


the LEGACY

Landstuhl Regional Medical Center

April 2021

Vol. 2, No. 23

86TH MDS AIRMAN RECOGNIZED AS TOP IN FIELD



LANDSTUHL, Germany – U.S. Air Force Tech Sgt. Adam Cardoza performs a preflight inspection on equipment as part of the 86th Medical Squadron's Critical Care Air Transport Team operations, March 23. Cardoza was recognized as the Air Force's top Cardiopulmonary Laboratory Noncommissioned Officer of the Year of 2020. More on page 11.

INSIDE: Meet your SHARP Victim Advocates LRMC civilians of the year recognized DEAC to introduce sustainable options

Events and Training Calendar

April 1: Hospital Newcomer's Orientation

April 2: Commander's Award Ceremony

April 7: Landstuhl Annual Training

April 9: Basic Leaders Course graduation

April 12: ASBP Blood Drive, Heaton

April 13-15: 2021 Skill & Learning Fairs, Heaton

April 14: Medical Trauma Team Training

April 14: TeamSTEPPS

April 15: Hospital Newcomer's Orientation

April 21: Landstuhl Annual Training

April 22: Days of Remembrance observance

April 28: Sexual Assault Awareness and Prevention Denim Day

HISTORY OF denim day

In 1997 in Italy, an 18-year-old girl was raped by her 45-year-old driving instructor, who was later convicted and sentenced to jail. The perpetrator appealed the sentence and his case made it all the way to the Italian Supreme Court where the case was overturned. The instructor was released and the Head Judge released a statement arguing that because she wore tight jeans, he assumed that she must have helped him remove her jeans and, therefore, consented. Enraged by the verdict, the women in the Italian Parliament launched into immediate action and protested by wearing jeans on the steps of the Italian Parliament building. This was the beginning of what has become a worldwide event and movement to wear jeans as a visible means of protest against misconceptions that surround sexual assault.

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LANDSTUHL REGIONAL MEDICAL CENTER
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Medical Center



U.S. Army Col. Michael Weber (left), commander, Landstuhl Regional Medical Center, Command Sgt. Maj. Fergus Joseph, command sergeant major, LPMC, and Lt. Col. Brenda Meredith, commander of the 7238th Medical Support Unit, participate in the Transfer of Authority for the Deployed Warrior Medical Management Center, March 26. During the TOA, the 7236th Medical Support Unit transferred authority of the DWMCC.

Col. Michael Weber

Commander

Landstuhl Regional Medical Center

Spring is here and there are many things to go over this month. I hope you've recovered from "Springing Forward" with Daylight Saving Time and are enjoying the sunshine and warm weather as we get a little more of it each day.

April is Month of the Military Child. Many of you have children who "serve" right alongside you in your military career. I want to recognize all those military children who are a part of our team.

And here in Europe, this applies to our civilian and contractor families, as well. Children and Families support our military through their patriotism, dedication, and enduring support for their service member's well-being, aiding in readiness. We all know an overseas move can be an exciting time – the opportunities to travel, explore, and experience life in another country. But it is also hard to uproot from the familiar. This year especially, as we continue

dealing with the pandemic and lockdowns, I encourage you to continue investing in your quality family time.

During April we also recognize Sexual Assault Awareness Month. This is an especially important topic as we know there is no tolerance for this anywhere in our Army. We are committed to eliminating sexual assault, sexual harassment, and associated retaliation. Be a good battle buddy

and keep an eye on your friends. Survivors of sexual assault and sexual harassment will be treated with dignity and respect. I

encourage reporting, thorough investigations, and holding offenders appropriately accountable for their actions.

Days of Remembrance for Holocaust Victims reminds us to remember the six million Jewish and millions of other victims of the Holocaust, while honoring the resilience of the survivors. This also provides an opportunity to reflect on the moral responsibilities inherent in the Army Values to show dignity and respect to all. My

recommendation for learning more deeply about the Holocaust is to read or listen to the book, *Man's Search for Meaning* by Dr. Victor E. Frankl. He was a survivor and his reflections and call to action help me with my resilience and might help you with your resilience.

