

the LEGACY

Landstuhl Regional Medical Center

February 2023

Vol. 3, No. 21

IPAP student on leave reacts to plight on flight

INSIDE:

Dog visits are back at LRMC

BSC Staff recognized for contributions

Events and Training Calendar

- Feb. 1: LRM Annual Training, Heaton, 8 a.m.
- Feb. 2: Hospital Newcomer's Orientation, Heaton, 7 a.m.
- Feb. 3: LRM Class "B" Day
- Feb. 8-9: Outward Mindset workshop, CODE Team
- Feb. 8: TeamSTEPS, Heaton, 7 a.m.
- Feb. 8: MHS Genesis Awareness Fair Olympics, Heaton
- Feb. 13-17: Executive Leadership Course
- Feb. 17: LRM Officer IPPS-A Class, Heaton
- Feb. 17: Minimal Manning
- Feb. 20: Presidents Day (Federal Holiday)
- Feb. 21: MG Lodi LPD, Heaton / MS Teams - 11:30 a.m.
- Feb. 24: Commander's Town Hall, Heaton, noon
- Feb. 24: LRM Polo Shirt Day
- Feb. 28: Black History Month Observance, Heaton, noon



LANDSTUHL REGIONAL MEDICAL CENTER



1953-2023

Join Landstuhl Regional Medical Center in celebrating 70 years of Selfless Service

April 14, 2023



- Open to all DOD-ID Cardholders
- Hospital Tours
- Exhibitions / Displays
- Meet with staff, leaders and partners



the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
February 2023 • Vol. 3, No. 21

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

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Col. Andrew Landers, commander, LRM, provides opening remarks during LRM's first MHS Genesis Awareness Fair Olympics, Feb. 8. The Olympics provides staff members a fun opportunity to learn and test their knowledge regarding MHS Genesis and the upcoming transformation to the new Electronic Health Record, slated to take place at LRM in September 2023. MHS GENESIS, the new electronic health record for the Military Health System (MHS), provides enhanced, secure technology to manage health information, integrating inpatient and outpatient solutions that connect medical and dental information across the continuum of care, from point of injury to the military treatment facility. This includes garrison, operational, and en route care, increasing efficiencies for beneficiaries and healthcare professionals. When fully deployed, MHS GENESIS will provide a single health record for service members, veterans, and their families.

Joint Commission is coming!

Col. Andrew L. Landers
Commander
Landstuhl Regional Medical Center

This month we were notified of the upcoming Joint Commission survey (March 14-17) which will evaluate our organization's commitment to our center of gravity: Quality and Safety. For those who have gone through surveys before, you might know what to expect. The survey will assess our adherence to policy and staff knowledge and procedures. In case you haven't experienced the survey before, know that these surveyors are looking to talk to all staff members, not just leaders. As always, be prepared, know your profession, and remember to ask your leadership for guidance when confused. There is a plethora of resources available to you on SharePoint [here](#), including latest information and contact information for MAJ Jennifer Miller. If you've missed training, you can watch full videos for Patient Safety, Environment of Care and Staff Knowledge training [here](#).

We'll discuss more TJC survey, along with other topics, during our monthly town hall, Feb. 24 at noon. You can join the town hall in person at the Heaton Auditorium or online on

MS Teams with team code [4sj06vj](#).

February might be known for Valentine's Day, but we also recognize the millions of African Americans who have served our country, both in uniform and out of it, during Black History Month. The purpose of Black History Month is to make all Americans aware of the struggle for freedom and equal opportunity, and to celebrate the many achievements of Black Americans in every field. It gives the Army an opportunity to reflect on the contributions of Black Americans to the history of our nation and recognize and honor the service and sacrifice of Black Soldiers and civilians. Black Soldiers, who have defended our nation since the Revolutionary War, have built a legacy of courage and professionalism by serving the U.S. Army with great honor and distinction, inspiring generations to come.

This year's observance exclusively focuses on "Black Resistance," exploring how African Americans have resisted historic and ongoing oppression—in many forms—from America's earliest days into the 21st century. Please join us as we recognize these contributions during our Black History Month Observance starting at noon at the

