



Rounds
Eisenhower Army Medical Center

AUGUST 2019

**WELCOME
COL. BLANDING**

**INSIDE:
BACK-TO-SCHOOL
TIPS, TRICKS, HINTS**

Aug. 1

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

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

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

Aug. 5

Troop Command Quarterly Training Day, first floor auditorium, 7 a.m. to 3 p.m.

Arbinger One-Day Training, Bldg. 38715, 38th St., Room No. 6, 8 a.m. to 4 p.m.

Aug. 6

Fourth Quarter DMHRSI Timecard Approver/Timekeeper Training, first floor auditorium, 10:30 a.m. to noon

Aug. 7

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

Aug. 8

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

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

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

Aug. 10

School Screening – FINAL DAY, EAMC second floor entrance, 8 a.m. to 2 p.m.

Aug. 12

Army Substance Abuse Training, Bldg. 38704, 2:30-3:30 p.m.

Troop Command Quarterly Training Day — Night Shift, first floor auditorium, 8 p.m. to 2 a.m.

Aug. 13

Arbinger One-Day Training, Bldg. 38715, 38th St., Room No. 6, 8 a.m. to 4 p.m.

Aug. 14

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

Aug. 15

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

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

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

Aug. 19

Arbinger One-Day Training, Bldg. 38715, 38th St., Room No. 6, 8 a.m. to 4 p.m.

Aug. 21

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

Aug. 22-23

ACLS Provider Course, Bldg. 38716 8 a.m. to 4 p.m.

Aug. 22

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: TBD

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

see CALENDAR on page 11

Crushin' it in the school cafeteria

1st Lt. Jennifer T. West, MS, RD, LD

Chief, Clinical Dietetics, Nutrition Care Division
Eisenhower Army Medical Center

Editor's note: In addition to being a registered dietitian, Lt. West is also the mother of a middle schooler and a high schooler.

Summer is winding down and families are preparing to head back to school. In the hustle and bustle of having to pick up

Some think bringing a lunch from home is the healthier option

school supplies, new clothes and preparing to wake up earlier, it might be easy to forget about what our kids are going to eat for

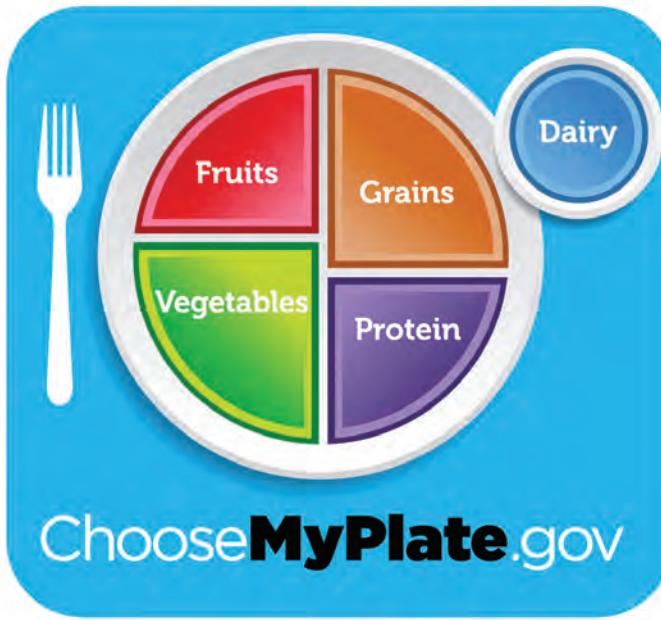
lunch. While we may not always have time to plan ahead and prepare the “perfect” lunch, below are some quick tips to help make this meal a little healthier.

Most school-aged children have been exposed to the USDA’s MyPlate graphic since it is usually displayed in schools and around cafeterias. This easy-to-navigate model shows what a healthy plate should consist of as well as suggested portions of each category: fruits, vegetables, protein, grains and dairy.

For those of us that grew up with the Food Guide Pyramid the USDA updated the graphic in 2011 to the sleek new MyPlate model. It is easy to apply this method of healthy eating to either a school lunch or a lunch brought from home- really any meal.

