

JUNE 2019



Decoding heat flags

The WBGT is derived from a combination of temperatures from three thermometers — wet globe for humidity, black globe for solar factor and dry bulb for the ambient temperature. (Story page 5)

June 1

Installation Safety Day, Cyber Fitness Center (Gym 5) and Barton Field, 9 a.m. to 3 p.m.

June 3-4

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

June 5

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

June 6

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

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

LGBT Fort Gordon Command Program, Alexander Hall, 10-11 a.m.

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

Charlie Company Safety Brief, first floor auditorium, 4:30-5:30 p.m.

June 10

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

June 12

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

June 13

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

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

SOUTHCOM Change of Command Ceremony, Miami, 8-9 a.m.

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.

June 14

Army's Birthday Run, Barton Field, 6:30-7:30 a.m.

Pride Month, first floor auditorium, noon to 1 p.m., 8-10 a.m.

June 19

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

Facebook Town Hall Forum, noon to 1 p.m.

June 20

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

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

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.

see **CALENDAR** on page 6

Breakfast: You just gotta have it

Lt. Col. Brenda D. White, MS, BS, RD, LDN
Chief, Nutrition Care Division
Eisenhower Army Medical Center

As I drove toward my second home, the gym, the orange light that indicates the necessity for gas began blinking. I thought, "How could I forget? Ah, now I remember, I decided I could drive another five miles and then fuel up."

Do you do this when it comes to breakfast skip it, postpone it or simply forget to eat it?

You've heard this old adage a thousand times, "Breakfast is the most important meal of the day."

It's true. Per Webster's dictionary, breakfast is defined as, "the first meal of the day (literally, to break the fast)." As you sleep, you burn calories. If your last meal was 8-10 hours ago, your level of fuel or "blood glucose/stored glycogen" which you need to function properly, has steadily decreased.

The following are some reasons you may have used for not eating breakfast and suggestions for adding breakfast to your daily routine:

No time

Consume foods that are pre-prepared or those that do not take a lot of time to prepare such as:

- Fresh or canned fruit in its own juice; skim or 1 percent milk; low-fat or no-fat slices

of cheese; low-fat, plain yogurt; low-fat or fat-free cottage cheese; dry/instant cereal; low-fat granola bars.

- Celery packed with 1 to 2 tablespoons of peanut butter or spread.
- Dried fruit such as raisins, apricots, apples, etc.

Not hungry

Eat something small; it's better than nothing at all.

- Grab a piece of fruit or a small box of dry cereal or a slice of wheat or oat bread, or a pack of crackers.

Dieting

If you skip breakfast, you will probably eat more at lunch and dinner:

- Skipping meals decreases your metabolism. Your body will burn less calories, not more, throughout the day.

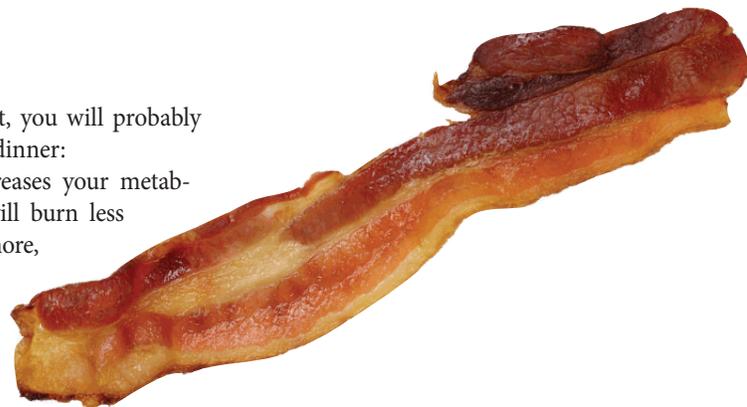
The best foods choices for breakfast are low in total fat, saturated fat (the bad fat), cholesterol, and sugar and high in fiber. Examples include:

- One slice of whole-grain bread which contains two grams or more of fiber and no more than three grams of fat.
- A three-quarters to 1-ounce bowl of cold/

dry cereal which contains three grams of fiber, three grams or less of fat, and eight grams or less from sugar.

- Low-fat grain-based cereal and fruit bars.
- 1 percent or skim milk.
- Low-fat and non-fat yogurt; be aware that fruit-filled may mean sugar-filled. Read the label.

Fuel up. Remember eating a healthy breakfast can improve your physical and mental performance throughout the day.



EAMC well postured to meet needs of its military mission

Col. David E. Ristedt

Commander

Eisenhower Army Medical Center

June marks the 23rd month of our time together and while this is not my farewell message, I do want to take the time to write how extraordinarily proud I am of our hospital. Following Vice Adm. Rqueuel Bono's visit, I was left with a renewed appreciation for how respected Eisenhower Army Medical Center is by all of the services and Defense Health Agency.

One week after her visit, I briefed MEDCOM on how we will continue to provide value as a Readiness Platform — providing exceptionally safe, quality care and ensuring our soldiers are ready to defend the nation when called. This includes ensuring our entire medical staff are practicing at the top end of their licenses or skills. As we gain further clarity in the coming months, one

EAMC is very well postured to meet the needs of the Cyber Center, Fort Gordon and the greater military mission.

thing is clear: EAMC is very well postured to meet the needs of the Cyber Center, Fort Gordon and the greater military mission. You have a great deal to be proud of because none of this would be possible without the total dedication of every soldier, sailor, air-

man, DA civilian and contract employee providing 5-Star care.

