

**Exercise!!!
Exercise!!!
Exercise!!!**

April 1-7

Masters Week

April 3

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

April 4

EST 2000 Instructor Operator Training, TADSS Bldg, 81100, 8 a.m. to 2 p.m.

Grand Rounds, first floor auditorium, 8-9 a.m.
Topic: TBA

Range Safety Certification, TADSS Bldg. 81100, 8:45 a.m. to 12:30 p.m.

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

April 5

EAMC Warrior Adventure Quest Team Building Event for EAMC's RTF-TBI Clinic, Augusta Paintball, 1818 Barton Chapel Road, Augusta, 9-10 a.m.

April 8

Comprehensive Soldier and Family Fitness Resilience Training, Good Shepherd Chapel, 8 a.m. to 5 p.m.

April 9

Comprehensive Soldier and Family Fitness Resilience Training, Good Shepherd Chapel, 8 a.m. to 5 p.m.

The Family Readiness Symposium, Gordon Club, 8:30 a.m. to 2 p.m.

April 10

EAMC Command & Staff Briefing, first floor auditorium, 8:30-9:30 a.m.

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

April 11

HEAT Instructor-Operator Training, TADSS Bldg. 81100, 8 a.m. to 2 p.m.

Grand Rounds, first floor auditorium, 8-9 a.m.,
Topic: TBA

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

Range Safety Certification, Range 6 AAR, Bldg. 484, 8:45 a.m. to 12:30 p.m.

April 12

Holocaust Remembrance Day/Days of Remembrance, first floor auditorium, noon to 1 p.m.

April 15

Taxes Due

April 17

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

April 18

EST 2000 Instructor Operator Training, TADSS Bldg. 81100, 8 a.m. to 2 p.m.

Grand Rounds, first floor auditorium, 8-9 a.m.,
Topic: TBA

Range Safety Certification, TADSS Bldg. 81100, 8:45 a.m. to 12:30 p.m.

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

April 20

Splash and Dash 2019, indoor pool, Bldg. 21608, corner of Barnes Avenue and 25th Street, 8 a.m. to noon

April 24

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

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

April 25

HEAT Instructor-Operator Training, TADSS Bldg. 81100, 8 a.m. to 2 p.m.

Grand Rounds, first floor auditorium, 8-9 a.m.,
Topic: TBA

Range Safety Certification, Range 6 AAR, Bldg. 484, 8:45 a.m. to 12:30 p.m.

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

Sexual Assault Awareness and Prevention Month command program, Gordon Conference and Catering Club, 1:30-2:30 p.m.

April 26

EAMC Quarterly Retirement Ceremony, first floor auditorium, 10 a.m. to noon

Eat with your eyes

Sgt. 1st Class Tresa R. Boyd, NCOICNutrition Care Division
Eisenhower Army Medical Center

It's April and spring is just a couple of weeks old. Lawns are green and azaleas have been popping all around. Pretty soon the farmers' markets will begin bringing in the bright, early harvests as thoughts turn to finding this year's best bathing suit and — it can't get here soon enough — the first tomato and bacon sandwich of the year.

Perhaps it's best to start with a healthy eating plan and exercise. We may join a gym, buy foods we consider healthy and set goals. Yet most end up not following through with their set out plans. They don't dedicate the time for the gym and revert back to bad eating habits. And, honestly, some of the New Years resolutions and boundaries we set for ourselves may have long ago fallen to the wayside. How do we set goals we can easily maintain?

When we look at food, what do we see? As defined in Merriam-Webster Dictionary: Food is a material consisting essentially of

protein, carbohydrates and fat used in the body of an organism to sustain growth, repair, and vital processes and to furnish energy. That within itself is a mouthful.

Looking at food, we see texture, color,

shape, volume and consistency. Then we smell the aroma and from there we decide if we want to taste it. We tend to eat with our eyes and not for nourishment. Eating with your eyes is a mindset. We tell ourselves, "that looks good," so in other words, "that must taste good."

see **EYES** on page 11



Photo by Marco Verch

Roasted vegetable salad with carrot, potato, red onion, spinach and quinoa looks good enough to eat.

We are accomplishing excellence

Col. David E. Ristedt

Commander

Eisenhower Army Medical Center

At the time of writing, Command Sgt. Maj. William Allen and I are on the way back from Camp Shelby, Miss., after meeting with the National Guard Mobilization Force Generation Installation, or MFGI, units training to ensure we can rapidly deploy forces in the event of conflict.