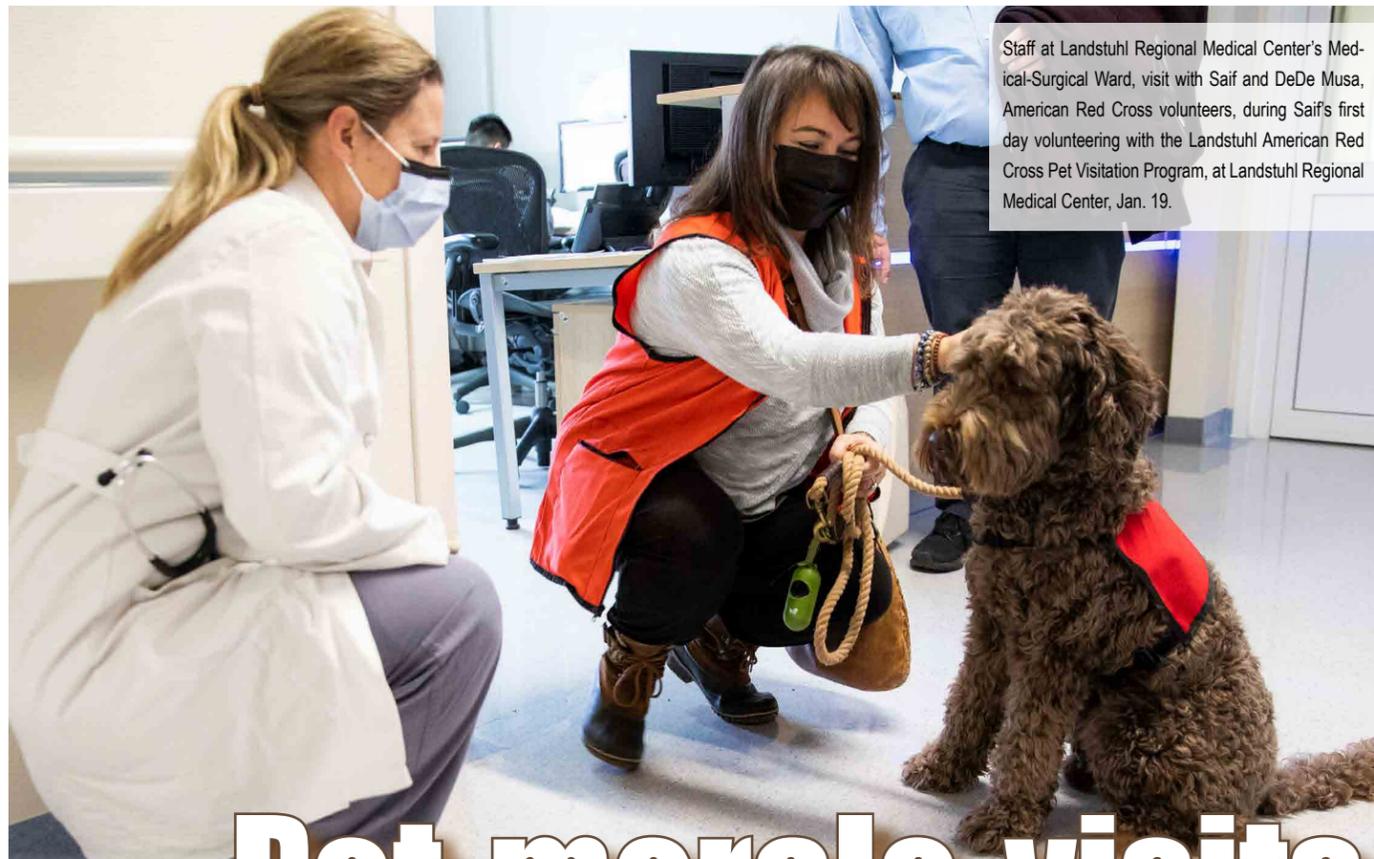
Heaton Auditorium, Feb. 28.

Tying back to the Feb. 14th holiday, this month also marks the medical community's campaign to raise awareness of American's leading cause of death; Heart disease. Heart disease refers to several conditions, most notably coronary artery disease (CAD), which can lead to a heart attack. Taking steps to control risks and factors associated with heart disease are as simple as ABCS...

- Aspirin when appropriate
- Blood pressure control
- Cholesterol management
- Smoking cessation

Lastly, as we continue to care for the Joint Warfighter and their families here at LRM, we must also plan for uncertainty. Global tensions continue to test our Nation's response, as we work alongside NATO partners toward diplomatic solutions. At all times, ensure your team is prepared for the worst as we hope for the best.

Thank you for all you do.



Staff at Landstuhl Regional Medical Center's Medical-Surgical Ward, visit with Saif and DeDe Musa, American Red Cross volunteers, during Saif's first day volunteering with the Landstuhl American Red Cross Pet Visitation Program, at Landstuhl Regional Medical Center, Jan. 19.

Pet morale visits relaunch at LRMC

By Marcy Sanchez
Chief, Public Affairs
Landstuhl Regional Medical Center

Over the past 70 years, the corridors of Landstuhl Regional Medical Center (LRMC) have been graced by celebrities, musicians, politicians, and foreign dignitaries. The latest star to turn heads walking through hallways and patient rooms at LRMC was a four-year-old with curly brown hair, big brown eyes, and puppy breath.

