

# Rounds

Eisenhower Army Medical Center



MAY 2017

**Mother's Day  
Feature**

**Memorial Day  
Reflection**

**Nurses' Week  
Activities**



# CALENDAR

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

**May 2**  
EO training for military, EAMC Auditorium, 7-8 a.m.  
ASAP, EAMC Auditorium, 3-4 p.m.

**May 3**  
Resilience training, EAMC Auditorium, 8-10 a.m.

**May 4**  
SHARP Soldier/Civilian, EAMC Auditorium, 9:30 a.m. to 12:30 p.m.

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

**May 12**  
Military Spouse Appreciation Day, Reserve Center, 10 a.m. to noon

**May 16**  
EO training for military, EAMC Auditorium, 2-3 p.m.  
ASAP, EAMC Auditorium, 3-4 p.m.

**May 17**  
Resilience training, EAMC Auditorium, 8-10 a.m.

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

**May 18**  
SHARP Soldier/Civilian, EAMC Auditorium,

9:30 a.m. to 12:30 p.m.  
Asian-Pacific Heritage American Month Command Program, Alexander Hall, 1:30-2:30 p.m.

**May 19**  
EAMC EO Observance – Asian- American and Pacific Islander Heritage Month, EAMC Auditorium, 11:30 a.m. to 1 p.m.

**May 22**  
ACE Training, EAMC Auditorium, 1-3 p.m.

**May 23**  
TARP, EAMC Auditorium , 9-11 a.m.

see **CALENDAR** on page 10

Rounds



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

May 2017

# Of celebrations and sadness

**Col. Michael A. Weber**  
Commander

Eisenhower Army Medical Center

The month of April went by faster than a spring thunderstorm. It feels like just yesterday we were celebrating Sergio Garcia's win of the Masters Tournament at Augusta National Golf Club. Unfortunately, the Eisenhower Army Medical Center family also felt the stinging loss of some of our teammates and extended family: Brenda Payne, RN; Regina Trimble; Lt. Col. Rebecca Lisi and McKinley Flythe. These untimely losses remind me how important we are to each other, and that each of us should choose to be a source of encouragement in response to adversity.

The month of May has three themes: mental health month, physical fitness and sport month, and better speech and hearing month. There are several celebrations and observances during the month.

Many in our community will celebrate Cinco de Mayo, and I remind everyone to plan their travel carefully to ensure another safe holiday. National Nurses' Week kicks off Saturday, May 6 and we have many events to celebrate the leadership and service of EAMC's incredible nurses.

Victory in Europe Day is observed May 8 and recognizes the unconditional surrender of the Nazi government in 1945. National Women's Health Week is May 14-20. For women to be fully integrated and effective members of the team, the

Army is committed to meeting women's health needs. For information, visit [www.womenshealth.gov](http://www.womenshealth.gov).

**Even though it is not  
a federal holiday,  
Mother's Day remains a  
very special celebration  
for me.**

A couple 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 You Tube link: [www.youtube.com/watch?v=HB3xM93rXbY](http://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, Sunday, May 14. Even though it is not a federal holiday, it remains a very special celebration for me. My Mom was my first Sunday school teacher, first home economics teacher and gave me my first driving lesson. She gave my sister, Jennifer, and my brother, Matthew, a great start in life, and for that I say "Happy Mother's Day."

On Saturday, May 20, 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 U.S. Marine Corps at Camp Pendleton, Calif., and I wish him a happy Armed Forces Day.

We will end the month on a more somber tone with Memorial Day, Monday, May 29, which is dedicated to the men and women who gave the ultimate sacrifice for freedom and our country.

EAMC teammates, you are my Army Family and you make EAMC my First Choice for 5-Star Care. Together, We Are Eisenhower.

## EASTER BASKETS AT FISHER HOUSE



Courtesy photo

**Community Cares Director, retired Col. John Vigna, left, stops by Eisenhower Army Medical Center's Fisher House April 12, and presents Easter baskets to Fisher House family Corinna Cleveland, Hunter Cleveland and Staff Sgt. Herbert Cleveland.**

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

# Unsolicited compliments are the best kind

**Lt. Col. Tamara Funari**

Director, 68C Practical Nurse Course Phase II  
Eisenhower Army Medical Center

Kudos to Capt. Ebonique McClinnahan, RN, nurse educator in the Practical Nursing Course, for her excellence in clinical teaching. Without much notice, she was moved from being a junior clinical instructor to learning basic burn and wound care so we could continue to provide clinical rotations for Class 16-007 at the Joseph M. Still Burn Center in Augusta. That can be very intimidating but she dug into the books and learned from the nurses to become an effective clinical instructor.