I am reminded this is just one example of the excellence that is Eisenhower Army Medical Center and our teammates, delivering readiness while simultaneously providing 5-Star care.

During this time of transition and transformation, we remain extremely proud of the resiliency and dedication of the entire team.

I learned today that the “Joint Commission equivalent” survey of our decompression chamber resulted in a rec-

ommendation for “with distinction” rating — making it one of the top resources in the United States.

Brig. Gen. Telita Crosland visited the team in SOUTHCOM and raved about the quality and excellence of the partnership with Ryder Trauma Center on training and readiness.

She will visit the team at Rodriguez Army Health Clinic where she will engage with leaders and caregivers who brought the Puerto Rico National Guard Readiness to the second highest rating in the country.

Other highlights include our team in the Emergency Department continuing to be the gateway for incredible care and transitioning to filling beds with the volume and complexity to support Graduate Medical Education. In the meantime, the OR and in-patient wards have been near capacity for most of the winter, delivering on the promise of a 5-Star experience.

Through perseverance, the pharmacy is making the patient check-in system work in our facility and is delivering an improved experience that is only getting better.

Despite staff shortages in nearly every clinic, outpatient primary and specialty care continue to focus on access to care and population health metrics. EAMC beneficiaries remain the best managed population in the military. And all of this would not be possible without the administrative, logistical and ancillary support from the dining facility, IMD, facilities and all other teammates.

Together, we are accomplishing excellence.

All of this is to say I am proud of you and all you continue to do on behalf of those who trust us with their health. We ask that you keep communicating with your leadership about areas of concern but stay focused on delivering a 5-Star experience to each other and our patients.

Health & Psychosocial Instruments – a HaPI place to search

Mary E. Gaudette

Librarian

Eisenhower Army Medical Center

With more than 200,000 detailed records, Health & Psychosocial Instruments is the go-to resource for discovering and investigating the value of measurement tools and instruments for dozens of applications across dozens of disciplines, including medicine, nursing, public health, psychology, social work, communication and sociology.

Health professionals, researchers, educators, administrators, managers, supervisors, project leaders and students can search for surveys, questionnaires, rating scales, checklists, coding schemes, indexes, inventories, interview schedules, scenarios/vignettes and tasks.

HaPI's range of coverage is truly broad; just searching on the term “intolerance” retrieved 157 results of which two of the first five related to topics as diverse as “sensitivity to chemical odors” and “children's intolerance of uncertainty.”

Updated quarterly, HaPI is produced by Behavioral Measurement Database Services and runs on the EBSCOhost platform.

In addition to the usual “search-by” options (title, abstract, author, subject, text and publisher), the user-friendly interface provides 11 additional search options — including subscale, measure, sample and acronym — which can be used singly or in combination with other search options.

HaPI retrieves records for both the primary source (initial-use study) of a given tool or instrument and for any secondary sources, which are those studies that have subsequently used the same tool or instru-



ment. In addition, a full citation to the respective primary source is displayed in the Reference section of those secondary source records.

Please note: though HaPI is an abstracting service and not a full-text database, links will be provided to the full text of any of its cited documents that are available via any other EBSCO host resource to which either EAMC or AMEDD has a subscription. Non-linked documents can be requested via Interlibrary Loan.

HaPI can be accessed via the “Databases” section of the Health Sciences Library's Ikenet page. For assistance or training, contact the librarian at 787-4446, or send an email to mary.e.gaudette.civ@mail.mil.

Rounds
Eisenhower Army Medical Center

April 2019 • Vol. 4, No. 7

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 Experience counts for lab pros providing 5-Star care

Capt. Luis A. Pow Sang, Ph.D.
Chief, Microbiology
Eisenhower Army Medical Center

Physicians will make an informed diagnosis often with the information gathered by the team of clinical laboratory professionals. Laboratory professionals are fundamental for the 5-Star patient care provided here at Eisenhower Army Medical Center. From the team of phlebotomists who are experts in collecting blood to the technicians and doctors who perform the tests, laboratorians are working 24/7/365 delighted to contribute to the well-being of our beneficiaries.

Eisenhower's Department of Pathology includes a team of military and civilian medical doctors and Ph.D. experts in areas such as biochemistry and microbiology. Moreover, the fundamental part of the team includes the medical technologists and medical laboratory technicians who are the core of the department. These professionals are experts in their corresponding fields such as, phlebotomy, cytology, histology, blood bank, microbiology, virology, immunology, urinalysis, hematology and chemistry. They perform more than 300 different tests for the care of more than 170,000 beneficiaries.