With the wag of a tail, Saif, an Australian Labradoodle, was the first pet visitor at LRMC in over three years as part of the American Red Cross at Landstuhl's Pet Visitation Program.

The program aims to serve the military community by visiting military hospital patients and staff to boost morale.

"When (patients) are going through troubling times, sometimes the littlest things make such a big difference. We hope that

The program is open to any pet who meet the following criteria:

-  **Be at least 2 years old**
-  **Be spayed or neutered**
-  **Pass Pet Visitation Program evaluation & Canine Good Citizen Test**
-  **Complete the Pet Visitation Program Veterinary Medical Evaluation**
-  **Have Pet Liability Insurance**

we can be that difference in their day," said DeDe Musa, a Red Cross volunteer and Saif's handler. "We just finished our first visit and it was a huge success. I'm really excited in knowing that (Saif) is going to get a kick out of this."

"The dogs have to be comfortable around different situations because when they come (to LRMC), there are smells, noises and conditions that are different," said Raffaella Burriss, who certifies pets for the program. "I don't judge the dog as a pet, I'm just seeing whether the pet fits the hospital environment."

Aside from delivering smiles to those the pet interacts with, studies show pet visitations in hospital settings also decrease stress, lower blood pressure, and reduce loneliness for patients.

"They might spend most of the time at in the hospital on their own with few visitors, so the morale dogs and the petting of the dog really brings smiles and kind of makes their day," said Burriss.

Since 2004, Burriss has volunteered at the Landstuhl Red Cross office providing canine expertise and certifications for the program. Following complications, the program went on hiatus at the onset of COVID-19 in 2020. Since reinitiating the program, only Saif has completed the certification process.

"My family always looked at (Saif) as such a loving member of our family who's got something special and unique in his own way," said Musa, a native of Fort Worth, Texas. "I heard an advertisement calling for volunteers and I thought I was just at the right place, at the right time."

The pooch's first visit consisted of visits to inpatient wards and meeting with staff members. While Musa recognizes the benefits future visits will bring staff and patients at LRMC, she admits the visits also help her and Saif with their own disposition.

"The visits are going to bring a lot of joy to the two of us, but most importantly, joy and comfort to the patients," said Musa.

Watch Saif's first visit to LRMC



Chief Master Sgt. Kristy Wiener, Major Command functional manager, Aviation Resource Management, U.S. Air Forces in Europe and Air Forces Africa, is greeted by Saif, an American Red Cross volunteer, during his first day volunteering with the Landstuhl American Red Cross Pet Visitation Program, at Landstuhl Regional Medical Center, Jan. 19.

"The visits are going to bring a lot of joy to the two of us but most importantly, joy and comfort to the patients."



Nathan Yancy, a local retiree and inpatient at LRMC's Medical Surgical Ward, pets Saif, an American Red Cross volunteer, during Saif's first day volunteering with the Landstuhl American Red Cross Pet Visitation Program, at Landstuhl Regional Medical Center, Jan. 19.

Turbulence, turmoil on flight tests Soldier's tact

By Marcy Sanchez
Chief, Public Affairs
Landstuhl Regional Medical Center



Officer Candidate Melissa Lewis, a student with the Phase II Interservice Physician Assistant Program at Landstuhl Regional Medical Center, is pictured in the Orthopedic Clinic at LRMC. Lewis was recently involved in emergency situations during a six-hour flight from Israel to Portugal, where her medical expertise led to stabilizing distressed passengers along with a New Hampshire physician.

An early January flight from Tel Aviv to Lisbon turned turbulent for a Soldier when a call for help was announced mid-flight.

Following a stay in Israel, Melissa Lewis was on the second leg of her vacation, on the way to Portugal with her husband. The couple, awake for hours to check in and catch the 5:30 a.m. flight out of Tel Aviv, decided to get some rest during the six-hour journey.

Turbulent Flight

"I was sleeping when my husband suddenly woke me up," said Lewis, a native of the Palawan Province in the Philippines. "He shook me and said, 'wake up, wake up' and I'm like 'what?' It was still dark; I think I still had an eye mask covering my eyes."

Still half asleep, Lewis overheard flight attendants call for anyone with medical training over the plane's intercom.

With a travel pillow still hugging her neck, the 32-year-old instinctively raised her hand. At the time, Lewis, who enlisted as a Licensed Practical Nurse, was nearing the completion of the Interservice Physician Assistant Program, an accredited program for Service Members furthering their medical education

to become Physician Assistants (PA).

