

the **LEGCACY**

Landstuhl Regional Medical Center

October 2020

Vol. 2, No. 17

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U.S. Air Force Airman 1st Class Aldo Dimas, aerospace medical service specialist, Labor and Delivery unit, Landstuhl Regional Medical Center, prepares medication for administration as part of regular procedures at LRMC's L&D Unit, Aug. 27.

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Events and Training Calendar

Oct. 1: Hospital Newcomers Orientation, Heaton, 8:30 a.m.

Oct. 2: Commander's Award Ceremony, Heaton, Noon

Oct. 2: German Unity Day meal, DFAC

Oct. 2: LRMCC Class B Day

Oct. 3: Tag der Deutschen Einheit (German Unity Day)

Oct. 12: Columbus Day

Oct. 15: Hospital Newcomers Orientation, Heaton, 8:30 a.m.

Oct. 21: Landstuhl Annual Training, Heaton, 7:30 a.m.

Oct. 23: Safety Stand Down

Oct. 30: Spooktacular

DEFERRAL TIMEFRAME

SEP
2020

OCT
2020

NOV
2020

DEC
2020

COLLECTION TIMEFRAME

JAN
2021

FEB
2021

MAR
2021

APR
2021

SOCIAL SECURITY

Payroll Tax Withholding Deferral

Effective for the September mid-month pay, DoD will temporarily defer the withholding of your 6.2% Social Security tax if your monthly rate of basic pay is less than \$8,666.66.

BACKGROUND

In order to provide relief during the COVID-19 pandemic, a Presidential Memorandum was issued on August 8, 2020 and guidance followed by Internal Revenue Service on August 28, 2020, to temporarily defer military members' 6.2% Social Security (Old Age, Survivors, and Disability Insurance) or "OASDI" tax withholdings.

KEY FACTS

MILITARY

For Active Duty Army, Air Force, Navy and Space Force military members, the Social Security tax is labeled as "FICA-SOC SECURIT" on LES.

For Reserve or National Guard Army, Air Force and Navy military members, the Social Security tax and Medicare tax are jointly labeled as "FICA TAXES" on the LES. For most military members, the Social Security tax and Medicare tax are calculated as 6.2% and 1.45% of basic pay, respectively.

For the Marine Corps military members, the Social Security tax is labeled as "Social Security" on the LES.

This change is effective through the end of the 2020 calendar year and only applies to your Social Security tax withholding.

You are not eligible to opt-out of the deferral if your basic pay falls within the stated wage limits. The deferral will happen automatically.

Per IRS guidance, collection of the deferred taxes will be taken from your wages between January 1 and April 30, 2021.

If you separate in 2020 before the Social Security tax can be collected in 2021, you are still responsible for the Social Security tax repayment.

ADDITIONAL RESOURCES

If you have questions on the temporary deferral of the 6.2% OASDI withholding:

Visit the IRS page: <https://www.irs.gov/newsroom/guidance-issued-to-implement-presidential-memorandum-deferring-certain-employee-social-security-tax-withholding>

As more information becomes available, it will be posted on:

<https://www.dfas.mil/taxes/Social-Security-Deferral>

For more information on financial readiness:

(Military) Visit <https://inred.usalearning.gov>

(Military) Visit your installation-based Military and Family Support Center and speak with a personal financial manager or counselor, or contact Military OneSource at <https://www.militaryonesource.mil>

(Civilian) Consult with an Employee Assistance Program financial counselor or seek assistance from a private financial advisor.

Wages subject to OASDI: Gross wages less Federal Employees Health Benefits (FEHB), Dental, Vision, and Health/Flexible Spending Accounts (HSA/FSA.)

CIVILIAN

This change is effective September through the end of the 2020 calendar year and only applies to your OASDI tax withholding.

You are not eligible to opt-out of the deferral if your OASDI wages fall within the stated limits. The deferral will happen automatically.

Per current IRS guidance, collection of the deferred taxes will be taken from your wages between January 1 and April 30, 2021.

The OASDI deduction is found on your LES under the deductions tab/section.

If you separate in 2020 before the Social Security tax can be collected in 2021, you are still responsible for the Social Security tax repayment.