Finally, you've probably read news articles about "vaccine delays" in Europe. Rest assured, our senior military leaders here in Europe are working very hard with Department of the Army to get us more vaccine. As you all know, there is great demand for vaccine world-wide, and vaccine production by multiple companies is just starting to ramp up sufficiently to meet that demand. We anticipate the supply will start ramping up again in early April and we will be ready to continue vaccinations according to the DOD's Prioritization Schema. You should continue practicing physical distancing, wearing your mask, and washing your hands frequently as those have proven to be effective in combating the virus. Thank you for your dedication and continued perseverance as we take care of our Joint Warfighters and their families.

Now get out there and get after it, and I'll see you on the high ground.

Thank you for your dedication and continued perseverance as we take care of our Joint Warfighters and their families.

**-Col. Michael Weber
Commander, LPMC**



LRMC CIVILIANS OF THE YEAR

- FISCAL YEAR 2020



**DR. JOANNE
BOLLHOFFER-WHITE**
MEDICATION SAFETY PHARMACIST
DEPARTMENT OF PHARMACY
CIVILIAN OF THE YEAR - CATEGORY II



RICHARD HILGER
LEAD QUALITY ASSURANCE SPECIALIST
FACILITIES MANAGEMENT DIVISION
CIVILIAN OF THE YEAR - CATEGORY III



SIBEL LOBBAN
ADMINISTRATIVE SUPPORT ASSISTANT
COMPANY C, TROOP COMMAND
CIVILIAN OF THE YEAR - CATEGORY I

LRMC personnel recognized for year-long efforts

LANDSTUHL, Germany - From managing a Europe-wide \$65 million operations and maintenance contract, to meeting the needs of more than 850 personnel, Landstuhl Regional Medical Center's Civilian of the Year awardees for 2020 were far from mediocre.

A culmination of their endeavors over the past year was recognized during an awards ceremony for three LRMC civilians including a local national, March 5.

During the recognition, Sibel Lobban, Dr. Joanne Bollhofer-White and Richard Hilger, were each presented with the Civilian Service Achievement Medal and a monetary award for their selection as the Category I, II, and III Civilian Employees of the Year, respectively, at LRMC.

The intent of the awards is to recognize three quarterly awards recipients who: have made contributions which enhance LRMC's mission accomplishments, teamwork, or public image; display a professional attitude toward self and others

and a willingness to share credit; commit to excellence demonstrated by public service, continuous improvements and stewardship of resources; demonstrate personal initiative, creativity and professionalism; and who are recognized by patrons for their efforts.

"I didn't realize it was possible for one person to have so much breadth and depth of knowledge on issues that have huge effects on our Soldiers lives," explains U.S. Army Capt. Brennan James, commander, Company C, Troop Command, LRMC, who nominated Lobban for the Category I award, open to non-supervisory U.S. Civilians and local nationals in entry-level grades.

Lobban, an administrative support assistant at Company C, started in public service while going to school in Heidelberg, Germany, working at the local U.S. military installation with the Army and Air Force Exchange Service before shifting positions and finding her calling at LRMC.

Since 2011, Lobban has proved to be the backbone for Company C, the largest company-sized unit in the U.S. European Command with over 1,850 assigned personnel and family members.

"It makes me happy being able to help them, whatever the situation is," said Lobban, a native of Berlin. "I enjoy the diversity of the job and it keeps me busy. I definitely appreciate the recognition."

"(Lobban) could not be as successful as she has been if she didn't genuinely care about our people. Her inner fire fuels the work and everyone who interacts with her can see that she cares about them and is willing to put in the work to support them," explains James. "Because they can see it, they trust her and having trust in your support network is key to the success for the team."

While Lobban contributed to Soldier readiness and administration, clinicians at the largest American Medical Center



LRMC DFAC plans to deliver sustainable options

LANDSTUHL, Germany - Serving three meals to a hospital with over 2,500 staff members and an average guest throughput of more than 2,500 a day means a lot of waste over the course of a year.

To combat waste production, improve sustainability and contribute to the U.S. Army Installations Strategy, a 15-year long strategy which aims to take care of people, enhance readiness and resilience, modernize and innovate, and promote stewardship, Landstuhl Regional Medical Center's Dining Facility is slated to move toward 100 percent recycled reusable plastic containers for patrons who aren't dining in the facility. This move would replace the current polystyrene foam containers while reducing waste and promote stewardship in the host nation of Germany.

