

Rounds

Eisenhower Army Medical Center



MAY 2018

**BREAST-
FEEDING
AT
EAMC**

**RUNNING
CLUB**

**Mental
Health
Month**

**SUMMER
SAFETY**



May 1

Junior Enlisted Development Program, first floor auditorium, 6-7 a.m.

Equal Opportunity, first floor auditorium, 1-2 p.m.

May 2

Noncommissioned Officer development Program, first floor auditorium, 6-7 a.m.

Military Resilience Training, first floor auditorium, 8-9 a.m.

May 3

DTMS/Swank new managers' training, Bldg. 38803, 9:30-11:30 a.m.

May 8

Threat Awareness and Reporting Program, first floor auditorium, 1-2 p.m.

Threat Awareness and Reporting Program, first floor auditorium, 2-3 p.m.

May 9

Leadership Development Program, first floor auditorium, 4-5 p.m.

May 10

SHARP/Soldier-Civilian Annual Training, first floor auditorium, 9:30 a.m. to 12:30 p.m.

May 14

Army Substance Abuse Program training for Soldiers, Alexander Hall, 1-2 p.m.

Army Substance Abuse Program training for Soldiers, Alexander Hall, 2:30-3:30 p.m.

May 15

Equal Opportunity Training, first floor auditorium, 7-8 p.m.

Threat Awareness and Reporting Program, Alexander Hall, 2-3 p.m.

Junior Enlisted Development Program, first floor auditorium, 4-5 p.m.

May 16

Military Resilience Training, Family Outreach Center, building 33512 (behind Woodworth Library) Rice Road, 8-10 a.m.

Noncommissioned Officer Professional Development, first floor auditorium, 4-5 p.m.

May 18

Asian American and Pacific Islander Heritage Month, first floor auditorium, noon to 1 p.m.

May 22

Army Substance Abuse Program, first floor auditorium, 3-4 p.m.

May 23

Military Resilience Training, first floor auditorium, 8-10 a.m.

May 24

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

SHARP/Soldier-Civilian Annual Training, first floor auditorium, 1-4 p.m.

May 25

Training Day (Memorial Day)

May 28

Memorial Day

May 29

Equal Opportunity training, first floor auditorium, 8-9 a.m.

Live for a living with Mediterranean diet month

Maj. Julie Hess, MS, RD
Chief, Nutrition Care Division
Eisenhower Army Medical Center

The Mediterranean diet is based on the traditional diets and lifestyles of people from countries surrounding the Mediterranean Sea, such as Italy and Greece. Since the early 1960s, researchers have noted that these people are exceptionally healthy compared to Americans and have a low risk of many chronic diseases, such as heart disease and diabetes.

Numerous studies over the years have shown the Mediterranean diet helps prevent heart attacks and strokes, protects against cancer, helps with weight loss and even helps people live longer.

There is no one right or wrong way to follow a Mediterranean diet. Remember: there are many countries around the Mediterranean Sea and the people living there don't all eat the same things. Consider this a general guideline, not something written in stone. The foods and ingredients can be modified to fit individual needs and preferences. It's even great for children.

The Mediterranean diet includes a variety of fruits, vegetables, whole grains, beans, fish and healthy fats. Nutrients from

these foods help support optimal growth and development while also promoting a healthy weight. If you'd like for you and your family to enjoy the healthful benefits of the Mediterranean Diet, these easy steps can help you get started:

Build a strong base

Fruits, vegetables and whole grains are the foundation of the Mediterranean diet, delivering a wide variety of vitamins and minerals, carbohydrates for energy and fiber for smooth digestion. Instead of making meat the main event, use plant-based foods as the foundation for hearty meals such as pasta with vegetables, minestrone soup or stir-fried veggies over brown rice.

Learn to love beans

You won't find much red meat or even chicken in this diet, but there are plenty of beans — also called legumes — and lentils. Beans are naturally low in fat and loaded with protein, fiber and healthy carbohydrates. Beans are also high in potassium, magnesium and iron. Add a variety of beans to your diet by tossing chickpeas, soy or kidney beans into salads; add peas or lentils to cooked rice; or mash seasoned pinto beans into a cheesy quesadilla.

Look toward the sea

Fish and seafood plays a starring role in the Mediterranean diet. They are a top source of brain- and heart-healthy omega-3 fatty acids, plus they're packed with protein. Seafood cooks fast, making it perfect for quick meals such as grilled shrimp tossed into pasta marinara, or tuna stirred into whole-wheat couscous.