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
October 2020 • Vol. 2, No. 17

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@Landstuhl Regional Medical Center

Stay Vigilant, stay strong

Col. Michael Weber

Commander

Landstuhl Regional Medical Center

Fall is approaching... the leaves are beginning to change, the weather is getting cooler (some days), and we continue to stay vigilant with COVID-19 precautions. The past couple of months have seen some things open up again as far as in-person services, travel opportunities, and shopping. We've seen PCS moves taking place again as we welcome new faces to the team and farewell old friends moving on to new duty stations. Please remember to stay strong in our fight against COVID-19. Letting your guard down, even a little bit, can lead to quarantine or sickness for you, your family, friends or co-workers.

In September some of our teammates may have also noticed a pay increase as a result of a Presidential Memorandum issued Aug. 8. Remember this is not a tax break but rather a deferral and the extra funds you may receive this year will be collected next year. I urge everyone affected by the deferral to seek financial advice if you are not sure what this means for you. More information on that is available on the left page of this spread.

The month of October brings us several observances that I think are important to highlight here.

World Mental Health Day is October 10. This is a day for everyone, worldwide, to think about their own mental health as well as those of loved ones. We are living in unprecedented, often stressful times, and I always encourage you to reach out and find the mental health resources you are most comfortable using. From the ear of a good friend, to a chaplain, or our many mental health professionals, someone is always available should you have a need.

Domestic Violence Awareness Month. Nearly three out of four Americans personally know someone who is or has been a victim of domestic violence. This month we highlight the resources available and remind you that domestic violence is not always physical abuse; it can include humiliation, stalking, manipulation, threats and isolation, among other activities. Your local Army Community Service or Air Force Family Advocacy Programs for your respective duty location will have a multitude of resources to help should you find yourself or a friend in need of assistance.

Breast Cancer Awareness Month. This month we honor survivors of Breast Cancer and remind everyone to get your preventive screenings. According to the Centers for Disease Control and Prevention, Breast Cancer is the most common cancer among American women, other than skin cancer. Each year in the United States, more than 245,000 women get breast cancer. More than 40,000 die from the disease. Men can also get breast cancer, although it is not very common, with less than 1% of diagnosed cases occurring in men.

On October 15, we will pause to honor Pregnancy and Infant Loss Remembrance Day at the LRMC chapel starting at 6:45 p.m. This is an annual observance to honor, celebrate, and remember babies who have passed away due to miscarriage, stillbirth, neonatal death, and other causes of infant loss. An estimated 1 in 4 families are affected by the untimely death of their children, during pregnancy, at birth and in infancy.

Also happening in October is the German holiday, Tag der Deutschen Einheit, or German Unity Day on Oct. 3. Thirty years ago the Federal Republic of Germany and the German Democratic Republic were unified for the first time since 1945. As a young platoon leader stationed at Baumholder, I still recall the energy and elation of the German citizens as East and West united. I invite you to celebrate the 30th anniversary of this historic event with me during a special meal at our DFAC, Oct. 2.

We'll also have a three-day weekend this month while observing the Columbus Day holiday. Remember to have a plan, and a backup to that plan, check travel restrictions if you intend to do so and have an accountability partner. I can count on CSM Contreras to watch my six and help me distinguish a good plan from a bad one. Last but not least, join us for our annual "Spooktacular" event on the evening of Oct. 30. In adherence with guidelines, this year's event will take place with social distancing in mind. Please use caution when participating and don't forget your face "Masks", as there has never been a more appropriate year to wear one.

Thank you for your continued support of the Joint Warfighter and their families.



U.S. Army Col. Michael Weber (left), commander, LRMC, and U.S. Army Command Sgt. Maj. John Contreras, command sergeant major, LRMC, present U.S. Air Force Chief Master Sgt. Esteban Salazar, superintendent, 86th Medical Group, 86th Airlift Wing, with a certificate of appreciation for participating in the Hispanic Heritage Month Observance, Sept. 23.