You may have also noticed that we continue to invest in staff development through expanded Arbing Training. Every newcomer is getting a one-day course of instruction and we're almost complete with the management two-day courses, just in time for a new batch of leaders to come in. Your incoming commander, Col. Carlene Blanding, is an Arbing instructor so I am confident the program will continue and we'll see an ever-increasingly positive outward mindset throughout the organization.

I hope everyone had a safe and rewarding Memorial Day, honoring those that have given the ultimate sacrifice for our freedoms.

You continue their legacy every day by providing 5-Star care for our current warriors, retirees and family members. Thank you.

Dynamic Health: A resource for mastering critical skills

Mary E. Gaudette

Librarian

Eisenhower Army Medical Center

Specially designed for point-of-care use, Dynamic Health is a multi-media rich, evidence-based resource that provides guides, instructional videos, and competency checklists for mastering nursing and allied health skills not only for hands-on skills, but for transcultural care and patient-instruction skills as well.

The nursing modules cover basic and

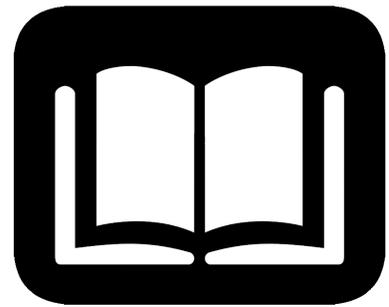
specialty nursing; drains, tubes and devices; assessment and diagnostic skills; interventions; and safety, with the latter covering medication, patient safety and terrorism/bioterrorism topics.

Physical, respiratory, occupational, nutritional and speech therapies are covered in the allied health skills modules.

Transcultural care skills modules address culturally sensitive topics — such as dietary, end-of-life, prenatal, newborn, elder, spiritual and ethnicity-linked diseases care — for common U.S. minority ethnic and religious populations.

The social work modules cover skills related to communicating with and counseling clients, covering topics from working with clients who are going through alcohol withdrawal to assisting with advance care planning. There is even a module on “Culturally Competent Social Work Care for Military Clients.”

Dynamic Health can be customized to fit the needs of an individual care provider or as a departmental resource. Content is continuously updated to address customer feedback, changes in practice, new clinical evidence and trending topics. Point-of-care refresher



training is available via dozens of videos, all of which offer the option to view captioning rather than sound when the audio track would be disturbing to a patient.

Moreover, regardless of their own health-care professions, safety officers and supervisors will find the workplace safety modules an especially valuable resource when preparing for and conducting staff safety reviews. Each module contains a detailed checklist of pre-procedure, procedure and post-procedure steps.

Dynamic Health can be accessed via the “Databases” section of the 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
June 2019 • Vol. 4, No. 9

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.

Caring about your colon

Kristina Transue, RN MSN
Leslie Brousseau, BSN MS
 Population Health Nurses
 Eisenhower Army Medical Center

If you are between age 50-75, this article is for you. Your risk of colon cancer increases dramatically after the age of 50 and that 90 percent of colorectal cancers appear in men

and women 50 years old or older.

Early colon cancer rarely has symptoms, which is why screening is so important. Because many patients put off their routine CRC screenings, colon cancer is now the second leading cause of cancer related deaths. When detected early, CRC is 90 percent curable. Eisenhower Army Medical

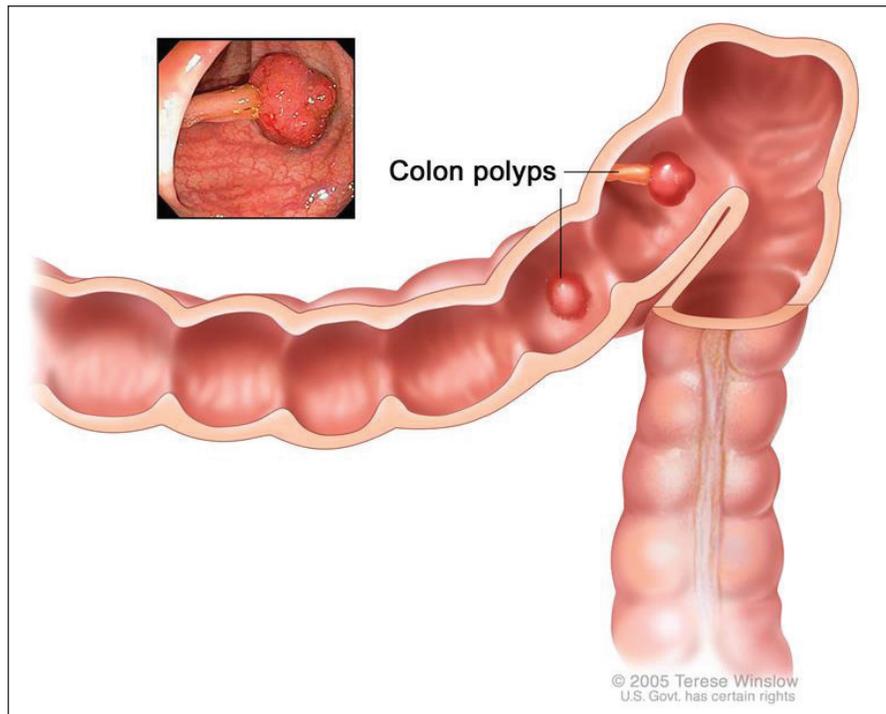


Illustration by Terese Winslow, courtesy of cancer.gov

Polyps in the colon. Some polyps have a stalk and others do not. Inset shows a photo of a polyp with a stalk.

