

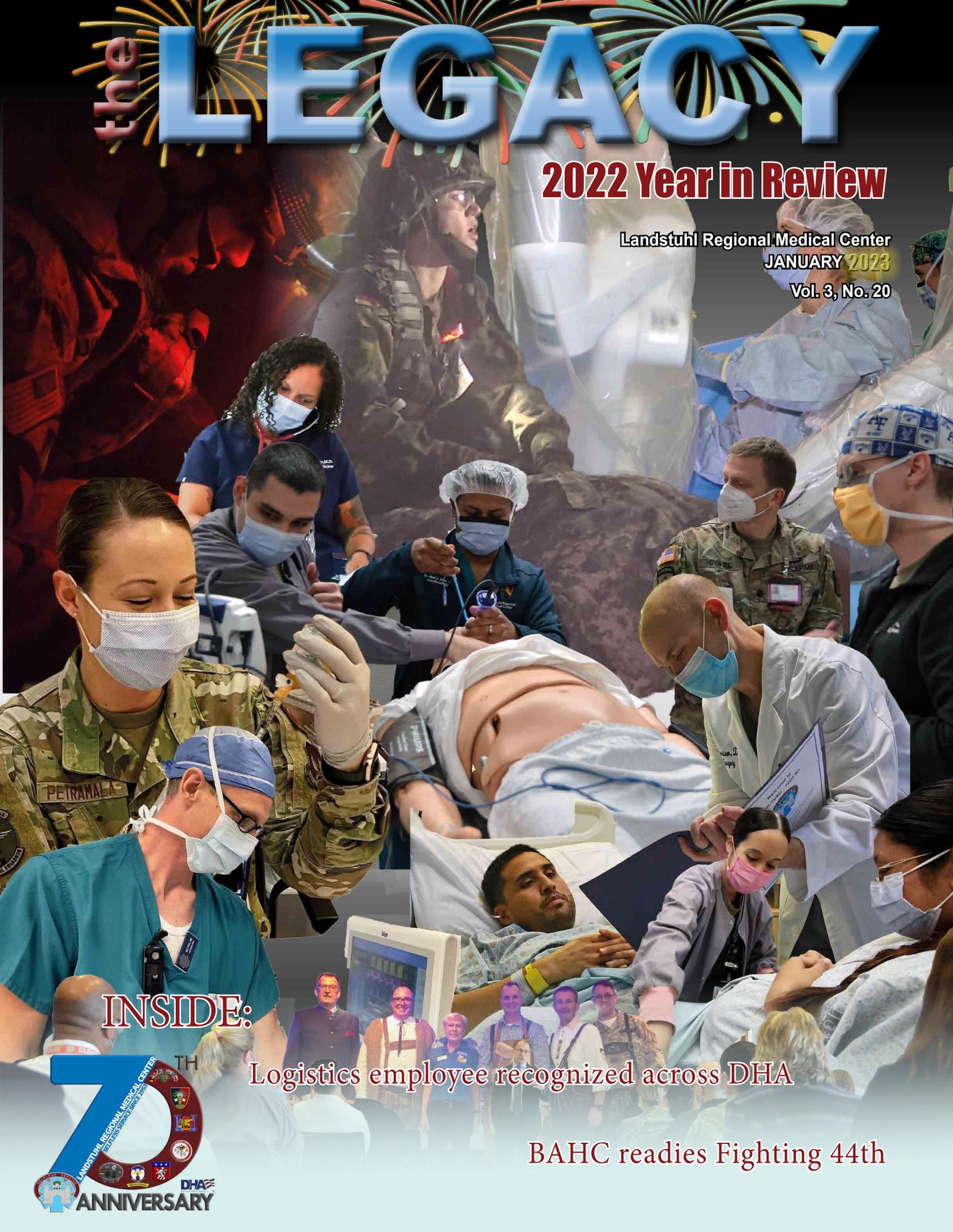
THE LEGACY

2022 Year in Review

Landstuhl Regional Medical Center

JANUARY 2023

Vol. 3, No. 20



INSIDE:

Logistics employee recognized across DHA

BAHC readies Fighting 44th



Events and Training Calendar

- Jan. 1: New Years Day
- Jan. 2: Federal Holiday observed
- Jan. 4: LRMCA Annual Training, Heaton, 8 a.m.
- Jan. 5: Hospital Newcomer's Orientation, Heaton, 7 a.m.
- Jan. 6: LRMCA Class "B" Day
- Jan. 6: Awards Ceremony, Heaton, noon
- Jan. 10: Commander's Town Hall, Heaton, noon
- Jan. 11: TeamSTEPPS, Heaton, 7 a.m.
- Jan. 11: MHS Genesis Peer Expert meeting, Heaton, 11 a.m.
- Jan. 16: Martin Luther King, Jr. Day (Federal Holiday)
- Jan. 18: LRMCA Annual Training, Heaton, 8 a.m.
- Jan. 19: Hospital Newcomer's Orientation, Heaton, 7 a.m.
- Jan. 24: Outward Leadership Workshop, CODE Team
- Jan. 25-26: Outward Mindset workshop, CODE Team
- Jan. 26: LN supervisor training, MS Teams, 8 a.m.
- Jan. 26: Battlefield Ear Acupuncture course, Bldg. 3700, 8 a.m.
- Jan. 27: LRMCA Polo Shirt Day