April 21-27 is National Medical Laboratory Professionals Week. Laboratorians around the country take this opportunity to inform and educate medical colleagues and the general public about the medical laboratory profession. They also take time to convey the critical role these skilled and dedicated professionals contribute to patient care.

The laboratory at Eisenhower is located on the first floor. It receives specimens from each clinic and ward of the hospital. Also, it receives specimens from 11 facilities within the Regional Health Command-Atlantic. We also receive specimens to be processed in the Biosafety Level 3 laboratory for suspicious, highly infectious agents.

Personnel who work in this field are required to have additional certifications besides a bachelors or associates degree. One of these certifications is the MT or MLT certification after passing rigorous board exams. EAMC is unique because many of the civilian laboratory staff employed here received their initial training during their prior military service.

Some highly experienced personnel who



Photo by David M. White

Nadine Ramsey, medical technician, has worked for the federal government for 35 years. She came to Eisenhower Army Medical Center in 1995.

have been laboratory professionals for more than 35 years in the federal system are profiled here.

Brenda Brubeck currently performs duties in the immunology section. She has worked for more than 40 years in the federal system. Most of her years were spent here at EAMC. Prior to being a civilian federal employee, she was part of one of

the last groups of the Women's Army Corps in 1974. She graduated the Basic Medical Laboratory course at Fort Sam Houston in March 1978. She arrived here as a permanent party soldier in April of the same year and has not left.

When asked her favorite laboratory test and whether she still performs it today she answered: "I have worked in multiple areas and each one has a favorite test but it would have to be a Complete Chemistry Panel. So much information can be obtained from these tests.

"When I was in school we were taught to do some tests manually such as the BUN to measure urea nitrogen in the blood. It was performed by itself on a spectrophotometer. Now it is part of a panel and done on automated instrumentation. It is done in a different part of the laboratory, so no I'm not currently doing that one. I currently work on allergies, MMRVs, syphilis, ANAs, HSVs and other special testing."

Nadine Ramsey also has served in the federal system for more than 35 years. She came to Eisenhower in 1995. Currently she is a medical technologist working in the hematology, coagulation and urinalysis sections within the core laboratory. The core laboratory processes more than 15,000 specimens a month and about 4,500 specimens STAT, or short turn-around time, that need to be reported in less than one hour.

When asked about her favorite test she

see **LABORATORY** on page 10



Photo by David M. White

Brenda Brubeck, laboratory technician, is one of the last members of the Women's Army Corps. She has been at Eisenhower Army Medical Center since 1978.

Army's Career Counselor of the Year is Eisenhower's own

David M. White
Public Relations Office
Eisenhower Army Medical Center

Sgt. 1st Class Rolanda Wilder, Eisenhower Army Medical Center's career counselor, was recently named Career Counselor of the Year for the entire Department of the Army.

Career counselors work with soldiers and commanders on retention, reclassification and reenlistment initiatives, helping soldiers in their reenlistment windows decide whether to stay in the service, transfer to the reserves or move into a different classification. This is a vital role for the Army and its soldiers.

In December, Wilder participated, and succeeded, in a face-to-face regional competition before moving to the Army-wide competition where the task was to "convince 15 sergeants major" that their future lay in continuing as a soldier.

EAMC's Command Sgt. Maj. William Allen said Wilder is "good at what she does because she really cares about the soldiers and helps them continue to serve the mission and the people of the United States.

"I am extremely proud of her, and what she has done," Allen said. "Her dedication to the retention mission will shape the Army for a decade or more."

A native of Belcourt, N.D., Wilder enlisted in the Army right out of high school and has been on active duty for 15 years.

"I really did want to 'see the world,' as they used to say in the ads," she said. She also was attracted to the Army benefits program but admitted that a change of scenery from North Dakota was a plus.

"EAMC and the Army are blessed with people of Wilder's caliber," said Col. David Ristedt, EAMC's commander. "Her work is valuable to continuing EAMC's mission of ensuring readiness of America's soldiers, and the health of their families and our beneficiaries. I'm proud to say the Army's Career Counselor of the Year represents this organization."

Wilder is no stranger to Eisenhower or Fort Gordon, however. She was born at EAMC when her father was stationed here in 1985. Although her father didn't make a career out of the Army — leaving after five years — his daughter is tilting toward 20 years, with an eye to earning a Masters in Business and a second career in nonprofit work. It's a plan she's given some thought to ... after all, that's what she does for a living.