Center offers two excellent options for colorectal cancer screening.

The colonoscopy is the “gold standard” of colorectal cancer screening. During the colonoscopy the gastroenterologist examines the lower gastrointestinal tract with a scope. The doctor inspects the colon for abnormalities and growths, called polyps, which are then removed and sent for further study to determine if cancerous cells are present. If your colonoscopy is normal, you will not need further colorectal cancer screening for 10 years.

Been avoiding a colonoscopy? You may be a candidate for an easy, noninvasive cancer screening test for patients of average risk of colon cancer. This at-home test that uses stool DNA to detect abnormal cells and blood hidden in the stool. If the test comes back negative, screening should be repeated in three years. If the test comes back positive, your provider will order a colonoscopy to determine the source of the cells that were detected.

In addition to routine screening, you can take positive steps to reduce your risk of CRC. Lifestyle choices that increase your risk of colon cancer are obesity, smoking, heavy alcohol use, lack of exercise, a diet high in red and processed meat. Also, having Type 2 diabetes increases your risk.

Stop putting it off. Contact your health-care provider to discuss which CRC screening option is best for you. Remember, colorectal cancer screening can save your life.

Change of address may mean new TRICARE health options

TRICARE

Moving doesn't change your TRICARE eligibility. But it may change the TRICARE health care options available to you and your family. A change of address, such as moving to a new country, city, region or ZIP+4 code is a TRICARE Qualifying Life Event. This QLE means you have 90 days from the date of your address change to enroll in or change your TRICARE Prime or TRICARE Select health plan based on your eligibility or plan availability in the new location.

A QLE lets you enroll in or change your TRICARE health plan outside of the annual TRICARE Open Season. When a QLE

happens for one family member, it creates a QLE for the entire family. This means all family members may be able to switch TRICARE health plans when one person in the family has a QLE.

Before you move

Don't disenroll from your current health plan. Your current coverage will continue until your enrollment transfer is completed after you arrive at your new location.

- Contact your current regional contractor about your upcoming move, so they can begin transferring your enrollment.
- Learn about TRICARE options in your

new location. Use the TRICARE Plan Finder to see what plans are available and what you and family members may qualify for.

After you move

- Update your address and other new information in the Defense Enrollment Eligibility Reporting System.
- If you want to make changes and you're eligible to do so, you may change the TRICARE health plan for you or your family members.
- If you make changes to your health plan, the effective date will be the date your

see **TRICARE** on page 10

WBGT aids safe work, training, exercise; sets flag conditions

Capt. Matthew Frickey, chief
Environmental Health
Eisenhower Army Medical Center

The calendar moves closer to the official first day of summer, June 21, and the weather has offered blistering heat with heavy humidity well before the Summer Solstice.

For those who work and train outdoors, it's essential to understand the risk of strenuous activity, heat and humidity to physical health. This is why each unit on Fort Gordon should track these factors and be prepared to raise awareness of dangerous conditions before they happen.

Eisenhower Army Medical Center's Environmental Health department regularly measures these conditions with a WetBulb Globe Temperature device which takes a measurement of the heat stress in direct sunlight, taking into account temperature, humidity, wind speed, sun angle and cloud cover (solar radiation). This differs from the heat index, which takes into consideration temperature and

Get a general WBGT reading for Fort Gordon by calling Environmental Health at 787-1279.

humidity and is calculated for shady areas. If you train, work or exercise in direct sunlight, this is the proper element to monitor weather conditions.

The WBGT is derived from a combination of temperatures from three thermometers — wet globe for humidity, black globe for solar factor and dry bulb for the ambient temperature.

The kit contains all three thermometers see **WBGT** on page 15



Photo by David M. White

Capt. Matthew Frickey, chief of Environmental Health at Eisenhower Army Medical Center, demonstrates the WetBulb Globe Temperature device outside of Environmental Health's office May 1.

Water Consumption Table

Heat Category	WBGT Index, °F	Easy Work	Moderate Work	Hard Work
		Water Intake (Quart/Hour)	Water Intake (Quart/Hour)	Water Intake (Quart/Hour)
1	78° - 81.9°	1/2	3/4	3/4
2	82° - 84.9°	1/2	3/4	1
3	85° - 87.9°	3/4	3/4	1
4	88° - 89.9°	3/4	3/4	1
5	> 90°	1	1	1
Body Armor = +5°		Easy Work – walking on a hard surface at less than 2 mph with less than a 30 pound load, weapon maintenance, marksmanship training; drill and ceremony	Moderate Work – patrolling, walking in the sand at 2.5 mph with no load, calisthenics; patrolling; individual movement techniques (i.e., high/low crawl)	Hard Work – walking in the sand at 2.5 MPH with a load, field assaults
MOPP 4 = +10°				
Rest - sitting or standing in the shade if possible				
The fluid replacement volumes will sustain performance and hydration for at least 4 HOURS of work in the specified heat category. Fluid needs can vary based on individual differences and exposure to full sun or full shade.				
CAUTION: Hourly fluid intake should not exceed 1.5 quarts. Daily fluid intake should not exceed 12 quarts.				

Announced flag conditions correspond to the WetBulb Globe Temperature index as indicated on the chart above. Each unit should monitor the weather conditions and curtail outdoor work, training or exercise accordingly.