Feedback from the staff nurses and preceptors has been incredibly positive and they really enjoy our students. Her clinical group really appreciated her teaching, as well.



Provided photo

The 1st Squad of Class 16-007 of 68C Trainees recognize the good work of their instructor, Capt. Ebonique McClinnahan, RN, nurse educator in the Practical Nursing Course, center, April 12 at the end of their four-weeklong Burns Care clinical rotation at the Joseph M. Still Burn Center in Augusta. The Burn Center gives the trainees an opportunity to rotate through the Burn ICU, Advanced Wound Care Clinic and the Hyperbaric Clinic. Other than Brooke Army Medical Center, Eisenhower Army Medical Center is the only other 68C Phase II training site that offers a burn-care clinical rotation for the 68C Course.



## 2017 National Nurse Week Events

Flag privilege (Reveille)  
6:30 a.m., Monday, May 8 Eisenhower Army Medical Center flagpole

Opening ceremony  
7:30-8 a.m., Monday, May 8 Eisenhower Army Medical Center flagpole

Fun walk/run, step challenge  
6 a.m., Tuesday, May 9, Barton Field

Snacks, night shift  
Tuesday, May 9, time, location TBD

Poster showcase/M2H fair  
11 a.m. to 2 p.m., Wednesday, May 10, fourth floor garden

*Topics include: Tai Chi, stretching, massage, exercise options, aromatherapy, yoga, mindfulness, narrative medicine, spiritual wellness, sleep wellness, proper nutrition, Army Wellness Center, CSF2 and Performance Triad*

Bowling  
4:30-7 p.m., Wednesday, May 10, Gordon Lanes Bowling Center

Snacks, night shift  
Thursday, May 11, time, location TBD

Closing ceremony  
1:30-3 p.m., May 12, location TBD  
*Events include: tribute to Florence Nightingale, Nursing Excellence Awards, cake-cutting*

Flag privilege (Retreat)  
5 p.m., May 12, Eisenhower Army Medical Center flagpole

## May is Mental Health Month

**Theresa A. Brisker**

Behavioral Health Clinical Nurse Educator  
Eisenhower Army Medical Center

More than 60 years ago, Mental Health America made a choice: they would bring the fight for mental health out into the open by asking public officials to declare May as Mental Health Month.

This year's Mental Health Month theme

is Risky Business and Eisenhower Army Medical Center's Behavioral Health Services will provide information on mental health including awareness, prevention and resources from 11 a.m. to 1 p.m., May 24-25 in front of Ike's Café.

MHA, founded in 1909, is the nation's leading community-based nonprofit dedicated to addressing the needs of those living

with mental illness, and to promoting the overall mental health of all Americans.

MHA teaches that mental illnesses are as real as other physical illnesses, and that they can be treated effectively. By acting early and effectively many of these illnesses can be prevented from progressing, or even occurring in the first place. Where mental health is concerned, that means recognizing and understanding signs and symptoms of mental health concerns, and seeking help as soon as help is needed.

# Sustaining Soldiers' skills for perpetual readiness

**Capt. Kayla Schaffield**

B Company Commander

Eisenhower Army Medical Center

Every quarter Troop Command conducts testing of Army Warrior Tasks to support its training readiness mission. The test is an annual requirement of all eligible Soldiers' basic tactical skills to evaluate their readiness in combat.

The most recent iteration of AWT occurred March 13-17 at Training Area 3 in the wood line behind Building 319. Approximately 150 Eisenhower Army Medical Center Soldiers completed the annual skills requirements, regardless of their Military Occupational Specialty or Area of Concentration.

