

# the LEGACY

Landstuhl Regional Medical Center

Sept 2022

Vol. 3, No. 16



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# Events and Training Calendar

- Sept. 1: From Darkness to Light 12-mile Ruck/Walk
- Sept. 1: Hospital Newcomers Orientation, Heaton
- Sept. 2: Minimal Manning Day
- Sept. 2: Class "B" Day
- Sept. 5: Labor Day
- Sept. 7: LRMCA Annual training, Heaton
- Sept. 8: Hazmat POC Course, Bldg. 3718, 3 p.m.
- Sept. 9: Courageous Olympics, LRMCA Fitness Center
- Sept. 11: 9/11 Observance, Chapel, 8 a.m.
- Sept. 14: TeamSTEPPS, Heaton
- Sept. 15: Hospital Newcomers Orientation, Heaton
- Sept. 15-16: Arbing training
- Sept. 16: Air Assault brief, Heaton 10 a.m.
- Sept. 21: LRMCA Annual Training, Heaton
- Sept. 22: Preceptor Development course, EMSC, 8 a.m.
- Sept. 23: Suicide Awareness observance, Heaton, noon
- Sept. 21: International March of Diekirch
- Sept. 29, Battlefield Acupuncture Course, Bldg. 3700, 8 a.m.
- Sept. 30: Transitions Brief, MS Teams, 3:30 p.m.



## 21ST ANNIVERSARY MEMORIAL RUCK.RUN.WALK

### SUNDAY, SEPTEMBER 11

OPENING CEREMONY AND START POINT WILL TAKE PLACE ALONGSIDE THE LANDSTUHL REGIONAL MEDICAL CENTER CHAPEL AT 0800.

FAMILIES ARE WELCOME- STROLLER FRIENDLY

REFRESHMENTS PROVIDED BY WOUNDED WARRIOR PROJECT, USO WARRIOR CENTER, AND THE AMERICAN RED CROSS.



# We're in this Together

Col. Andrew L. Landers  
Commander  
Landstuhl Regional Medical Center



Army Col. Andrew Landers, commander, LRMCA, and Air Force Brig. Gen. Alfred K. Flowers, Jr., chief, Medical Service Corps and director, Manpower, Personnel and Resources, Office of the Air Force Surgeon General, exchanged tokens of appreciation during a meeting at Ramstein Air Base, June 9.

## the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER  
Sept. 2022 • Vol. 3, No. 16

Commander: Col. Andrew L. Landers  
Command Sgt. Maj. Omar Mascarenas  
Public Affairs Chief / Editor: Marcy Sanchez

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### LRMC Team,

The days are getting shorter, darkness lasting longer and if there's anything good which comes from this change, it's less heat! That's right, it's September and we're welcoming fall with open arms after a record-breaking hot summer. Ensure you prepare for the cold months, from ensuring to fit your vehicle with "winter" tires to saving up for the holiday season.

Not only is the weather changing but our organization is changing as well. This month will be monumental for military medicine in Europe as we officially welcome the activation of Defense Health Agency Region - Europe (DHAR-E) and say goodbye to Regional Health Command Europe as they redesignate to Medical Readiness Command Europe. As the Surgeon General has stated: This is not a simple name change. Health care functions at LRMCA are no longer the responsibility of MRCE, it is a DHA responsibility. If you're asking, "When is DHA coming?" ask no more because you are it. You are DHA. You are military medicine in Europe. There is no difference between Army Medicine and Navy or Air Force Medicine, we are all Military Medicine. Our number one priority remains providing high quality, compassionate and safe patient care to our Service Members and their families. This month I'll host a town hall on Sept. 27 in our Heaton Auditorium at noon. Please join me in-person or virtually through MS Teams as we discuss this and other topics, links to join virtually will be available in our weekly Adjutant's Notes soon.

Darkness is also associated with depression. Don't be left in darkness, September is Suicide Awareness Month, join one of the

many activities our team has going on this month, fitness challenges, informational presentations and tables will be set up for information on resources for Service Members, Civilians, and families. We might be an ocean away from family, but we have our own LRMCA family and will not leave anyone to suffer alone. The Army is also responding to suicide with new, comprehensive, and integrated policies; strengthening social connectedness, providing training and resources to facilitate personal resilience, improve communication and enhance relationships with those around you. Although we'll only hold a few events throughout September and the rest of the year, I encourage leaders, peers, and families to engage with others as the bonds, cultivated on a daily basis, can serve as a support system during rough times. You can find more information on these events in the Events and Training Section on [page 2](#).