Join Landstuhl Regional Medical Center in celebrating its 70th anniversary

April 14, 2023

- Open to all (Host Nation visitors must sign up)
- Hospital Tours
- Exhibitions / Displays
- Meet with staff and partners
- Learn about LRMCA's impact on American Operations



SELFLESS SERVICE SINCE 1953

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
January 2023 • Vol. 3, No. 20

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

The Legacy is published monthly by the Landstuhl Regional Medical Center Public Affairs Office under the authority of AR 360-1 to provide the staff and families of LRMCA with information on people, policies, operations, technical developments, trends and ideas of and about the U.S. Army Medical Command and LRMCA. The views and opinions expressed are not necessarily those of the Department of Defense or the U.S. Army Medical Command. Direct communication is authorized to Public Affairs, The Legacy, Unit 33100 Attn: PAO, APO AE 09180-3100. Phone: DSN 314-590-8144 or commercial from the United States 011-49-6371-9464-8144. Or send an email to usarmy.lrmc.pao@health.mil. Unless otherwise indicated (and except for "by permission" and copyright items), material may be reprinted provided credit is given to The Legacy and the author. All photographs by U.S. Army except as otherwise credited. The appearance of advertising in this publication, including inserts or supplements, does not constitute endorsement of the products or services advertised by the U.S. Government, Department of Defense, Department of the Army or Landstuhl Regional Medical Center.

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Col. Andrew Landers, commander, LRMCA, presents a gift basket to the Guerra Family, as they welcome their second child and LRMCA's first delivery of 2023, Jan. 2. Baby Sofia was born on Jan. 1st at 3:45 a.m., mom Tiffany Guerra and dad - Army Staff Sgt. Gustavo Guerra, an infantryman with LRMCA's Medical Transient Detachment were presented a gift basket to welcome their family's newest addition.

New Year... New Opportunities

Col. Andrew L. Landers
Commander
Landstuhl Regional Medical Center

As I reflect on LRMCA's achievements over 2022, I'm sure this organization has the finest men and women our great nation, and our partners in Germany, Italy, and Belgium, have to offer. We must continue to improve each day to ensure we are ready and prepared to continue our service and medical capabilities in support of the Joint Warfighter.

In the past year our teammates endured multiple challenges and changes, including: mass casualty exercises, ruck marches spanning hundreds of miles, Best Medic competitions and more. Every day the Soldiers, Airmen, civilians, and local nationals of LRMCA don't just show up to work... they show up so they can WORK. This year let's resolve to strengthen readiness, enhance healthcare delivery, and exemplify service above self by living our LRMCA values.

We also saw successes like the hospital's unique induction to the German Society for Trauma Surgery, the beginning of our transition to MHS Genesis, and the tremendous transformation to DHA.

This January we'll start off running as we prepare for our accreditation survey with

The Joint Commission. As of the publication of this issue, we still don't have definite survey dates, but we know it's coming. All of us who work or volunteer at the medical center or Army Health Clinics perform some duties that directly contribute to quality and safety. It is vitally important that each of us takes the initiative to address any risks that arise when we recognize them. Success on our upcoming survey will depend on the entire team. Our organization is already built on quality and safety but sometimes we may need refreshers. Every day, I encourage you to challenge yourself and your teammates with Joint Commission refresher questions. You can find resources and previous training events here: [TJC - Home \(osd.mil\)](https://www.osd.mil/tjc-home)

Although we've already kicked off our transition to MHS Genesis, you'll see more opportunities for training, DHA contractors and staff temporarily embedding into our organization and increased information for staff and patients as we prepare to go live in September 2023. While some staff have been heavily involved in the transition, we need everyone to not only expect the change but be ready for it. On Feb. 8, we'll host our first MHS Genesis Awareness Olympics which will provide end users with visibility into the MHS GENESIS functionality, benefits of the

solution, key support resources and tools, the deployment timeline and activities, and an overview of expectations throughout the journey to Go-Live. For more information on our deployment, you can visit our dedicated site on SharePoint: [GENESIS - GO LIVE PAGE \(osd.mil\)](https://www.osd.mil/genesis-go-live-page)

This month, remember to appreciate the opportunities to start fresh and those who made them possible. On Monday, Jan. 16, we'll honor Dr. Martin Luther King Jr. with a day of service. There are many ways to contribute to our communities at home, or here in Germany, those seeking to make a difference are encouraged to reach out to leaders. Throughout January we'll also observe National Blood Donor Month - find a blood drive [here](https://www.osd.mil/blood-drive), Cervical Health Awareness (hear about it on AFN Kaiserslautern Jan. 12 @ 7 a.m.), National Birth Defects Prevention (AFN Kaiserslautern Jan. 19 @ 7 a.m.), National Glaucoma Awareness, National Winter Sports TBI Awareness, National Pharmacist Day (Jan. 12), National Without a Scalpel Day (Jan. 16), and National IV Nurse Day (Jan. 25).

Looking forward to the next year and the start of LRMCA's next chapter Military Medicine and healthcare delivery.