"I'm not in any way licensed yet (during the flight) but I'm trained," said Lewis, who has since graduated the IPAP program and earned her commission as a second lieutenant. "I assessed the situation, and just jumped right into what was going on. I introduced myself to the passenger and asked if they speak English."

Lewis began examining the passenger and asking questions through an interpreter, under the low visibility of the cabin dome lighting, when she noticed the passenger's body temperature was low and cold to the touch, the skin was pale, and lips were dry.

"I immediately asked the flight attendants what (medical resources were on board), I needed to check blood pressure, blood glucose, know what medications were available," explains Lewis. "I've never been in a situation like that, so I was just responding as if as if the patient came into the Emergency Room except, I was in a plane."

While acting on instinct and military training, Lewis was also devising a plan if she required assistance during the response.

"(While assessing the patient) I'm thinking, in the worst-case scenario (Lewis' husband) can assist me and we'll just roll from there, because I'm questioning, 'Is it something deadly? Is this something that will require the plane to divert? Is it surgical?'" recalls Lewis.

After relocating the passenger to a spacious area, Lewis was relieved when Dr. Joseph Feuerstein, an assistant professor for clinical medicine at Columbia University in New York and attending physician at Greenwich Hospital, part of the Yale New Haven Health System in Connecticut, joined her. After hearing the call for medical assistance, Feuerstein volunteered to assist.

"Before I could even get there, Lewis had already gone and offered her services," said Feuerstein. "We actually ended up with a little medical team, including an Israeli neonatal intensive care unit nurse on the flight."

As Feuerstein approached, Lewis began giving him a medical report and providing insight on resources available.

Fortunately, Feuerstein spoke Hebrew and could communicate directly with the passenger, concluding the passenger was suffering

from mild gastritis (inflamed stomach lining), mild dehydration, and hypertension.

Following the interview, Feuerstein prescribed Intravenous fluids, along with other medications available on the aircraft to help with blood pressure and stomach issues.

"I said (to Feuerstein) I can put an IV in, I can get blood glucose," recalls Lewis, which in turn comforted Feuerstein, as he admitted to not administering an IV in over a decade. "I was like alright, let's do this. It was turbulent, it was dark, it was a tight space, and I was just trying to figure out (the directions on the IV), it is not like the (American medical supplies), so it was challenging."

A veteran physician with the Israeli Navy, Feuerstein was used to confined spaces after serving with two special forces units, one of which was aboard a submarine.

"I came to the (US) 20 years ago but grew up in Israel," explains Feuerstein. "I do know when problems happen in confined spaces, there are limitations."

Regardless of the bumpy ride, Lewis managed to insert the IV on the first try and began administering fluids to the passenger as Feuerstein continued monitoring the patient.

"(Lewis) was excellent, she performed outstandingly," said Feuerstein. "It was quite jumpy, everyone was supposed to have their seatbelts on and (the flight attendants) asked us to just hold on, but when you're not in good situation, you have to (act)."

For the next hour, the impromptu medical team monitored the passenger as the medications and fluids took effect. As they determined the passenger's condition was improving, a second call for the medical team came from the airline aisles, separating the team between the two emergencies.

"(Airline staff) called to us and said somebody else was not feeling good. (Lewis) went to evaluate while I was monitoring the (initial) patient," recalls Feuerstein.

Under the guidance of Feuerstein, Lewis tended to the second passenger, who was suffering severe muscle spasms, helping the passenger rest and recover before administering anti-inflammatory medications available in the aircraft's formulary.

"She's the hero," said Feuerstein, in reference to Lewis' actions aboard the aircraft. "If I was by myself, in turbulence, this would have been very, very trying."

For Feuerstein, the "rather turbulent flight" as he described it, was approximately the 10th flight he's flown on during which he's volunteered medical services mid-air. However, this was a first for the novice PA, whom Feuerstein described as "great, thorough and calm."

"I was grateful of the opportunity (to work side by side in such an emergency)," said Lewis. "It's nice to work with a civilian doctor (in a setting outside the military)."

Following landing in Lisbon, both passengers walked off the aircraft without the need for further medical intervention. Although Lewis valued the opportunity to test her medical training in a real-world emergency, she refocused to enjoy her remaining leave with her husband in Portugal. Feuerstein was so impressed with Lewis, he contacted U.S. Army Maj. Timothy Atkins at LRMC to express his gratitude.

"She was a valued asset to (Feuerstein). Good on her to have that initiative, desire to care, and step up when other people might not have," said Atkins, the IPAP Phase II medical director at LRMC. "Having a provider (like Lewis) who can step up, remain calm under pressure and provide that medical care to better serve patients is what we (as instructors) hope for."