Some people might think that bringing a lunch from home is always the healthier option, but if those foods are high in added sugars, refined carbohydrates, and high in salt and fat, then the school lunch might be the better choice. Does a packed lunch of toaster pastries, potato chips, fruit snacks and soda sound like there is room for improvement?

These days, the National School Lunch Program is focused on providing a “nutritionally balanced, low-cost or free lunch”



see LUNCH on page 9

Meet Col. Blanding, EAMC's new commander

Editorial Staff

Eisenhower Army Medical Center welcomed its new commanding officer, Col. Carlene A.S Blanding, at a change of command ceremony July 9 at Barton Field.

Blanding recently relinquished her duties as the chief, Medical Service Corps Branch at U.S. Army Human Resources Command, Fort Knox, Ky.

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

The following is Blanding's biography.

Col. Carlene A.S Blanding served as the chief, Medical Service Corps Branch at United States Army Human Resources Command, Fort Knox, Ky. Her previous assignment was as the commander, Bayne-Jones Army Community Hospital, Fort Polk, La. Prior to that she served as the assistant chief of Staff, Human Resources

for the Northern Regional Medical Command, Fort Belvoir, Va.

Her military education consists of the Officer Basic Course, Officer Advance Course, Combat Casualty Care Course, Health Services Human Resources Manager Course, Combined Arms and Services Staff School, Force Integration Course, HealthCare Recruiter Course, Command and General Staff College, Army Medical Department Executive Skills Course, Senior Leader Course, Medical Strategic Leadership Course, Pre-Command Courses and Senior Service College.

Blanding's civilian education includes a Bachelor of Science Degree in Biology from McNeese State University in Lake Charles, La. She earned a Master of Science in Health Services Administration from Central Michigan State University, in Mount Pleasant, Mich., a Master of Education in Human Resources and Orga-

see **BLANDING** on page 11



Photo by John Corley

Col. Carlene A.S Blanding, incoming commander, Eisenhower Army Medical Center addresses the troops during a change of command ceremony July 9 at Barton Field.

Searching 'Mental Measurements Yearbook' with tests

Mary E. Gaudette

Librarian

Eisenhower Army Medical Center

Produced by the Buros Center for Testing at the University of Nebraska, the Mental Measurements Yearbook with Tests in Print is an online resource that provides more than 10,000 full-text reviews of more than 3,000 contemporary tests and inventories focused on the fields of psychology, education, business and leadership.

With content limited to only currently commercially available English language testing products that are either new or revised, users need not be concerned that search results could include records of obsolete or outdated tests.

The user-friendly EBSCO host interface makes it easy to apply any of the following search fields to shape search results: test name, author, test category, acronym, accession number, population, publisher information, purpose, restricted distribution, reviewers, scores, special editions, yearbook volume, year of publication, and all text fields. Alternatively, searches can be performed without selecting any field or fields; doing so will return results for all the fields that contain the search term.

For instance, searching the term "stress" using the "Purpose" search field returned 60 results, searching using the "All Text Fields" returned 844 results, and searching without choosing a field returned 186 results.

Clicking on a title of a search result reveals, among other details, the test's purpose, its creators, the population for which it is designed, how it is administered and



scored, the time it takes to administer, whether administration requires certification or pre-qualification, publisher contact information, publication dates, the authors of its in-depth full-text review and other helpful information.

Note that while MMY with TIP is a full-text review service, it does not link to any of the reviewed materials themselves. It 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

July 2019 • Vol. 4, No. 11

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

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

4 Soldier Care chief improves access through change

David M. White
Public Affairs Office
Eisenhower Army Medical Center

Maj. Elizabeth A. Suniega, MD, chief of Soldier Care within the Department of Soldier and Family Medicine at the Connally Health Clinic and Troop Medical Clinic 4, is being highlighted for her efforts in ensuring the medical readiness of service members across the installation. Several of her initiatives include instituting procedures to streamline "sick call" and specialty physical exam-related processes, as well as enhancing access-to-care for soldiers, airmen, sailors, and Marines in need of Periodic Health Assessments.

