up I-20.

- Ridge Spring/Monetta
- Batesburg/Leesville
- Camp Gravatt
- Wagener

For tips on safely viewing the eclipse, visit eclipse.aas.org or eclipse2017.nasa.gov.



The only safe way to look directly at the uneclipsed or partially eclipsed sun is through special-purpose solar filters, such as "eclipse glasses" or hand-held solar viewers. Homemade filters or ordinary sunglasses, even very dark ones, are not safe for looking at the sun.

- Always inspect your solar filter before use; if scratched or damaged, discard it. Read and follow any instructions printed on or packaged with the filter. Always supervise children using solar filters.
- Stand still and cover your eyes with your eclipse glasses or solar viewer before looking up at the sun. After glancing at the sun, turn away and remove your filter — do not remove it while looking at the sun.
- Do not look at the uneclipsed or partially eclipsed sun through an unfiltered camera, telescope, binoculars, or other optical device. Similarly, do not look at the sun through a camera, a telescope, binoculars or any other optical device while using your eclipse glasses or hand-held solar viewer — the concentrated solar rays will damage the filter and enter your eye(s), causing serious injury. Seek expert advice from an astronomer before using a solar filter with a camera, a telescope, binocular or any other optical device.

10 Improve readiness, increase resilience with health initiatives

Army Medicine

The Performance Triad is a comprehensive plan to improve readiness and increase resilience through public health initiatives and leadership engagement. The Triad is the foundation for Army Medicine's transformation to a System For Health, a partnership among soldiers, families, leaders, health teams and communities to promote readiness, resilience and responsibility. The System For Health maintains health through fitness and illness/injury prevention, restores health through patient-centered care, and improves health through informed choices.

The focus of the Performance Triad is on Sleep, Activity and Nutrition — key actions that influence health. As a result, the biggest impact on health is made by making better choices.

Sleep

Sleep is critical in achieving optimal physical, mental, and emotional health, however, the demands of one's job often make it difficult to get sufficient sleep. In training and on the battlefield, inadequate sleep impairs many abilities that are essential to the mission, such as detecting and appropriately determining threat levels and coordinating squad tactics. Getting optimal sleep starts with learning and practicing good sleep habits before, during, and after deployment. There are many ways in which Leaders and Soldiers can eliminate sleep distractors and practice proper sleep hygiene to ensure that optimal, healthy sleep is achieved.

Activity

Physical Fitness and Activity are crucial to ensuring our Soldiers perform as elite athletes. Practicing principles of safe and effective training are vital to maintaining physical readiness, preventing injuries, and improving general health. The Triad informs Soldiers and Leaders on how to practice safe running, use proper resistance training techniques, prevent overtraining, and increase daily physical activity among other key topics.

Nutrition

Eating or fueling for performance enables top level training, increases energy and endurance, shortens recovery time between activities, improves focus and concentration, and helps Leaders and Soldiers look and feel better.

For Soldiers it is especially imperative to build an eating strategy that will complement the requirements of their mission. The Triad's guidance on nutrition for performance teaches Soldiers about the key nutrients needed to complete mission tasks, describes refueling techniques and details strategies for creating a nutrition plan.





Fall Youth Sports

<p>Flag Football (With Augusta Rec.) Registration: July 31–Aug. 25 Season: September – October Fee: \$45 • Ages: 6-8</p> <p>●</p> <p>Soccer (With Augusta Rec.) Registration: July 31–Aug. 25 Season: September – October Fee: \$45 • Ages: 4- 13</p> <p>●</p> <p>JV Cheer Leading (With Augusta Rec.) Registration: July 31–Aug. 25 Season: September – October Fee: \$45 • Ages: 5-10</p>	<p>Fall Start Smart Fee: \$25 • Ages: 3-4</p> <p>Soccer Registration: July 31–Aug. 25 Season Start: Week of Sept. 4</p> <p>Flag Football Registration: Sept. 11–Oct. 13 Season Start: Week of Oct. 23</p>
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For information,
call 706-791-5104



**LOSS OF SLEEP =
LOSS OF PERFORMANCE**

- Disciplined sleep equals survivability.
- Get 7-8 hours of sleep each day.
- The longer a Soldier goes without sleep, the greater the risk of committing mission-critical errors due to impaired judgement, decision making, and concentration.