Stop fearing fat

Monounsaturated fats from olive oil, nuts and seeds are an important part of the Mediterranean diet. In addition to making olive oil your go-to cooking oil, toss pine nuts or sliced almonds into sautéed green beans, spinach or asparagus. Make your own trail mix using dried fruits, whole-grain cereals, nuts and seeds ... a great activity for children.

Dip it

Children (and adults) love to eat foods they can dip. Dunking veggies into Mediterranean-inspired spreads such as hummus, tzatziki — a creamy yogurt dip — or baba ghanoush, made from sesame and eggplant, sneaks in a serving of vegetables

see **NUTRITION** on page 9

Check VBRICK for mission, vision priorities

Col. David E. Ristedt
Commander

Eisenhower Army Medical Center

Eisenhower Teammates,

Command Sgt. Maj. John Steed and I appreciated the great attendance and questions from the April series of Town Hall events. If you missed it, visit VBRICK and watch the video to understand the adjusted priorities and the many staff investments we discussed. We continue to accept feedback and work hard to make our great organization even stronger.

The most important change you see is moving Quality and Safety to its rightful place as our top clinical priority. We have always stated that Quality and Safety were unquestioned in our facility but it did not appear that way on our priority list, which is now rectified. We all want to be part of an organization that is laser focused on delivering a 5-star patient experience starting with executing our policies, procedures and activities.

To that end, we will have an opportunity to showcase our talent when the Joint Commission comes to survey our hospital May 1-3.

Let's demonstrate our best as they validate the delivery of 5-star care and identify some areas where we can improve even more.

Remember: We Are Eisenhower. Together, we are the best team in the Army Medical Department at delivering quality and value to our patients, and readiness to the force.

Finally, thank you for your continuous effort for each other and our patients.

 DDEAMC MISSION/VISION/PRIORITIES	
Commander's Priorities	Mission and Vision
<ol style="list-style-type: none"> 1. Readiness 2. Cultivate an Organization-Wide Quality and Safety Culture 3. Sustain Medical Education Activities 4. Deliver a 5-Star Patient Experience 5. Anticipate Medical Strategic Forecast/Initiatives 	<p>Vision</p> <p>Deliver Readiness while providing a 5-Star Patient Experience</p> <p>Mission</p> <p>DDEAMC provides high quality, complex, patient-centered healthcare services and delivers military readiness through sustained medical education and multidisciplinary care.</p>
<p>WE ARE EISENHOWER!!</p>	

Let's celebrate the service of our departing teammates over the coming weeks, and enjoy Memorial Day activities with friends and family.

SEXUAL ASSAULT AWARENESS AND PREVENTION MONTH



Photo by David M. White

Each April, installations and commands throughout the Army, including Eisenhower Army Medical Center, demonstrate their resolve to eliminate sexual assault through Sexual Assault Awareness and Prevention Month programs, observances and events. This campaign highlights the Army's continuing, unified effort to prevent assaults, encourage reporting and support survivors. The activities also present opportunities to recognize SHARP professionals who dedicate themselves to assisting victims of sexual crimes.

Col. Celethia Abner-Wise, left, Eisenhower Army Medical Center's chief nursing officer; and Sgt. Maj. Michael Freeman, far right, chief clinical sergeant major; present coins March 30 to Staff Sgt. Shonda Tukes, center left, full-time victim advocate; and Ann-Marie Barlow, sexual assault medical forensic examiner; as a "thank you" for their continued support to victims.



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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-eamc.mbx.pao@mail.mil.



May 7: 'Each One Heals One'

Healing Hands Opening Ceremony. Join EAMC nurses in unity as they come together to at the start of National Nurses Week with this inspiring observance. *EAMG Flagpole, 10 a.m.*

May 8: 'Who Am I?'