The tasks tested include: performing a weapons function check; requesting medical evacuation on SINCGARS radio; map

reading and establishing pace count for land navigation; establishing security halt and performing personnel search; reacting to Chemical, Biological, Radiological and

Nuclear hazard/attack; performing combat casualty care; and detecting Improvised Explosive Devices.

see **READ** on page 11



Provided photo

**During Army Warrior Tasks, March 13-17 in Training Area 3 on Fort Gordon, Spec. Brody Elliott, left, Sgt. Darnell Powell, Sgt. Robert Libby, Sgt. Jade Stewart, Capt. Joseph Swanstrom, Sgt. Michael Baines, Staff Sgt. Clayton Downer, Pvt. John Hoins, Pvt. Alex Perez pose for a team photo.**

## Wash 'em up: Hand Hygiene Day is May 5

# Clean hands can prevent serious infections

### Centers for Disease Control and Prevention

Most germs that cause serious infections in health care are spread by people's actions. Hand hygiene is a great way to prevent infections. However, studies show that on average, health care providers clean their hands less than half of the times they should. This contributes to the spread of health care-associated infections that affect 1 in 25 hospital patients on any given day.

Every patient is at risk of getting an infection while they are being treated for something else. Even health care providers are at risk of getting an infection while they are treating patients. Preventing the spread of germs is especially important in hospitals and other facilities such as dialysis centers and nursing homes.

The Centers for Disease Control and Prevention's Clean Hands Count campaign aims to improve health care provider adherence to hand hygiene recommendations, address myths and misperceptions about hand hygiene, and empower patients to play a role in their care by asking or reminding health care providers to clean their hands.

- Health care providers might need to clean their hands as many as 100 times per 12-hour shift, depending on the number of patients and intensity of care.

- Everyone should know the truth about hand hygiene and alcohol-based hand sanitizer:

- § Alcohol-based hand sanitizer kills most of the bad germs that make you sick and is the preferred way to clean your hands in health care settings.

- § Alcohol-based hand sanitizer does not kill *C. difficile*, a common health care-associated infection that causes severe diarrhea. Patients with *C. difficile* should wash their hands with soap and water, and make sure their health care providers always wear gloves when caring for them.

- § Alcohol-based hand sanitizer is more effective and less drying than using soap and water, and does not create antibiotic-resistant superbugs.

- Hand hygiene should be a topic of conversation between health care providers and patients. Health care providers can



explain how and why they clean their hands before, after, and sometimes during patient care, and let patients know it's OK to ask about hand hygiene.

- Patients and their visitors can protect themselves by cleaning their own hands often.

# Happy Mother's Day



Lena Rayls, back, with son, Duane Jordan Jr., 19; daughter, Milena Rayls, 12; son, Joshua Rayls, 10; and niece, Heaven Lipe, 8, at a family function Sept. 28, 2016 in Columbus, Ohio.



Alice A. Keeley was photographed at Disney World with a varied passel of family members including two daughters and spouses, five of her six grandchildren, her husband and her son-in-law's mother ... plus a guy in a duck suit, in this undated photograph.



Phyllis Edwards, left; her mother, Dixie Perkins; and sister, Kathie Lees, in a circa 2007 photo taken in an undisclosed location.



Four generations, including Charlene Coward, 52, left; her mother, Barbara Pollard, 72, far right; Coward's daughters, Tawana Smiley, 34, and Candic Edwards, 27, back center; and Coward's granddaughter, Jordyn Smiley, 7, at a family reunion in Radford, Va., in July 2010.



Maj. Heather Leal is a certified registered nurse anesthetist stationed at Fort Gordon, but is currently deployed with the 31st Combat Support Hospital. Leal has two children, Andrew, 8, and Andrea, 7, shown in this undated photo.



Above and cover: Michelle Harbin, 30, right, and Aniyah Harbin, 5, at a "Mommy and Me graduation" picture July 9, 2016 at Hopeland Gardens, Aiken, S.C. Mom graduated with master's degree in health care administration and daughter graduated from Pre-K.



Sgt. 1st. Class Michelle Howell, 40, left; her daughter, Jachelle Truss, 14, and her mom, Rose Giramur, 60, photographed in 2013 in Guam, "the last time I swaw my mom in person," Howell said.

# Mom: The original seatbelt

**Lt. Col. Rick Stevenson, chaplain**  
Eisenhower Army Medical Center

I came of age in the 1970s. My family lived in a neighborhood just outside the city limits of Joliet, Ill. Although the city was one county south of Chicago and Joliet itself was known for its industry, once you entered the county, you felt like you were in the country with all the corn fields. All things considered, it wasn't a bad place or time to grow up.