"We want to help make sure that every soldier is medically ready to deploy," Suniega said.

She is a graduate of the University of Maryland School of Medicine, and board-certified Family Medicine physician. She joined the Army in May 2009 and PCS'd to Fort Gordon from South Korea in 2017, after graduating residency at Fort Benning in 2016.



Photo by David M. White

Maj. Elizabeth Suniega, MD, right, chief of Soldier Care, listens June 25, 2019 as Maj. D'Angelo Austin, RN, CNOIC, center; and Capt Jason Frasca, DO, OIC; review data from a recent PHA rodeo, which helped ensure a tenant unit's medical readiness. The trio is part of the leadership team that provides health care to service members at Eisenhower Army Medical Center's Connally Health Clinic.

In addition to her duties as chief of Soldier Care, she serves as a family medicine faculty provider, working with res-

idents in inpatient and outpatient settings, and serves as a sexual assault medical forensic examiner.

Rounds

A guide to going back to school gracefully, easily

Capt. Stephanie Hennessy
Behavioral Health Officer
35th Signal Brigade

Capt. Ryan Sever
Clinical Psychology Intern
Department of Behavioral Health.
Eisenhower Army Medical Center

It's about that time of year again, parents. Summer break can be a great time to relax and lose track of time. Back-to-school means structured days and time commitments.

Shopping for school supplies, settling in to school-time routines, and preparing for that first week back can bring a mixture of emotions. Some children are eager to start off the school year- they might pack and re-pack their supplies, rehearse their schedule, and sleuth out which friends will be in what class.

For others, the back-to-school experience is met with disgruntled reluctance. Anticipatory and performance anxiety can affect children of any age. Here are some tips to help settle their nervous minds:

Prepare early

Imagine the frustration of visiting a school supply aisle the day before school begins; glue nowhere in sight, 17 hot pink safety scissors but your child insists on purple, college-ruled loose-leaf paper falling off the shelves ... Inevitably, similar supply lists in Columbia and Richmond counties lead to supply shortages. Preparation and timing are keys to successful execution. Try to apply these values when transitioning back to the school year. If you can, get ahead of the game by purchasing school supplies and clothes well in advance of the first day of school.

Tax-free holidays are a great time to save a few dollars; Georgia's back-to-school sales tax holiday is July 31 to Aug. 1.

Get into a routine

Adapt to school routines the last week of summer by moving bedtimes earlier and setting alarm clocks.

As morning routines often take longer than expected, rehearsing without the added pressure of being on time helps

to build confidence and independence. Consider a written schedule in a central location. Children are still learning the concept of time and often need visual cues to stay on track.

Get creative

Combat the monotony of a daily routine by trying new things. Browse family friendly internet sites with your child for some great ideas on how to make creative meal-prepped lunches. Build a sense of pride for homework by working with your child to design a homework space. This can be a great way to get a child in the mood to study and feel excited about doing homework.

Know when to seek help

While a smörgåsbord of behaviors and emotions can be normal, some of the following are indications that your child might need more than parental encouragement to start the year off right:

- Refusing to go to school

see **STRESS** on page 10

August 2019

Sergeant selected to present research, become second lieutenant

David M. White

Public Affairs Office

Eisenhower Army Medical Center

Later this month, Cortney Mast, in Eisenhower Army Medical Center's Behavioral Health Services, will take part in presenting a research abstract to the Military Health System Research Symposium

in Kissimmee, Fla. The study looks at the effects of Transcranial Magnetic Stimulation on service members with co-occurring substance use disorders.

Other members of the team are Dr. Christopher Hines, medical director of the Residential Treatment Facility in Behavioral Health, and Joanne Huff, research



Photo by David M. White

Sgt. Cortney Mast, a 68X behavioral health specialist in Eisenhower Army Medical Center's Behavioral Health facility, was selected to present her research abstract to the Military Health System Research Symposium in Kissimmee, Fla., later this month. MHSRS is the military's premier research symposium. Presenters at this symposium are primarily interns and residents, not sergeants.

coordinator. Mast is a 68X behavioral health specialist. She's also a sergeant.