Know who's who in the world of nursing? The United States Army Nurse Corps was formally established by the U.S. Congress in 1901. It is one of six medical specialty branches managed by Dita Hopkins Kinney who was also the first superintendent of the ANC. How well do you know your history of military and civilian nursing? Join us for this trivia game. *EAMC's 1st floor auditorium, 9:30 a.m.*

May 9: Fun Walk/Run

EAMC Ordered: One foot in front of the other. Repeat as often as necessary to finish. Wear your favorite Nurses Week T-shirt and meet EAMC nurses on the field. A prize will be given to the nurse who represents their best year by wearing their oldest tee. *Barton Field, west end, 6:30 a.m.*

May 10: 'Strike Out'

Does your department or unit have game? If so, join us at the lanes. This is one bowling tournament you don't want to miss. The team with the best T-shirt and highest score will be awarded. You also get bragging rights, of course. *Gordon Lanes Bowling Center, 4:30 p.m.*

May 11: Closing, Awards, Cake

Join EAMC nurses as we top off our week in unity, celebrating and honoring those who have impacted our profession through inspiration, innovation and influence. *Ike's Cafe, 2 p.m.*

18TH CHIEF OF THE ARMY NURSE CORPS VISIT



Photo by Wes Bynum

Retired Brig. Gen. Clara Adams-Ender, center, 18th chief of the Army Nurse Corps from 1987-1991, visited Eisenhower Army Medical Center March 15, and posed for a photo with Col. Celestia Abner-Wise, EAMC's chief nursing officer; Maj. Michael Knight, Capt. Maria-Cristina Caruso, Lt. Col. Barbara McCottry, Lt. Col. James Masterson, Lt. Col. Tamara Funari and 1st Lt. Rachael Blaz. Adams-Ender served as the guest speaker for the 513th Military Intelligence Brigade for Women's History Month. Additionally, Abner-Wise provided her with the command brief and on behalf of EAMC Commander Col. David Ristedt and Command Sgt. Maj. John Steed. Adams-Ender was presented an EAMC coin and she told the team stories of her military career and how she started as a sharecropper's daughter. Adams-Ender was then-2nd Lt. Abner-Wise's first Chief, Army Nurse Corps in 1989.

HAS A HEALTHCARE PROVIDER RECENTLY TOLD YOU THAT YOU HAVE PREDIABETES OR TYPE 2 DIABETES?

We are conducting research on how healthcare providers tell patients about a diagnosis of prediabetes or Type 2 diabetes and how patients change their behavior in the six months following that conversation.

If you are between 25 and 64 years old, and you would like to volunteer to participate or have questions about the research study, please contact Angela Seehusen 706.524.2953 or angela.b.seehusen.vol@mail.mil



Mary Lewis Black, M.D.

Chief of Pediatrics

Eisenhower Army Medical Center

Breast-feeding has been shown to have numerous benefits for both the infant and mother. Infants receive active immunoglobulins, also known as antibodies, through breastmilk. Babies who are breast-fed have fewer respiratory infections, gastrointestinal infections and ear infections.

Although breast-feeding may not be for all new mothers, the doctors and nurses at Eisenhower Army Medical Center work diligently to encourage and support breast-feeding families.

In June 2017, EAMC began delivering its infants at Doctor's Hospital of Augusta. Doctor's Hospital is the first hospital in the Central Savannah River Area to have the prestigious accreditation as a Baby-Friendly birthing center. This important designation recognizes hospitals and birthing centers that offer an optimal level of care for infant breast-feeding and mother/baby bonding. From the start, families are offered breast-feeding information, confidence and skills needed to successfully initiate and continue breast-feeding their babies.

Breast-feeding decreases the incidence of childhood allergies, eczema and even certain forms of leukemia. Mothers who breast-feed lose their pregnancy weight more quickly and have a decreased incidence of both ovarian and breast cancer. Breast-feeding also strengthens maternal-infant bonding and decreases the incidence of postpartum depression. The American Academy of Pediatrics recommends breast-feeding exclusively for the first six months and continued breast-feeding until at least the first year of life.

In EAMC's clinics, the staff continues to be strong breast-feeding advocates and educators. Many nurses attended a lactation



Photo by David M. White

Laurissa Folk, RN, a certified lactation consultant in Eisenhower Army Medical Hospital's Family Medicine Clinic, gives a tour of one of EAMC's two dedicated breast-feeding rooms.

training course this past fall. There are now nine lactation counselors/consultants at EAMC, more than any pediatric practice in the CSRA.

New mothers are offered lactation consultations at each visit and EAMC also has walk-in hours available for lactation help. The physicians in both the Family Medicine Clinic and the Community Care Clinic have also received extensive training on breast-feeding support and education.

Last February EAMC sponsored a daylong breast-feeding seminar for physicians, hosted by the Georgia American Academy of Pediatrics. Ninety percent of the staff that cares for newborns attended. Physicians also receive continued lactation education through the lactation program at Doctor's Hospital.