LRMC medics share combat care best practices with Croatian counterparts

Croatian Ground Army medical instructors visited Landstuhl Regional Medical Center (LRMC) on Feb. 11, 2022, to observe Soldiers in the Combat Lifesaver (CLS) Course at the European Medical Simulation Center.

“Our Croatian counterparts have been observing, experiencing firsthand, and learning how we teach the Combat Lifesaver Course to our Soldiers, so they can incorporate what they learn into their program,” said Army Sgt. Lamol Williams, combat medic and instructor at LRMC.

Croatian medical instructors watched as Williams covered lifelike mannequins with blood substitute, in a smoke-filled room accompanied with simulated gunfire. A four-person team worked in the dark to administer care such as hemorrhage control and medical dressing. About 20 Soldiers participated in the course. The CLS course curriculum was developed by the Joint Trauma System, part of the Defense Health Agency (DHA), to provide an intermediate step between the Tactical Combat Casualty Care (TCCC) All Service Members Course (ASM) taught to all enlisted personnel and advanced life support skills taught to Combat Medics and Corpsman. The course includes instruction, a written exam and a practical exam.

“We perform similar training in Croatia, but we don’t have the same realistic resources as LRMC,” said Sdjeban Balog, a Croatian Army sergeant and medical instructor. “Coming here to observe the training will help the team I work with see the differences in how each country performs similar tasks. We can learn ways to incorporate these techniques into our training to better understand working in a joint environment.”



LRMC earns unique partnership into Germany’s trauma network

Landstuhl Regional Medical Center, the largest American trauma center overseas, was recently welcomed into the German Society for Trauma Surgery, or Deutsche Gesellschaft für Unfallchirurgie – DGU, becoming the first American trauma center in coalition with a foreign trauma network. The exclusive membership partners LRMC with German trauma centers to improve interoperability and coordination of patient care across Germany.

In August 2021, LRMC’s response to a mass casualty event was tested in a real-world situation during the U.S. withdrawal from Afghanistan which also led to mass evacuations of Afghan civilians. During this time, Ramstein Air Base, located less than 8 miles from LRMC, played a vital role in evacuation efforts.

The partnerships formed during Operation Allies Refuge and Operation Allies Welcome opened doors for more discussion toward formal collaboration between American and German medical facilities.

DHA LEADER VISITS LRMC AMIDST transition

Landstuhl Regional Medical Center (LRMC) recently welcomed Dr. Brian Lein, assistant director for Healthcare Administration at the Defense Health Agency (DHA), to discuss the transition for LRMC staff and operations from U.S. Army Medical Command to DHA, March 3.

“While change is inevitable, our mission, your mission here at LRMC is never going to change. It may take another name, people may change, but the mission will not,” he said during a townhall discussion with LRMC personnel.

The Military Health System is transitioning the administration and management of all military and hospitals and clinics to DHA under a “market approach,” based on the six Enhanced Multi-Service Markets (eMSMs) already in place. Through this approach, DHA expects to increase collaboration across the Military Health System.

LRMC airman named top amongst peers



Kleber Clinic relinquishes mission responsibility to LRMC

U.S. Army Health Clinic Kaiserslautern (USAHC-K) cased the battalion’s guidon to signify the unit’s relinquishing of mission responsibility to Landstuhl Regional Medical Center (LRMC) during a transfer of authority ceremony at Kleber Kaserne in Kaiserslautern, Germany, on June 3.

Although the clinic will no longer be considered a battalion-level command, USAHC-K’s mission, services and beneficiary population will remain the same. USAHC-K was originally designated as the 913th Medical Detachment, an outpatient clinic of the 2nd General Hospital, or what is now known as LRMC. USAHC-K serves over 4,000 beneficiaries with primary and ancillary care in direct support of theater campaign plans for U.S. European Command (EUCOM). It provides mission command to the Primary Care Medical Home, laboratory, radiology, patient administration, medical logistics, pharmacy, and COVID-19 operations. The clinic also ensures medical readiness for over 60 units assigned to the Kaiserslautern military community.

Since 2019, USAHC-K averages 42 primary care visits, six lab services, 88 prescriptions, seven vaccinations and four radiology services a day.