LRMC aids health care students overseas



(Left) Natalie Svendsen, a student participating in Landstuhl Regional Medical Center's College Practicum Program, listens for abnormalities in a patient while U.S. Army Lt. Col. Kenneth Ford, officer in charge, Family Medicine Clinic, precepts, as part of Svendsen's clinical rotations toward her Master of Science in Nursing as a Family Nurse Practitioner, at LRM's Family Medicine Clinic, Sept. 14.

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center

LANDSTUHL, Germany – Overseas military ID card holders who are students studying in a health care-related subject can participate in a college-credit program while living overseas.

Landstuhl Regional Medical Center's College Practicum Program, provides eligible participants with the opportunity to earn their degree while in Europe through comprehensive practicum and field experience completed at the military hospital or any one of its six outlying clinics throughout Europe.

"So long as their sponsor and themselves are stationed in the LRM's area of responsibility and are not scheduled to leave before their program ends they can apply, given they have also satisfied prerequisites as prescribed by their educational program," said Jocelyn Baines, director of student coordination, Education Division, LRM. "The program lasts as long as your practicum or field experience hours are, as long as we're able to accommodate and facilitate that training."

The program aims to improve military family welfare while stationed overseas and provide training in a secure, familiar environment.

"I think it's an amazing opportunity because sometimes it's very difficult when you're stationed overseas to go and complete your degree. I know when I was a spouse, it was hard going station to station and then either had to start over, or wait until you got back to the (Continental United States)," said Baines. "There's lots of changes and things that happen (for military families), with program like these you're still able to achieve your goals."

For Natalie Svendsen, who is working toward her Master of Science in Nursing as a Family Nurse Practitioner, the program allows her to continue striving toward her goal.

"As a military spouse, one of the biggest obstacles is being able to advance yourself professionally, whether it be through continued education or seeking employment," said Svendsen. "When I found that we were moving to Germany, I had a wave of emotions, mostly excitement. However, there was a part

of me that was apprehensive about what (unemployment) would look like professionally for me."

Svendsen, who has been a registered nurse for eight years, had been pursuing her Masters for the past two years and was worried what consequences an overseas assignment could have on her career.

"Overall, (applying for the program) was an extensive process but I felt fully supported by the education department. I am well aware, that as a civilian student, I am not directly benefiting the hospital, yet (LRM's staff) never gave up on me and stayed dedicated to make this possible for me as a military spouse. For that, I am incredibly grateful."

According to Svendsen, who began her clinical rotations at the Family Medicine Clinic at LRM, the diverse patient population provided a clinical experience she wasn't expecting from the program.

"I had the opportunity to provide hands-on patient care and documentation with preceptors," said Svendsen. "They were eager to educate me, mentor me, and provide me with the best educational

See COLLEGE on pg. 8



(From left) Tammy Abell, chief of Nursing Supervision, Landstuhl Regional Medical Center, discusses nursing operations with Spc. Kaitlyn Amerman, licensed practical nurse, and Samantha Lacey, medical support assistant, of the Mother Baby Ward at LRMC, Sept. 23. In April, Abell delivered her neighbor's baby, demonstrating selfless service during a time of uncertainty.

LRMC nurse takes 'being a good neighbor' to another level

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center

LANDSTUHL, Germany - On a cool April evening, Tammy Abell, had just finished her shift at Landstuhl Regional Medical Center when an unexpected emergent patient made her work overtime, outside the hospital.

Following her shift, Abell had picked up her son from his job and they were driving home discussing how she had to get some rest to prepare for the following work day.

"I had just gotten in bed and was falling asleep when I heard my dogs start barking and my son yell, 'Mom, Mom,' so I got up and then heard my German neighbor say 'Please hurry,'" recalls Abell, who serves as chief of Nursing Supervision at LRMC. "All I heard was the urgency in his voice. I grabbed a pair of mermaid pajamas and ran out the door," disregarding the viral threat of COVID-19.

As Abell raced to assist, her first thoughts were something had happened to one of the neighbor's children. Abell was shocked when she learned what the emergency was.

"When I got to the door, it was open but there was nobody there," said Abell. "The lights were on and I yelled, 'Hello?'. There were no children around, there was nobody and I asked myself, 'what is going on?'."

She then heard her neighbor call and began following the voice to the upstairs bathroom where the scene unfolded as she neared the doorway.