"We decided to start a sustainability initiative in order to reduce our waste stream and try and be more environmentally friendly," said U.S. Army Maj. Andrew Otto, chief of Culinary and Hospitality at LRMC. "(The containers) are widely known throughout the (culinary) industry. They are at universities, civilian hospitals and other military dining facilities also have them."

According to Otto, the containers are a small part of the sustainability solution with

the more critical element being a refrigerator-sized food collection system which was recently installed inside the dining facility. The collection system allows patrons to return their reusable containers for a token which can later be redeemed for a clean reusable container, either at the original dining facility or any other participating dining facility, including those outside the military.

"There's going to be a little bit of a different process of how (a customer) normally would get meals," explains Otto. "(Participants) would be utilizing this machine with every meal that you get. You purchase the container and take the container wherever you would like to eat your meal, whether it's here in the dining facility or back at your office, or even take them home and consume the meal there. These containers are more leak proof than the standard (meal to-go) disposable. When you're done with that meal, you scrape out remaining food, return the container into the machine and repeat the cycle."

While there are nearly a dozen reusable containers of different capacities, including a 16-ounce cup and cutlery, LRMC will begin with a smaller variety of containers to assess the process. According to the

manufacturer, containers are reusable up to 300 times, microwave and freezer safe and can be washed in dishwashers. Additionally, the new containers are BPA free and also utilized at nearby military installations such as Ramstein and Spangdahlem Air Bases.

"The machine helps reduce our carbon footprint by using reusable containers, helps reduce greenhouse gas emissions and helps reduce water usage, said Otto. "All of our trash with the typical (polystyrene foam) or even (paper-based) disposables have to be processed somehow and right now it goes out through trash."

According to some studies, the decomposition of polystyrene foam is estimated to take up to 500 years and has recycling options. Additionally, the U.S. Environmental Protection Agency classifies the product as a possible carcinogen, making greener, more sustainable alternatives more inviting.

"We've got a few different other sustainability efforts going on such as rewriting our menu to be more seasonal to minimize overall impact and cost," said Otto. "We're all in this together and trying to be better stewards for our host nation facilities."

GET TO KNOW YOUR



Capt. Lei-Aloha Bratton

USARHC-Vicenza

Time as a Victim Advocate: 18 Months

Why did you become a VA: I wanted to help people. I've been told that one of my strengths is caring about others, I want to share that skill to support people when they need it the most.

What does being a VA mean to you: Some have described being a Victim Advocate as being the voice for a victim, but I believe my role is to assist all people find their voice. Not only for victims but for all Soldiers to realize that they can be a part of the change to end sexual harassment and sexual assault.

Capt. Aaron Heltunen

USARHC-Baumholder

Time as a Victim Advocate: 18 Months

Why did you become a VA: To further my knowledge of SHARP and directly assist Soldiers in the process.

What does being a VA mean to you: It means always living and upholding the Army Values and supporting our Soldiers.



Capt. Samuel Wollenzien

LRMC

Time as a Victim Advocate: 5 Years

Why did you become a VA: To help improve the environment and quality of the Military.

What does being a VA mean to you: The opportunity to help Service Members and individuals to get back up and get to a place where they can be safe and receive the help they need to recover.

HMI Carl Benjamin

Armed Services Blood Bank Center-Europe

Time as a Victim Advocate: 6 Months

Why did you become a VA: I wanted to make a difference and help others while fostering a work environment characterized by respect and dignity.

What does being a VA mean to you: Being a VA gives opportunity to provide advice.



Sgt. 1st Class Abdou Ibrahim

LRMC

Time as a Victim Advocate: 13 Years

Why did you become a VA: To assist those who experience sexual harassment and/or sexual assault and help create a climate of non-tolerance to rid of these threats in our ranks.

What does being a VA mean to you: It means I get to support those who are victims and EMPOWER them to use their voice to guide their healing.

Sgt. James Gabisum

LRMC

Time as a Victim Advocate: 10 Months

Why did you become a VA: To do my part in preventing and ending sexual harassment and assault in my unit and the Army.