Humble beginnings

While the Philippine province of Palawan is regarded as one of the most beautiful islands in the world, the Filipino communities have struggled with poverty for decades. In 2018, Palawan's poverty index was calculated at 55 percent. Lewis' family was no exception.

"We were poor," disclosed Lewis. "I had to fetch water in the well, we didn't have electricity at night. (Lewis is describing brownouts in the Philippines - unintentional or intentional voltage drops in electrical grid output.)"

Always fond of science, Lewis decided to venture into the medical field and emulate her mother, a midwife who often helped laboring women, at times in remote locations as Lewis described "up in the mountains." In return for her work, Lewis' mother was often compensated with chickens or rice grains.

"Nobody else (worked in medicine) in the family. Growing up, my mom was earning better than some of my aunts and uncles," said Lewis.

Lewis decided to pursue a career as a

nurse, earning a nursing degree from the Philippines, however, was never afforded the opportunity to practice in a clinical setting. Instead, she began working at a Philippine-based American company where she improved her English before moving to the U.S. in 2015 and eventually enlisting in the U.S. Army with the Military Occupational Specialty of 68C - Licensed Practical Nurse.

"The Army provided me with opportunities that I never thought I'd get in my life, like where I came from," said Lewis. "It has definitely given me opportunities to see the world, experiences like high quality training and I just never thought that I'd be here."

Interservice Physician Assistant Program

According to the U.S. Army's Medical Center of Excellence, IPAP is designed to provide the uniformed services with highly competent, compassionate physician assistants who model integrity, strive for leadership excellence, and are committed to lifelong learning.

In the Army, PAs serve under Army Medical Department's Medical Specialist Corps and provide sustained health services from tactical to strategic levels, increasing readiness of Soldiers in addition to caring for their families and retirees.

"The goal behind this training is to get hands-on clinical skills, take didactically learning from (IPAP) phase one and actually put it to practice," said Atkins. "By the time (PAs) graduate here, we hope they are competent, and confident Independent practitioners because they will eventually be the sole provider for an entire battalion unit of Soldiers."

While the Uniformed Services' IPAP course prepares and tests future PAs competency, they must attain national certification through the Physician Assistant National Certifying Exam (PANCE), before practicing independently.

"Lewis is proactive and eager to learn. Despite her lack of experience in a field environment," said Atkins. "She has a passion to serve the Service Members and provide better care for them."



LRMC Staff takes a “Day On” during Martin Luther King, Jr. Day

In observance of Martin Luther King, Jr. Day, Landstuhl Regional Medical Center staff and guests gathered

to pay tribute to King’s life of service, with a day of service, Jan. 12.

The interactive observance featured opening remarks by hospital commander, U.S. Army Col. Andrew Landers, and opportunities to participate in ongoing beautification efforts aimed at preparing LRMC’s “Victory Garden” for the upcoming Spring.

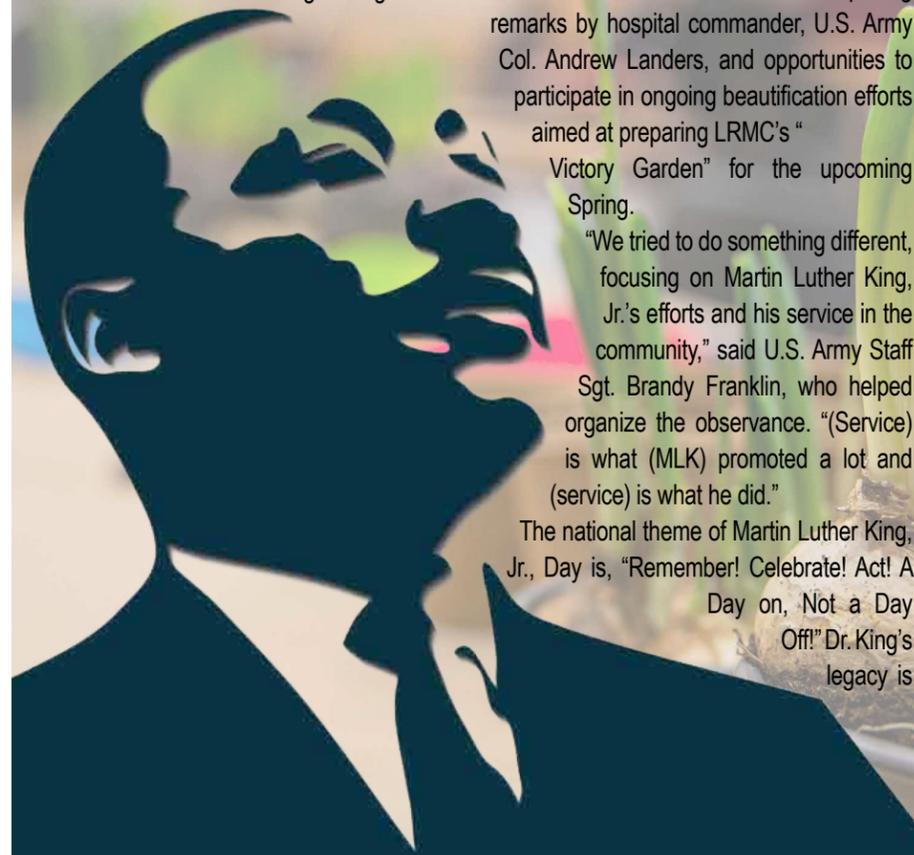
“We tried to do something different, focusing on Martin Luther King, Jr.’s efforts and his service in the community,” said U.S. Army Staff Sgt. Brandy Franklin, who helped organize the observance. “(Service) is what (MLK) promoted a lot and (service) is what he did.”