Photo by David M. White

Sgt. 1st Class Rolanda Wilder, Eisenhower Army Medical Center's career counselor, discusses a soldier's reenlistment plans in her office March 14. Wilder recently earned Career Counselor of the Year for the entire Department of the Army.

Getting married? Know your TRICARE health care options

TRICARE

Getting married? Congratulations. You and your family members may experience changes in TRICARE Prime or TRICARE Select eligibility and coverage after getting married. A change in family composition, such as marriage, is a TRICARE Qualifying Life Event. QLEs are certain life changes, like getting married, moving, giving birth, adopting a child or retiring. QLEs may

mean different TRICARE health plan options are available to you and your family. A QLE allows you to make changes to your health plan enrollment outside of the fall annual TRICARE Open Season.

QLE and open season enrollment rules apply only to TRICARE Prime and TRICARE Select. Premium-based plans (TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult, and the Continued Health Care Benefit

Program) offer continuous open enrollment throughout the year,

Following any QLE, you have 90 days to enroll in a new TRICARE health plan or change your health plan coverage, if you choose. Your new spouse has 90 days from the date of the marriage to enroll in TRICARE, if they choose. Otherwise, they can enroll following another QLE or during

see **TRICARE** on page 11

April is Sexual Assault Awareness & Prevention month



Photo by John Corley

Manford L. Pryear
Full-time SHARP Sexual Assault Response Coordinator

Patience, sympathy, empathy and compassion are the name of the game in victim advocacy. Frequently, advocates must deal with individual's at the most awful and hardest periods of their lives. It takes sympathy and empathy and a right caring heart.

Everybody can't do this job; it takes a very exceptional person to accept the role of an advocate. We help victims manage and cope with the stress and the trauma that follows a sexual crime. Many times victims have to cope with psychological, physical, financial, and/or emotional stress. A victims' advocate provides assistance to individuals who need help dealing with the fallout from these traumatic experience.



Photo by John Corley

Staff Sgt. David Kelege
Collateral Duty SHARP Victim Advocate

During my time in the Army, I have had the opportunity to serve with many good Soldiers. Unfortunately, I have also had to witness how sexual harassment and assault can impact individuals, teams and units.

Knowing these victims and seeing their struggle motivated me to seek an opportunity to have a positive impact. I sought training as a SHARP Victim Advocate to become a force of change in the organization and to better care for those who have been harmed.



Photo by John Corley

Sgt. 1st Class Jeremy Minot
Collateral Duty SHARP Victim Advocate

Ultimately, I want to help and support individuals who are sufferers of these acts to ensure they do have a voice.

MEET YOUR SHARP VICTIM ADVOCATES



Photo by John Corley

1st Lt. Derek Gamble
Collateral Duty SHARP Victim Advocate

Serving as a psychiatric nurse, I recognized there was a need for compassionate, professional care for victims of sexual assault and harassment. With motivation to serve and exceptional training,

I hope to provide those in need with the resources to persevere. This why I chose to become a Victim's Advocate for the Eisenhower Army Medical Center SHARP Program.



Photo by John Corley

Sgt. 1st Class Larry Lofley
Collateral Duty SHARP Victim Advocate

I wanted to become a victim advocate because I have had family members effected by sexual assault. Seeing the transformation that happens after an event like this made me want to help others to regain the trust they lost in people.

I currently work in the Troop Command operations section where I track and plan training.



Photo by John Corley

Staff Sgt. Necole Reese
Collateral Duty SHARP Victim Advocate

I became a victim advocate so I could empower victims to become survivors. There have been far too many cases of sexual assault in which there is no one present to advocate on behalf of the victim. These individuals are left fighting outward and inward battles themselves. I'm here to support the Army in changing that narrative.

I currently serve as the NCOIC of Transfusion Services in the Pathology Section as well as the 68K Medical Laboratory Technician Phase II Clinical Coordinator.



Photo by John Corley

Staff Sgt. Vilma Hill
Collateral Duty SHARP Victim Advocate

Being a Victim Advocate is important to me because I would like to help victims during their time of need. I would like the opportunity to help victims because I believe they deserve all of the knowledge and resources available to them to assist with making informed decision about their health care.



Photo by John Corley

Staff Sgt. Michael McElrath
Collateral Duty SHARP Victim Advocate

I became a victim advocate to help people and be a voice for those who are afraid to speak out. I have an interest in helping others and I want to positively impact my Army community. Personal experiences have shaped my passion for this position at Eisenhower Army Medical Center.