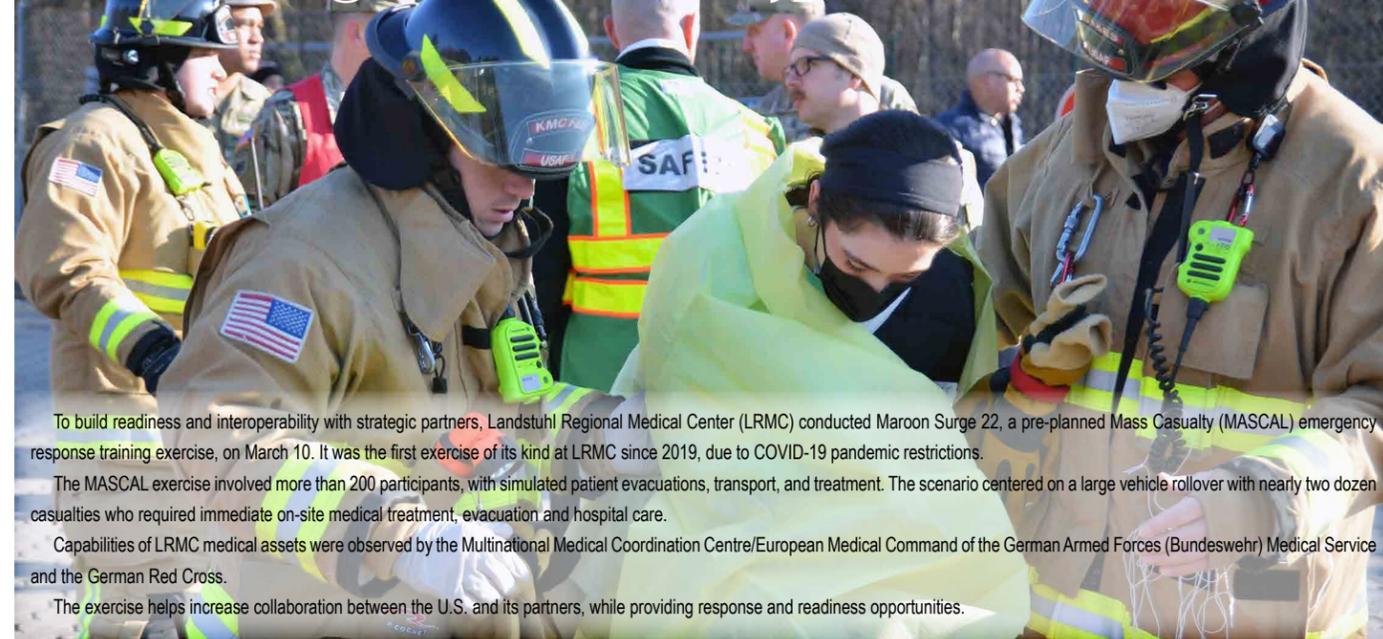
Jessica Petramala remembers watching Air Force basic training graduations in 2017 while living near the parade field at Lackland Air Force Base in San Antonio, Texas.

In 2015, following a seven-year career as a dental assistant, Jessica became a stay-at-home mom when she welcomed her first son with her husband, U.S. Air Force Master Sgt. Noah Petramala.

“Seeing the graduations ignited a spark of remembrance of my husband’s graduation and all the growth we had experienced leading up to that moment,” she said. Jessica, a native of Thornton, Colorado, was 30 years old when she left for Air Force basic training. In the two years since, she has earned numerous accolades. Petramala, now a senior airman assigned to the 86th Medical Squadron at Landstuhl Regional Medical Center (LRMC) serves as an aerospace medical service technician in the hospital’s Medical-Surgical Ward. In February 2022, Petramala was named Airman of the Year for the 86th Airlift Wing.

“I always remind myself, ‘You didn’t come this far to only come this far’,” she said. “I am forever grateful for the opportunities to learn and grow my knowledge within my career and my husband’s career. The Air Force has provided experiences and people in my life that have shaped me to be the person I am today.”

Maroon Surge 22 tests LRMC, partners’ readiness



To build readiness and interoperability with strategic partners, Landstuhl Regional Medical Center (LRMC) conducted Maroon Surge 22, a pre-planned Mass Casualty (MASCAL) emergency response training exercise, on March 10. It was the first exercise of its kind at LRMC since 2019, due to COVID-19 pandemic restrictions.

The MASCAL exercise involved more than 200 participants, with simulated patient evacuations, transport, and treatment. The scenario centered on a large vehicle rollover with nearly two dozen casualties who required immediate on-site medical treatment, evacuation and hospital care.

Capabilities of LRMC medical assets were observed by the Multinational Medical Coordination Centre/European Medical Command of the German Armed Forces (Bundeswehr) Medical Service and the German Red Cross.

The exercise helps increase collaboration between the U.S. and its partners, while providing response and readiness opportunities.



LRMC welcomes new senior NCO

Landstuhl Regional Medical Center (LRMC) welcomed its newest top enlisted Soldier during an Assumption of Responsibility Ceremony, June 16.

Command Sgt. Maj. Omar Mascarenas joined the U.S. Army in June 1992 and was previously assigned to the Dental Health Command-Atlantic in Fort Belvoir, Virginia. He has held key leadership positions throughout U.S. Army Medical Command.

"I stand before you humbled, honored and grateful to have been selected to serve as the next LRMC command sergeant major," he said. "Landstuhl is world famous for the high-quality care you have been providing to wounded warriors for over 69 years and outstanding care for over 200,000 beneficiaries throughout Europe. I promise that my family and I will be committed and dedicated to ensuring team LRMC continues to be a leader in the Military Health System."