The national theme of Martin Luther King, Jr., Day is, “Remember! Celebrate! Act! A Day on, Not a Day Off!” Dr. King’s legacy is

embedded in the culture and values of the Army. Army Soldiers have the courage to stand behind their oath to defend the American way of life, and are committed to the ideals endorsed by Dr. King – to treat every individual with dignity and respect.

In addition to contributing to the LRMC Victory Garden, an area originally dedicated to improving morale, providing a calm space for staff and patients, and also providing organic fruits and vegetables maintained by volunteers to inpatients, patrons at the observance were also afforded opportunities to volunteer with local and host nation organizations, such as the American and German Red Cross organizations, Fisher House, and Army Morale, Welfare and Recreation.

“The community is always in need of help. I hope people can volunteer, stay and do some crafts that will help the garden, and they at least find one of these organizations to take part in,” said Franklin. “(Service) is not just for staff – Local Nationals, contractors, Civilians, everybody can get a part of the action. We all benefit from the services so it’s a good way to give back and be a part of your community.”



CERTIFIED REGISTERED NURSE ANESTHETIST WEEK JAN 22-JAN 28



PHYSICIAN ANESTHESIOLOGIST WEEK JAN 29-FEB 4

DIVISION OF ANESTHESIA SERVICES



MIND-NUMBING FACTS:

JOINT FORCE
M.D./D.O. : 4 ARMY
6 AIR FORCE
2 CIVILIAN
CRNAS : 13 ARMY
3 AIR FORCE
4 CIVILIAN



WWI
CRNAS FIRST APPEAR ON BATTLEFIELDS

90%



PERCENTAGE OF CARE INVOLVING PHYSICIAN ANESTHESIOLOGISTS IN +100 MILLION PROCEDURES PERFORMED EACH YEAR



50M+

ANESTHETICS ADMINISTERED EVERY YEAR IN US



SPECIALIZED

ANESTHESIOLOGIST ARE MEDICAL DOCTORS WHO SPECIALIZE IN ANESTHESIA CARE, PAIN MANAGEMENT AND CRITICAL CARE MEDICINE

5,900+

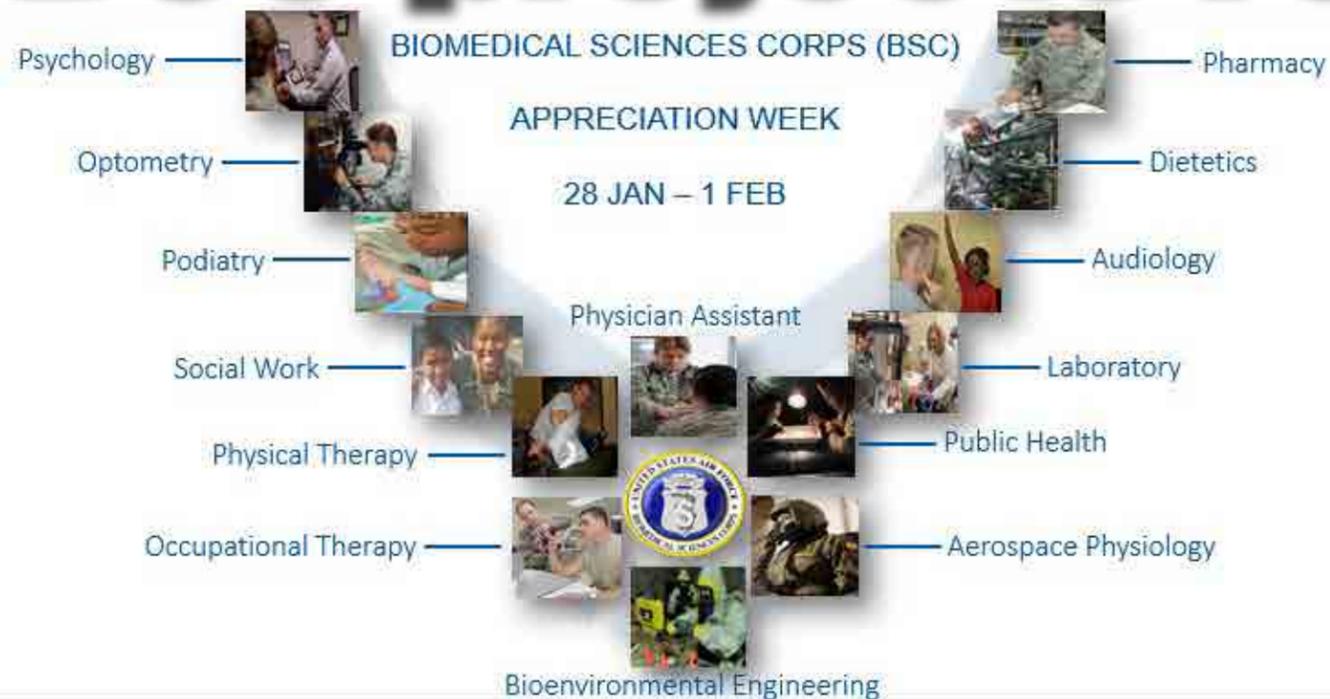
ANESTHESIA SERVICES PROVIDED IN 2022 AT LRMC