A dark part of our own history is 9/11, a day nearly 3,000 people lost their lives, 21 years ago as a series of terrorist attacks unleashed across America. Today, we observe the anniversary as Patriot Day, a National Day of Service and Remembrance. Know that by serving in any capacity, you keep the faith of the American people by maintaining readiness, deterring potential enemies and ensuring an event like this never happens again. Join us on Sunday, Sept. 11 at 8 a.m. to pay our respect to all the Americans and allies who have lost their lives during and since 9/11, at the LRMCA Chapel. We'll hold a ceremony before heading into a memorial ruck, run, walk around the LRMCA perimeter. See the [opposite page](#) for more info.

September is also the start of Hispanic

Heritage Month, which continues through October. More than 139,000 Hispanic Americans serve in the Army, the fastest growing segment of our Force. Next month our Equal Opportunity Office will hold an observance recognizing the contributions, achievements, and military service of Hispanic Americans. Although not many, if any, Hispanic Americans directly fought in the Continental Army, during the American Revolutionary War, Spain played a big part in America's independence. Spain officially entered the war in 1779. With volunteers from Spanish Louisiana, Cuba, Puerto Rico and Mexico, the militia defeated British forces across the Mississippi River and controlled coastlines across the Gulf of Mexico, essentially blockading British reinforcements, supplies and equipment from the South, directly impacting the eventual surrender of British forces at Yorktown, the last major battle during the Revolutionary War. I invite you to learn more about Hispanic American History [here](#).

Finally, I'm excited to announce our own upcoming celebration, the LegacyFest, which will take place Oct. 20 at the Ramstein Town Center. This will be an opportunity to socialize with peers, enjoy good German cuisine and participate in German traditions. Our goal is to make this event into a traditional German volksfest and get to know our teammates better. Tickets will be available on various dates throughout September in front of the DFAC. More on that [here](#).

Safely enjoy this event and our upcoming holidays, update your contact information, and enjoy the beautiful seasonal changes.

# LRMC troops remain steadfast to care following 75-mile ruck march



U.S. Army 1st Lt. Kelsey Lisitsyn (foreground), an Emergency Department nurse at Landstuhl Regional Medical Center, prepares intravenous solution for a patient while U.S. Air Force Maj. Tiffany Winston, an Emergency Department physician, assesses the patient at LRMC, Aug. 10. Lisitsyn and Winston, two of 33 LRMC Soldiers, Airmen, Civilians and Veterans who participated in the annual De 4Daagse (International Four Day Marches Nijmegen), quickly responded to a medical emergency during the 75-mile march this summer.

**By Marcy Sanchez**

Chief, Public Affairs

Landstuhl Regional Medical Center

Picture marching from the most eastern point of Rhode Island to the most western point and back, in three days. Now imagine carrying a 22-pound rucksack while doing this. Now conjure up immediately going back to work following the trek.

The hypothetical scenario became a reality when U.S. Army Service Members from Landstuhl Regional Medical Center (LRMC) participated in the annual De 4Daagse (International Four Day Marches Nijmegen), the largest multi-day marching event in the world, this summer.

Since 1947, U.S. Armed Forces personnel have participated in the event, commonly referred to as Nijmegen after the host city in the Netherlands, which challenges civilian and military participants to trek 30, 40 or 50 kilometers a day for four days. Military participants

are further challenged to carry a 10-kilogram load throughout the march.

LRMC Airmen and Soldiers participate each year, however this year's event challenged the troops both on and off the march as record-breaking heat waves scorched Europe, ensuing a cancelled first day of marching.

## Close Call

"It was a crazy experience," said U.S. Air Force Maj. Tiffany Winston, a physician at LRMC's Emergency Department. "It's kind of like giving birth, you forget the pain and then you're like I won't do it again but then say you'd do it again."

Winston, a mother of three and seven months pregnant at the time of the march, spent months training for the march. However, it was her medical training which made an impact following the first day of marching.

"Other event participants knew we were medical staff and they asked if we could see one of their team members," recalls Winston,

a Dallas native. "We had just finished the ruck within the last hour and had just returned to our tent, so I was (recovering) as well. The individual came over to me complaining of leg pain and was concerned of shin splints."