"I was somewhat taken aback when Sgt. Mast approached me about getting involved with research as this is typically something I do with interns and residents," Hines said. "It was quite an honor to find her poster had been accepted to the MHSRS, which is the military's premier research symposium."

Mast's experience in behavioral health, however, is deeper than what is taught at the schoolhouse. Mast earned a Bachelor of Arts in psychology and sociology at the University of Texas at Austin.

"I wanted to go back to school to become a therapist," Mast said, "but I had racked up some substantial debt while pursuing my [undergraduate] degree."

"I began looking for options to help me pay to go back to school, and learned about the 68X behavioral health specialist Military Occupation Specialty," she said. "I thought this would be a great way for me to gain some experience and pay for school."

"I enlisted in March 2016 after completing my undergraduate degree."

Following her training as a 68X, Spc. Mast was assigned to EAMC.

"I began dedicating myself to gaining clinical experience and learning as much as possible about behavioral health," Mast said.

see **MAST** on page 10

Rounds

GERMAN ARMED FORCES PROFICIENCY BADGE



Courtesy photo

Staff Sgt. Dean Millard, left; Dean; Spc. Lynn Hardy, Spc. Dominic Green, Maj. Shay Lopez, and Capt. Corinne Mackiewicz receive the German Armed Forces Proficiency Badge July 12 at Signal Theater, Fort Gordon. The German Armed Forces Proficiency Badge consists of seven challenging graded events over a four-day period. Events include: 100 meter swim (in uniform), 11x10 meter shuttle run, 1k timed run and a 12k ruck march.



Photo by John Corley

CHANGE OF COMMAND



Photo by John Corley

Outgoing Eisenhower Army Medical Center Commander Col. David E. Ristedt stands at attention during the presentation of the colors at the opening of the Change of Command ceremony July 9 at Barton Field. Ristedt retired from the Army after 32 years of service. Col. Carlene A.S Blanding assumed command of EAMC.



Photo by John Corley

A cannon detail — Spc. Toby Tweedy, left; Pfc. Anthony Fernandez, front right; and Pfc. Willie Murphy — stand ready to fire a salute during Eisenhower Army Medical Center's Change of Command ceremony at Fort Gordon's Barton Field, July 9.



Photo by John Corley

Lt. Col. Jolanda L.J. Walker, commander, Troop Command, observes the Change of Command from her position in formation on Barton Field, July 9. Col. Carlene A.S Blanding assumed command of Eisenhower Army Medical Center during the early morning service.



Photo by John Corley

1st Sgt. Renee M. Butler, Bravo Company's first sergeant, checks the alignment of her troops prior to the Eisenhower Army Medical Center's Change of Command ceremony on Barton Field, July 9.



Photo by John Corley

1st Sgt. Renee M. Butler, center, Bravo Company's first sergeant, confers with Battalion Command Sgt. Maj. Omar Mascarenas, left, and Sgt. 1st. Class Scott Kuykendall, brigade ops, prior to the Change of Command ceremony at Barton Field, July 9.



Photo by David M. White

On July 9, having assumed command of Eisenhower Army Medical Center moments before, Col. Carlene A.S Blanding, right, talks to local television reporters as garrison public affairs officer, Buz Yarnell, center left, and EAMC PAO, Scott Speaks, observe.



Photo by David M. White

Incoming Eisenhower Army Medical Center Commander Col. Carlene A.S Blanding is all smiles as she greets family and friends when they arrive at Fort Gordon's Barton Field, July 9 for the change of command ceremony. Blanding previously served at Fort Knox, Ky.

