

the LEGACY

Landstuhl Regional Medical Center

December 2022

Vol. 3, No. 19



**LRMC welcomes
Holiday Season** p. 8

INSIDE:

LRMC Best Medic tests
Soldier proficiency, pg. 4

LRMC MASCAL exercise
keeps staff at ready, pg. 10

Events and Training Calendar

Dec. 1: Hospital Newcomers Orientation
 Dec. 2: Class B Day
 Dec. 5: LPMC Town Hall, Heaton, noon
 Dec. 7: LPMC Annual Training, Heaton
 Dec. 7: TJC Tournament of Champions, Heaton
 Dec. 8: Red Cross & WWP Concert, Heaton, noon
 Dec. 10: LPMC Holiday Ball
 Dec. 13: LPMC Flu Drive, Heaton, 2 p.m.

Dec. 14: TeamSTEPPS
 Dec. 15: Hospital Newcomers Orientation
 Dec. 19-Jan 2: Holiday Schedule
 Dec. 25: Christmas Day (Federal Holiday)
 Dec. 26: Federal Holiday observed
 Dec. 30: LPMC Polo Day
 Dec. 31: New Years Eve

CALL
DONT DRINK AND DRIVE!!!

KMC AADD



Mission: To get all KMC service members home safe

We are providing designated driver service if you need a ride home. Our service is available on Friday, Saturday and holidays between 10pm-6am. Call the number below or visit our Facebook page for more information.

We also have plenty of volunteering opportunities. For volunteer sign up page, please scan the QR Code. We need drivers and dispatchers.



CALL FRI & SAT 10PM-6AM 01525-1723356

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LANDSTUHL REGIONAL MEDICAL CENTER
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Commander: Col. Andrew L. Landers
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Don't be SAD, don't worry... be happy!!!

Col. Andrew L. Landers
 Commander
 Landstuhl Regional Medical Center

It's December, how the year has flown by. As we near the new year, I want all our staff to think about how they have helped others this year. The changes they've made in people's lives and the changes they hope to make for themselves, or others, in the coming year. Although I'll discuss the year in review next issue, know that what you have done over the past year not only affects others' perceptions of military medicine, but it might also change patients' situation. Thank you for caring for the Joint Warfighter and their families no matter how difficult or mundane healthcare seems.

As we head into the holidays, I want to reiterate to all the staff how valuable you are to this organization, to your friends and to loved ones. We can't afford to lose one of you, so please plan when attending social events this year. Don't drive drunk, buzzed or under the influence. December is National Impaired Driving Awareness Month for a reason, as 30 people per day die in vehicle accidents

involving alcohol-impaired drivers in the U.S. alone. You might have heard SGM Ayan discuss DUIs during the December town hall, stating "some consequences happen right away, and some things happen over time (after a DUI)." The most severe consequence is death or injury, but even if no one is hurt and you're lucky enough to get pulled over before anyone is injured, it tarnishes your record going forward. Don't risk it, and plan when going out this season. Check out the [CDC's strategies to reduce or prevent alcohol-impaired driving.](#)

Leaders, I ask you to look after your Soldiers, Airmen, Civilians. Ensure they not only have plans if engaging in social activities, but also check in on them if they plan on spending time alone. Seasonal Affective Disorder is a real condition with symptoms ranging from sadness and fatigue for no apparent reason to thoughts of death or suicide. The good news is as SAD has been studied over the

years, we know there are therapies which may help those suffering from it. Treatments such as light therapy to medications can help with those symptoms. Here's a link to some [resources.](#)

Finally, Ms. Khan at Infection Prevention and Control would be disappointed if I failed to mention National Handwashing Awareness Week (Dec. 5-11). We've learned a lot about the importance of personal hygiene over the past few years, but it all starts with washing your hands. For centuries, countless lives were lost which may have been prevented through the simple act of handwashing. If we take anything away from the COVID-19 pandemic, I hope it's the need for more hand hygiene as it continuously proves it's value.

Thank you for everything you do. Enjoy your holiday breaks and time with the family, friends and loved ones because when we get back, we've got TJC to look forward to, and a new year of opportunities. Let's get after it.