Graphic courtesy of U.S. Army Public Health Center

RODRIGUEZ ARMY HEALTH CLINIC

PR comrades take part in SHARP walk

Members of the Rodriguez Army Health Clinic and Buchanan Veterinary Clinic demonstrated wholehearted commitment to the Army Sexual Harassment/Assault Response and Prevention program by participating in the 8th annual Puerto Rico National Guard Sexual Assault Awareness Walk April 26. Approximately 1,700 participants of all military components and services joined local partners in the walk through Old San Juan to raise awareness and show support.



Photo by Waldemar Rivera, Puerto Rico National Guard PAO

SHARP Walk participants pass by the Castillo San Cristóbal in Old San Juan April 26.



Photo by Magda "Grissel" Rosa, USA Buchanan PAO

Lt. Col Rachel J. Wienke, RAHC commander, joined the Adjutant General of Puerto Rico Brig. Gen. José J. Reyes; Brig. Gen. Dustin A. Shultz, commanding general of 1st Mission Support Command; Col. Guy D. Bass, commander of US Army Garrison Fort Buchanan; and other leaders in carrying banners to lead the walk.

CALENDAR from page 2

June 22

Fort Gordon Greatest American Superhero 5K Run, Start/Finish 36th Street in area near Pavilion, 8 a.m. to noon

June 26

Fort Gordon Greatest American Superhero 5K Run, Start/Finish 36th Street in area near

Pavilion, 8 a.m. to noon

June 26

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

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

June 27

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

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

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.

June 28

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

PTSD help is readily available, reach out

Maj. Demietrice Pittman, PhD
Clinical Psychologist
Eisenhower Army Medical Center

The month of June each year is designated as Post-Traumatic Stress Disorder Month to bring awareness to those with PTSD and to encourage people to reach out to their fellow citizens to provide support and remove the stigma associated with this disorder

What is PTSD?

Post-traumatic stress disorder is a psychiatric disorder that can occur in people who have experienced or witnessed a traumatic

event such as a natural disaster, a serious accident, a terrorist act, war/combat, rape or other violent personal assault. PTSD has been known by many names in the past, such as “shell shock” during the years of World War I and “combat fatigue” after World War II. PTSD does not just happen to combat veterans. It can occur in all people, in people of any ethnicity, nationality or culture, and any age.” PTSD affects approximately 3.5 percent of U.S. adults, and an estimated one in 11 people will be diagnosed PTSD in their lifetime. Women are twice as likely as

men to have PTSD.

What are PTSD symptoms?

Everyone is an individual, and everyone reacts to situations differently but individuals with PTSD may feel as though they are reliving the event either through bad memories or nightmares. They may also try to avoid memories or situations that remind them of the event. Another common symptom is experiencing a persistent negative emotional state or feeling detached from others. People often feel keyed up or have sleep problems.

If you feel that you, or a loved one, has any issues similar to PTSD you should:

- Talk to your family doctor.
- Talk to a mental health professional, such as a therapist.
- Contact to your local VA facility or Vet Center
- Speak with a close friend or family member who can support you while finding help
- Discuss your situation with a clergy member

Active duty, veteran, and retirees can always contact the VA’s crisis helpline at 800-273-8255, or via text at 838255. They can also use their 24/7 Confidential Veterans Chat, www.veteranscrisisline.net.

“There are several treatments that have been proven to help effectively treat PTSD,” Capt. Jennifer Iveland, clinical psychologist and Chief of the Clinical Psychology Internship Program at Eisenhower Army Medical Center. “The Internship Program has developed programs to train new psychologists on the evidence-based treatments through our Graduate Medical Education programs.” You don’t have to be teetering on the edge to contact help. Sometimes it just helps to talk to somebody who has been in a similar situation and gotten through it, you can get through it too, sometimes all it takes is talking about it.

Additional PTSD resources:

- Department of Behavioral Health, 706-787-3143 or 706-787-8134.
- VA National Center for PTSD, www.ptsd.va.gov.
- National Institute of Mental Health, www.nimh.nih.gov/health/publications/ptsd-listing.shtml.
- National Alliance on Mental Illness, Augusta chapter, namiaugusta.org.

Eisenhower Army Medical Center

MOVIE NIGHT

Free to all EAMC Soldiers, Civilians and their Families

Friday June 7

Show Starts at 6:30 p.m. • 1st Floor Auditorium

Now Showing:	Coming Soon
 Despicable Me 3	Incredibles 2 June 14 Cars 3 June 21 How to train your dragon 2 June 28

Questions? Contact FRG at eamcFRG@gmail.com

Don't take family for granted

Capt. Hyoseok Kim

Chaplain Clinician Department of Ministry and
Pastoral Care
Eisenhower Army Medical Center

When we think about “family,” we immediately think of all the love and affection that we have been showered with throughout our lives. It’s a place where we know that we can truly be ourselves without having to worry about judgment and negativity, sometimes a safe haven from the harsh world.

However, our family is often taken for granted. Do you remember the times when you acted as a rebellious adolescent arguing with your parents for them “not understanding” how you felt? Angry words lashed out at them undermining all the things they’ve done for you. Or perhaps it was the excuses concerning your “busy job” that prevented you from spending time with family? Busy lives sometimes detract us from our priority of family.

Because of this, we should remember that

**Tell them how much
you appreciate and
love them.**

family stands closest during difficult times whether relationship slumps, failed promotions or the stress caused by the periodic uprooting as part of military life, family provides the base for community supports.

Family isn’t just about biological relatives, but includes friends as well. We are sisters and brothers in Christ. Just as 1 John 4:19 says: “We love because he first loved

us.” God loved us first even though we sin against him and have caused him a lot of pain. His unconditional love has taught us that we need to love others the same way, especially family.