Following an impromptu assessment, Winston determined the possible shin splints were far more serious, requiring immediate attention.

"I felt the leg and discussed their medical history. The lateral part of her leg was really tight, a sign of compartment syndrome," explained Winston.

Compartment syndrome, a painful swelling or bleeding of muscle tissue usually in the legs, can lead to permanent damage, even amputation if not treated in time.

"There was like a long line to the official medical station, that's why they stopped by our tent first," said Winston. "(The individual) wanted to kind of push through it and march the next day. I recommended for them to be evaluated at the official aid station, where they

were later evacuated to the local university hospital for surgery."

The individual, a U.S. Service Member, underwent a fasciotomy with follow up surgery at LRMC soon after.

Despite marching for two, Winston finished the march with her 32 fellow LRMC marchers from Army, Air Force, U.S. Army Reserve and Veterans. Her keen observation and obligation to patient care, despite marching 25 miles on that first day, possibly preserving another Service Member's wellbeing.

In sixth grade, Winston became interested in medicine to help people. Growing up, she was involved in healthcare programs at school and in her community, visiting the local medical school on Saturday mornings to experience the health care environment.

"I was attracted to the emergency department because there's a lot of variety, it's been great," said Winston, who is part of the Ground Surgical Team with the 86th Medical Group out of Ramstein Air Base.

Although marching in her third trimester challenged Winston, she states she couldn't let the opportunity to participate in Nijmegen, which had been cancelled the last two years due to COVID-19, pass her by.

## Fatigued Formation

"I've always had an interest in rucking. I did the Bataan Death March last year where I knocked out the full marathon length," said 1st Lt. Kelsey Lisitsyn, an Emergency Department nurse at LRMC. "(Nijmegen) was a pretty surreal experience."

On the second day of marching, approximately totaling 50 miles at that point, the cohort had retreated to their quarters where they recovered and were passing time playing a game of cards when a sudden thump and call for help disrupted the game.

"All of that excess heat was still going on, it was raining but still like 90 degrees Fahrenheit," explained Lisitsyn, a native of National Park, New Jersey. "All of a sudden we hear something slam on the ground and I hear somebody scream 'medic.' We got up and saw someone had collapsed right outside our tent. My first thought was, the individual looks pretty pale and diaphoretic, so I lifted their legs. As soon as I did that blood went straight to his head and he came right back around."

Following the initial response, the



Members of Landstuhl Regional Medical Center take a photograph during the annual De 4Daagse (International Four Day Marches Nijmegen), this summer. (Photo courtesy of Army Staff Sgt. Rachel Clark)

individual's colleague mentioned they hadn't ate much following the ruck march, indicating a possible case of low blood sugar.

"One of the nurses with me grabbed some gummies and started heaving them down their throat," recalls Lisitsyn. "It completely woke them, and we just kept trying to get sugar levels back up. We had brought a bunch of medical supplies to treat blisters and stuff like that and had plenty of (intravenous) saline bags, so I offered them one but just before administering it, the even medics came into the tent with a defibrillator."

Following the arrival of the event medics, the individual was escorted to the event aid station where they were later allowed to return.

"I ended up seeing them on the final day as we were getting ready to finish and I like looked over at them and they remembered me too," said Lisitsyn. "As we're walking with another unit, (the individual) praised (LRMC staff) and told the other unit you guys are in good hands."

Lisitsyn's intricate journey into medicine exemplifies her yearning to help others. Before finding her calling as an emergency department nurse, Lisitsyn was first seeking a degree in physical therapy, followed by the possibility of becoming a physician, before joining the Army as a mortuary affairs specialist and later commissioning as an Army nurse.

"My mom always told me not to become a nurse," said Lisitsyn, whose mother is a Licensed Practical Nurse. "I did the exact

opposite what she told me, and I've loved it ever since. You just never know what's going to pop up (in patient cases) and that's kind of the beauty of it."

Lisitsyn's love for medicine was evident in her actions which facilitated a fellow Service Member's completion of Nijmegen.

"No matter where you're at, in a deployment setting or even out having fun, something might happen at any time. It's nice to be ready and on your toes."

## Critical Conditions

"It was rough, I didn't think I could take another step but somehow I finished it," said U.S. Air Force Staff Sgt. China Rosales of her first Nijmegen experience. "It was maybe one of the hardest things I've had to do but the whole experience was pretty rewarding at the end."