Wisdom for transition: focusing, sharpening, staying grounded

Lt. Col. Kyle L. Welch

Chief, Department of Ministry and Pastoral Care
Eisenhower Army Medical Center

"Let your eyes look straight ahead, fix your gaze directly before you." — Proverbs 4:25

How many of us would like to change the direction our life is heading? Maybe we are swerving to the left or the right, and find ourselves chasing the wind. Maybe we are spinning wheels with no traction. Maybe our living compromises our core values. Maybe this contradiction robs us of our contentment.

Could this be because we are living in the past, living life

looking over our shoulder ... wallowing in the past mistakes, defeats and heartaches?

We would be encouraged to remember that our future is before us, our goals, our dreams and our hopes. A new day has dawned. Forward, fixed and focused vision will keep us on track toward making our goals, hopes and dreams a reality. Let us look straight ahead; Let us fix our gaze before us.

"If the ax is dull and its edge unsharpened, more strength is needed, but skill will bring success." — Ecclesiastes 10:10

Have you ever tried applied a dull edge to a particular task? Maybe it's a razor, paring knife, utility knife or an ax for that matter.

Despite a dull blade in the moment, you just muscled your way through it with a whole lot of effort and spent energy. Even then sometimes a dull blade may contribute to injury to ourselves or others.

We all have a set of skills — sometimes technical, sometimes not — but regardless we all maintain an edge that needs sharpening. The constant application over and over without the necessary honing will leave us in a dull state.

What do we need to do to sharpen our edge?

We need to find some revelation or principle that guides us into the light out of darkness ... Living affords us enlightenment along the way.



Photo by David M. White

Cpl. Jessica Nicole Sawyer, right, Eisenhower Army Medical Center's Operating Room's Safety NCO, is recognized by Col. David Ristedt, EAMC's commanding officer, July 2 as the safety employee of the month for July.

According to her nomination form, Sawyer "is sought out by senior leaders, peers and subordinates for all safety concerns.

"She keeps the operating room 100 percent up to date on the fire and safety book, including coordinating all fire and safety inspections and drills. She keeps the Safety SOPs and the SOS book up to date.

"Sawyer has recently renewed the area Safety Board bringing all material up to date. She has helped prepare our team for the Army Safety and Health Management System inspection by giving the OR staff quizzes and in-service [training] over all the Operating Room safety protocols during her off-duty time.

"She is a shining example of how each NCO [should] show the importance of safety for the Operating Room and [all of] EAMC."

Take time for ourselves, do some reading, attend a conference, acquire a new skill. The possibilities for sharpening are many. Are we in a ready state? Are we sharpened? If not, what are we doing about it?

"Where there is no revelation, the people cast off restraint; but blessed is the one who keeps the law." — Proverbs 29:18

Are we fumbling in the dark? Have you lost your way? Do we need some direction in our lives? If our answer is yes, then maybe we need uncover or discover the underlying source of truth in our lives. We need to find some revelation or principle that guides us into the light out of darkness.

Living affords us enlightenment along the way. This is true. But for many of us, it's not some new revelation but that which has been our anchor; our rock; our bright, morning star. Don't let some itch, some deviant drive, or boredom lead us away from our revelation, our vision and our beacon.

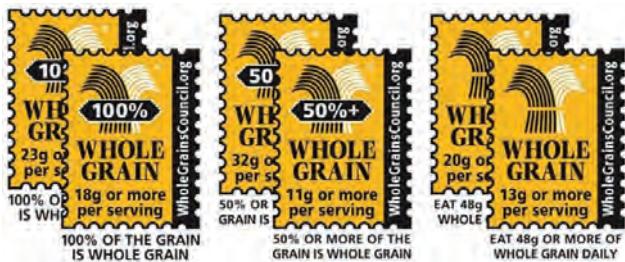
Don't cast off restraint. Be firmly grounded to that which has been — and will be — our fountain of blessings, happiness and joy.

LUNCH from page 2

to kids attending schools. This includes offering fresh fruit, colorful veggies, lean proteins, whole grain items and low fat dairy products every day. Sounds a lot like MyPlate, right?