As part of the hospital team, we feel the immense love in the atmosphere such as with the birth of a newborn baby. We also often see the many regrets of family members such as when someone is diagnosed with cancer or is on their deathbed. Many realize the importance of family only when they’re gone, so don’t let that happen to you.

Remember that family is the group of people that are willing to make sacrifices without expecting anything back. Just like God sacrificed his one and only Son to die for us demonstrating his agape love, we should be showing our love to our families. Speaking of which, why don’t you go ahead and send a text or call a family member right now and tell them how much you appreciate and love them?

In memoriam



The American Red Cross and Eisenhower Army Medical Center note with sadness the passing of two regular visitors, Sally, left, and Gracie, members of the Red Cross’ cadre of certified comfort dogs who bring smiles to the faces of so many service members, beneficiaries, family members and hospital staff. Sally, whose human companion was Michael Quagliano, died last November and Gracie, whose human companion was Ron Emory, died in March. Gracie and Sally are missed, and we thank them and their handlers for the richness of their contribution to EAMC’s mission.



Photo by David M. White

Emanuel Stephens, a certified hyperbaric technician, former corpsman with the U.S. Navy, and a certified cave and technical diver, monitors a treatment session in the hyperbaric chamber from the external control board at Eisenhower Army Medical Center's Hyperbaric Medicine Department May 6. EAMC houses the Army's only clinical hyperbaric medicine facility.

Army's only hyperbaric facility earns highest certification

Col. Jonathan Stabile, OIC

Hyperbaric Medicine Department
Eisenhower Army Medical Center

The Army's only clinical hyperbaric medicine department located at Eisenhower Army Medical Center has, for the second time attained the Undersea and

Hyperbaric Medical Society's highest certification rating. The department earned the "With Distinction" rating which is coveted among hyperbaric and wound-care facilities. It is a distinguishing criteria that is awarded to facilities that demonstrate the highest standards of performance and patient safety.

During this evaluation period the department performed 600 hyperbaric treatments and seen more than 3,500 chronic wound-care visits. The department also serves as the primary or backup emergency treatment facility for NASA and Air Force high-altitude test flights, military diving operations and high-altitude, low-opening airborne operations. As part of the clinic's readiness mission it provides waiver authority for the Army Corp of Engineer Divers as well as pressure testing for submariner candidates.

The staff has almost a century of combined experience in hyperbaric medicine, diving medicine and wound care. Herb Yeager has been at Eisenhower since the inception of hyperbaric medicine here in 1997 and prior to that ran the Hyper and Hypobaric Department at the U.S. Army School of Aviation Medicine, Fort Rucker, Ala. He is a subject matter expert in the safety and maintenance of multi-place hyperbaric chamber facilities.

Emanuel Stephens is a certified hyperbaric technician, former corpsman with the U.S. Navy, and a certified cave and technical diver. Spc. Nicole Cruz is a certified



Photo by David M. White

The staff of the Hyperbaric Medicine Clinic at Eisenhower Army Medical includes Emanuel Stephens, left, certified hyperbaric technician; Teresa Kitchens, advanced clinical hyperbaric registered nurse; Spc. Nicole Cruz, NCOIC; Col. Jonathan Stabile, OIC; and Herb Yeager CHT, hyperbaric safety director, gather outside EAMC's hyperbaric chamber which is a dual-lock, multiplace chamber, capable of treating up to 12 patients simultaneously.

see **CHAMBER** on page 15

TRICARE coverage for young adults

TRICARE

In 2011, a premium-based plan for health care specifically designed for young adults was launched by TRICARE called TRICARE Young Adult.

This plan was designed especially for dependent adult children up to the maximum age of 26 years old.

The program offers benefits related to pharmacy and medical expenses but does not include coverage for dental care.

The coverage in the regular TRICARE plan ends at the age of 21 or 23 if the adult dependent is admitted into an approved institution as a full-time college student and only after this, TYA coverage can be purchased.

TYA enrolled beneficiaries can visit any TRICARE-registered provider, either in the network or non-network. It should also be noted that the benefits and care at military diagnosis facilities are based entirely on space availability.

There is no referral requirement unless in the case of specific services or care and advanced authorization may be required.



Qualifications for TYA

A dependent adult must be:

- A dependent reliant on an eligible militant sponsor. If the militant sponsor is a representative of the specific Reserve of the Retired Reserve or of the Related Reserve but is non-active, he or she must be enrolled in either TRICARE Retired Reserve or TRICARE Reserve Select for the dependent to be qualified for coverage offered through the TRICARE Young Adult Plan.
- The dependent must be unmarried.
- Minimum of 21 years of age but not exceeding 26 years. (Note: eligibility starts only after the age of 23 for those admitted in an approved institution as a full-time college student or other

educational institution if 50 percent of their financial expenses are provided by their sponsor).

- Not qualified to subscribe in an employer-sponsored health coverage based on his or her own employment.
- Not eligible for coverage in other programs of TRICARE.

Is it right for you?

TRICARE Young Adult is an option for unmarried, adult children who have “aged out” of regular TRICARE coverage. The plan provides comprehensive medical and pharmacy benefits. You should review all of your health plan options (military or commercial) before deciding if TRICARE Young Adult is the right plan for you.

Note: You aren't eligible for TRICARE Young Adult if you're eligible for employer-sponsored health plan.

TYA monthly premiums

TRICARE Young Adult is a premium-based program for which is subject to premium payments to be paid by the

see **YOUNG ADULT** on page 15

TRICARE from page 4

address change is effective in DEERS.