Tried and tired, Soldiers vie for Best Medic title



U.S. Army Sgt. 1st Class Peter Bassman, a combat medic and noncommissioned officer in charge at Landstuhl Regional Medical Center's Family Medicine Clinic, negotiates an obstacle during the 2022 Landstuhl Regional Medical Center Best Medic Competition, Nov. 16. (U.S. Army photo by William Beach)



U.S. Army Sgt. Eli Jeanquart, a biomedical equipment specialist at Landstuhl Regional Medical Center, evacuates a simulated casualty during the 2022 Landstuhl Regional Medical Center Best Medic Competition, Nov. 18. (U.S. Army photo by Marcy Sanchez)



U.S. Army Sgt. Jhoshua Alfaro, a behavioral health specialist at U.S. Army Health Clinic Baumholder, negotiates an obstacle during the 2022 Landstuhl Regional Medical Center Best Medic Competition, Nov. 16. U.S. Army photo by William Beach

Just days following the rigorous three-week syllabus of the U.S. Army's physically and mentally demanding Expert Field Medical Badge, two Soldiers from Landstuhl Regional Medical Center joined a third Soldier, to compete for LRMC's 2022 Best Medic title.

The competition, held Nov. 16-18, held at a local level by most Active-Duty, National Guard and Reserve Army units, is formally known as the Command Sergeant Major Jack L. Clark, Jr. Best Medic Competition and culminates with Soldiers representing their respective units at an Army-wide event.

Competitors included U.S. Army Sgt. Jhoshua Alfaro, a behavioral health specialist at U.S. Army Health Clinic Baumholder; U.S. Army Sgt. Eli Jeanquart, a biomedical equipment specialist at LRMC, and Sgt. 1st Class Peter Bassman, a combat medic at LRMC.

"It's a lot of fun," said Sgt. 1st Class Peter Bassman, noncommissioned officer in charge at LRMC's Family Medicine Clinic.

Bassman, who himself had been part of the EMFB course staff the weeks prior, praised Alfaro and Jeanquart for volunteering to compete for Best Medic less than a week following their successful completion of the EFMB course, and for pursuing career development despite not having a traditional combat-focused medical military occupational specialty.

"(Alfaro and Jeanquart) are not (combat medics), so

them being out here definitely speaks to who they are and their capabilities," said Bassman, a native of Union County, New Jersey.

During the 72-hour period, the Soldiers were tested in a series of events including the Army Combat Fitness Test, a stress shoot, various road marches, day and night land navigation, litter obstacle course, combat testing lanes, and prolonged field care.

Although the competition weighs heavily on medical ability and physical readiness, the combat testing lane assessed the Soldiers' knack in traditional soldiering skills such as movement under fire; nine-line medical evacuation request; and Chemical, Biological, Radiological, Nuclear and Explosives (CBRNE) response.

Following the three-day competition, competitors were lauded by hospital leadership for their efforts.

"Just remember that we don't get to pick when we go to the fight. We don't get to pick the weapon," explained U.S. Army Command Sgt. Maj. Alain Ayan, LRMC command sergeant major. "When (the competitors) went out there, they were tired, they got wet, they went to the trenches. You must do things like this. You need people that will stand up and say let me challenge myself."

The competition concluded with Alfaro and Bassman

being recognized as LRMC's Best Medic team, who will go on to compete at Medical Readiness Command, Europe's Best Medic competition later this month.