Performance TRIAD
Plan for Sleep

July

Patient Safety Employee of the Month

Patient Safety Division

There were two nominees for Eisenhower Army Medical Center's Patient Safety Employee of the Month for July: Dr. Whitney Bryson, Pharm D, from the Outpatient Pharmacy, and Pfc. Jacob P. Ziemer, 68W Combat Medic, from the Department of Emergency Medicine. The presentation was held June 30.

A two-time recipient of this award, Bryson was alerted when a young patient came into the pharmacy to pick up her medication that appeared to be several weeks too soon to be filled.

After reviewing the patient's profile and questioning the patient on their history, it became apparent that the patient was taking twice the amount that was prescribed. Upon questioning the patient further, she admitted to misusing the medication.

Bryson counseled the patient and her mother about the dangers of misusing/abusing stimulants, and then contacted the prescribing provider, who canceled the prescription and referred the patient for further evaluation.

Ziemer, a native of Strasburg, Va., demonstrated an exceptional act of service when, after his shift, he noticed a patient in the ambulance bay area in need of assistance. He acted quickly by moving the patient from the bay area and placing them on a monitor.

When he was asked if he were on duty he said, "No, I was just leaving after working the night shift



Courtesy Photo

Dr. Whitney Bryson, Pharm D, from the Outpatient Pharmacy, is one of two Patient Safety Employees of the Month for July. The presentation was held June 30.



Photo by John Corley

Pfc. Jacob P. Ziemer, 68W Combat Medic, from the Department of Emergency Medicine, is recognized by Col. Michael A. Weber, EAMC commanding officer, as one of two Patient Safety Employees of the Month for July. The presentation was held June 30.

when this patient needed help getting into the ED."

He then started an EKG on the patient. Ziemer volunteered to stay to help if need. He showed so much compassion and was willing to do his job regardless of the fact that he was off duty, it was written in his citation.

Ziemer has one brother and one sister. He earned a high school diploma and job experience includes construction, fast food restaurant and EMT. His hobbies include woodwork and fine crafting. He is a musician and plays the guitar. His goals are to run a two-miler in 15 minutes and get a waiver to specialist.

Bryson, from Edgefield, S.C., has been married for nine years to Thomas, her college sweetheart, and they have two children: Aubrey, 5, and Elsie, 2.

She earned her Doctorate of Pharmacy from East Tennessee State University, and her Bachelor in Biology from the College of Charleston. Hobbies include horseback riding, fishing, drawing, painting and carving. She thinks it would be fun to own a working farm one day.

CALENDAR from page 2

Suicide Prevention Training, Alexander Hall, 11:30 a.m. to 12:30 p.m.

EO Training, EAMC Auditorium, 3-4 p.m.

Aug. 16

Resilience training, EAMC Auditorium, 8-10 a.m.

Aug. 18

DTMS, Swank Health Managers Training, EAMC Auditorium, 9-10:30 a.m.

Aug. 19

Fort Gordon GLOW Run 5K, Barton Field

Softball Area (off 25th St.), 8:30-10:30 p.m.

Aug. 21

ACE Training, EAMC Auditorium, 1-3 p.m.

Aug. 22

ASAP, EAMC Auditorium, 3-4 p.m.

Aug. 23

Resilience training, EAMC Auditorium, 8-10 a.m.

Aug. 24

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

SHARP Soldier/Civilian, EAMC Auditorium, 9:30

a.m. to 12:30 p.m.

Threat Awareness and Reporting Program training, Darling Hall, Room 188, 2-3 p.m.

Aug. 25

EAMC EO Observance – Women's Equality Day, EAMC Auditorium, 11:30 a.m. to 1 p.m.