- Tell your regional contractor and doctors if you have other health insurance besides TRICARE. TRICARE pays after most other health insurance
- Health insurance you have in addition to TRICARE, such as Medicare or an employer-sponsored health insurance. TRICARE supplements don't qualify as “other health insurance.” OHI doesn't apply to active duty service members.

For a stateside move

If you're enrolled in TRICARE Prime and moving to another Prime service area within the U.S., you can transfer your TRICARE Prime enrollment. Depending on how far you move from your current home, you'll likely need to change your primary care manager.

TRICARE Prime isn't available everywhere. You can use the TRICARE Plan Finder to see if TRICARE Prime is available in your area. If you're moving to an area where TRICARE Prime isn't available, the QLE will allow you

to change your enrollment. ADSMs may only use TRICARE Prime.

If you're enrolled in TRICARE Select or a premium-based plan (TRICARE Reserve Select, TRICARE Retired Reserve, TRICARE Young Adult Select, and the Continued Health Care Benefit Program), update your personal information in DEERS. Then find a new TRICARE-authorized network or non-network provider in your new location. Using a TRICARE network provider will help keep your out-of-pocket costs lower.

For an overseas move

Before you move, call the TRICARE Overseas Program Regional Call Center for your new area. Although retirees and their family members aren't eligible for TOP Prime options, they may be eligible for TOP Select. Only active duty family members who are command-sponsored may enroll in TOP Prime or TOP Prime Remote.

Remember that your TRICARE coverage moves with you. Take command of your health by learning more about QLEs.



Special Events for June

Friday, June 14
Army Birthday Theme Meal
11 a.m. to 1 p.m.

Friday, June 21, 7:30 a.m.
Healthy Grocery Store Tour
Fort Gordon Commissary

Learn how to make the best food choices, read nutrition facts labels, pick out healthy on-the-go options, and meal planning tips. For information, contact the Nutrition Clinic at 787-2243.

Eggstravangaza was eggstraspecial



Photo by Monica L. Roman

It's important in Easter egg hunts to make sure you check your loot.

Kashieem Averill

Family Readiness Support Assistant
Eisenhower Army Medical Center

The Soldier and Family Readiness Group along with Peter Cottontail and more than 200 of his friends ventured through chilly weather to participate in the Eisenhower Army Medical Center's Easter Eggstravangaza April 20. After the children and families searched for the eggs left by the Easter Bunny, they planted flowers and created crafts to take home. Attendees also got a chance to see the greatest sack racer in the Eisenhower footprint compete: CCommand Sgt. Maj Omar Mascarenas. EAMC Commander Col. David Ristedt spoke with many of the attendees. Many participants took pictures with the Easter Bunny and received copies to take home.

There were a total of 49 volunteers who arrived early to ensure the families of Eisenhower would have a memorable day. Thank you to each and every one of you for your assistance.

Upcoming SFRG Events include Family Movie Nights to bring in the summer. Every Friday in June there will be a different movie played at Eisenhower Hospital in the first floor auditorium from 6-7:30 p.m. Despicable Me 3 will kick off Family Movie Nights June 7.

A neon sign is mounted on a dark brick wall. The sign features the text "BUZZED. BUSTED." in white neon at the top. Below this, there are three neon illustrations: a yellow beer mug on the left, a yellow car in the center, and a yellow beer can on the right. At the bottom, the word "BROKE." is written in red neon, with two white arrows pointing outwards from the word. Below the sign, the text "GET CAUGHT BUZZED DRIVING AND IT COULD COST YOU \$10,000." is written in white. In the bottom right corner, there are logos for the Ad Council and NHTSA (National Highway Traffic Safety Administration), with the website www.nhtsa.gov.

What to do during hurricane watch, warning

Hurricane watch = conditions possible within 48 hours

- Review your evacuation route and listen to local officials.
- Review the items in your disaster supply kit. (See below.) Add items to meet the household needs for children, parents, individuals with disabilities or other access and functional needs or pets.

Hurricane warning = conditions are expected within 36 hours

- Follow evacuation orders.
- Check-in with family and friends by texting or using social media.
- Follow the hurricane time line preparedness checklist, depending on when the storm is anticipated to hit and the impact that is projected for your location.

Hurricane 36 hours away

- Turn on your TV or radio in order to get the latest weather updates and emergency instructions.
- Build or restock your emergency preparedness kit. Include food and water sufficient for at least three days, medications, a flashlight, batteries, cash and first aid supplies.
- Plan how to communicate with family members if you lose power. For example, you can call, text, email or use social media. Remember that during disasters, sending text messages is usually reliable and faster than making phone calls because phone lines are often overloaded.
- Review your evacuation plan with your family. You may have to leave quickly so plan ahead.
- Keep your car in good working condi-

tion, and keep the gas tank full; stock vehicle with emergency supplies and a change of clothes.

Hurricane 18-36 hours away

- Bookmark your city or county website for quick access to storm updates and emergency instructions.
- Bring loose, lightweight objects inside that could become projectiles in high winds (e.g., patio furniture, garbage cans); anchor objects that would be unsafe to bring inside (e.g., propane tanks); and trim or remove trees close enough to fall on the building.
- Cover all of your home's windows. Permanent storm shutters offer the best protection for windows. A second option is to board up windows with 5/8" exterior grade or marine plywood, cut to fit and ready to install.

see **WARNING** on page 13

What's in your disaster supply kit?