DENTAC staff saves volunteer during event



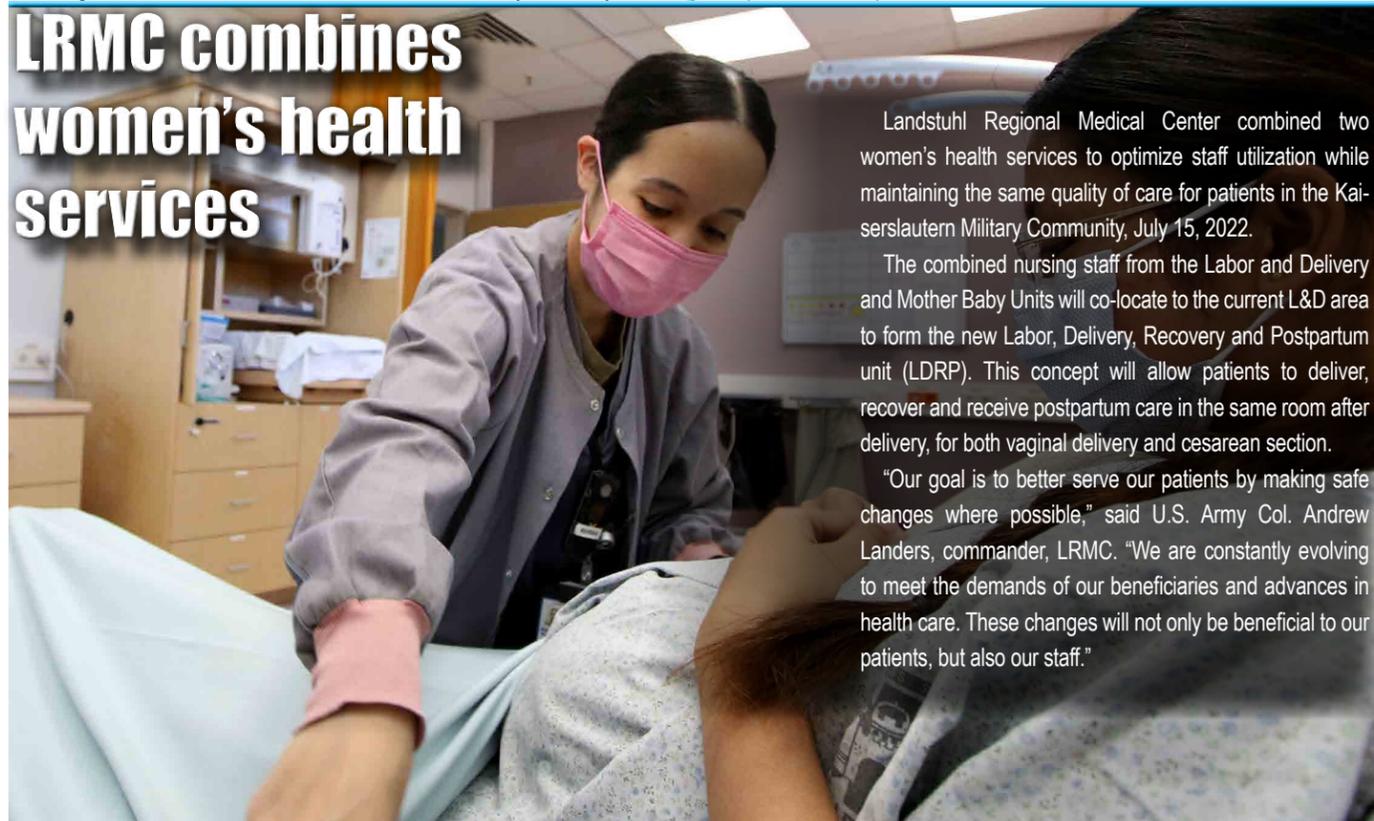
Dental Health Activity Rhineland-Pfalz (DENTAC-RP) staff members responded to a medical emergency during a health fair at Vogelweh Elementary School on Sept. 12.

Pediatric dentists, Army Lt. Col. Min Kim and Army Maj. Daniel Snow, were providing dental screening to students with fellow DENTAC-RP dental assistant, Haelé Fleming, when a volunteer at the event began to seize up and choke, causing an immediate reaction from the dental staff.

"The moment was intense, the individual stopped breathing and fell to the ground choking. We immediately followed our life-saving training and began to perform alternating choke-prevention techniques," said Kim, a native of Seoul.

With limited tools, the team positioned the patient to prevent further complications while providing sternal rubs and keeping her airway clear, despite her jaw clamping shut. Once paramedics arrived, the patient was stabilized and transported to a hospital.

LRMC combines women's health services



Landstuhl Regional Medical Center combined two women's health services to optimize staff utilization while maintaining the same quality of care for patients in the Kaiserslautern Military Community, July 15, 2022.

The combined nursing staff from the Labor and Delivery and Mother Baby Units will co-locate to the current L&D area to form the new Labor, Delivery, Recovery and Postpartum unit (LDRP). This concept will allow patients to deliver, recover and receive postpartum care in the same room after delivery, for both vaginal delivery and cesarean section.

"Our goal is to better serve our patients by making safe changes where possible," said U.S. Army Col. Andrew Landers, commander, LRMC. "We are constantly evolving to meet the demands of our beneficiaries and advances in health care. These changes will not only be beneficial to our patients, but also our staff."



LRMC Troops remain steadfast to care following 75-mile march

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, during the 2022 summer.

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.

U.S. Air Force Maj. Tiffany Winston, a physician at LRMC's Emergency Department, 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 during an impromptu assessment of a march participant which led to a medical evacuation to prevent limb loss.