If your children are taking lunch to school, there are several things you can do to help encourage healthier eating habits. Definitely involve them in a conversation about what they like and don't like. If you can stock up on healthier foods they already enjoy, they will be more likely to eat it. Encourage kids to help grocery shop or prepare the shopping list, prep foods the night before, or pack lunches themselves.

Whether your family decides to make



Courtesy: Oldways Whole Grains Council

lunches at home or have school lunches, keep in mind these five tips for a healthier lunch:

1. Keep the MyPlate method in mind: choose fruits and veggies that add color to the meal. Think orange carrots, red bell peppers, green cucumbers, blue berries

and yellow bananas. You get the idea: The more color the better.

2. Go for whole grains: these are foods that include crackers, breads, pasta and rice. Whole grains provide more nutrition than the refined counterparts. Think whole grain bread versus white bread. There are more vitamins, minerals and fiber in the whole grain bread. Look for the whole grain stamp when shopping to make a better choice.

3. Rethink your drink: A low-fat milk might be fine for lunch, but a sugar-sweetened drink is not. Avoid juice-type drinks, sodas and sweet teas for kids. Choosing a flavored water can be a fun way to still have a special beverage but avoid unnecessary sugar.

4. Mix it up: Do you pack or choose the same things every day for lunch? It might be time to add some variety (see tip 1). Try wraps, salads, sandwiches, bento-style lunches or add some fun shapes to your foods. Small cookie cutters can make a boring lunch more fun and enticing to children.

5. Keep packaged snacks to a minimum: Snacks like potato chips, fruity gummies, cheese-flavored crunchy things and candy should not be regular items in lunches. These foods are often highly processed, high in fat, salt and added sugar.

While they might taste good, having these types of foods all the time leaves little room for foods that will help growing kids (and their brains) get the nutrition they need.

While you and your family are preparing to go back to school this fall, keep in mind that simple nutritional changes are typically more doable and longer lasting than drastic overhauls. Whether you are choosing to bring lunch from home or have lunches at school, it is important to plan ahead, involve your children and help them choose healthier lunches. We all have a role in helping our kids grow and develop to their best potential.



**Eisenhower
Army Medical Center**

2019 SCHOOL SCREENINGS

Beneficiaries eligible for care at Eisenhower Army Medical Center and enrolled in DEERS (current in Eisenhower DEERS system at least one week prior to screening)

ONE STOP, 4-POINT SCREENING
EYES | EARS | DENTAL | NUTRITION

Required for first time Georgia Public School Students

BACK TO SCHOOL

Saturdays
July 20
July 27
August 10
8 a.m. - 2 p.m.

To select a timeframe or for more information
Call (706) 787-7300
Monday – Friday | 7 a.m. – 4:30 p.m.

Please bring:

- ID Card or current proof of DEERS registration
- Medical Records (If not at Eisenhower)
- Immunization Record (Shot Card)
- Eye Glasses / Hearing Aid
- Medical Power of Attorney (if applicable)
- Sports physicals available by appointment only



OPERATION STOP ARM™

KNOW THE LAW OBEY THE LAW

Georgia Fines and Penalties:

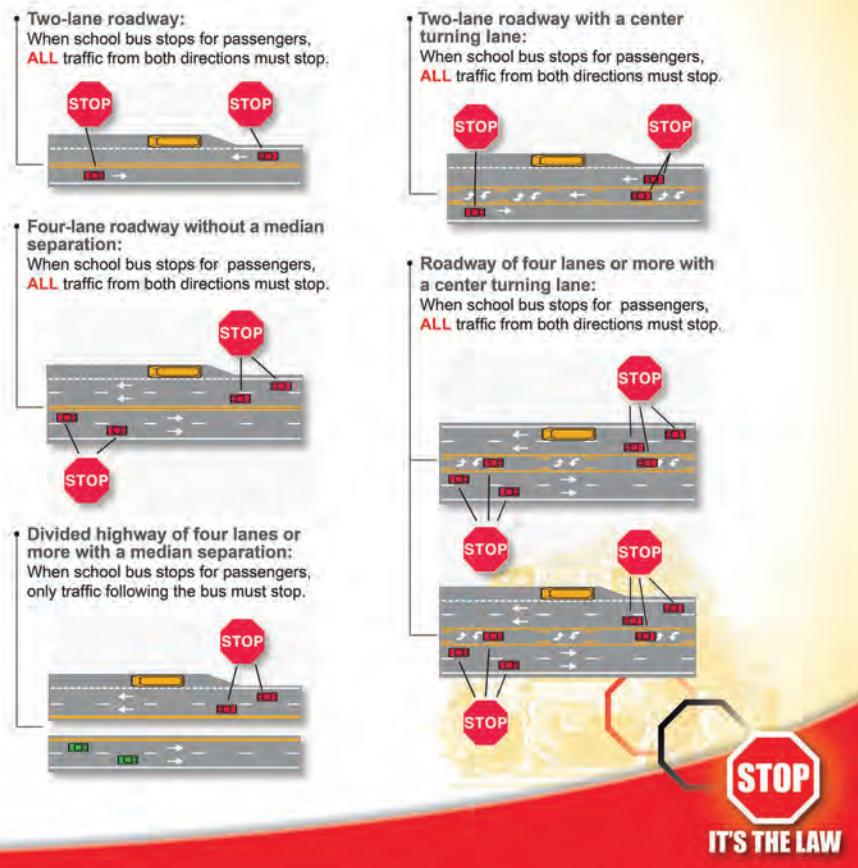
When an Officer Catches You, the Penalties are . . .

- Possible Court Appearance
- Up to \$1000 Fine
- 6 Points on Driving Record
- A Conviction Under 21 Years of Age Constitutes License Suspension

When a Stop Arm Camera Catches You, the Penalty is . . .

- A Civil Penalty of \$250.00

Ticket will be issued to the owner of the vehicle.



Rounds

STRESS from page 4

- Increase in disruptive behavior
- Unexplained somatic symptoms (headaches, stomach aches, etc.)
- Difficulty sleeping

If you observe a child in your life struggling with what appears to be an excessive amount of back-to-school jitters, there is

help available. Active duty service members can contact the Child and Family Behavioral Health Clinic, Building 327, at 706-787-8650, or use the Military and Family Life Counseling Program in Army Community Services, 706-791-3579. DA civilians are encouraged to seek help by visiting their insurance provider's website and searching for available behavioral health providers.

School Liaison Officer

Military installations across the world have School Liaison Officers dedicated to easing the school transition process. Fort Gordon's SLO, located within School Support Services, is Melissa Barrickman, 44th Street, Bldg. 44401, 706-791-7270, Email: Melissa.a.berrickman.naf@mail.mil. Website: <https://gordon.armymwr.com/sss>.

MAST from page 5

"I also began using Tuition Assistance as soon as I could to begin working on a Master's degree in clinical mental health counseling.

"My plan was to apply for some of the Army-sponsored programs to continue my education. I was interested in the clinical psychology program at the Uniformed Services University and the Army-University of Kentucky Master of Social Work program.

"Interested in expanding my research skills," Mast said, "I embarked on a research project, under the guidance of Dr. Hines, aimed at examining whether TMS is an effective adjunct to substance use disorder treatment in clinically depressed dual-diagnos-

nosis service members who are completing the 28-day Residential Treatment Facility program here at Eisenhower."

Mast's abilities and initiative stood out.

"Sgt. Mast has a keen intellect," Hines said. "She worked diligently to develop an additional database comparing TMS' effects as an additive benefit to service members undergoing acute rehabilitation."

It was that research that was selected for presentation at the symposium Aug. 19-22.

But the good news and opportunities for Sgt. Courtney Mast don't end there.

After receiving the symposium invitation, Mast received word that she had been accepted into the Army-University of Kentucky Master of Social Work program,

housed at Fort Sam Houston, Texas, and will direct commission as a second lieutenant in September.

"Since being accepted into the symposium, I have continued to expand our clinical database," Mast said. "We hope we can get a paper published from the data once it is complete."