"I saw (the neighbor's wife) in the tub,

just rocking and he was standing there, saying 'Baby is coming, baby is coming! I didn't even know his wife was pregnant because I didn't really see her much,'" explains Abell.

Abell immediately went into flight nurse mode and began assigning tasks to the frantic husband, who was overcome with uncertainty, while assessing mom's condition. All the while, Abell continued to speak in a calming, supportive manner.

"That's one of the skills I've learned during (situations like this): you got to be very calm," explains Abell.

As the husband began calling the

"I couldn't ask for better neighbors but that was a shock that night for sure. I'm glad that I was home."

- Tammy Abell

Chief of Nursing Supervision

See *DELIVERY* on pg. 8



Retired USAF first responder recollects 9/11 during observance

By Marcy Sanchez
Public Affairs Specialist
Landstuhl Regional Medical Center

LANDSTUHL, Germany – Service Members and staff attended a 9/11 Remembrance ceremony at Landstuhl Regional Medical Center on the 19th anniversary of the attack, Sept. 11.

The ceremony featured a first-hand account of the response efforts to the attacks by retired U.S. Air Force Chief Master Sgt. Timothy Carentz who was stationed at Andrews Air Force Base during the attacks.

"My first experience with war was on September 11, 2001," opened Carentz, who served 23 years in the Air Force. "(On television) we witnessed a plane hitting the first tower, all of us thinking it was a mistake. Then the second one hit."

As part of the Critical Care Air Transport

Team, Carentz and his team were tasked with initiating patient treatment facilities in New York and New Jersey in response to the attacks. Unbeknown to them, the team was redirected to respond to an attack at the Pentagon instead.

"I remember while we were showing up, we saw smoke coming up from the Pentagon and there were helicopters circling above. As we got closer, we saw a range of emotions. We saw some individuals that were off in a distance cheering (the arrival of the CCATT team). Then we got closer and saw people in shock walking around, like zombies covered in dust and blood."

Carentz, along with other first responders, spent the following hours and days sifting through the rubble searching for survivors. It was during those following days and hours that Carentz witnessed a country unified.

"Our flag, our colors were posted over the Pentagon early in the morning. We saw the community pull together as trucks from (home improvement stores) came in to set up wood barriers to hold the building. We also saw trucks showing up with (food) to feed the first responders," said Carentz. "It was a mix of emotions from a day that we'll never forget."

During his 23 years of service, Carentz went on to care for approximately 25,000

service members as part of the CCATT, including a decade of service at LRMC.

"I'm reminded of (the 9/11 attacks) every day, every day," said Carentz, now the patient safety program manager at LRMC.

Carentz' story was shared with audiences across social media and at the observance. During the prerecorded testimony, names of the nearly 3,000 victims from the attacks scrolled across the auditorium screens, an exhibition lasting nearly 11 minutes.

Following Carentz' testimony, Soldiers, Airmen, Marines, Sailors and Carentz himself helped light candles in remembrance of the events which unfolded on 9/11 and ever since.

"As I reflect back on that day, 19 years ago, I can't think of many events which are so consequential and of such magnitude that they have changed our lives the way we live," said U.S. Army Col. Claude Burnett, deputy commanding officer of LRMC. "For most of us in this room, there's not a lot of events that we can think of, of that magnitude."

Burnett shared his experience as he found out about the attacks, and challenged audiences to unite as we did following the attacks.

"I would ask that we consider summoning some of that unity in today's crisis, as we face a pandemic in several other areas and threats. Can we summon some of that unity in our efforts to pay homage to all the names and all the lives that were lost on that day?" asked Burnett.



Seaman Romen Hernandez, a hospital corpsman with the Navy Detachment at Landstuhl Regional Medical Center, prepares to sound a bell in memory of the victims of the 9/11 attacks during Landstuhl Regional Medical Center's 9/11 Remembrance, Sept. 11.



(From right) Angelica Miller, social service assistant, Birgit Bezanson, FAP Assistant, Charles Robinson, Licensed Clinical Social Worker, Regina Anderson, LCSW, Louann Engle, LCSW, (absent: Tracy Cox, LCSW) part of LRMC's Family Advocacy Program.