30K+

PRACTICING ANESTHESIOLOGIST IN THE US

BSC projects readiness at LRMC



By Marcy Sanchez
 Chief, Public Affairs
 Landstuhl Regional Medical Center



U.S. Air Force Maj. Ian Scott, an orthopedic physician assistant at Landstuhl Regional Medical Center, examines a patient during regular operations at the LRMC Orthopedic Clinic, Jan. 19. Physician assistants are one of 16 unique occupations which make up the U.S. Air Force Biomedical Science Corps, which was recently recognized Jan. 23-27.

Since 1965, a unique group of allied health professionals have comprised the ranks of the U.S. Air Forces' Biomedical Sciences Corps. At Landstuhl Regional Medical Center (LRMC), an Army-commanded military treatment facility in Germany, the joint medical team is made up of more than 200 Air Force personnel, of which only a handful are affiliated with BSC.

Each year the Air Force recognizes their accomplishments during Biomedical Sciences Corps Appreciation Week, observed the last week of January.

"It's kind of a unique corps as far as what it's comprised of and how we compete for promotion," said U.S. Air Force Maj. Ian Scott, an orthopedic physician assistant at LRMC. "(The corps') impact is broader spectrum across the medical services."

"(The corps') impact is broader spectrum across the medical services."

**- U.S. Air Force Maj. Ian Scott
 Orthopedic Physician Assistant**

According to the Air Force Medical Services, the BSC mission is to provide full-spectrum allied health support to optimize all we serve. The assembly is comprised of 16 various professions ranging from podiatric surgeons and clinical psychologists to physician assistants and biomedical laboratory officers.

"I became interested in becoming a PA while I was enlisted," recalls Scott, a native of Hermon, Maine. "I did some volunteer work at the Olympic Training Center in Colorado Springs and shadowed the PAs."

Scott, who enlisted in 2006 as a heavy equipment operator, pursued his interests and is now part of the collective-career BSC.

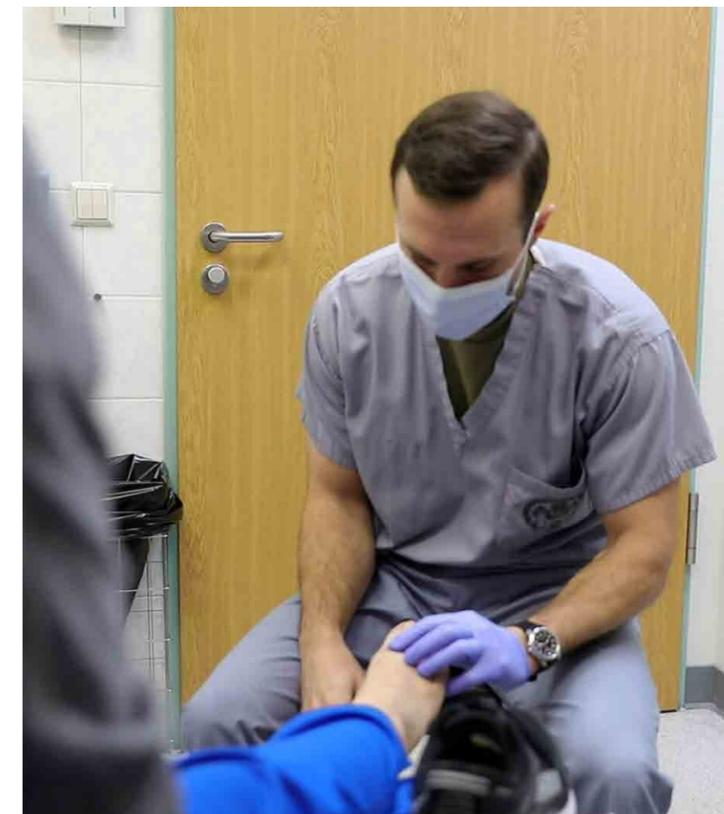
"Orthopedic PAs contribute directly to our warfighter mission at LRMC," said Scott. "We see everybody coming out of (U.S. Central Command, U.S. Africa Command, U.S. Europe Command for any kind of combat injuries, training accidents and off-duty injuries."