Following the three-day trek covering 75 miles, Rosales, a medical surgical technician at LRMC's Medical-Surgical Ward and native of Hutchinson, Kansas, was eager to return to Camp Heumensoord, where military personnel were boarded during the march, but the ride back would present one more challenge as dozens of other finishers were packed into transportation back.

"It was the last day, everyone had just rucked like over 80 miles and we were all literally jam-packed, as many could fit on

See *Nijmegen* on pg. 7

# LRMC anesthesiologist aids in life-saving response at local pool



U.S. Air Force Maj. Milt Poll, an anesthesiologist for the 86th Medical Squadron at Landstuhl Regional Medical Center monitors a patient's vitals during surgery. Poll, an anesthesiologist for over nine years, was recently involved in the life-saving response to a drowning youth at a local pool.

**By John Ciccarelli**  
Public Affairs Specialist  
Landstuhl Regional Medical Center

When summer swimming became a life-or-death situation for a young boy, U.S. Air Force Maj. Milt Poll, an anesthesiologist for the 86th Medical Squadron at Landstuhl Regional Medical Center (LRMC), used his military training to aid in rescue efforts.

During an outing with family and friends at a local aquatic center, Poll was playing with his daughter in a small wading pool when he saw a boy being pulled out of the water. According to Poll, the child was not breathing, and his skin was blue in color with small abrasions on his arms and face.

"I noticed the staff was doing chest compressions," recalls Poll, a native of Ogden, Utah. "Always being in the mindset to respond during emergencies, I began to assist with CPR and checking his pulse."

After several minutes, Poll recalls the child beginning to move and breathing on his own, however he did not wake up.

"The child did have some vomit in his mouth, so I cleared his mouth by turning his head to the side, and then we rolled him over, and I just maintained his airway, which is part of my training," said Poll.

Poll has been an anesthesiologist for over nine years and been supporting the medical teams at LRMC for over two years.

"I listened to his chest. His lungs sounded clear while I ensured that he continued to breathe while we waited for emergency crews to arrive."

Poll continued holding the airway open while performing a head-to-toe evaluation. According to Poll, the responding medical

team suggested the accident may have been a result of a collision which caused the child to lose consciousness while in the pool.

"I continued to make sure the boy's vitals stayed stabilized until the medic team showed up, and I was asked to step aside," said Poll. "They set up their monitors, put the EKG on him and gave him oxygen."

After a minute, the child's oxygen level stabilized and he regained consciousness.

"I chose to become an anesthesiologist for two reasons really; because the field of anesthesiology has most all, been one of the things I enjoy about being a doctor and because I wanted to be prepared and confident to respond in an emergency like this one!" said Poll.

*Nijmegen continued...*

onto buses," explains Rosales. "I got into one of the buses and I was sitting near the front, about 10 minutes into our drive I heard people shouting in the back."

The cries of distress indicated a problem, which sprung Rosales to her feet, leading her to the commotion where she found two unconscious foreign military members.

"I did not think my feet were capable of even getting up to help but the second I heard that someone was in need I was able to forget about my pain and more worried about helping the person," said Rosales. "After assessing the individuals, I realized it was heat exhaustion. It was like the scariest feeling for me was knowing there were two people on the bus with a medical emergency and I was the only medic there."

Fortunately for Rosales, U.S. Army Staff Sgt. Ivett Mallaupoma, an operating room technician at LRMC, was also on the same bus and able to assist with directions from Rosales.

"(Mallaupoma) had enough background to assist while I was jumping back between the two. We were able to stop the bus so that way we could go under cover and take of some heavy clothing to help cool off," said Rosales. "We were able to elevate his feet, give him some electrolytes and basically cool him off until we could get a higher level of care for him."

Fearing the patient would turn for the worst, Rosales improvised and used the patient's own smartwatch to monitor heart rate. After stabilizing the first patient, Rosales moved to the second patient whose colleagues didn't



U.S. Air Force Staff Sgt. China Rosales, a medical surgical technician at Landstuhl Regional Medical Center, takes a patient's vitals during routine operations at LRMC, Aug. 10. Rosales, one of 33 LRMC Soldiers, Airmen, Civilians and Veterans who participated in the annual De 4Daagse (International Four Day Marches Nijmegen), quickly responded to a medical emergency following 75 miles of marching with a 10 kilogram pack this summer.

speak fluent English. Having to translate through the patient's friend, Rosales determined the patient was also dehydrated.