By Marcy Sanchez

Public Affairs Specialist
Landstuhl Regional Medical Center

LANDSTUHL, Germany - The Army Family Advocacy Program is the Army's prevention and response program for domestic violence, child abuse and neglect.

At Landstuhl Regional Medical Center, the FAP program has three goals: Prevent abuse and neglect by providing a variety of services to strengthen Army families and enhance their ability to adapt to military life; Protect those who are victims of abuse and neglect. Preserve families without compromising the health, welfare, and safety of victims; and TREAT families affected by abuse and neglect.

"The LRMC Family Advocacy Program provides assessment, clinical intervention, and treatment for families experiencing spouse/intimate partner violence and child abuse/neglect," said Louann Engle, chief of the Family Advocacy Program – Clinical, at LRMC. "The focus of FAP is on family preservation. We provide preventive interventions such as focused parenting, psycho-educational communication, and relationship skills counseling (individual, couple, and family) with the goal of improving family relationships."

According to Army Regulation 608-18, which governs the intent and functions of the program, FAP is designed to break the cycle of abuse by identifying abuse as early as possible and providing treatment for affected Family members.

"We are not law enforcement, baby snatchers, home wreckers or career demolitionists," explains Engle.

In fact, FAP's mission is the opposite of those misperceptions.

Family violence is a threat to the health, welfare and safety of Soldiers and Family members, and it severely degrades warfighter readiness. The Army Family Advocacy Program helps strengthen Army Families, enhancing resiliency and relationship skills, improving quality of life.

The program is divided into prevention and treatment departments

which fall under the purview of Army Community Services and local behavioral health departments, respectively.

The program was first launched by the Army in 1967 and became mandatory across the Department of Defense by 1981. FAP is currently broadening command and community engagement to prevent and respond to domestic violence and child abuse. Through various efforts, including: Engaging parents, schools and youth programs, safe sleep education for newborns, and expanding command roles and responsibilities in the Army's incident determination process.

"By voluntarily accessing FAP services early, families and intimate partners can avail themselves of FAP's preventive intervention through skills counseling which can often mitigate the issues that often preclude family violence," said Engle.

While Engle notes there is often increased family discord during any significant change, LRMC FAP has not had such an increase in referrals during COVID-19 restrictions and lockdowns.

"(COVID-19) really has not impacted clinical services. We have clinicians tele-working and clinicians in the office," said Engle. "FAP continues to have almost immediate access to care meaning in most cases a person can be seen the same day they request services, and certainly within 24 to 48 hours."

"While COVID-19 restrictions required us all to transition to a "new normal", we feel this provides families new ways to work together and discover their inner resilience," adds Engle. "This is also an opportunity for families to really get to know each other on a deeper level. With parents running to work and children at school and care facilities, families often find themselves too tired or stressed to really communicate. We sincerely hope that families are melding as stronger, more resilient units which will serve them well in the future."

The LRMC Family Advocacy Program is a medical clinic that is part of the Division of Behavioral Health. Referrals and walk-ins are available for eligible beneficiaries. For more information contact the FAP at DSN is: 590-6310 or CIV: 06371-9464-6310.

COLLEGE continued...

experience possible. They willingly took me under their wing and helped me take the next important step toward obtaining my nurse practitioner degree."

Svendsen, slated to complete her degree by November 2021, says the experience helped motivate her to reach her goals and has stirred excitement for what her future in medicine holds.

In addition to the College Practicum Program, LPMC also hosts a Shadow Program to allow individuals interested in health care to observe what different professions entail.

"The shadow program requires base access and is open to Americans and local nationals after a background investigation," said Baines. "The program is short-term, less than 90 days."

According to Baines, although the Shadow Program doesn't provide college credit, hours of observation are documented which is a requirement for some health care professions and degrees. Additionally, the program is open to any clinical profession within the hospital, from physical therapist to physician, if LPMC staff can accommodate.