One of the advantages of that time before cell phones and home computers was having the opportunity to leave the house and spend most of the day with your friends. As long as you made a [land line] phone call letting your mother know where you were, you were good to go for most of the day. People didn't worry about safety like they do today. Not that our parent's shouldn't have been worried — the adventures (and trouble) we got into could push the envelope.

This was during the heyday of the station wagon and, even though we were merely a family of three, my parent's owned a few throughout that decade. I remember the first one was extra special because it not only provided a lot of room but also because it brought in a lot of extras which mom and dad didn't have in previous vehicles. It had

power steering, automatic transmission and it even had air conditioning. It also had seat belts, which were rarely used.

Automobile safety is much more regulated than it used to be. Today we have laws requiring children under 4 years old and a certain weight to be buckled into some sort of child car seat. You can't bring your newborn home from the hospital until they make sure a child car seat is in your car. For slightly older children, there are booster seats. With the mandatory installation of airbags, no children under the age of 12 are supposed to be allowed in the front seat at all — for fear of the force of the exploding air bag causing them more injury than any crash.

Before all these mechanical safety devices, however, some of us grew up with a different kind of child-restraint system: our mother's arm.

Judith Viorst writes of this in her book "Imperfect Control: Our Lifelong Struggles With Power and Surrender." "This year I received a Mother's Day card that pictured a mother driving a car, her son in the passenger seat and her outstretched arm protectively flung across his chest. I've heard a great deal from my sons about my overprotective tendencies but I think that this card's message said it best. The message said, "To Mom, the original seat belt.""

A mom's protective reach has always been the saving seat belt in many families. But this seat belt can take different forms in different families. For some, mom offers the seat belt of continuous presence: being at the door when we left school, welcoming us back when we returned, putting every meal on the table, shouting encouragement at every game.

For some families, mom offers the seat belt of role model: a woman working incredibly hard at her job, her church, her favorite hobby, her family. A woman who puts her entire being into all the things she does, regardless how important, or how trivial.

For some families, mom offers the seat belt of stability. This can especially be noticed in military families where there are so many moves with the new schools, new homes, new challenges and new ideas that go with it.

Regardless of what type of seat belt your mother provides today, or provided in the past, let us all show our thankfulness for our mothers and those women who played mother-like roles in our lives. Their arms extend beyond the reach of safety and influence us still today.

## Honoring Asian Americans, Pacific Islanders

**EAMC will host the AAPI observance May 19 at noon in the first floor auditorium. The commemoration of Asian American and Pacific Islander Heritage Month, pays tribute to all those in the Asian Americans and Pacific Islanders who have strived for a brighter future for the next generation.**

**Since 1992, May has been designated to recognize the personal achievements and valuable contributions to the American story by Asian Americans and Pacific Islanders. A rather broad term, Asian/**

**Pacific encompasses all of the Asian continent and the Pacific islands of Melanesia (New Guinea, New Caledonia, Vanuatu, Fiji and the Solomon Islands), Micronesia (Marianas, Guam, Wake Island, Palau, Marshall Islands, Kiribati, Nauru and the Federated States of Micronesia) and Polynesia (New Zealand, Hawaiian Islands, Rotuma, Midway Islands, Samoa, American Samoa, Tonga, Tuvalu, Cook Islands, French Polynesia and Easter Island).**

**May was chosen to commemorate the immigration of the first**



**Japanese to the United States May 7, 1843, and to mark the anniversary of the transcontinental railroad completion May 10, 1869.**

*Rounds*   
Eisenhower Army Medical Center

### Editorial calendar, story/photo deadlines

June 2017 May 12  
Men's Health Month  
Fireworks Safety (through July 4)  
Rip Current Awareness  
World Sickle Cell Day

July 2017 June 9  
Juvenile Arthritis Awareness  
World Hepatitis Day

August 2017 July 7  
Children's Eye Health & Safety  
World Breastfeeding Week  
Contact Lens Health Week

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

October 2016 September 9

# May is National Stroke Awareness Month

## Centers for Disease Control and Prevention

You may think you're too young to have a stroke, but stroke can strike at any age. In fact, about 1 in 7 strokes occur in adolescents and young adults, ages 15 to 49. Stroke is preventable and treatable.