1st Lt. Kelsey Lisitsyn, an Emergency Department nurse at LRMC, was finishing up the second day of marching, approximately totaling 50 miles at that point, when she had retreated to her quarters before hearing a sudden thump and call for help. Lisitsyn responded to a possible heat stroke, despite recovering herself from the march.

Following the three-day trek covering 75 miles, U.S. Air Force Staff Sgt. China Rosales, a medical surgical technician at LRMC's Medical-Surgical Ward, was eager to return to Camp but the distress during the ride back sprung Rosales to her feet, helping two unconscious passengers suffering from heat exhaustion.



LRMC CNS fuels progression in Military Medicine



Before tackling ROTC throughout college, Dindinger knew she wanted to make a difference. She thought she could accomplish this not just by becoming a nurse but becoming an Army nurse and take care of Service Members and their families. Following her graduation in 2010, Dindinger found her calling in the Labor and Delivery Ward.

After observing the attention to patient care Clinical Nurse Specialists (CNS) demonstrated, Dindinger knew there was more she could do to help patients and the Military Health System.

Today, Dindinger serves as the CNS for her ward, while still heavily involved with mentoring and assisting novice Service Members interested in the research field.

A testament of her dedication to research and advancing military medicine was demonstrated recently when Dindinger received honors at the annual TriService Nursing Research Program's Research and Evidenced-Based Practice Dissemination Course, where she earned the Outstanding Podium Presentation Award for her presentation on Intimate Partner Violence (IPV) during pregnancy, a topic she unfortunately knows too well.

LRMC LegacyFest welcomes local traditions

The first-ever Landstuhl Regional Medical Center (LRMC) LegacyFest was recently held in Ramstein-Miesenbach, Germany, Oct. 20.

LegacyFest welcomed LRMC staff and guests to a traditional German-style festival or volksfest, complete with a German music, cuisine and of course, beverages. In keeping with tradition, U.S. Army Col. Andrew Landers, LRMC commander, kicked off the festivities by tapping a keg, after welcoming host nation partners and thanking staff members for their continued contributions to military medicine.

A highlight of the night was the "Oktoberfest Olympics" which included pretzel eating contests, raffles and a stein holding competition. While the event aimed to build camaraderie, esprit de corps and provide a safe place for guests to unwind, it also served to bring the communities of Landstuhl Regional Medical Center, the town of Ramstein-Miesenbach, and Landstuhl together.



LPMC anesthesiologist aids in life-saving response at local pool

In Summer 2022, 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.

Poll began assisting other responders by monitoring and helping with resuscitation efforts. After several minutes, Poll recalls the child beginning to move and breathing on his own, however he did not wake up.

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



Tried and tired, Soldiers vie for Best Medic title

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 LPMC's 2022 Best Medic title, Nov. 16-18.

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 LPMC, and Sgt. 1st Class Peter Bassman, a combat medic at LPMC.

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.

The competition concluded with Alfaro and Bassman being recognized as LPMC's Best Medic team, who later went on to win the Medical Readiness Command, Europe's Best Medic competition.



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, 2022.

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.

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.

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

LRMC host International Trauma Combat Casualty Care course to Europe allied nations

LRMC Employee recognized with DHA Star Award

By John Ciccarelli
Public Affairs Specialist
Landstuhl Regional Medical Center



Arimiyao Yacoubou, a Logistics Supply Systems Analyst at Landstuhl Regional Medical Center (LRMC), was recently recognized by the Defense Health Agency (DHA), for transitioning LRMC and Army Health Clinics from Defense Medical Logistics Standard Support (DMLSS) to a single, web-based application.

Arimiyao Yacoubou, a Logistics Supply Systems Analyst at Landstuhl Regional Medical Center (LRMC), was recently recognized by the Defense Health Agency (DHA), for transitioning LRMC and Army Health Clinics from Defense Medical Logistics Standard Support (DMLSS) to a single, web-based application.

According to the DHA, while DMLSS has provided excellent medical logistics support for the past 20 years, a technical refresh was needed to improve the user experience and ensure system availability.

Yacoubou, who has worked at LRMC for more than a dozen years, was responsible for the transition of seven geographically separated sites, to the "Amazon-like" LogiCole, which is slated to fully replace DMLSS operations by 2024.

"I establish and approve user accounts, conduct initial and sustainment DMLSS and LogiCole training for LRMC Medical Treatment Facility (MTF) personnel in Germany, Italy, and Belgium to ensure continuity of operations and compliance with DHA policies and procedures," said Yacoubou, a German National and native of the West African nation, Togo. "The LogiCole program is more user friendly and will streamline processes for customers."

Since arriving to Germany in 1995, Yacoubou has worked in various positions for the U.S. in Europe, including the U.S. Army Medical Materiel Center-Europe (USAMMCE) and the now defunct, U.S. Army Hospital in Heidelberg, Germany. His experience managing the logistical demands of the U.S. Army's medical operations in Europe, spans for years and across technologies, including theater-wide applications, and local accounts.