Landstuhl Regional Medical Center is the only



(Left) Natalie Svendsen, a student participating in Landstuhl Regional Medical Center's College Practicum Program, listens for abnormalities in a patient while under preceptorship, as part of Svendsen's clinical rotations toward her Master of Science in Nursing as a Family Nurse Practitioner, at LPMC's Family Medicine Clinic, Sept. 14.

forward-stationed medical center for U.S. & Coalition forces, Department of State personnel, and repatriated U.S. citizens and largest U.S. hospital outside the United States. LPMC serves as the sole military medical center for more than 205,000 beneficiaries throughout Europe, the Middle East and Africa.

DELIVERY continued...

ambulance, the baby was delivered.

While waiting for the ambulance to arrive, Abell says she examined and wiped off the baby, wrapped it in a blanket. She also continued to care for the mother, ensuring there weren't any complications during the birth, while continuing to task the husband.

Once paramedics arrived, Abell noticed they were in full personnel protective equipment, reminding her of the ongoing global pandemic.

"I gave the doctor from the ambulance a full report and he had a (dubious look) on his face because the baby was wrapped, cord was clamped, I did everything I could," said Abell. "I told him I used to be a flight nurse, and then he realized why I had done so much. He then said 'good job'."

Although Abell thought her "job" was done, she soon found out it wasn't.

Because mom had yet to deliver the placenta and was still bleeding, the medical staff feared postpartum hemorrhaging so they rushed her away in the ambulance, leaving the newborn behind with Abell and her neighbor until another ambulance would come by to pick him up.

"She (the mom) was fairly sick but turned around the next day and was good. She came home on Easter morning," recalls Abell.

Following the second ambulance's arrival, Abell gave another report to the medical staff and they took the healthy baby to the nearby Neonatal Intensive Care Unit for observation. Finally, Abell was truly off her shift and went back home.

"I went home thinking that was the strangest thing," said Abell.

Abell's interest in nursing came after witnessing the empathy and kindness the occupation required; acts she witnessed during the care for her cancer-ridden mother.

"When she was in the hospital, the nurse taking care of her was compassionate. This nurse didn't treat my mom like she was going to die; she treated her like a person," said Abell, an emergency medical technician at the time. "I remember thinking that's how I want to treat people, and that's what I want to do. So I decided I would become a nurse."

Throughout her medical career, Abell has worked various positions to include as a critical care flight nurse, treating various cases from bear and moose attacks to

emergency pediatric.

"I did like to work around children and used to transport sick children who were diagnosed with cancer," said Abell. "I always treated them like people and not like a diagnosis and that's always been my goal as a nurse."

Additionally, Abell's own experiences with her children have added to her empathetic work ethic.

"My son has cerebral palsy and it's been a long struggle in his life. When he was young, we were told he was going to die but he's had surgery upon surgery and he's thriving. He's done a great job," said Abell, a mother of four, whose son recently graduated from high school.

While Abell has now moved to a new house, her former neighbors still invite the family over for activities and state they miss having her as a neighbor and believe she was meant to be their neighbor and meant to be there to help deliver the baby.

Although not a Labor and Delivery nurse by trade, Abell's latest delivery marks the third baby she's delivered outside a hospital and the eighth overall.

"I couldn't ask for better neighbors but that was a shock that night for sure," said Abell. "I'm glad that I was home."

Soldiers, Airmen optimize scope of practice at LRMC



U.S. Air Force Airman 1st Class Aldo Dimas, aerospace medical service specialist, Labor and Delivery unit, Landstuhl Regional Medical Center, prepares medication for administration as part of regular procedures at LRMC's L&D Unit, Aug. 27. Dimas recently participated in the Medication Administration Course, a three-phase course which enables U.S. Army healthcare specialist and U.S. Air Force aerospace medical service specialists to maximize scope of practice by administering certain medications to patients.

By Marcy Sanchez

Public Affairs Specialist

Landstuhl Regional Medical Center

LANDSTUHL, Germany - Soldiers and Airmen at Landstuhl Regional Medical Center are enhancing their medical capabilities by participating in the Medication Administration Course at LRMC.

The three-phase course, part of the MEDIC Up training program, enables U.S. Army healthcare specialist and U.S. Air Force aerospace medical service specialists to maximize scope of practice by administering certain medications to patients. Such training will increase staff competency and readiness in addition to relieving other clinicians of such duties.