What does being a VA mean to you: It means being a first-line responder to SHARP-related incidences and being an asset for providing information and training on SHARP.



Sgt. 1st Class Bridget Imperato

LRMC

Time as a Victim Advocate: 4 Years

Why did you become a VA: I believe in the program and a change cultural "norms". I am happy to provide safety through listening, guiding with doctrine, and assisting the Survivor through all avenues.

What does being a VA mean to you: I feel it is an extension of Selfless Service to our service men and women. A victim of harassment or assault can lose their identity in the situation and lose their voice. I have the honor to bring them back to their place of self-worth and strength.

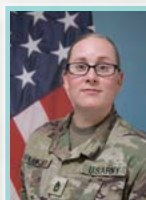
Sgt. Erika Cheillada

LRMC

Time as a Victim Advocate: New VA

Why did you become a VA: To help facilitate the best care possible for all Soldiers.

What does being a VA mean to you: Being a VA means that I am an asset to the health and welfare of my Military Community.



Sgt. 1st Class April Luikart

LRMC

Time as a Victim Advocate: 9 Years

Why did you become a VA: I felt a sense of compassion to help others that were in need. I wanted to lead by example.

What does being a VA mean to you: I am able to assist when others can't. I'm able to be present, have empathy, and have the skills to know how to help. It means knowing that myself and others like me are available to our brothers and sisters in arms.

Sgt. Ranceel Arrocha

LRMC

Why did you become a VA: I applied to become a VA to support Soldiers on the other side of the spectrum from what I usually see working in behavioral health.

What does being a VA mean to you: Being a VA means that I'll be supporting, educating and promoting safer work environments for Service Members and Civilians.



Sgt. 1st Class Timothy McDonald

LRMC

Time as a Victim Advocate: 3 Years

Why did you become a VA: To take ownership of the community I live and work in.

What does being a VA mean to you: Being a VA has afforded me the opportunity to shape trust and understanding through open dialogue with our collective family. Being a VA means that I am an educator and an advocate for who we are and who we must become.

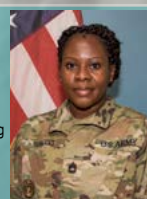
Sgt. 1st Class Chimwemwe Rumans

LRMC

Time as a Victim Advocate: 4 Years

Why did you become a VA: I became a Victim Advocate as Drill Sergeant. I wanted to educate Soldiers on the importance of SHARP, encourage speaking up when something is wrong, regardless of rank.

What does being a VA mean to you: Being there for someone when going through a difficult time and let them know that someone will always be there.



VICTIM ADVOCATES



Sgt. Andrew Petersen
SEAF Healthcare Facility

Time as a Victim Advocate: 6 Months

Why did you become a VA: I truly believe that I can help make a difference within my unit and overall community by spreading awareness of all that encompasses sexual assault/harassment.

What does being a VA mean to you: I look forward to being that extra voice in our ranks who will not tolerate this type of behavior. I want to help stop this ridiculous behavior that continues to plague our Military, civilian workforce and local national counterparts.



Sgt. Frank Rymer
USAFHC-Bannholder

Time as a Victim Advocate: 3 Months

Why did you become a VA: I chose to join the SHARP team to be a voice for those unfortunate victims, and hopefully provide the education and tools to prevent the need for future exams to be conducted.

What does being a VA mean to you: I aim to provide the best care and comfort to the victims assigned to me in the same manner that I take care of my patients on a daily basis.



Sgt. Jody Wilson
LRMC

Time as a Victim Advocate: 10 Months

Why did you become a VA: I wanted to make a difference for myself and for others. I wanted to discover what it took to help, and how to be effective and not a part of the problem.

What does being a VA mean to you: It allows me to be the resource to victims. "I was born to help others" is my motto, being a victim advocate allows me to be and do more on their behalf.



Staff Sgt. Erica Long
LRMC

Time as a Victim Advocate: 1 Month

Why did you become a VA: I believe that we owe our soldiers a safe place. Whether that safe place be a place to be themselves, report, or just feel safe at all times. We owe them that.

What does being a VA mean to you: Being able to serve in this capacity is an honor. Specifically because it requires that you be steadfast, trustworthy and loyal. Hopefully, I am exactly what someone needs when they need it.