Eisenhower fully supports Georgia state law, Ga. Code An. § 31-1-9, that supports a

mother's right to breast-feed her baby wherever she and her baby are legally authorized to be. (See the sidebar for details.) Additionally, EAMC offers two breast-feeding and pumping rooms — one in the FMC clinic on the second floor, and one on the 10th floor — and an additional room is always available in the CCC, if mothers would prefer this space.

EAMC also has adapter kits for mothers to hook up to hospital-grade pumps if they desire or, preferably, the staff can work with mothers with their own pumps so they can increase their comfort.

Tricare will pay for a breast pump with a prescription filled out by the mother's obstetrician.

Mothers are also welcome to breast-feed openly anywhere they choose in the hospital

see **BREAST-FEEDING** on page 9

Georgia breast-feeding law,
Ga. Code An. § 31-1-9

The breast-feeding of a baby is an important and basic act of nurture which should be encouraged in the interests of maternal and child health. A mother may breast-feed her baby in any location where the mother and baby are otherwise authorized to be.



Photo by John Corley

Volunteers waving full-sized American flags line a portion of a route the Eisenhower Army Medical Center's Running Club took as they participated in the Augusta-area Blue Mile run during the Augusta Half Marathon, Feb. 24.

EAMC's Running Club puts in the miles, looks for more

Lt. Col. Ross A. Davidson

Troop Commander

Eisenhower Army Medical Center

After 10 weeks of training, more than 30 members of the Eisenhower Army Medical Center Running Club took part in its 10K race at Lake Olmstead Park, Augusta, April 14. Of those who ran, 14 completed their first 10K.

The running group started last February with its program kickoff where 60 people learned of the importance of physical training, nutrition, sleep, injury prevention and hydration.

Sgt. 1st Class Erik Adams developed the 10-week running plan for the group, including weekly goals and intermittent program milestones.

As part of the training program, the group organized two weekly group runs, typically one run on post after work during the week, and at various locations throughout the Augusta area every Saturday. The Saturday runs offered a variety of terrain and scenery.

Running mentors provided a critical motivation to the group members with support and encouragement throughout the season. The group has grown to more than

125 soldiers, civilians and family members.

The running group has integrated into the Augusta running community, volunteering at several local running events such as the Blue Mile, honoring the service and sacrifice of our nation's fallen service members, during the Augusta Half Marathon.

The EAMC group stands by its motto to "train, mentor and inspire runners into achieving their goals."

The group kicked off a new 5K training program April 16 and a culminating event will be held Memorial Day. For information, contact Sgt. James Philips at 706-787-8352.



Photo by Command Sgt. Maj. Omar Mascarenes

Members who participated in Eisenhower Army Medical Center's Running Club's 10K at Lake Olmstead Park in Augusta April 14 pose for a race-day group photo.

Eisenhower Army Medical Center's Running Club's motto is to "train, mentor and inspire runners into achieving their goals."

Celebrating 69 years of Mental Health Month

Theresa A. Brisker
BH Clinical Nurse Educator
Move to Health Facilitator
Eisenhower Army Medical Center

May is Mental Health Month. Launched in 1949 by Mental Health America, it is the most highly recognized mental health awareness event in the nation.

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. So much of what you do physically impacts you mentally. Paying attention to both your physical health and your mental health can help you achieve overall wellness and set you on a path to recovery.

Mental Health America's theme this year, is Fitness #4Mind4Body. The goal is to raise awareness about the connection between physical health and mental health. The campaign is meant to educate and inform individuals about how eating healthy foods, gut health, managing stress, exercising and getting enough sleep can go a long way in making you healthy all around.

The staff at Eisenhower Army Medical Center's Behavioral Health Clinic is excited to remind the Eisenhower family that such programs are already on board for the staff.

The Move to Health training includes the foundation of the Performance Triad's goal to "change the conversation" from a

disease- and injury-centric approach to a personalized, proactive, person-centered approach, focused on promoting the health and wellness of the Total Army Family. The conversation changes to holistic health through healthy partnerships and relationships, self-reflection, innate healing mechanisms, mindfulness, healing communication, defined as empathy.

Currently during the onboarding process, new employees are scheduled to attend Day 1 of the course where the emphasis is on self-care. Staff members may sign up for Move to Health Course on Swank Health.

Recent participants' responses when asked answering "what was the most effective part of the Move-to-Health Course" include:

- "Learning some different ways to look at our own health and helping with the health of others."
- "That you can choose your life to be positive at any age."
- "The Performance Triad, how it works."
- "[The Performance Triad] gives you the opportunity to reflect and make life-changing habits, and improve overall health."