To assemble your kit, store items in airtight plastic bags and put your entire disaster supplies kit in one or two easy-to-carry containers such as plastic bins or a duffel bag.

Basic emergency supply kit

- **Water** – one gallon of water per person per day for at least three days, for drinking and sanitation
- **Food** – at least a three-day supply of non-perishable food
- **Battery-powered or hand crank radio** and a NOAA Weather Radio with tone alert
- **Flashlight**
- **First aid kit**
- **Extra batteries**
- **Whistle** to signal for help
- **Dust mask** to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- **Wrench or pliers** to turn off utilities

- **Moist towelettes, garbage bags and plastic ties** for personal sanitation

- **Manual can opener** for food

- **Local maps**

- **Cell phone** with chargers and a backup battery

Additional supplies

Consider adding the following items to your emergency supply kit based on your individual needs:

- **Prescription medications**

- **Non-prescription medications** such as pain relievers, anti-diarrhea medication, antacids or laxatives

- **Glasses and contact lens case** with solution

- **Infant formula, bottles, diapers, wipes, diaper rash cream**

- **Pet food, extra water** for your pet

- **Cash or traveler's checks**

- **Important family documents** such as copies of insurance policies, identification and bank account records saved electronically or in a waterproof, portable container

- **Sleeping bag or warm blanket** for each person

- **Complete change of clothing** appropriate for your climate and sturdy shoes

- **Household chlorine bleach** and medicine dropper to disinfect water

- **Fire extinguisher**

- **Matches** in a waterproof container

- **Feminine supplies** and personal hygiene items

- **Mess kits**, paper cups, plates, paper towels and plastic utensils

- **Paper and pencil**

- **Books, games, puzzles** or other activities for children



Courtesy photo

Eisenhower Army Medical Center was well represented in the Fort Gordon Army Ten-Miler qualifying run the morning of May 4. The top fastest runners almost all were from EAMC.

Army Ten-Miler Qualifier dominated by EAMC runners

Sgt. First Class William R. Harbeson III
Troop Command
Eisenhower Army Medical Center

The fifth annual Fort Gordon Army Ten-Miler Qualifier and Run to Honor 5k stepped off at 7:30 a.m., Saturday, May 4 when 140 registered runners crossed the starting line after anxiously waiting

to begin. The runners maintained a steady pace starting on Rice Road, throughout the cantonment area, down to Range Road and finally finished the race on Rice Road near the Outdoor Stage area on Barton Field.

Fort Gordon Qualifier is designed to select the male and female Fort Gordon representatives at the Army Ten-Miler Race

in Washington, D.C., Oct. 13. Only the top 10-15 fastest runners are guaranteed a spot on the Fort Gordon team. Once the team is assembled, they will begin the rigorous training plan consisting of many 10-plus mile runs up until the start of the race in October.

see **TEN-MILER** on page 15

WARNING from page 12

Hurricane 6-18 hours away

- Turn on your TV/radio, or check your city/county website every 30 minutes in order to get the latest weather updates and emergency instructions.
- Charge your cell phone now so you will have a full battery in case you lose power.

Hurricane 6 hours away

- If you're not in an area that is recommended for evacuation, plan to stay at home or where you are and let friends and family know where you are.
- Close storm shutters, and stay away from windows. Flying glass from broken windows could injure you.
- Turn your refrigerator or freezer to the coldest setting and open only when necessary. If you lose power, food will last longer. Keep a thermometer in the refrigerator to be able to check the food temperature when the power is restored.
- Turn on your TV/radio, or check your city/county website every 30 minutes in

order to get the latest weather updates and emergency instructions.

After a hurricane

- Listen to local officials for updates and instructions.
- Check-in with family, friends by texting or using social media.
- Return home only when authorities indicate it is safe.
- Watch for debris and downed power lines.
- Avoid walking or driving through flood waters. Just 6 inches of moving water can knock you down, and one foot of fast-moving water can sweep your vehicle away.
- Avoid flood water as it may be electrically charged from underground or downed power lines and may hide dangerous debris or places where the ground is washed away.
- Photograph the damage to your property to assist in filing an insurance claim.
- Do what you can to prevent further

damage to your property, (e.g., putting a tarp on a damaged roof), as insurance may not cover additional damage that occurs after the storm.

— FEMA.gov

REALLY? THEY NAMED A HURRICANE 'WENDY?'

(2019 hurricane names)

Andrea
Barry
Chantal
Dorian
Erin
Fernand
Gabrielle
Humberto
Imelda
Jerry
Karen
Lorenzo
Melissa
Nestor
Olga
Pablo
Rebekah
Sebastien
Tanya
Van
Wendy

14 Summer grilling season is here

Robert N. Meloche

Safety Manager
Eisenhower Army Medical Center

Grilling your favorite meat, fish, fowl or vegetables is almost a rite of passage in America. With that rite, come certain responsibilities. No matter the grilling method, you are dealing with a heat source in an area that does not normally contain one. Placing a grill too close to flammable or combustible materials can result in a less than stellar end to your grilling experience.

General grilling/cooking tips

- Propane and charcoal grills should only be used outdoors
- Place the grill away (at least nine feet) from the home, deck railings, and out from under roof eaves and overhanging tree branches
- Keep children and pets at least three feet away from the grill area
- Keep your grill clean. Remove grease residue

Follow checks before lighting

Propane grills

- Check the major connection points between the gas (propane) tank hose and the regulator and cylinder and where the hose connects to the burners. Tighten if loose.
- Check the gas (propane) tank hose for leaks
 - Apply a light soap and water solution to the hose using a brush or spray bottle.
 - Turn the propane tank on. If a gas leak is present, the propane will release visible bubbles around the hose
 - If bubbles do exist, turn off the pro-

pane tank and check the connections. It is recommended that you have the grill serviced by a professional technician before using it.