Sgt. Andrea Peoples
LRMC

Time as a Victim Advocate: 3 Months

Why did you become a VA: I became a victim's advocate to be a voice for the voiceless. I want to be their support bridge to recuperation.

What does being a VA mean to you: Fulfilling this duty provides me with the privilege to form a positive impact within the military and the encompassing communities.



Staff Sgt. Ryan Dupuy
LRMC

Why did you become a VA: To advocate for the impact it has within a unit, being one of the few extra duties that I believe actually matters to the overall state of Soldier's wellbeing.

What does being a VA mean to you: I feel strongly that the SHARP culture of change still needs work and want people to see an example of leaders intervening and working to change the culture to one of positivity and safety.

Staff Sgt. Brandy M. Franklin
LRMC Victim Advocate



Time as a Victim Advocate: 13 Years

Why did you become a VA: To assist those who experience sexual harassment and/or sexual assault and help create a climate of non-tolerance to rid of these threats in our ranks.

What does being a VA mean to you: It means I get to support those who are victims and EMPOWER them to use their voice to guide their healing.

Staff Sgt. Albina Gallagher
USAFHC-Wiesbaden



Time as a Victim Advocate: 18 Months

Why did you become a VA: To be able to spread awareness, education and prevention among troops as well as provide guidance and support to victims.

What does being a VA mean to you: To be always available for those in need, be empathetic and compassionate and always remember sexual assault and harassment can happen to anyone, including myself.

Staff Sgt. Arge Halog
LRMC



Time as a Victim Advocate: N/A

Why did you become a VA: I wanted to be an instrument to create a unit not afraid to intervene and create a sexual harassment/assault-free environment.

What does being a VA mean to you: To be able to assist and answer the victims needs.

Sgt. Shanekia Joyner
LRMC



Time as a Victim Advocate: 2 Years

Why did you become a VA: I wanted to help Soldiers have a voice and feel comforted and safe when they are victims.

What does being a VA mean to you: It means I am able to teach Soldiers what right looks like and train them to identify hazardous behaviors that might contribute to others becoming victims of sexual harassment and sexual assault.

Staff Sgt. Paul Orndoff
LRMC



Time as a Victim Advocate: 1 Year

Why did you become a VA: To support the victims and give them a voice.

What does being a VA mean to you: It allows me to give a voice to those who need one, I will be able to provide support and guidance to anyone who needs it, as well as be a voice for change in the military culture.

Staff Sgt. Richard Leroy
LRMC

Time as a Victim Advocate: 2 weeks

Why did you become a VA: To help people going through difficult situations and to create an environment free of sexual assault/harassment.

What does being a VA mean to you: It means being there for people and helping those with resources and just being someone who they can rely on for help.

Sgt. James Moto
USAFHC-Bannholder





LRMC lab officer named Ramstein's top Company-Grade Officer

LANDSTUHL, Germany - Individuals may argue the best jobs in the military involve combat operations, intelligence gathering and other positions reflective of the movie "Mission Impossible." What some never consider is the effect some individuals have on the health and readiness for tens of thousands of patients.

To U.S. Air Force Capt. Mary Storey, a member of the 86th Medical Squadron and chief of Core Laboratory at Landstuhl Regional Medical Center, proving her worth against some of the other action packed jobs is just a matter of caring.

"(Storey's) work has been exemplary," said U.S. Air Force Maj. Cory Hedin, deputy chief of the Pharmacy Department at LRMC and the 86th MDS flight commander overseeing Storey's section. "She has really stood out in a lot of ways as a leader and has been asked to fill into field grade officer positions at LRMC."

Storey, a native of Indian Heights, Indiana, was recently recognized as the 86th Airlift Wing's Company Grade Officer



of 2020, the host wing of Ramstein Air Base, Germany, reigning over officers in the ranks of first and second lieutenant, and captain.

With over 110,000 COVID-19 tests performed at LRMC, Storey's leadership was also key to ensuring the Kaiserslautern Military Community in Germany could detect and trace the virus to prevent further spread. Hedin explains without Storey's oversight, the entire COVID-19 testing mission could have been at risk.