I work in the General/Vascular/CT/Plastic Surgery clinics.



Photo by John Corley

Staff Sgt. Chad Watson
Full-time Lead SHARP Victim Advocate

I became a Victim Advocate because I was looking to create a positive effect within the organization. I have had leaders in the past tell me that when arriving to a new unit, find out how you can help the organization become better. I also think I can be of help to those who will need it the most during their time of crisis. Care for people has always been in the forefront for me.



Photo by John Corley

Sgt. 1st Class Sherronne Joseph
Collateral Duty SHARP Sexual Assault Response Coordinator

I believe that both sexual harassment and sexual assault are issues that have no place in our Army or in our society as a whole. Unfortunately, issues and events like these are commonplace in this day and age.

I want to impact the community to impart that this is absolutely not how we should think and act. If we can change the thinking of the masses on what is right and wrong — not just in the workplace but everywhere — in regards to SHARP, then we can change a culture of intolerable actions as well. I also want to help and support those who are victims of these acts to ensure they do have a voice.

Collaborating, syncing to provide prevention, wellness

Senior Airman Amanda L. Elsom
Interim NCOIC, Chapel Operations
480 Intelligence, Surveillance and
Reconnaissance Group

Airman Resiliency Team is a specialized, embedded team of teams tasked to help service members to thrive in their lives and missions by providing preventative care and wellness support to airmen, sailors, soldiers, Marines, civilians and their families.

“Fort Gordon Airmen” began their mission here in 1994. The 480 Intelligence, Surveillance and Reconnaissance Group level organization stood-up in 2010 as personnel numbers have increased over the past quarter-century in support of national and military interests across three geographic areas of responsibility. There are many challenges associated with networked, “virtual” operations, including the physical, social, mental and spiritual health of airmen — in a word: readiness.

This relatively newer type of remote combat performed by members who are deployed-in-place year after year requires intentional focus from a specialized, cross-functional team with skills to move them from wellness to wholeness — and even further, from resilient to thriving.

The Airman Resiliency Team, or ART for short, is comprised of three functional specialties: chaplain, medical, and psychology. The ART is constantly collaborating and syncing to provide targeted prevention and wellness solutions to the Airmen stationed at Fort Gordon.

The ART module was first founded at the 480 ISRW headquartered at Langley AFB, Va. The original concept was to have the three core services work together to address, care for and prevent the major issues ISR Airmen face, including distress, suicidal ideation, and burn out. By embedding the ARTs at the group level they are able to adapt their processes to the specific needs of the airmen they care for.

The 480 ISR Group ART has taken the original design and shaped it to match their airmen’s needs, working together to build a proactive approach to care instead of a reactive approach. They are constantly working on ways to get “left of the bang,” meaning, preventing negative biological and cultural

issues from developing in the first place. ART works to strengthen job satisfaction, individual and team readiness, and personal and professional development; all of which need improvement to avoid the “bang.”

By providing preventative trainings, resiliency/morale building events, family retreats, and personal/professional life coaching sessions, the ART supports airmen in overcoming issues faced while working within NSAG. Each branch of the ART has their own specialties and strengths.

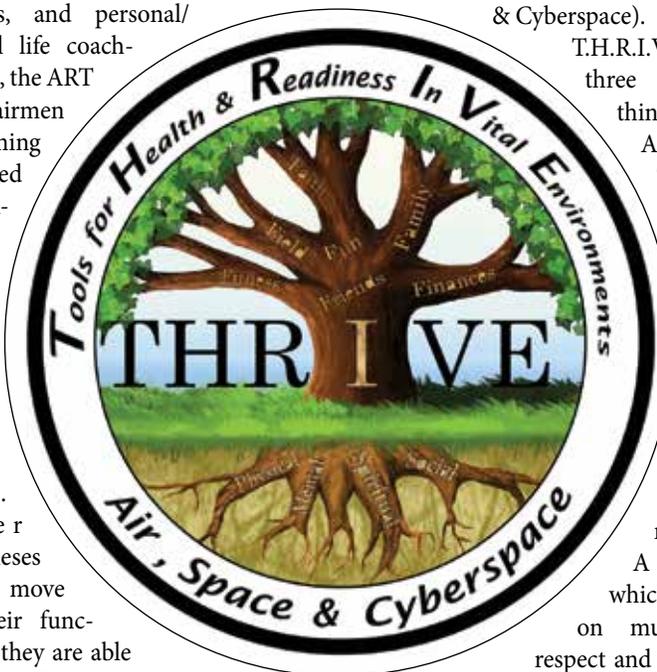
However when these specialties move beyond their functional silos they are able to identify performance gaps and quickly provide solutions with minimal manning and resources. That is the power of collaboration.