A stroke, sometimes called a brain attack, occurs when a clot blocks blood flow to the brain (ischemic stroke) or when a blood vessel in the brain bursts (hemorrhagic stroke). It is the fourth leading cause of death in the United States. National Stroke Awareness Month, May, aims to save lives by increasing awareness and educating the public about cardiovascular health.

On average, one stroke-related death occurs every 4 minutes, or nearly 130,000 deaths each year. Approximately 800,000 people a year will experience a stroke.

Anyone can have a stroke at any age. A person's chances of having a stroke increase with certain risk factors, including high blood pressure, obesity, high cholesterol, a family history of stroke, age and ethnicity. Risk for having a first stroke is nearly twice as high for blacks as for whites, and blacks are more likely to die after a stroke. Hispanics and American Indians/Alaska Natives also have a greater chance of having a stroke than do non-Hispanic whites or Asians.

During a stroke, every minute counts. Fast treatment can reduce the brain damage that stroke can cause. Signs of stroke include 1) sudden numbness or weakness in the face, arm or leg, especially on one side of the body; 2) sudden confusion, trouble speaking or difficulty understanding speech; 3) sudden trouble seeing in one or both eyes; 4) sudden trouble walking,

## Fast treatment can reduce the brain damage that stroke can cause.

dizziness, loss of balance or lack of coordination; and 5) sudden severe headache with no known cause.

Persons should seek emergency care immediately if they or someone else has

any of these symptoms.

Stroke risk can be decreased by making healthy choices and managing health conditions. These behaviors include 1) eating a healthy diet, 2) maintaining a healthy weight, 3) getting enough physical activity, 4) not smoking, 5) limiting alcohol use, 6) getting blood pressure and cholesterol under control, 7) taking medications as prescribed and 8) working with a health-care team to prevent or treat the medical conditions that lead to stroke.

## MEMORIAL DAY 2017



Photo by David M. White

**A fallen service member is remembered May 4, 2015 at the Arlington National Cemetery in Arlington, Va.**

### Editorial Staff

One hundred years ago this year, the United States entered into World War I, then called "the war to end wars." In light of this history and in honor of Memorial Day, it is proper and fitting to remember those who "paid the last full measure of devotion" with the story of "In Flanders Fields."

During the early days of the Second Battle of Ypres, a Flemish town in Belgium, a young Canadian artillery officer, Lt. Alexis Helmer, was killed on May 2, 1915 in the gun positions near Ypres. An exploding German artillery shell landed near him. He was serving in the same Canadian artillery unit as a friend of his, the Canadian military doctor and artillery commander Maj. John McCrae.

As the brigade doctor, McCrae was asked to conduct the burial service for Helmer because the chaplain had been

called away. It is believed that later that evening, after the burial, McCrae began the draft for his now-famous poem "In Flanders Fields."

"In Flanders Fields"  
John McCrae, May 1915

*"In Flanders fields the poppies blow  
Between the crosses, row on row,  
That mark our place; and in the sky  
The larks, still bravely singing, fly  
Scarce heard amid the guns below.*

*"We are the Dead. Short days ago  
We lived, felt dawn, saw sunset glow,  
Loved and were loved, and now we lie  
In Flanders fields.*

*"Take up our quarrel with the foe:  
To you from failing hands we throw  
The torch; be yours to hold it high.  
If ye break faith with us who die  
We shall not sleep, though poppies grow  
In Flanders fields."*

### Act F.A.S.T. during a stroke

**If you think someone may be having a stroke, do the following simple test:**

**F – Face: Ask the person to smile. Does one side of the face droop?**

**A – Arms: Ask the person to raise both arms. Does one arm drift downward?**

**S – Speech: Ask the person to repeat a simple phrase. Is his or her speech slurred or strange?**

**T – Time: If you observe any of these signs, call 911 immediately.**

## Improvements to TRICARE dental program starting

### TRICARE

Beginning May 1 United Concordia Companies, Inc., will manage the TRICARE Dental Program. Beneficiaries don't need to take any actions to continue their coverage.