"During (the pandemic), (Storey) has been a key component in making sure (COVID-19) tests are available when providers need to be testing people," said Hedin. "If we can't test people, we have no idea where the virus is going and we're potentially losing (Service Members) to sickness and other things, so she does a lot of work, coordinating testing capabilities."

Assigned to U.S. Air Forces in Europe and Air Forces Africa, the 86th AW is the parent organization of seven groups and 30 squadrons across four military installations in Germany, Spain, Belgium and Portugal. Additionally, the wing is the sole provider of airlift, airdrop, and aeromedical evacuation flying operations.

"We are a 24/7 operation," said Storey. "Our mission with core lab also supports preoperative (procedures), the COVID-19 mission, while also looking for ways to advance our operations through process improvement projects."

The core laboratory is comprised of hematology, chemistry, endocrinology, noncellular immunology, and urinalysis and coagulation labs which perform over 1 million clinical tests annually.

"(Working at LRMC) has been quite the experience working in a joint environment," said Storey, whose husband serves in the U.S. Army. "I think I've learned a lot and I've

grown, it's definitely a different experience and taking you out of the comfort zone as well."

It was Storey's consciousness of working in a joint environment which led her to seek changes to processes for Airmen working in an Army-led Military Treatment Facility, helping streamline laboratory results to the appropriate electronic records to more than 250 Airmen assigned to the 86th MDS at LRMC. Additionally, Storey led three professional organization surveys while serving as the chief for regional laboratory services, resulting in minimal discrepancies to include a flawless inspection at U.S. Army Health Clinic Baumholder.

While Storey's selection is an individual recognition, she credits her success to her team and explains the vast operations of LRMC's laboratory services is what led her to being selected for the recognition.

"I believe it's a team award," said Storey. "We (approximately two dozen) team members, most of them are Soldiers, and some Air Force and civilian personnel. My role as a mentor and leader is to support them, listen to them and take their feedback and anything that I can help improve and make things better that that's what I'm here for."

Staying true to her leadership ethics, Storey assisted in the selection of two enlisted Airmen to a commissioning program, helping develop future leaders in the Air Force officer ranks.

"It's very rare to see a (medical professional) win that award," said Hedin. "What really sets her apart is her organization, her drive and what she does to keep the mission going. In addition to that, she also does a fantastic job of taking care of people. She really looks out for her people. And I think that is definitely something that has set her apart among her peers."

Patient Caring Touch System

Perseverance

the quality that allows someone to continue trying to do something even though it is difficult.



Why is Perseverance Important? Perseverance sets exceptional leaders apart, and we are all leaders in our own right. It is that steady persistence in a course of action or identified purpose, in spite of difficulties, obstacles, or discouragement that keeps you on mission and focused on the goal. Perseverance pushes you to try again and again, builds endurance, and can even push you to find answers to seemingly impossible questions. Continuous effort is the key to unlocking your potential. The opposite of perseverance is giving up, and who wants to be a quitter!

CEOY continued...

overseas relied on Bollhofer-White, a medication safety pharmacist at the Department of Pharmacy, for medication and patient safety.

Although Bollhofer-White, who was recognized with the Category II award which is open to non-supervisory U.S. Civilians and local nationals in mid-level grades, is not new to military medicine after spending two decades as an active-duty pharmacist in the U.S. Air Force, she is new to civil service.

"I started in civil service when I came to LRMC," explains Bollhofer-White, a medication safety pharmacist with LRMC's Department of Pharmacy and native of Hicksville, New York.

Over the past 2 ½ years, Bollhofer-White led pharmacy efforts to ensure her department and the hospital was practicing safe and efficient medication management, including leading the team during the triennial Joint Commission survey.

"(Bollhofer-White) has a passion for patient and staff well-being and applies her pharmacy expertise to improve medication use," explains U.S. Army Col. Paul Kassebaum, chief, Department of Pharmacy, LRMC. "Her impact goes way beyond the pharmacy, through her unique combination of initiative, persistence, and expertise, she has improved medication use for patients throughout the hospital."

Additionally, Bollhofer-White established medication management champions in each clinical area throughout LRMC, which streamlines any medication-related messages to staff members, training over 40 staff

members to increase patient safety and staff efficiency.

"She is always looking for how to make processes better and will develop solutions proactively," said Kassebaum. "It is inspiring to get to work with people like her."