The ART also incorporates “design thinking” principles to provide airmen and commanders with creative and relevant solutions. Another element within their problem-solving approach is screening possible solutions through an Airmen Test Group, soliciting airmen to provide candid input and feedback throughout the entire design thinking process. The ARTs willingness to be transparent and share information builds trust and credibility with airmen and leaders and ensures that airmen at all levels within the organization are tied into the problem-solving matrix.

The result is that airmen working missions feel empowered are part of the collaborative process ensuring they are provided the right support, at the right time and place increasing their overall resilience and readiness. The goal is prevention. Over the past three years the ART has been able to cultivate a culture of holistic wellness

through the application of their specialized teaming and design thinking principles.

To ensure the ART remained an effective high-performing team of teams in 2016, they developed an initiative simply known as T.H.R.I.V.E. (Tools for Health and Readiness in Vital Environments ... Air, Space & Cyberspace).



T.H.R.I.V.E. provides three important things for the ART. First, T.H.R.I.V.E. is an intentional “mindset” the ART fosters within their team and organization.

A mindset which is built on mutual trust, respect and information sharing. Second, T.H.R.I.V.E. is a “methodology” built on cross-functional teaming and design thinking principles which sync the various tools they bring from their specialties (chaplain, medical and psychology) and aligns them under a single ideology and purpose to inspire airmen to thrive in their lives and missions. Finally, T.H.R.I.V.E. serves as an aspirational “message” to airmen and families which is designed to cultivate a culture of prevention and wellness.

The T.H.R.I.V.E. initiative has fueled the ART enabling it to cultivate a healthy culture and quickly design targeted prevention and wellness solution necessary to keep the 480 ISR Group human weapon system flourishing. The 480 ISR Group Chaplain Dan Warf described T.H.R.I.V.E. as, “a ‘cross-functional’ initiative designed to move members from ‘resilient’ (social, mental, physical, spiritual) to ‘thriving’ in seven key domains (Faith, Family, Field [career], Finances, Fitness, Friends and Fun) as a holistic human

see ART on page 11

Importance of ‘Days of Remembrance’

Compiled by Sgt. 1st Class Daniel G. Hauser
Equal Opportunity Advisor
Eisenhower Army Medical Center

Each year, the United States Holocaust Memorial Museum leads the nation in commemorating Days of Remembrance.

Days of Remembrance will be commemorated Thursday, May 2. Observances and remembrance activities will occur nationwide between Sunday, April 28, and Sunday, May 5.

Eisenhower Army Medical Center will hold its observance April 23 at noon in the first floor auditorium.

Days of Remembrance was established by the U.S. Congress to memorialize the six million Jews murdered in the Holocaust — as well as the millions of non-Jewish victims — of Nazi persecution.

The Holocaust was the systematic, bureaucratic, state-sponsored persecution and murder of Jewish people by the Nazi regime and its collaborators. Holocaust is a word of Greek origin meaning “sacrifice by fire.” The Nazis, who came to power in Germany in January 1933, believed that Germans were “racially superior” and that the Jews, deemed “inferior,” were an alien threat to the so-called German racial community.

During the era of the Holocaust, German authorities also targeted other groups because of their perceived racial inferiority: Roma (Gypsies), the disabled, and some of the Slavic peoples (Poles, Russians, and others). Other groups were persecuted on political, ideological and behavioral grounds, among them Communists, Socialists, Jehovah’s Witnesses and homosexuals.

In 1933, the Jewish population of Europe stood at more than 9 million. Most European Jews lived in countries that Nazi Germany would occupy or influence during World War II. By 1945, the Germans and their collaborators killed nearly 2 out of every 3 European Jews as part of the “Final Solution,” the Nazi policy to murder



‘Let us not forget, after all, there is always a moment when moral choice is made ... And so we must know these good people who helped Jews during the Holocaust. We must learn from them, and in gratitude and hope, we must remember them.’

— Elie Wiesel (*Survivor of the Auschwitz, Buna, Buchenwald, and Gleiwitz concentration camps*)

the Jews of Europe.

The week of remembrance is set aside to honor and to remember the victims of the Holocaust and their liberators. This week also serves as a stark reminder that mankind

is capable of committing atrocities of such a vast scale, and our need to remain vigilant so we can prevent them in the future.