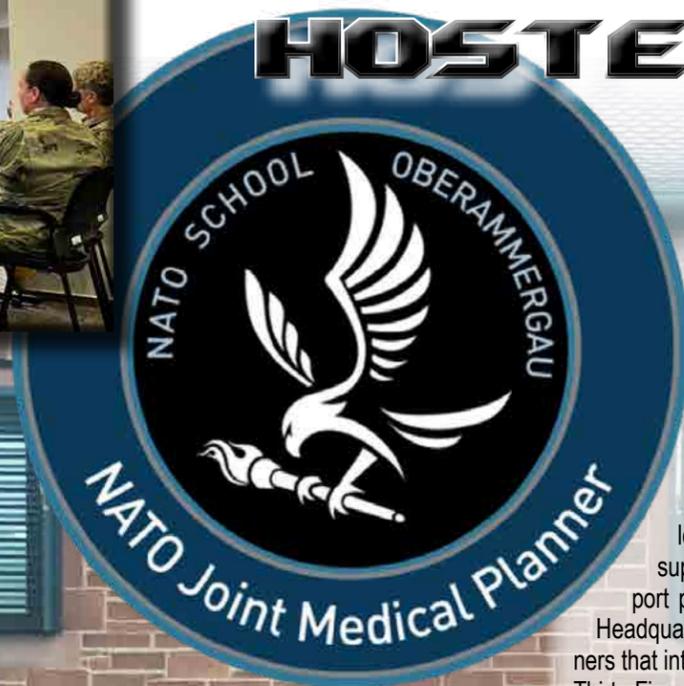
"This is what it's all about. To have the courage, the dedication, and professionalism it takes coming off that type of training event (EFMB) and say I've got this," added U.S. Army Col. Andrew Landers, commander, LRMC. "Not a lot of people answered the call (to compete), but all three of these soldiers should be an inspiration to everyone in our formation. They showed courage, willingness, professionalism, and the dedication to be something above and beyond."

Watch them in action:



U.S. Army Col. Andrew Landers (far left), commander, Landstuhl Regional Medical Center, and U.S. Army Sgt. Maj. Alain Ayan (far right), command sergeant major, LRMC, present best medic titles to U.S. Army Sgt. Jhoshua Alfaro (left), behavioral health specialist, U.S. Army Health Clinic Baumholder, U.S. Army Sgt. 1st Class Peter Bassman, combat medic, LRMC, during an awards ceremony following the 2022 Landstuhl Regional Medical Center Best Medic Competition, Nov. 18. (U.S. Army photo by Marcy Sanchez)

FIRST NATO COURSE OF ITS KIND HOSTED OUTSIDE TRADITIONAL SETTING AT LRMC



Landstuhl Regional Medical Center (LRMC) hosted the NATO Joint Medical Planner Course (JMPC), Nov. 14-18, marking the first time the course has launched outside the NATO School Oberammergau (NSO), in southern Germany.

According to NATO's website, the week-long course provides fundamental medical support planning knowledge for medical support planner's appointed to NATO-Multinational Headquarters or as national medical support planners that interact with the NATO Command structure. Thirty-Five students, composed of Service Members from the U.S. Air Force and U.S. Army from across Europe, attended the course, which was instructed by a mobile education team from NSO consisting of U.S. Navy and British instructors, covering various aspects of operational planning including comprehensive operational and medical planning, NATO planning processes, and planning in various environments and

conditions.

While the course focuses on allied operations, it also aims to broaden planning operations to consider multi-domain concepts and battlefields.

"There are numerous resources here in Europe at our disposal if we take the time and put in the work and effort to coordinate," said U.S. Army Capt. Collin Welch, a company commander at LRMC and one of the facilitators of the course. "The NATO School has been very supportive in bringing their instructors over to Landstuhl to provide training and more than willing to work with us. Germany sits in the center of Europe, as we move toward the future, interoperability among NATO Allies will become even more vital."

Although U.S. Army 1st Lt. Madison Labo has been planning medical operations for over a year at U.S. Army's Theater Service Component Command – U.S. Army Europe and Africa, the course provided a different perspective in medical planning and preparation.

"The material is interesting. I was hoping to learn a little bit about what NATO does, but I learned so much more

and made so many more connections than I expected," said Labo, a native of San Diego. "(Students) are coming from all different backgrounds. The level that I work at and the medical plans I do daily are different from a physician assistant or doctor at a hospital."

In addition to considering various echelons of medical capability, Labo added the course introduced her to thinking about medical responses beyond the ground, where the Army traditionally operates, to medical assets in the air and sea services as well.

"Operations are surprisingly different from the Army and the course helps you think on that level," added Labo.

Following feedback from students and instructors, LRMC staff are planning another iteration of the course next year, with plans to involve allied partners as well.

"If we can provide valuable training to our Service Members that introduce them to NATO policies, provide tools and resources on NATO procedures, and an understanding of NATO structure then it makes it that much easier to integrate with our Allies," said Welch.