"Mr. Yacoubou stepped up to learn and complete the necessary requirements for the new DHA Medical Logistics LogiCole Program. As a systems access manager for LRMC he is building a local platform to get local users on board with the New Equipment Request (NER) process," said Sgt. Maj. Christine Collins, senior enlisted leader at DHA, medical logistics. "Additionally, as the DMLSS systems admin, he has worked with multiple locations to make sure that the recent DMLSS upgrade was completed properly and keep locations like Vicenza, Shape and various other MTFs supported by Landstuhl without unnecessary delays to their medical logistics support."

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By Marcy Sanchez
Chief, Public Affairs
Landstuhl Regional Medical Center



U.S. Army Health Clinic Baumholder hosted a medical readiness rodeo for Soldiers with the 44th Expeditionary Signal Battalion-Enhanced, 2nd Theater Signal Brigade at USAHC Baumholder, Dec. 12.

The event assembled individual medical readiness elements to expedite annual medical requirements for Soldiers with the 44th ESB-E, also known as the "Fighting 44th".

"We're making sure all the Soldiers in the unit are ready to deploy and have all their health protection metrics up-to-date," said U.S. Army Maj. Stephen Young, a primary care physician and chief medical officer at USAHC-Baumholder. "The purpose of medical readiness is really to give the commander an assurance of what the unit's health status is, allowing (the commander) to know (the unit) is ready to go out the door, from a health perspective, and ready to fight."

Medical readiness is also important to the individual Soldier, medical elements such as immunizations assure Soldiers they're protected against a lot of common diseases, wherever they're going, said Young. Vision, hearing and dental are also crucial, ensuring Soldiers are going to be able to operate and function as a healthy person in everyday situations, not just deployed environments.

In 2019, the Army verified its commitment to the Health of the Force

holder staff also trained Soldiers on proper use and documentation of the Army's Medical Protection System (MEDPROS), a system used to record all medical readiness elements of Soldiers.

"The 44th (ESB-E) don't have medical (personnel), so we're also training non-medical personnel to keep up their own medical readiness," said Young. "We're getting them trained on the platforms we use so they can forecast their own medical

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after releasing Army Regulation 40-502, which defined medical readiness and complimented a DOD-wide push to standardize what being medically ready is.

In the DOD guidance, six elements are aggregated to define medical readiness of Service Members: PHA, deployment-limiting conditions, dental readiness, immunization status, medical readiness laboratory tests, and individual medical equipment (visual correction devices, hearing aids and batteries, etc.). In addition to those elements, the Army requires hearing and vision readiness.

Medical readiness is further categorized into four classifications: MRC 1-4, with one being fully deployable and four being non-deployable.

In reflecting the objective of AR 40-502, which states "Every Soldier is responsible for their medical readiness and must remain dedicated and resilient in the Army's pursuit of readiness," USAHC-Baumholder staff also trained Soldiers on proper use and documentation of the Army's Medical Protection System (MEDPROS), a system used to record all medical readiness elements of Soldiers.

deployment in the future. It's an added capability for them."

While the process may resemble a simple physical or annual checkup for most, the data collected conveys much more than a clean bill of health.

"Not getting (medical assessments) done can impact their (health) later on," said U.S. Army Staff Sgt. Dasha Long, noncommissioned officer in charge of USAHC-Baumholder's Department of Family Medicine. "Their health can deteriorate over time if medical concerns aren't brought up early. (Medical readiness) helps Soldiers maintain their health so they can show up to work 100 percent and not have to worry about impacting themselves, which then later on impacts others."

Events like the medical readiness rodeo can support the medical readiness of hundreds of Soldiers in a short time, assuring a unit can deploy at a moment's notice.

"While (medical readiness) seems small and insignificant, it actually has a huge ramification for deploying and for mission readiness.," said Young. "You can be the best gunner in the world, you can be the best artillerymen but if you're not medically able to function in a deployed environment, none of it matters."