— Source: *Defense Equal Opportunity Management Institute*

On the cover: Second Lt. Nina E. Sutton, RN, attends to a role-player casualty during the Ultimate Caduceus exercise March 19 at Bush Field. Eisenhower Army Medical Center personnel practiced receiving soldiers from an armed conflict in Europe at its Federal Coordinating Center. The simulation including receiving, triaging, staging, tracking and transporting inpatients affected by a disaster or national emergency.

This was community-wide exercise, involving a number of emergency transport companies, The Augusta Regional Airport, and several hospitals from the Central Savannah River Area.

Ultimate Caduceus was held in conjunction with Fort Gordon’s annual all-hazards exercise, March 18-21 where a simulated active shooter incident occurred on the installation.

10 101 Critical Days of Summer just weeks away; ready?

Bob Meloche, manager
Safety Division
Eisenhower Army Medical Center

Spring arrived March 20, most of America finally adjusted daylight saving time and we're on the precipice of the 101 Critical Days of Safety. What a great time to be alive.

Unless this is your first trip to the rodeo, you should know enough to minimize your sun exposure and apply sunscreen that is at least SPF30. Apply sun screen at least 20 minutes prior to sun exposure, and reapply according to manufacturer's recommendations.

Alcohol is a depressant. Irresponsible alcohol use, or alcohol abuse, can lead to very depressing experiences. A DUI is a career-changing experience and none of it is positive. If you are unable to handle alcohol responsibly, don't handle it at all. Uber, Lyft, taxi and phone-a-friend are all viable options to avoid drinking and driving.

Planning a road trip? Though not mandatory, it makes good sense to use the

Travel Risk Planning System, you know it as TRiPS, which is available at safety.army.mil. Multiple drivers and adequate rest stops makes the trip far more pleasant.

Solid execution of risk management principles is an excellent defensive strategy. Use

what you know, to learn what you need to know. You haven't experienced spring since this time, last year. Every "spring" activity deserves a well-executed risk management process. Make it a spring to remember, for all the right reasons.



Photo by Kristen Wong

L.J. Szalai, water safety instructor certified swim instructor, engages in a swimming lesson with Andrew Thiel, 3, at the Marine Corps Base Hawaii pool, June 9, 2015. Be sure to reapply sunscreen after swimming.

said "I do not have a favorite test, but there

LABORATORY from page 4

are two tests that have changed since I started working here. The semen analysis for fertility and the ESR or erythrocyte sedimentation rate tests. Those tests were done manually at one time, but now we have instruments to perform those tests."

Cheryl Blevins works in the transfusion services area, also known as the blood bank which provides blood needed for surgeries and other emergencies. The blood bank's role is crucial for patient survival. Any deviation or error could lead to transfusion reactions that could severely harm the patient. Their job is very stressful for that very reason. But they perform so very seamlessly and with such confidence, EAMC's medical staff knows patients are in good hands.

Blevins started at Eisenhower in 1990. "Performing ABO/Rh for Blood Typing is my favorite [test]. We started with tube testing. Then we moved to automation where a machine did the testing for you. Now the blood bank has returned to doing manual ABO/Rh testing."

George Evans is currently a senior supervisor for the cytology section of the pathology department. They are the first

in line to review several hundreds of tissue slides, searching for abnormal cells that could be potential carcinomas.

Each slide is a window to a world that is a tiny section of a patient's skin from a particular site of the body. Finding an abnormal cell at times could be very challenging. They could be hidden among several thousands of healthy cells. But, finding that particular aberrant cell could potentially save

someone's life.

Evans came to EAMC around 1992. "Gas chromatography and high-pressure liquid chromatography, or HPLC, testing has not varied much but the machines have become a lot smaller. Columns, back in the day, used to be three stories high, while today the columns are half the size of a No. 2 pencil. Currently, it is faster, performs more procedures and is more accurate."



Photo by David M. White

George Evans, senior supervisor in cytology section of the pathology lab, has been with Eisenhower Army Medical Center since 1992.

ART from page 8

weapon system.”

It is this mindset that the ART and the T.H.R.I.V.E. initiative is promoting. Recently, Gen. Paul Nakasone, NSA director, noted that “People are Mission,” meaning there is no mission without the human weapon system. Just like other weapon systems such as bombers, fighter jets, and drones receive regular upgrades and maintenance, the ART is seeking to cultivate a healthy maintenance culture for the ISR human weapons system.