"We were able to get them both stable enough to take to the hospital once the ambulance came," said Rosales. "Interestingly, on the bright side was my pain (from marching) was gone. I didn't feel any of it afterwards because of the adrenaline."

By the time Rosales arrived at the camp, the endorphins had faded, and she could barely walk to her cot.

"This crazy thing had just happened but required me to walk to go tell people, so I

just laid in bed and elevated my feet," recalls Rosales.

Her humble response is typical for Rosales, whose interest in medicine started in her youth with a desire to help chronic illness in family members.

"I hated the fact that I didn't know what was really happening with their medical care or I couldn't help out in any way," said Rosales, who is currently completing an undergraduate degree. "I'm actually planning on a career in medical administration so I can still impact patients, their health and how they receive it."

## Reach One: Connect to Protect – Support is Within Reach

**U.S. Army Sgt. Scott Luurtsema**  
SHARP Victim Advocate

The concept of support being "within reach" is slowly starting to rise according to Department of Defense FY 2020 Annual Report on Sexual Assault. The report noted: a one percent rise in reporting and a 35 percent increase in Safe Helpline (877-995-5247) use. The culture is slowly changing. With the advent of the Safe Helpline program and the more recent creation of a phone app, avenues of help are at your fingertips.

With features like text messaging in a secure chat room, calling to talk to a Safe Helpline staff member, self-care and learning options, this application has revolutionized the ways

someone who has experienced a traumatic experience can seek assistance.

**Chat:** Access one-on-one support through the [online helpline](#), 24/7 and chat directly with a Safe Helpline staff member.

**Call:** Connect directly to a Safe Helpline staff member for one-on-one support through the telephone, 24/7. You can choose to make the call using Voice over IP (VoIP) or by using your cellular data.

**Learn:** Within this section of the Safe Helpline app, you can access self-paced educational programs to learn how to address the effects of sexual assault, how to support a survivor and resources.

**Self-Care:** The app allows you to easily create and use a customized self-care plan

with specially designed self-care exercises, journaling, and even coloring.

Self-care exercises include:

- Guided breathing
- Guided muscle relaxation
- Imagining yourself at the beach
- Focusing on the present
- Soothing sounds

The DOD continues to address sexual assault holistically by advancing prevention, addressing problematic culture, improving the skills of leaders at all levels, and evaluating ways to make reporting of sexual assault easier and safer for victims. With anonymous programs like the Safe Helpline, it promotes a safe avenue for victims to get the assistance they need without any scrutiny.

# LRMC hosts ITC3 course to European Allies

By John Ciccarelli  
Public Affairs Specialist  
Landstuhl Regional Medical Center

## ~ 30 Personnel ~ 5 Countries

Nearly 30 Service Members from the United States and Allied Armed Forces across Europe participated in an International Trauma Combat Casualty Care (ITC3) course at Landstuhl Regional Medical Center's (LRMC) European Medical Simulation Center (EMSC), Aug. 8-12.

The ITC3 course, which included Service Members and paramedics from German Police Force (Polizei) from five nations, offered unit-level healthcare providers life-saving instruction to increase survivability at the point of injury and standardize battlefield care.

"Having the International TCCC allows these different allied nations the chance to come together, discuss the finer points of care that each country does a little differently, and build relationships with each other that are important to the joint

mission we share," said U.S. Army Lt. Col. Kirk Giles, ESMC chief at LRMC.

TCCC instruction has saved hundreds of lives during conflicts in Iraq and Afghanistan by focusing on pre-hospital care. The concept, developed in 1996 by Special Operations forces, is evidenced-based and battlefield proven to reduce deaths at the point of injury. TCCC introduces students to battlefield medicine best practices and trains participants in tactical combat components such as care under fire, tactical field care and tactical evacuation care.

U.S. Army Sgt. 1st Class Elena Chung, EMSC noncommissioned officer in charge, said it was the largest ITC3 ever held at LRMC so far.

"(The multinational cohort) practices working together as one team so we can save lives in a combat environment and bring those individuals back home for

complete treatment of injuries," she said.

In addition to U.S. Soldiers and Airmen, international partners included Service Members from Germany, Poland, Estonia, and the Czech Republic.