Child and Family Behavioral Health's robust services

Spc. Lorne L. Browne II
NCOIC, Outpatient Behavioral
Health Services
Eisenhower Army Medical Center

Mental Health Awareness Month is a national observance that focuses on reducing the stigma of seeking treatment for mental health concerns.

Behavioral health includes emotional, psychological, and social well-being. It affects how people think, feel and act. It also helps determine how they handle stress, relate to others and make choices. Behavioral health is important at every stage of life, from childhood and adolescence through adulthood.

The Behavioral Health Department at Eisenhower Army Medical Center is concerned about behavioral health year 'round. In addition to an inpatient facility, an intensive outpatient program and a residential treatment facility for substance abuse, EAMC also has a robust department with four outpatient clinics — Community Behavioral Health Service, Outpatient Behavioral Health, Substance Use Disorder Clinical Care, and Child and Family Behavioral Health Services.

The newest addition is the Child and Family Behavioral Health Services, which is about two years old. Seeing a need for increased services for military children and families, Army



Courtesy photo

Maj. Demietrice Pittman, right, chief of Eisenhower Army Medical Center's Child and Family Behavioral Health Services, discusses a case with Rico Hogan, psychological technician, April 18.

Medical Command developed Child and Family Clinics across the different Army installations.

- The goals of the CAFBHS are to:
- Improve family readiness by providing excellent direct behavioral health services to children and families.
 - Implement behavioral health services supporting comprehensive, holistic health care using a public health

see **BEHAVIORAL** on page 9

Family Readiness Group is looking ...



Volunteers needed for Family Readiness Group leader, co-leader. Call 787-0200.

Finishing strong

Capt. Christopher Hart

Clinical Chaplain

Eisenhower Army Medical Center

Life is a race where some are runners and some are walkers. Life is a journey and we each have our different roles and ways that we run through it.

In 2 Timothy 4, verse 7b, Apostle Paul said “I have finished the race, I have kept the faith.” Why is it so significant for Paul to proclaim that he finished the race and have kept the faith? Very simple, God is aware and cares about how we run and how we finish our race for we are on his assignment in life.

Our goal as human is to finish what we have started, be it a project or a career. So is the journey of life: it’s a race that must be finished. Knowing that some of us are called and some are chosen for specific assignments in life according to God’s purpose makes us accountable for our callings and assignments.

Every race has a finish line and every journey has an end. You may not always be in first place in the race but everyone’s desire is to get to the finish line. Even for the Apostle Paul, it was important for him to finish his race. Getting to the finish line is what I call finishing strong and that, my friend, makes you a winner.

As I think about all the distractions, the

struggles and all the challenging situations we go through in life and all that life brings our way, it is so easy to lose the will to continue our race. Giving up or falling out of the race is not the will of God for any of us.

No matter if you are a runner or a walker, reach down and stir up the resiliency spirit within you and motivate yourself to the finish line.

If you don’t give up on yourself and you listen to the people around you cheering, you will definitely make it to the finish line. It takes discipline and commitment to stay in your lane and stay focused on

God loves you and wants you to be happy and successful in all you do.

your assignment. Staying in your lane and pressing forward with all perseverance will get you to your finish line and like Paul you can also say, “I have finished the race and I have kept the faith.”

God loves you and wants you to be happy and successful in all you do. Therefore, he has given us a resilient spirit to sustain us and the ability to press through and overcome our challenging situations.

Even as a chaplain clinician here at Eisenhower Army Medical Center, there have been times that I have had to reach deep down within me, tapping into God’s sustaining spirit to sustain me through the rough and unfair circumstances of life.

I refused to give up on God’s calling for my life. I refused to give up on myself, family and the patients, staff and Soldiers of EAMC Troop Command. They are the purpose of my assignment here.

Now, as my assignment comes to an end, I have had opportunity for reflection since my arrival in June 2014.

I am very grateful and honored for the trust and the opportunity to serve in the capacity that was entrusted to me by the leaders and dedicated staff of this amazing organization.

Like the Apostle Paul, I, too, can say that I have finished my race here at EAMC and I have kept the faith.

Always remember there is a resilient spirit within you and it is there to sustain you and help you finish strong. Press on and you will run through the tape every day.

Changes coming to TRICARE retiree dental program

TRICARE

TRICARE Retiree Dental Program coverage will end Dec. 31. However, anyone who was in TRDP this year or would have been eligible for the plan will be able to choose a dental plan from among 10 dental carriers in the Federal Employees Dental and Vision Insurance Program.