Warf noted at Fort Gordon, “We have

airmen working around the clock collecting, analyzing and distributing intelligence to answer various problem sets outlined by theater and air component requirements. We must provide the right intel to the right person at the right time to support and protect warfighters downrange. Therefore, we must have high-performing, skilled airmen and joint members who are ready — and resilient — to meet these demanding mission requirements. That is why the ART was created.”

In January 2018 the Air Force chaplain in partnership with NSAG site chaplain and leadership opened a joint service AF/

Army/Navy/Marine “T.H.R.I.V.E. Readiness Center” led by the chaplains within the NSAG facility. This center is the first of its kind within NSA.

The center’s purpose is to provide airmen and our joint service partners a decompression space designed to increase mission readiness by supporting members’ spiritual, mental, physical and social resilience.

The ART, with its T.H.R.I.V.E. mindset, message, and methodology is cultivating a healthy culture at Fort Gordon, empowering members to thrive in the deployed-in-place environments of air, space and cyberspace.

EYES from page 2

In actuality we need to change our mindset and ask, “is that an essential nourishment for my body?” How do we stop eating with our eyes and have a livable solution to a healthy diet?

Start by making food look appealing. When you walk into a restaurant and see a savory and appetizing rack of BBQ pork ribs, your mouth may start to salivate. Yet if you walk into one of these establishments and see a pale unseasoned chicken breast, it is not as appealing.

Eating with your eyes, you will most likely choose the ribs. To make a healthy choice that is more appealing to your eyes, look for a restaurant that may offer a flavorful rotisserie-roasted chicken. Your mindset of the appearance may alter your decision to choose what would be a healthy nourishment for your body. When relating

to food, first impressions makes a big influence on the choices you make.

Eating the right foods, making healthy choices, and setting an attainable and livable goal will make you feel better mentally and physically.

Once you set your mindset in a positive direction, your eyes will automatically be drawn to the colorful salad bar. You will start to write a grocery list that includes healthier items. You will find substitutes for the things you crave.

Understand that craving potato chips may mean your body needs more potassium. So the next time your mind tells you to eat salty potato chips, try eating a banana and see if that craving goes away.

Clean your cabinets of unhealthy cravings and replace them with healthy alternatives the next time you go to the grocery store. Also take into consideration, your mind may tell you to go to the grocery

store, followed by your hunger pains and this may lead you in the wrong direction. Eat a snack before grocery shopping, write a grocery list and stick to it, and do not let your eyes get the best of you.

Helpful tips for enjoying a healthy and nourishing plate that is appealing to the eyes include: Add colors to your plate with healthy orange, yellow and green vegetables. Layer your plate to give your mind the impression you have more. For example, on your four-ounce chicken breast put some tomatoes, seasoning, onions and mushrooms on a bed of quinoa.

Use a smaller plate and add an edible garnishment like an orange, strawberry or even lemon. Set your table in a comfortable place, sit down and enjoy your health meal.

Have an eye-opening healthy and nourishing meal you can enjoy with the entire family that looks like it’s made by a chef.

TRICARE from page 5

open season. A QLE for one family member creates a QLE for all family members. This means any eligible family member can also make an eligible health plan enrollment change within 90 days of the QLE. Stepchildren are also eligible for TRICARE benefits following the marriage and can now enroll within the same 90-day period.

No matter when you initiate the health plan enrollment change following a QLE, coverage starts on the date of the QLE. Your health plan coverage will continue unless you lose eligibility or disenroll from the plan.

After you get married, register your new spouse in the Defense Enrollment Eligibility Reporting System, or DEERS, to be TRICARE-eligible. You can go to any ID card office to add your spouse to DEERS.

OCCUPATIONAL THERAPY OPEN HOUSE

Join us for free food, fun and prizes!

WHO: Open to all

WHERE: 1st Floor, OT Clinic

WHEN: April 25 at 11:00 a.m.





Eisenhower
Army Medical Center



We are Eisenhower
WE KEEP OUR NATION READY



Carma Davis,
accounting technician,
Uniform Business Office,
at EAMC for 7 years

**Sgt. 1st Class Christopher
Belieu, NCOIC,**
Occupational Therapy
Assistant, in the Army
18 years, at EAMC since
September 2018

2nd Lt. Vanessa Liotine,
RN, 11W, Cardiovascular
Telemetry unit, in
the Army since May 2018,
at EAMC since
November 2018

**Jennifer Torres-Giova-
netti, Family Advocacy
Program Social Worker,**
EAMC team member at
Rodriguez Army Health
Clinic for 11 years