Physician Assistants across military medicine provide primary and specialty care to various populations and can be embedded to smaller-sized units to provide front-line medical care beyond enlisted medics' scope of practice.

Another medical field within the BSC are podiatrists who examine and implement treatment for the ankle and foot areas, ranging from corrective medical devices, such as

inserts, to surgical intervention.

"Podiatry sees different musculoskeletal conditions of the foot and ankle, lower leg and are able to treat them at LRMC,"



U.S. Air Force Maj. Joseph Genualdi, podiatric surgeon at Landstuhl Regional Medical Center, examines a patient during regular operations at the LRMC Podiatry Clinic, Jan. 24. Podiatrists are one of 16 unique occupations which make up the U.S. Air Force Biomedical Science Corps, which was recently recognized Jan. 23-27.

said U.S. Air Force Maj. Joseph Genualdi, podiatric surgeon at LRMC. "We have different medical dispensing braces, orthotics, boots and surgical management if the injury has failed conservative therapy."

Because many Service Members are on their feet most of the workday, the clinic at LRMC stays occupied with Service Members in all stages of their careers.

"Service members come in, straight from basic not having been in combat boots before, not having that amount of impact and load with their job. We'll give them some preventative medicine guidance," explains Genualdi, a native of Plant City, Florida. "We'll see patients towards their end of their careers, where they start having more kind of wear and tear issues, arthritis, and we'll see Service Members in between."

From invisible wounds to surgery, BSC members continue projecting readiness across the services.

Watch BSC officers in action:



Hill Top Cafe / Warrior Restaurant

February Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			LUNCH Sukiyaki Beef Garlic Butter Salmon Chickpea Curry Soup: Red Tahí Chiicken 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 Chiicken 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				

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.



Generalarzt (BG)(Dr.) Jens Diehm, Commander of German Armed Forces Central Hospital in Koblenz; U.S. Army Brig. Gen. Clint Murray, Commanding General of Medical Readiness Command, Europe; and U.S. Army Col. Andrew Landers, Commander of Landstuhl Regional Medical Center recognize efforts and accomplishments of LRMC Soldiers and Airmen who participated in a Cultural Exchange Program, providing opportunities for American and German forces to build and strengthen relationships with host nation partners, and enhance professions through exposure and experience at the Koblenz hospital.



(From left) U.S. Army Col. Jana Nohrenberg, regional nurse executive, Medical Readiness Command, Europe, 2nd Lt. Kimberly Tunjano, Clinical Nurse Transition Program student, and Army Col. Jodelle Schroeder, chief nursing officer, LRMC, slice a cake in celebration of the Army Nurse Corps Anniversary, Feb. 2.



Hollyanne Milley, spouse of the Chairman of the Joint Chiefs of Staff, U.S. Army Gen. Mark Milley, visits Landstuhl Regional Medical Center on Friday, Jan 20, 2023 as part of a tour of health and wellness facilities across the Kaiserslautern Military Community. She is joined by, from left to right, Nataki Jones, spouse of 86th Airlift Wing Commander, U.S. Air Force Brig. Gen. Otis Jones; Becky Lamontagne, spouse of U.S. Air Forces in Europe and Air Forces Africa (USAFE-AFAFRICA) Deputy Commander, U.S. Air Force Lt. Gen. John Lamontagne; and Terrie Hecker, spouse of USAFE-AFAFRICA Commander, U.S. Air Force Gen. James Hecker; U.S. Army Col. Andrew Landers, commander, LRMC; Michelle Landers, spouse of Landers; and LeeAnn Murray, spouse of Medical Readiness Command, Europe, commanding general / United States Army Europe and Africa (USAREUR-AF) command surgeon and Defense Health Region Agency Europe, director, U.S. Army Brig. Gen. Clinton K. Murray. - Note: Masks were temporarily removed for group photo.