"Phase one is a didactic in classroom, with some hands-on training," said U.S. Army Lt. Col. Ekerette Akpan, chief of Hospital Education and Training. "The second phase is assigning them to a 30-day preceptorship program. Basically, they work shoulder-to-shoulder with a preceptor."

According to the hospital policy, the training allows an increased utilization of medics within the LRMC footprint in accordance with their training and expected levels of competency to maintain and

develop a ready-medical force prepared for the mission of today and tomorrow.

"If I have a full ward and don't have enough (Licensed Practical Nurses) to balance that team, medics can assist and expand the nurse-to-patient ratio," said Akpan. "That nurse can then take care of more patients in the clinic."

"Our usual scope of practice is on-the-scene trauma care or in the clinic, in an outpatient setting, helping a provider," said U.S. Army Sgt. Rachel Clark, a healthcare specialist at LRMC's Emergency Department. "The training helps by giving more hands-on (experience), being able to get medications if a nurse isn't available and administer to the patient."

Clark, a medic for the past six years, believes the training really benefits junior medics who are unfamiliar with medications and may help prepare them for increased responsibilities.

"Take advantage of every opportunity given, if somebody's willing to educate and teach you something, take advantage of it," said Clark, a Bell Fountain, Ohio native, who recently completed the course. "The more you chase that knowledge and those opportunities, the more experiences will come to you."

"Any time we have an emergency it's all hands on deck," said U.S. Air Force Airman 1st Class Aldo Dimas, an aerospace medical service specialist assigned to LRMC's Labor and Delivery unit. "Before taking the class, I could only administer certain medications and vaccinations for babies, only help with certain procedures. Now with the training, it allows me to give care without aid or without a nurse present, which helps so much because I don't want to feel hindered, and can to contribute more to the team."

"They are being utilized as close to the same level as they would be in a (combat environment)," said Akpan. "(Medics in combat environments) aren't looking for a nurse behind him to be able to do something. They are relied on to take care of their troops."

Medics who complete the training receive a special designation on hospital badges to help identify competency and skill.

"It helps us to do more," said Akpan, a native of Wichita, Kansas. "Not necessarily do more with less, but expand our capability and capacity."

AROUND LRMC



Wiesbaden Army Health Clinic participated in the 2nd Annual International Point Alpha March. The team rucked 20 kilometers from the historic U.S. observation post, one of the last remaining NATO observation posts to watch over the pivotal "Fulda Gap." The team was also honored to retire the colors which had flown over the post for the last year. (Courtesy photos)



A performer at the Hispanic Heritage Month Observance dances and demonstrates traditional folklorica dance during the observance at the Heaton Auditorium, Sept. 23. (U.S. Army photos by Clay Beach)



A patron of the Landstuhl Regional Medical Center Hiring Event discusses job opportunities with Staff Sgt. Timothy McDonald, noncommissioned officer in charge of the Healthcare Support Division, Sept. 18.



Class 202 of the Brig. Gen. Anna Mae Hays Clinical Nurse Transition Program, presents research to an audience, Sept. 10. The CNTP is a six-month program for new U.S. Army Nurse Corps nurses to gain experience in clinical education while absorbing the military environment.