- As you are cooking, if you smell gas, turn off the gas tank and burners immediately.
 - o If the gas leak stops, have the grill professionally serviced before using it again.
 - If the gas smell continues, move away from the grill and call the fire department immediately. Do not attempt to move the grill.

Charcoal grills

- There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to light the charcoal using newspaper as a fuel
- If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire
- Keep charcoal fluid out of the reach of children and pets, and away from heat sources
- There are also electric charcoal starter devices, which do not use fire. Use an



approved, outdoor-use extension cord

- When you are finished grilling, let the coals completely cool and dispose of them in a metal container.



SHARP SM
SEXUAL HARASSMENT/ASSAULT RESPONSE & PREVENTION

YOUNG ADULT from page 10

qualified dependents. The premium rates for TRICARE Young Adult programs are fixed yearly based on the calendar year. The current monthly premium for the TYA Prime program is \$208 and for the TYA Standard coverage program is \$181. These premiums are subject to change each year.

The TRICARE Young Adult plan can be bought any time throughout the year. The application form for TRICARE Young Adult can be downloaded and completed as per appropriate location and can be faxed or mailed along with payment for the premium for the first three months to the regional contractor.

TEN-MILER from page 13

The Run to Honor 5K is a Fort Gordon tradition in which runners and walkers are given the opportunity to honor the service members who have impacted their lives whether deceased, retired, or active duty. It is also in support of the Fort Gordon Strong B.A.N.D.S. (Balance-Activity-Nutrition-Determination-Strength) Program. The Strong B.A.N.D.S. program campaigns to recognize the “National Physical Fitness and Sports Month.”

Eisenhower Army Medical Center was represented by more than 30 participants in both the Fort Gordon ATM Qualifier and the Honor to Run 5k. EAMC swept the ATM Qualifier with the top three overall finishers and two of the top three finishers of the Honor to Run 5k.

**Fort Gordon Army Ten-Miler Qualifier Results
Top Finisher Overall**

1. Lt. Col. Samuel Burkett, Dept. of Medicine
2. Lt. Col. Mike Kilbourne, Dept. of Surgery
3. Staff Sgt. Andrew Kirwa, Alpha Company

Placed in Age Group

1. Col. Alan DeAngelo, Dept. of Medicine
2. Aparna Vijayan, Neurology
3. 1st Sgt. Renee Butler, first sergeant, Bravo Company

Honor to Run 5k Results:**Top Finisher Overall**

1. Sgt. James Phillips, Troop Command
2. Sgt. First Class William Harbeson, Troop Command

Placed in Age Group

Rhona Capers, Occupational Health

**WGBT** from page 5

as well as a calculator for determining the WBGT, which is used to calculate the heat category. The heat category determines the recommended water consumption and work-rest cycle.

Monitoring the WBGT index is particularly important for soldiers in training, allowing soldiers to train and work safely while factoring in the weather of that day. It is a unit responsibility to record the WBGT Index at your specific training site and implement control measures as necessary.

Along with the kit, post personnel can also access a general WBGT reading for Fort Gordon by calling Environmental Health at 787-1279. While accurate, the WBGT is in full sun most of the day, so the reading may not be applicable to your specific training area. That's why it is so important to take independent readings.

Let the wet bulb globe temperature and your physical condition — not the task — dictate how long you work. Stay ahead of dehydration by hydrating before outdoor activities and drinking enough water during outdoor activities.

CHAMBER from page 9

hyperbaric technician and program manager for the department. Teresa Kitchens is a certified hyperbaric technician, an advanced clinical hyperbaric registered nurse, and holds various wound-care certifications. She has 30 years of experience in wound care and hyperbaric medicine.

Col. Jonathan Stabile completed the Navy's Diving Medical Officer course in 2000 and the Duke Undersea and Hyperbaric Medicine Fellowship in 2014. He is board certified in undersea and hyperbaric medicine and is a certified wound specialist physician. He is published in and a reviewer for the Undersea and Hyperbaric Medicine journal.

With an ever-aging population and increase in frequency of diabetes and diabetic wound complications, wound care and hyperbaric medicine is growing more rapidly than ever. This specialized service can often alter the course of disease by preventing the morbidity and mortality associated with amputations. Preventing loss of limbs has dramatically improved many of the lives of veterans and retirees. The Hyperbaric Medicine and Wound Care department has the privilege of serving soldiers, dependents, retirees and veterans and strives to continue providing 5 Star health care.

About the chamber

Eisenhower Army Medical Center's hyperbaric chamber is a dual-lock, multiplace chamber capable of treating up to 12 patients simultaneously. All treatments are staffed by inside medical attendants and monitored by a hyperbaric physician via video, audio communications, and direct visualization.



Eisenhower
Army Medical Center



We are Eisenhower
WE KEEP OUR NATION READY



Vicki L. Moore, master template scheduler, Clinical Operations, at EAMC for 25 years



Sgt. 1st Class Jonathan G. Lucas, NCOIC for 9MSP, at EAMC since Jan. 18, active duty for 15 years



Monica L. Roman, Personnel Liaison Specialist in civilian HR, at EAMC since August



Osvaldo Rivera, RN, EAMC team member at Rodriguez Army Health Clinic for four years, prior active-duty soldier for 28 years