Watch what Readiness looks like 



Hill Top Cafe / Warrior Restaurant

January Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
LUNCH Salisbury Steak Honey Ginger Chicken Vegan Sloppy Joes Fried Cabbage, Franconia Potatoes DINNER Black Bean Vegan Chili Seasoned Chicken Qtrs Mashed Potatoes	LUNCH Chicken Schnitzel Pork Gulasch Zucchini Pancakes Soup: Broccoli & Cheese DINNER Beef Fajitas 3 Cheese Penne Pasta Roasted Zucchini, Brown Rice	LUNCH Carne Asada Taco Meat Beef & Chicken Charro Beans Soup: Tortilla Chicken DINNER Paella Stuffed Peppers Turkey Curry White Rice, Cauliflower	LUNCH Sukiyaki Beef Garlic Butter Salmon Chickpea Curry Soup: Red Tahí Chicken Curry DINNER Beef Lasagna Vegetarian Jambalaya Mixed Vegetables, Garlic Bread	LUNCH Caribbean Beef Stew Jerk Chicken Qtrs Caribbean Black Beans Soup: Lentil Vegetable DINNER Linguine con Salsiccia Chunky Vegetarian Chili Succotash, Brown Rice	LUNCH Wings: Buffalo, Parmesan, BBQ Chicken Tenders Battered Pollock Soup: White Chicken Chili DINNER Chicken & Rice Casserole Vegetable Curry & Rice Curry Cauliflower, Mashed Potatoes	LUNCH 5 Spice Chicken Beef Stew Vegetable Quiche Carrots, Buttered Egg Noodles DINNER Blackened Catfish Squash Casserole Roasted Carrots, Macaroni & Cheese
LUNCH Pineapple Chicken Beef Brisket Vegan Penne Pasta Cauliflower, Mashed Potatoes DINNER Spaghetti & Meatballs Eggplant Parmesan Buttered Egg Noodles	LUNCH Baked Potatoes Beef Chili, Lentil Chili Rosemary diced Chicken Soup: Chicken Noodle DINNER BBQ Pork Loin Vegetable Curry & Rice Spinach, White Rice	LUNCH Blackened Pollock Beef Taco Meat 3 Bean Taco Filling Soup: Tortilla Chicken DINNER Glazed Meatloaf Italian Broccoli Pasta California Blend Vegetables	LUNCH Pasta w/ Marinara or Alfredo Sauce Meat Balls Italian Chicken, Red Lentil Sauce Soup: Minestrone DINNER Spinach Lasagna 5 Spice Chicken Grilled Squash & Onions	LUNCH Italian Sausage Hot Dogs Chickpea Hotdogs Soup: French Onion DINNER Roasted Turkey Tortellini Alfredo Asparagus, Cornbread Dressing	LUNCH Turkish Meatballs Cod w/ Tapenade Stuffed Zucchini Soup: Tomato & Peppers DINNER Garlic Chicken Qtrs Broccoli Quiche Mixed Vegetables	LUNCH Chicken Tetrazzini Yankee Pot Roast, Spinach & Mushroom Quiche Green Beans, Mashed Potatoes DINNER Diablo Chicken Breast Broccoli & Cheese Casserole Cajun Vegetables, Steamed Rice
LUNCH Salisbury Steak Honey Ginger Chicken Vegan Sloppy Joes Fried Cabbage, Franconia Potatoes DINNER Black Bean Vegan Chili Seasoned Chicken Qtrs Mashed Potatoes	LUNCH Chicken Schnitzel Pork Gulasch Zucchini Pancakes Soup: Broccoli & Cheese DINNER Beef Fajitas 3 Cheese Penne Pasta Roasted Zucchini, Brown Rice	LUNCH Carne Asada Taco Meat Beef & Chicken Charro Beans Soup: Tortilla Chicken DINNER Paella Stuffed Peppers Turkey Curry White Rice, Cauliflower	LUNCH Sukiyaki Beef Garlic Butter Salmon Chickpea Curry Soup: Red Tahí Chicken Curry DINNER Beef Lasagna Vegetarian Jambalaya Mixed Vegetables, Garlic Bread	LUNCH Caribbean Beef Stew Jerk Chicken Qtrs Caribbean Black Beans Soup: Lentil Vegetable DINNER Linguine con Salsiccia Chunky Vegetarian Chili Succotash, Brown Rice	LUNCH Wings: Buffalo, Parmesan, BBQ Chicken Tenders Battered Pollock Soup: White Chicken Chili DINNER Chicken & Rice Casserole Vegetable Curry & Rice Curry Cauliflower, Mashed Potatoes	LUNCH 5 Spice Chicken Beef Stew Vegetable Quiche Carrots, Buttered Egg Noodles DINNER Blackened Catfish Squash Casserole Roasted Carrots, Macaroni & Cheese
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LUNCH Salisbury Steak Honey Ginger Chicken Vegan Sloppy Joes Fried Cabbage, Franconia Potatoes DINNER Black Bean Vegan Chili Seasoned Chicken Qtrs Mashed Potatoes	LUNCH Chicken Schnitzel Pork Gulasch Zucchini Pancakes Soup: Broccoli & Cheese DINNER Beef Fajitas 3 Cheese Penne Pasta Roasted Zucchini, Brown Rice	LUNCH Carne Asada Taco Meat Beef & Chicken Charro Beans Soup: Tortilla Chicken DINNER Paella Stuffed Peppers Turkey Curry White Rice, Cauliflower				

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.

Spotlight

LRMC conducts simulated code blue



LANDSTUHL REGIONAL MEDICAL CENTER

Conducts mock 'Code Blue' a simulated cardiac arrest event as part of Healthcare Simulation Week 2022

on 2022 Videos Trauma Combat Casualty Care course



LRMC shares combat care with Croatian counterparts



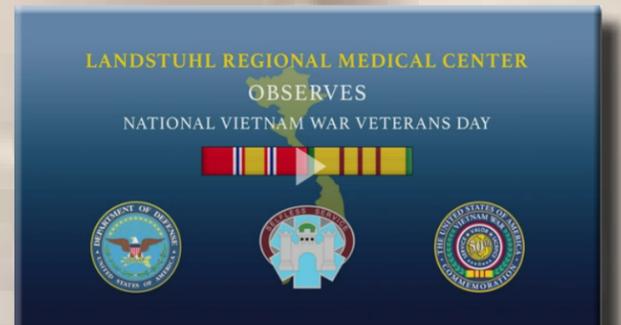
LRMC provides ITC3 to Allied nations



LRMC earns partnership in German trauma network



LRMC Celebrates Vietnam Veterans



Maroon Surge 22 tests LRMC, partners' readiness