Nutrition Care Division
HILLTOP
Cafe

**Daily
Breakfast
Bars**

Monday
Omelet/
Egg Bar

Tuesday
Pancakes/
French Toast

Wednesday
Omelet/
Egg Bar

Thursday
Pancakes/
French Toast

Friday
Omelet/
Egg Bar

Hill Top Cafe / Warrior Restaurant

October Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LUNCH Vegetable Chop Suey Beef Bulgogi Garlic Salmon Soup: Thai Red Pepper DINNER Jerked Turkey	Special Meal German Unity Day (celebrated Oct. 3)	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Pork Chops Roasted Turkey Macaroni and Cheese DINNER Oven Fried Chicken Bratwurst	LUNCH Bourbon Meatballs Parmesan Crusted Fish Chickpea Curry Soup: Tomatos & Pepper DINNER Five Spice Chicken Tuna Tetrizzini	LUNCH Rotisserie Chicken Dill tuna Patty Indian Korma DINNER Beef Chili Mac Broiled Fish	LUNCH Pork Adobo Southwest Chicken Skillet Vegan Black Beans Soup: Tortilla Soup DINNER Chicken Tandour Fried Pork Chops	LUNCH Ratatouille Rosemary Chicken Beef Stifado Soup: Minestrone DINNER Mongolian Beef Jerked Turkey	LUNCH Turkey Meat Loaf Brazilian Fish Stew Veggie Street Burrito Soup: Chicken Noodle Soup DINNER Chicken Makhani Cajun Baked Fish	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Baked Pollock Beef Stew DINNER Chicken Curry Battered Pollock	LUNCH Beef Pot Roast Garlic Chicken Black Eyed Peas Soup: New England Clam Chowder DINNER Pollock Chicken Fajitas	LUNCH Creamy Pasta Rotisserie Chicken Stuffed Pollock Soup: Broccoli Soup DINNER Turkey Rice Moussaka Baked Chicken	LUNCH Baked Pork Chops Beef Carne Asada Paella Peppers Soup: Tortilla Chicken DINNER Beef Lasagna Lemon Pepper Fish	LUNCH Vegetable Chop Suey Beef Bulgogi Garlic Salmon Soup: Thai Red Pepper DINNER Jerked Turkey	LUNCH Oven-Fried Chicken Blackened Catfish Red Beans and Rice Soup: Chicken Gumbo DINNER Bourbon Chicken Rosemary Baked Fish	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
LUNCH Pork Chops Roasted Turkey Macaroni and Cheese DINNER Oven Fried Chicken Bratwurst	LUNCH Bourbon Meatballs Parmesan Crusted Fish Chickpea Curry Soup: Tomatos & Pepper DINNER Five Spice Chicken Tuna Tetrizzini	LUNCH Rotisserie Chicken Dill tuna Patty Indian Korma DINNER Beef Chili Mac Broiled Fish	LUNCH Pork Adobo Southwest Chicken Skillet Vegan Black Beans Soup: Tortilla Soup DINNER Chicken Tandour Fried Pork Chops	LUNCH Ratatouille Rosemary Chicken Beef Stifado Soup: Minestrone DINNER Mongolian Beef Jerked Turkey	LUNCH Turkey Meat Loaf Brazilian Fish Stew Veggie Street Burrito Soup: Chicken Noodle Soup DINNER Chicken Makhani Cajun Baked Fish	LUNCH Baked Chicken Seasoned Beef DINNER Chicken Tetrizzini Spicy Baked Fish
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The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.

Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.

Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French toast

Weekdays: Breakfast: 6 - 8 a.m. | Lunch: 11:30 a.m. - 1 p.m. | Dinner: 4:30 - 6 p.m.

Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11:30 a.m. - 1 p.m. | Dinner: 4:30 - 6 p.m.

**Menu is subject to change.

the spotlight



Regional Health Command Europe Commanding General, U.S. Army Brig. Gen. Mark Thompson, along with LPMC commander, U.S. Army Col. Michael Weber, hosted members of the U.S. Air Forces Europe and U.S. Air Forces Africa Command spouses during a tour of the hospital, Sept. 22. (U.S. Army photo by Russell Toof)

ONE TEAM. ONE PURPOSE.

Selfless Service.



U.S. Air Force Senior Airman Kari Rowland, diet therapy technician, Nutrition Care Division, Landstuhl Regional Medical Center, and U.S. Air Force Col. Sean Jersey, commander, 86th Medical Squadron, 86th Medical Group, cut a cake in celebration of U.S. Air Force's 73rd Birthday celebration, Sept. 18. (U.S. Army photo by Clay Beach)



Brussels AHC SPOTLIGHT

Spc. James Hooper
Healthcare Specialist
Brussels AHC Primary Care



Baumholder AHC SPOTLIGHT

Spc. Marvin Mari
Healthcare Specialist
Baumholder AHC Primary Care



SHAPE SPOTLIGHT

Calvin Anderson
Pharmacist
SHAPE Healthcare Facility Pharmacy