Holiday Tree Lighting



Landstuhl Regional Medical Center staff, families and guests, attended the annual Holiday Tree Lighting Ceremony at LRMC, Dec. 1. For years, the tree lighting has signified the beginning of the holiday season and serves to enhance esprit de corps and morale. This year's ceremony included performances from students with Landstuhl Elementary School, Kaiserslautern High school and a donation presentation from Landstuhl Mayor Ralf Hersina to the Landstuhl Fisher House.

Watch the entire ceremony



Joint service exercise highlights European theater emergency response

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center



Landstuhl Regional Medical Center (LRMC) partnered with the 86th Aeromedical Evacuation Squadron to conduct a Mass Casualty (MASCAL) emergency response training exercise on Nov. 2. It involved more than 170 participants and simulated a regional hostile event where nearly two-dozen casualties required evacuations, transport, on-site medical treatment, and hospital care using LRMC's Emergency Operations Center to manage all medical assets.

Landstuhl Regional Medical Center (LRMC) partnered with the 86th Aeromedical Evacuation Squadron (86 AES) to conduct a Mass Casualty (MASCAL) emergency response training exercise, Nov. 2.

The exercise, the second of its kind at LRMC since 2019 due to COVID-19 pandemic restrictions, aimed to refine interoperability with military partners while increasing readiness.

U.S. Army Lt. Col. Noe Muniz, chief of LRMC's Commander's Initiative Group, said the exercise allows LRMC to increase synchronization between local U.S. forces and rehearse capabilities for a mass casualty event that could strain medical assets.

"This MASCAL operation is helping integrate medical readiness with aeromedical evacuation, as well as LRMC's emergency response," Muniz said.

The event also addressed Individual Critical Task Lists (ICTLs), skills identified as essential to

combat readiness for specific military occupational specialties to determine individual deployment capability, while fine tuning process flow, and patient transport and tracking. The exercise simulated a regional hostile event where nearly two-dozen casualties required evacuations, transport, on-site medical treatment, and hospital care using LRMC's Emergency Operations Center to manage all medical assets. More than 170 participants were involved.

"Practicing a MASCAL is vital because you are training for a scenario that overwhelms your resources. For LRMC, which serves three continents (Africa, Europe and Middle East), our expectations must be very high because we must support such a large and diverse mission," said Air Force Lt. Col. Daniel Moseley, staff anesthesiologist at LRMC.

LRMC's recent response during Operation Allies Refuge and Operation Allies Welcome – the U.S. military withdrawal and evacuation of eligible Afghans from Afghanistan – presented opportunities to

partner with host nation medical facilities, a capability LRMC continues to foster.

Army Master Sgt. Eric Holman, Noncommissioned Officer in Charge for Readiness and Integration at LRMC, said this exercise helps medical staff learn how to work under pressure.

"LRMC has a heightened awareness of regional threats, which helps us focus on how we train. By conducting battle drills and collective task training we have increased our interoperability between sister services and NATO partners," Holman said.

Landstuhl Regional Medical Center is the only forward-stationed medical center for the U.S. and Coalition Forces, Department of State personnel and repatriated U.S. citizens. LRMC is also the evacuation and treatment center for all injured U.S. Service Members and civilians, as well as members of 56 Coalition Forces serving across Europe, Africa and the Middle East in support of four combatant commands.

Hill Top Cafe / Warrior Restaurant

December Menu

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

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 Command Sgt. Maj. Anthony Rose, command sergeant major, Troop Command, Landstuhl Regional Medical Center, serves thanksgiving sides during the LRMC Dining Facility annual Thanksgiving meal, Nov. 23.



LRMC held a National American Indian Heritage observance with special guest, Spc. Ryheim Baker, a human resource specialist with the 519th Hospital Center and member of the Onondaga, Haliwa-Saponi, and Tuscarora Indian Nations. The full observance can be viewed [here](#).



Staff with Landstuhl Regional Medical Center's Women's Health Service Line met with local medical facility leaders in efforts to show appreciation in the coordination of host nation women's health care for Americans in the Kaiserslautern Military Community, Nov. 17.