Even with her direct commissioning in September and the upcoming change of venue to Fort Sam, Mast will keep EAMC with her wherever so goes.

"I feel fortunate to have had the opportunities that Eisenhower has given me," she said. "I look forward to applying the knowledge and experience I have acquired in my next chapter."

CALENDAR from page 2

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

Aug. 23

Women's Equality Day, first floor auditorium, noon to 1 p.m.

Aug. 26-27

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

Aug. 28

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

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

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

Aug. 29

PEARS (HESD), Bldg. 38716, 8 a.m. to 5 p.m.

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

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

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

Aug. 30

PALS (HESD), Bldg. 8716, 8 a.m. to 5 p.m.

Rodriguez Army Health Clinic

Recognition for 10 years of service



Photo by Alexander Marrero

Ileana Rivera was recognized with a certificate and pin for 10 years of dedicated federal service July 11 by Lt. Col. Rachel J. Wienke, Rodriguez Army Health Clinic commander. Rivera is one of the several RAHC team members who also serve in the Armed Forces in a dual status. She leads RAHC's Patient Administration team as supervisory medical records administration specialist, and while in military uniform, she serves the 2nd Battalion, 348th Regiment (Training Support). She recently earned a promotion to sergeant first class, a testament to her leadership and potential. Felicidades to Ms. Rivera for her years of service and achievements as both a DA civilian and a noncommissioned officer.

BLANDING from page 3

nizational Development from University of Georgia in Athens, Ga., and a Masters in Strategic Studies from the United States Army War College, Carlisle Barracks, Pa.

Blanding's assignments are varied: Executive Officer, 168th Dental Activity, Yongsan, Korea; Chief, Officer Strength Manager and Chief, Personnel Actions Branch at MEDCOM, Fort Sam Houston, Texas; Executive Officer for the 2nd Medical Recruiting Battalion in Atlanta; Brigade S1/Adjutant for the 32nd Medical Brigade; G1, Army Medical Department Center and School; Commander, 5th Medical Recruiting Battalion, Fort Sam Houston; Deputy Director and Chief, Force Management Division in the Human Resources Directorate at the Office of the Surgeon General, Falls Church, Va. Blanding deployed in support of Operation Enduring Freedom.

Her awards include the Legion of Merit, Meritorious Service Medal (8th Oak Leaf Cluster), Joint Service Commendation Medal, Army Commendation Medal (3rd Oak Leaf Cluster), Army Achievement Medal (2nd Oak Leaf Cluster), the National Defense Service Medal, Afghanistan Campaign Medal, Global War on Terrorism Service Medal, Korea Defense Service Medal, Overseas Service Medal, North Atlantic Treaty Organization Medal, Recruiter Badge, Excellence in Recruiting Award and the Department of the Army Staff Badge. She is a member of the Order Of Military Medical Merit.

She is married to Jervis and they have two sons, Gabriel and Kaleb.

June

Patient Safety Employee of the Month



Photo by David M. White

Spc. Emely Hernandez, a medical technologist in Eisenhower Army Medical Center's Department of Pathology and Laboratory, was nominated to be recognized for her Patient Safety efforts in June. Hernandez showed outstanding professionalism and devotion to patient care while performing a routine complete blood count. She noticed abnormalities in the results that prompted her to act decisively. She performed an additional blood smear, where she discovered malaria-infected red blood cells. Malaria is uncommon in the United States. If it wasn't for Hernandez's efforts, the patient's underlying condition may have been missed.



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Staff Sgt. Komal Bhullar, NCOIC, OB/GYN on 10E, in the Army for nine years, four months, at EAMC for just more than 1 year

Maj. Induruwa Pathirana, MD, Chief of Endoscopy, Gastroenterology Service Associate Program Director, in the Army 10 years, back at EAMC since 2017

Bernard L. Woods, dietetic clerk in Nutrition Care Division, at EAMC for 18 years

Staff Sgt. Dean I. Millard, practical nurse specialist NCOIC; Ambulatory Surgery, Post-Anesthesia Care Unit; in Army for 11 years, at EAMC for almost four years