The TDP is a voluntary dental benefit for eligible active duty family members, National Guard, and Reserve members and their families. Several improvements to the TDP include:

- The annual maximum TDP will pay will increase from \$1,300 to \$1,500
- The TDP will consider sealants a free and preventive treatment, and no longer include a 20 percent cost share
- The auto-enrollment age for family members will lower from age 4 to 1
- For most beneficiaries, the monthly premium rate will decrease

The Active Duty Dental Program and TRICARE Retiree Dental Program will not change.

The TDP will continue to provide access to a network of civilian dentists around the world. Your access to quality care will not change. However, some dentists currently in the TDP network may leave, while new ones will join. So, those currently enrolled may need to find a new dental provider. To find participating dentists please visit: <https://www.uccitdp.com/find-a-dentist>.

For information regarding the TDP, visit the TRICARE website or [www.uccitdp.com](http://www.uccitdp.com).

### CALENDAR from page 2

#### May 24

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

#### May 25

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

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

#### May 30

EO training for military, EAMC Auditorium, 8-9 a.m.

#### May 31

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

DECON Team Training, Outside of Family Medicine Clinic, 12:30-5 p.m.

### 'DARE TO TRI'



Provided photo

Eisenhower Army Medical Center Soldiers and family members led the way during the DARE to TRI Fort Gordon Triathlon March 25. Lt. Col. Brian Champain, a health physicist, and his family won first place in the family relay event (swim, bike, run). Lt. Col. Sam Burkett, a pulmonary and critical care physician, not pictured, won first place in his age group.

## WATCH THIS SPACE

### OUTPATIENT NUTRITION CLINIC MOVING

#### Late Spring/Early Summer • 11th floor

Individual Medical Nutrition Therapy counseling for malnutrition, weight loss, diabetes, heart health, kidney disease and other nutrition-related conditions

Group Nutrition Education sessions for performance nutrition, weight loss, diabetes and heart health



Clinic hours:  
7:30 a.m. to 4 p.m.  
Monday-Friday

Services currently available on third floor

## March

### Patient Safety Employee of the Month

#### Patient Safety Division

Inez Mangle, a staff support assistant, working in the General Surgery Clinic was nominated as Eisenhower Army Medical Center's Patient Safety Employee of the Month for April. The presentation was held April 6.

Mangle, who self-reported this patient safety event, demonstrated an exceptional act of service for her good catch on a "near miss" patient safety event.



Photo by John Corley

**Inez Mangle, a staff support assistant, working in the General Surgery Clinic is recognized by Col. Michael A. Weber, Eisenhower Army Medical Center's commanding officer, as the Patient Safety Employee of the Month for April. The presentation was held April 6.**

"While leaving the general surgery clinic," Mangle said, "I observed a female patient exiting the lab and heard her say she was about to faint. I offered to let her to lean against me to prevent her from falling. Meanwhile, my coworker went to find a wheelchair.

"After the wheelchair arrived, I took her to the cafeteria, assisted her through the food line and sat with her while she ate. I made sure she was feeling better before departing ways."

Mangle, whose hometown is Tampa, Fla., has worked at EAMC since 1984. She shares her life with her husband, Vaughn, who also works at EAMC. They have been married for 47 years, and have three children and six grandchildren. She enjoys running, softball and reading. Her goal is to continue to maintain good health, and work a long time.

She has been an avid runner for 40 years.

"I love it," she said.



Photo by David M. White

**As the weather warms, the number of motorcycles in Eisenhower Army Medical Center's parking lot begins to swell. All motorists are encouraged to be on the look out for more motorcycle riders on the roads this time of year.**

## Motorcycles hide in your blind spot

**Bob Meloche**

Safety Manager

Eisenhower Army Medical Center

While motorcycles can be a year 'round transportation option in Georgia, their presence increases as the weather warms.

Motorcycles are vulnerable road users; they do not have the protection of a car or truck bodywork and collisions almost always result in injury.

If you expect to see motorcycles, you are more likely to detect them. We can often filter out the things that we don't expect, making them virtually invisible. Actively look for motorcycles, especially at intersections.

Motorcycles are much lighter than other vehicles and can stop in much shorter distances. When following a motorcycle, always leave more distance. If the rider has to make an emergency stop, the bike will stop in much shorter distance than your vehicle.

Be responsible and share the road.