Aug. 29

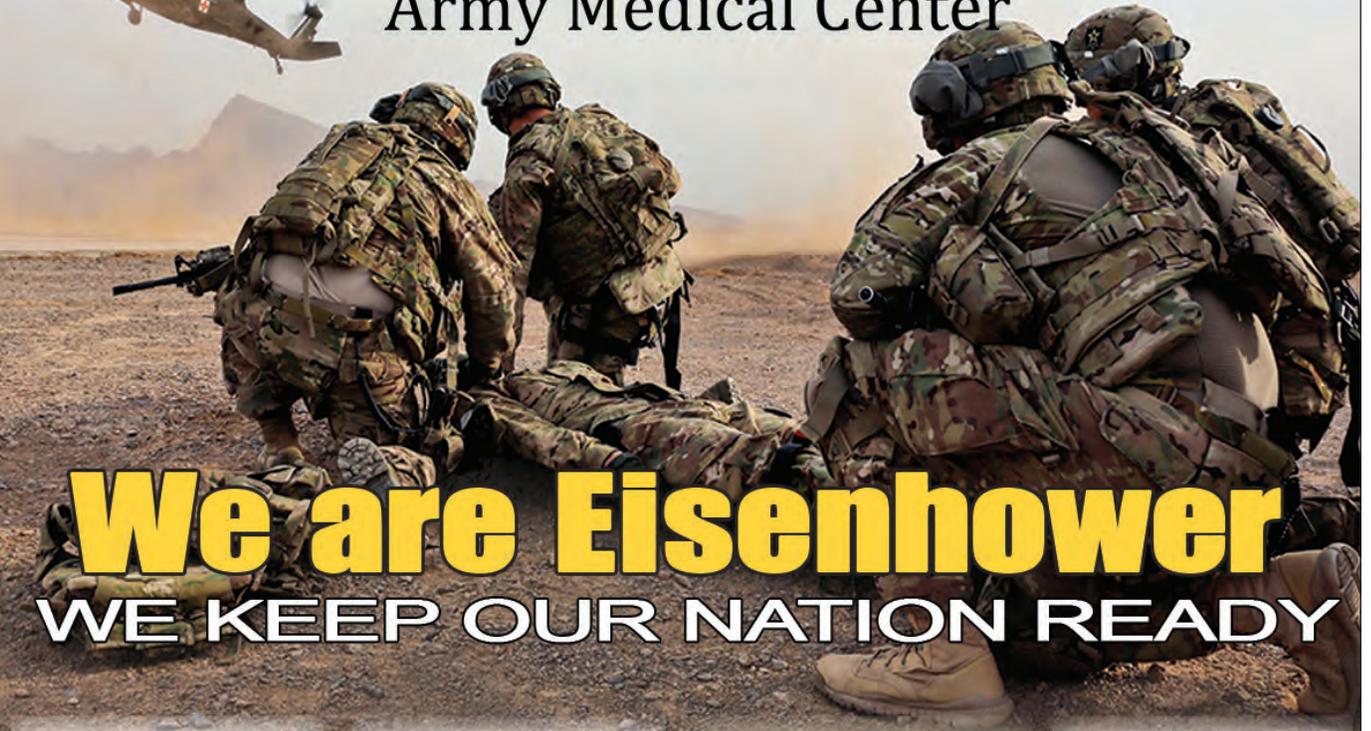
EO Training, EAMC Auditorium, 8-9 a.m.

Aug. 30

Resilience training, EAMC Auditorium, 8-10 a.m.



Eisenhower Army Medical Center



We are Eisenhower

WE KEEP OUR NATION READY



Jordan Wright,
Red Cross 2017 Summer
Youth Volunteer,
Pulmonary/Respiratory
Therapy



Capt. Christopher J.
Gormley, Chief of
Ambulatory Pharmacy
Services. At EAMC for
three years, a Soldier
since March 2011



Michelle Cobb, chief,
Civilian Human
Resources. At EAMC for
20 years



Cory A. Malone, IMD
Help Desk, contractor for
Digital Management Inc.,
At EAMC since February,
moved from active duty
to Reserves in 2016