You can begin reviewing program options now at www.opm.gov/fedvip. You’ll be able to enroll in FEDVIP during the 2018 Federal Benefits Open Season, which runs from Nov. 12 to Dec. 10. Coverage begins Jan. 1.

Previously, FEDVIP wasn’t available to Department of Defense beneficiaries, but it



will now be available to those who would have been eligible for TRDP. As an added bonus, they will also be able to enroll in FEDVIP vision coverage, along with most active duty family members.

More than 3.3 million people are currently covered by FEDVIP. You can choose from dental plans offered by 10 different carriers. To enroll in FEDVIP vision, you

must be enrolled in a TRICARE health plan. You can decide if one of four vision plans meets your family’s needs. TRICARE Young Adult enrollees are not eligible to enroll in FEDVIP vision.

You may only enroll in a FEDVIP plan outside of open season if you experience a Qualifying Life Event that allows you to do so. Any election in a FEDVIP plan remains in effect for the entire calendar year.

For information, visit the FEDVIP website at tricare.benefeds.com and sign up for email notifications. You’ll get an email when new information is available and key dates approach. Future updates will include eligibility information, plans, carriers, rates, educational webinars and more.

BEHAVIORAL from page 7

- approach.
- Provide direct patient care services using evidence-based, informed assessment and treatment models.
 - Create partnerships with on-post and civilian community resources to promote resiliency and wellness for service members, family members, and the Fort Gordon community.
 - To provide timely and comprehensive behavioral health consultation to primary care managers, schools, community agencies and other mental health providers.

CAFBHS is staffed with two clinical psychologists, one full-time psychiatrist and four clinical social workers to help with the hardships that military children and families encounter.

The “staff prides itself on providing an environment of care that demonstrates

a 5-Star patient experience,” said Maj. Demietrice Pittman, clinical psychologist and chief of the clinic.

She said a recent patient satisfaction survey mentioned the clinic had a “sense of home” and the patients enjoyed coming.

CAFBHS is currently located in Building 327, by Troop Command and Tingay Clinic. The clinic provides individual, family and marriage counseling as well as play therapy to all branches of service located on Fort Gordon. In addition, they provide medication management and psychological testing for ages 5-65.

“If a patient has behavioral health concerns,” Pittman said, “they should see their primary care manager and get a referral for services at the clinic. One of the staff will contact them to schedule their appointment or patients can call the clinic at 706-787-8651.”

NUTRITION from page 2

and keeps the wee ones happy.

Live it

Finally, the Mediterranean lifestyle is almost as important as the diet if you want to gain all of the protective health benefits. This includes regular physical activity, getting plenty of sleep, sharing your meals with friends and family, and enjoying life.

BREAST-FEEDING from page 5

or the hospital grounds. It is important to give mothers all the support and encouragement they need to give their newborns this important benefit.

The decision whether or not to breast-feed is complex and should be made by the mother herself with help from their physician as needed.

Some mothers are unable to breast-feed for a variety of reasons including inadequate supply, the need to be on a medicine unsafe for breast-feeding, need for radiation therapy, or infant with digestion difficulties or any other medical condition incompatible with breast-feeding. The Eisenhower care team understands that exclusive breast-feeding is not always the best option for all mothers and will work extensively with each family to come up with the feeding plan that is best for the infant and the mom in all situations.

The most important goal is for the mother to take care of herself medically and physically so she can enjoy and care for her beautiful new baby.

Editor's note: Dr. Mary Lewis Black is a board-certified fellow of the American Academy of Pediatrics and is the chief of Pediatrics for Eisenhower Army Medical Center. She also is the mother of two boys who she successfully breast-fed for the first year of their lives.

Nutrition Care Division helps with breast-feeding

Capt. Emily Sanchez, an Eisenhower Army Medical Center registered dietitian, is also a Certified Lactation Consultant. She and Deanna Shade, also an EAMC registered dietitian, helped create and implement the new breast-feeding SOP for 9MSP. They also work with Dr. Mary Black on pediatric formula and new infant procedures.



US ARMY TRAINING AND DOCTRINE COMMAND (TRADOC)

AT LEVEL I Awareness Training must be completed annually

Go to <https://jkodirect.jten.mil> and take Course #JS-US007-14 to complete training.

Must be completed by all soldiers, DoD civilians, and contracted employees IAW contract.