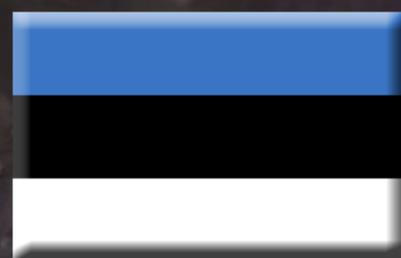
"(ITC3) allows (frontline healthcare providers) to administer similar medical care, regardless of language barriers, during multinational operations," said German Sgt. Maj. Peter Speicher, Bundeswehr Medical Service. "This is state-of-the-art training, and everybody is motivated."

"(EMSC) is the premier medical simulation center for Europe, part of LRMC's Department of Hospital Education," Giles said. "We offer 14 courses and this allows combat medics in Europe to maintain continuing education units and certifications."



A Polish paramedic (left) and U.S. Army combat medic assess a simulated casualty during the International Trauma Combat Casualty Care (ITC3) course at Landstuhl Regional Medical Center, Aug. 11. The ITC3 course, which included nearly 30 Service Members from five nations, offered unit-level healthcare providers life-saving instruction to increase survivability at the point of injury and standardize battlefield care.

Watch the story:



Army Lt. Col. Christopher Stucky (left), deputy chief, Center for Nursing Science and Clinical Inquiry and Army Maj. Albert Knight, a perioperative clinical nurse specialist, discuss Stucky's latest research on best care and practices for perioperative nurse care at Landstuhl Regional Medical Center.

## LRMC nurse scientist named Army Nurse of the Year

By William Beach

Visual Information Specialist  
Landstuhl Regional Medical Center

Landstuhl Regional Medical Center's own Army Lt. Col. Christopher Stucky, deputy chief, Center for Nursing Science and Clinical Inquiry, was recently recognized as the Army Nurse of the Year for his contributions to Army Medicine and the nursing profession.

The recognition is presented annually by a nonprofit organization to an Army nurse with outstanding qualifications and achievements.

Stucky also recently placed first for his research in perioperative nursing as well as recognized for nursing research. While Stucky admits his recent awards are a great

**“Service to others has provided me with a profoundly rewarding and enriching career, whether caring for patients as a perioperative nurse or contributing to Army Medicine as a Nurse Scientist”**

**U.S. Army Lt. Col. Christopher Stucky  
Deputy Chief, Center for Nursing Science and Clinical Inquiry**

accomplishment, he doesn't let them go to his head.

“My real passion is improving surgical safety and performance,” said Stucky. “The research translates to quantifiable improvements in the perioperative care environment.”

Stucky attributes his success to mentors who helped him along the way, from his start as an enlisted surgical technician to presently serving as the Perioperative Consultant to the Army Surgeon General. Stucky, a native of Winter Haven, Florida also currently serves as a faculty mentor for a scholarly writing workshop, helping over 60 nurses publish their first peer-reviewed journals. Additionally, he has established a military partnership with the Competency

and Credentialing Institute to tear down barriers to lifelong learning and increase the number of certified nurses.

“What's good about being a nurse scientist is the global impact you have on the community,” says Stucky. In his current role as the Army's top preoperative adviser, he helped reshape the universal protocol and the Ready Reliable Care (RRC) and Safety Communication Bundle, a set of six guiding principles that are meant to help the Military Health System become a high reliability organization striving for zero harm. His research findings contributed to this initiative and have been implemented across all 721 military treatment facilities across the

Defense Health Agency.

As he reflects on his 30 plus years in the military, Stucky believes his research will have a lasting impact on military medicine, helping save lives and improve patient care.

“Service to others has provided me with a profoundly rewarding and enriching career, whether caring for patients as a perioperative nurse or contributing to Army Medicine as a Nurse Scientist,” explains Stucky. “Our robust military nurse scientist community is engaged in lifesaving medical research to improve healthcare quality and safety for all those entrusted with our care and to improve warfighter readiness on the battlefield.”