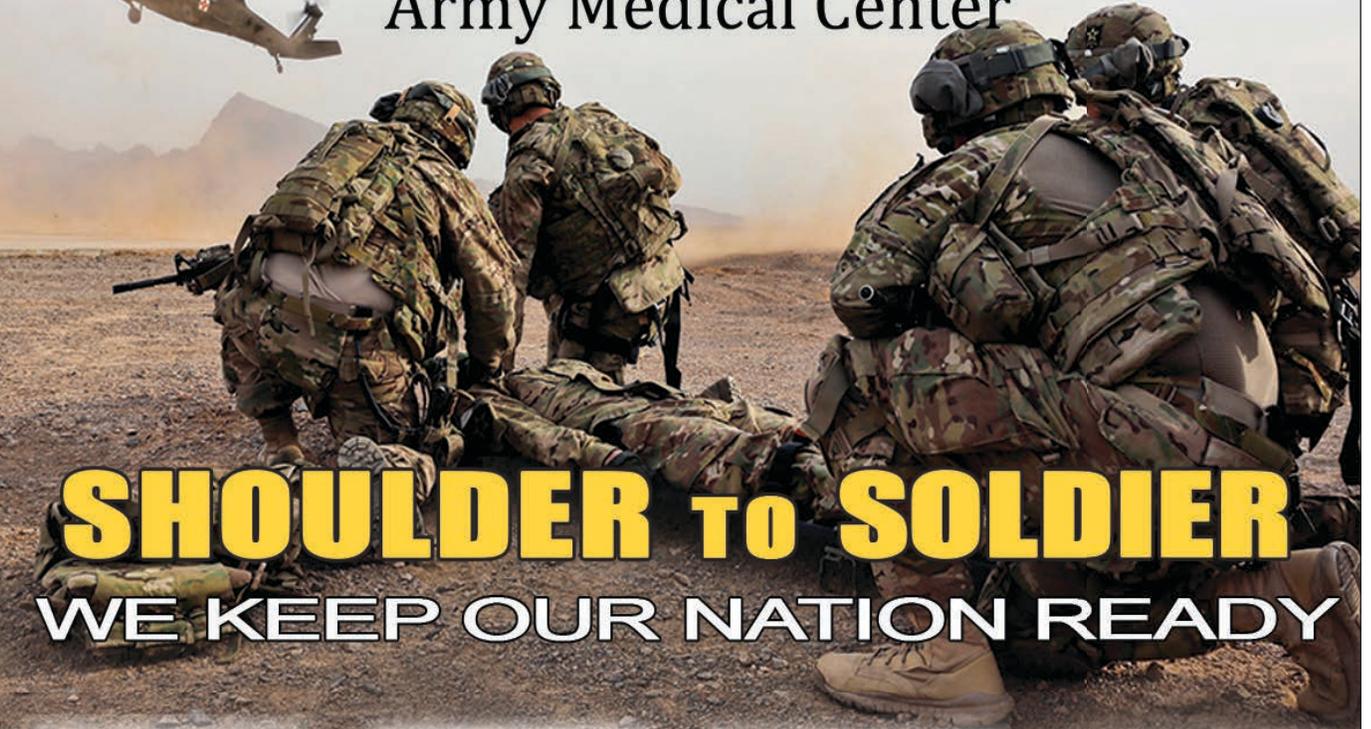
### SKILLS from page 5

AWT is required for all EAMC Soldiers E1-E7, O1-O2, WO1-WO2 and those assigned to Professional Filler System positions. PROFIS Soldiers are attached to units across the military and must be prepared to execute training or deployment missions if activated. This training gives Soldiers the opportunity to practice their tactical competencies and better prepare them for challenges they may face on the battlefield.

The next AWT will be June 13-16. Soldiers must also complete weapons qualification in their assigned weapons system. Troop Command will be at the EAMC range for both the M16 rifle and M9 pistol May 10-12.



# Eisenhower Army Medical Center



## SHOULDER TO SOLDIER

WE KEEP OUR NATION READY



Larverna Derrico,  
A.J. Services  
At Eisenhower for  
12 years



Eileen Smith  
Health Services Auxiliary  
Volunteer since May 2016



Chau V. Truong, Physical  
Therapy Assistant, EAMC  
Physical Therapy Clinic  
At EAMC for six months



1st Lt. Madeline M.  
Lovejoy, RN on 9MSP  
Soldier for 21/2 years, at  
EAMC since August