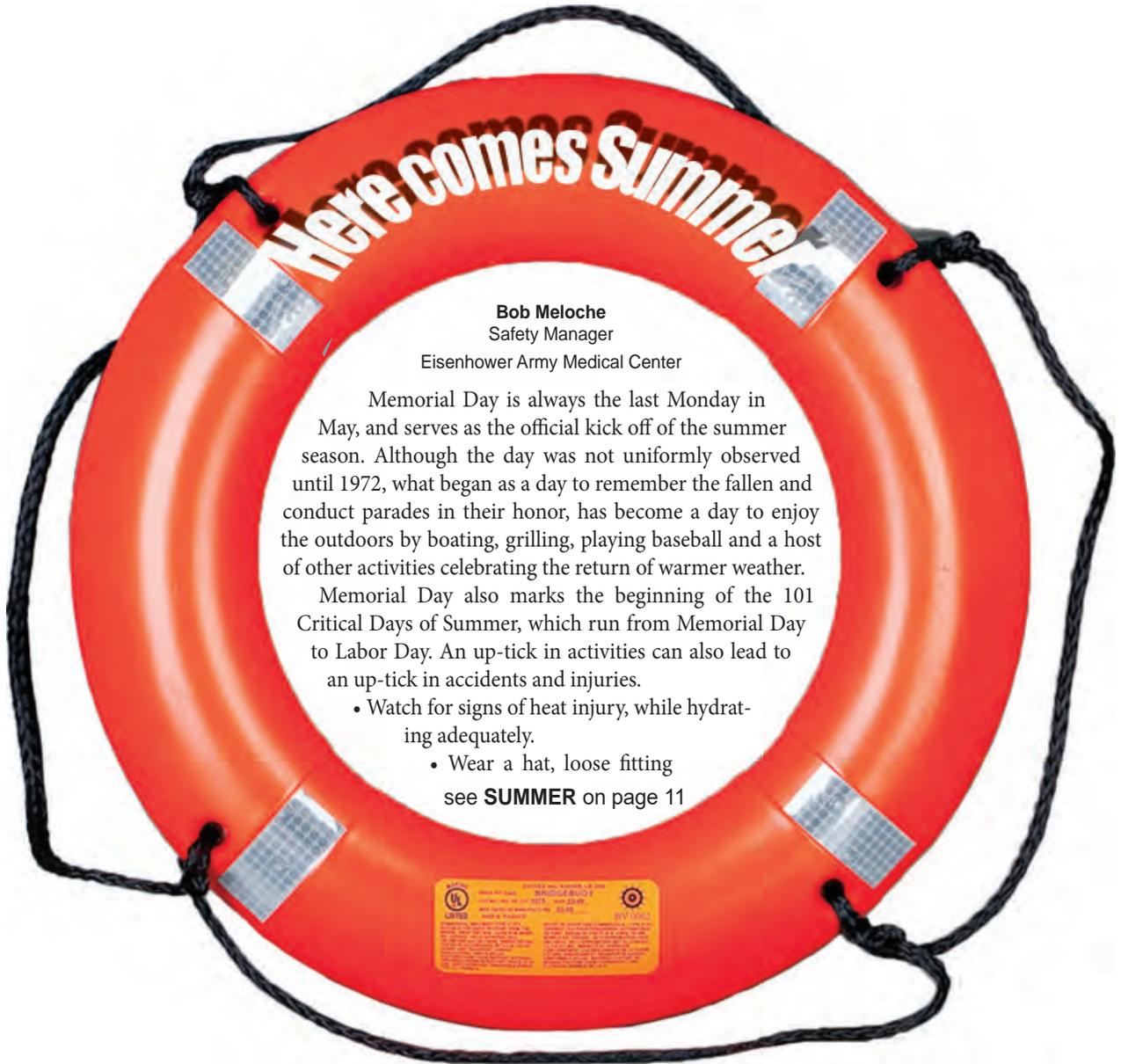
All TRADOC units report percentage of training completed during AT Awareness Month (August).

IET soldiers and DAC new hires must receive AT Level I Training by an AT Level II Officer.

Going on vacation, PCS, or TDY out of the U.S.?

All OCONUS travel requires current AT Level I training and Area of Responsibility (AOR) brief. This includes family members 14 years or older prior to traveling on official orders.





DO THE MATH

150 minutes moderate activity per week
=
30 minutes over 5 days

BUZZED. BUSTED.