Army Lt. Col. Christopher Stucky, deputy chief, Center for Nursing Science and Clinical Inquiry, delivers a speech at an awards ceremony where he was recognized as the Army's top nurse for 2022, for his research on best care and practices for perioperative nurse care at Landstuhl Regional Medical Center. (Photo courtesy of Lt. Col. Christopher Stucky)

# Hill Top Cafe / Warrior Restaurant

## September Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				<b>LUNCH</b> Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice  SOUP: Cream of Cauliflower  <b>DINNER</b> Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	<b>LUNCH</b> Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry  SOUP: Chicken  <b>DINNER</b> Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	<b>LUNCH</b> Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes  <b>DINNER</b> Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables
<b>LUNCH</b> Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes  <b>DINNER</b> Eggplant Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes	<b>LUNCH</b> Szechwan Chicken Breaded Cod Pasta Provencal,  SOUP: Hearty Tomato  <b>DINNER</b> Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice	<b>LUNCH</b> Shrimp Jambalaya Beef Curry Vegetarian Lasagna,  SOUP: Herbed Tomato & Lentil  <b>DINNER</b> Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	<b>LUNCH</b> Garlic Butter Cod Caribbean Chicken Pasta Primavera  SOUP: Chicken Tortilla  <b>DINNER</b> Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	<b>LUNCH</b> Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes  SOUP: Minestrone  <b>DINNER</b> Tortellini Alfredo Rosemary Cod Noodles Jefferson	<b>LUNCH</b> Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers  Soup: Red Thai Chicken Curry  <b>DINNER</b> Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	<b>LUNCH</b> Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Mashed Potatoes  <b>DINNER</b> Broccoli Cheese & Rice Casserole, Battered Pollock, Broccoli Oven Browned Potatoes
<b>LUNCH</b> Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese  <b>DINNER</b> Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice	<b>LUNCH</b> Creole Cod Chicken Adobo Italian Broccoli Pasta  SOUP: Broccoli Cheese  <b>DINNER</b> 3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes	<b>LUNCH</b> Rotisserie Chicken Beef Carne Asada Vegetarian Chili  SOUP: Chicken Tortilla  <b>DINNER</b> Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables	<b>LUNCH</b> Latin Cod Teriyaki Chicken Three Bean Tacos  SOUP: Spicy Black Bean  <b>DINNER</b> Paella Stuffed Peppers Honey Chipotle Chicken Roasted Carrots, Rice	<b>LUNCH</b> Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice  SOUP: Cream of Cauliflower  <b>DINNER</b> Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes	<b>LUNCH</b> Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry  SOUP: Chicken  <b>DINNER</b> Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice	<b>LUNCH</b> Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes  <b>DINNER</b> Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables
<b>LUNCH</b> Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes  <b>DINNER</b> Eggplant Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes	<b>LUNCH</b> Szechwan Chicken Breaded Cod Pasta Provencal,  SOUP: Hearty Tomato  <b>DINNER</b> Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice	<b>LUNCH</b> Shrimp Jambalaya Beef Curry Vegetarian Lasagna,  SOUP: Herbed Tomato & Lentil  <b>DINNER</b> Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes	<b>LUNCH</b> Garlic Butter Cod Caribbean Chicken Pasta Primavera  SOUP: Chicken Tortilla  <b>DINNER</b> Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice	<b>LUNCH</b> Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes  SOUP: Minestrone  <b>DINNER</b> Tortellini Alfredo Rosemary Cod Noodles Jefferson	<b>LUNCH</b> Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers  Soup: Red Thai Chicken Curry  <b>DINNER</b> Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower	<b>LUNCH</b> Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Mashed Potatoes  <b>DINNER</b> Broccoli Cheese & Rice Casserole, Battered Pollock, Broccoli Oven Browned Potatoes
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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 - 8:30 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4:30 - 6 p.m. Weekends and Holidays: breakfast: 7 - 9 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4 - 6 p.m. \*\*Menu is subject to change.

# the spotlight

ONE TEAM. ONE PURPOSE.

Selfless Service.



U.S. Army Lt. Col. Casey Wilson, commander, Troop Command, Landstuhl Regional Medical Center, presents a certificate of achievement to Spc. Christian Rojas, a biomedical equipment technician at LRMC, during an awards ceremony at LRMC, Aug. 11.



U.S. Army Command Sgt. Maj. Anthony Rose (left), a LRMC alumnus and operating room specialist by trade, receives the Troop Command unit colors from Army Lt. Col. Casey Wilson, commander, Troop Command, Landstuhl Regional Medical Center, during an assumption of responsibility ceremony, Aug. 22.



(Left) A patron at Landstuhl Regional Medical Center's Organizational Day enjoys a meal and (right) volunteers with the Landstuhl American Red Cross pass out fans during the Organizational Day, Aug. 12. The event, which included free meals, games and live music from the U.S. Army Europe Africa Band, aims to build resiliency and promote esprit de corps amongst staff and families.