BROKE.

GET CAUGHT BUZZED DRIVING AND IT COULD COST YOU \$10,000.

Ad COUNCIL **NHTSA**

February**Patient Safety Employee of the Month****Patient Safety Division**

A vaccine was administered to a patient at Eisenhower Army Medical Center who subsequently had an adverse reaction. Mia Williams, LPN, and Tanjanell Simon-King, RN, from the Community Care Clinic, quickly assessed the patient and implemented the emergency protocol — notifying the provider and administering an epinephrine injection to help ease the severe and potentially life-threatening reaction. Once stable, the patient was transported to the emergency department where the patient made a complete recovery.



Photo by John Corley

Mia Williams, LPN, left, and Tanjanell Simon-King, RN, from the Community Care Clinic, were recognized as the Patient Safety Award recipients for February during ceremonies in March.

Because of their quick response and dedication to 5-star health care, both Williams and Simon-King were recognized during ceremonies in March as the Patient Safety Employees for February.

Williams, from Massillon, Ohio, brings nine years of nursing experience. She has four daughters and three granddaughters. Her hobbies include singing and dancing, reading, writing poetry and painting rocks.

Simon-King's hometown is Frederick, Md. She earned her BSN from the University of Maryland. Work experience includes senior research nurse at the Institute of Health in Bethesda, Md.; staff RN, general surgery floor at Tripler Army Medical Center Honolulu, and clinical lead RN at Soldier Center Medical Home, Schofield Barracks, Hawaii. She joined EAMC in 2016. She is an Army wife and has two daughters.

Army, Johns Hopkins University researchers strengthen ties

Dr. Victor Nakan

Johns Hopkins University

BALTIMORE — Army science and technology officials recently met with officials from John Hopkins University, or JHU, for tours and presentations.

Cynthia M. Bedell, director of the U.S. Army Research Laboratory's Computational and Information Sciences Directorate, and Dr. Kimberly Sablon, director of Basic Research, Office of the Assistant Secretary of the Army (Acquisition, Logistics and Technology), visited the Hopkins Extreme Materials Institute at JHU April 3.

During the visit, the pair received presentations on the Materials in Extreme Dynamic Environments Collaborative Research Alliance, or MEDE CRA, from Dr. John Beatty of ARL and Prof. K.T. Ramesh from Johns Hopkins.

The MEDE CRA is an integral part of ARL's Enterprise for Multiscale Research of Materials, officials said. The objective of the alliance is to develop the capability to design, optimize and fabricate material systems exhibiting revolutionary performance in extreme dynamic environments.

The approach is a mechanism-based, "materials-by-design" capability that focuses on advancing the fundamental understanding of materials in relevant high-strain-rate regimes. Model materials in the areas of metals, ceramics and composites are being investigated to improve protection for Soldiers and vehicles.

In addition to the updates, Bedell toured the state-of-the-art facilities that support MEDE research activities. The tour included the 3-D characterization, laser shock, Kolsky-bar and plate impact facilities. These facilities can simulate forces from a blast and ballistic event, can determine the composition of a material sample undergoing these types of high impact events.

The visit concluded with a lunch session with current doctoral students. The doctoral students included Army researchers who are attending John Hopkins under the DOD SMART scholars program. Bedell was the featured speaker and provided career advice and insights into working at the Army Research Laboratory.

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- clothing and sunglasses. Don't forget the sunscreen.
- Plan your road trips, including a plan for rest stops.
- Take time to stretch before participating in sporting activities.
- Check your gas grill for signs of leaks prior to use.
- Never operate a grill, or any open flame device in a trailer, tent, garage, house, or any other enclosed space. Carbon monoxide builds up quickly and is a silent killer.
- Never swim alone, and watch for signs of dangerous currents. Check the water depth before taking a plunge.
- If boating is more your speed, ensure everyone is wearing a life preserver, and never operate a boat, or any watercraft if you've been consuming alcohol.

These safety tips are not all inclusive, but they are an excellent starting point for your summer safety plan.



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Jamie Rahman
2017 Red Cross
Summer Volunteer



Capt. Lori W. Maggioni,
Deputy Chief, Nutrition
Care Division, soldier for
8 1/2 years, at EAMC for
10 months



Lee A. Williams
Food Service Operations,
Nutrition Care Division,
At EAMC for 5 years



Master Sgt. Alicia
Sandovol, NCOIC,
Nutrition Care Division,
soldier for 16 years, at
EAMC for nine months