Bollhofer-White's interest in pharmaceuticals began in junior high school, following a suggestion in the occupation from her school counselor.

"The more I looked into what a pharmacist does, the more I became interested in this as a profession. Pharmacy gives you an opportunity to help so many people by providing them medication and information to lead healthier lives," said Bollhofer-White. "LRMC pharmacy is probably the best I've ever worked with. We have a mix of Army, Air Force, Department of Defense civilians and contractors, and everyone works as one unit to ensure our patients receive the best pharmacy care."

The awardees' impact was also realized well beyond LRMC, the parent organization of six U.S. Army health clinics across Europe, as demonstrated by Hilger, the Category III award recipient, which recognizes higher-level supervisors.

According to William McCarthy, the facilities director for all U.S. Army medical facilities in Europe, Hilger's contributions during 2020 were beyond what was expected in his position. "Without (Hilger's) presence, the quality and safety of LRMC and RHCE's medical facilities would not be at the high level they are now," McCarthy wrote in Hilger's nomination.

"A lot of the things that our team does is work that's behind these walls, which most staff members don't realize but it helps them do their daily missions whether it's surgery, urology, or whatever," said Hilger, a lead quality assurance specialist and Green Bay, Wis., native. "You're only as strong as your team and we have a very conscientious and proactive facility management team that work really well together."

Although Hilger is organic to LRMC, his noteworthy efforts led to recruitment as the contracting officer representative at Regional Health Command Europe, LRMC's parent organization, which manages all U.S. Army medical facilities across Europe. For more than 4 ½ years, Hilger's contributions to the facilities management mission is apparent with multiple contract management and an understanding of local maintenance practices to sustain operations.

"What I enjoy most about the job is the relationships," said Hilger. "We get to do a lot of cross communication with other organizations, departments, have a lot of interactions and I just enjoy it."

Hilger, who retired from the U.S. Air Force as an electrician, says the recognition isn't a reflection of his work but one of his team's efforts.

"Everybody's here to do a job and they're all here to support the patients and staff members," said Hilger. "I'm very honored and surprised but I don't want to take (the award) as mine, it's really the team working hard out there."

Hill Top Cafe / Warrior Restaurant

April Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				LUNCH Southern Fried Chicken Quarter Beef Stew Chickpea Curry Soup: Roasted Red Pepper + Tomato DINNER Blackened Pollock Broccoli Cheese and Rice Casserole	LUNCH Lemon Baked Pollock Spaghetti with Meat Sauce Soup: Baked Potato DINNER Savory Baked Chicken Cheese Tortellini with Pesto	LUNCH Salisbury Steak Caribbean Black Beans DINNER General Tso's Chicken Breast Vegetable Curry and Rice
LUNCH Battered Pollock Yankee Pot Roast DINNER Blackened Catfish Baked Mac and Cheese	LUNCH Caribbean Jerk Chicken Quarter Shrimp Jambalaya Soup: Chicken Gumbo DINNER Braised Pork Chops Spinach and Mushroom Cheese	LUNCH Chicken Parmesan Meatballs with Marinara Soup: Tortilla DINNER Beef Tacos Sweet Potato Burrito	LUNCH Polish Sausage with Sauerkraut Savory Baked Chicken Vegetarian Indian Korma Soup: Broccoli and Cheese DINNER Spicy Turkey Meatloaf Vegetarian Lasagna	LUNCH Cajun Chicken Breast BBQ Beef Brisket Soup: Chicken Noodle DINNER Baked Pollock Vegetable Stuffed Peppers	LUNCH Braised Pork Chops Brazilian Fish Stew Vegetable Curry and Rice Soup: Minestrone DINNER Turkey A la King Black Bean Chili	LUNCH 5 Spice Chicken Quarter Baked Mac and Cheese DINNER Caribbean Catfish Tortellini with Pesto
LUNCH Yankee Pot Roast Honey Glazed Ham DINNER BBQ Beef Cubes	LUNCH Beef Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon SOUP: Red Tahini Curry DINNER Honey Chipotle Chicken	LUNCH Kalua Pig & Cabbage Caribbean Jerk Chicken Spinach Lasagna SOUP: Hearty Tomato DINNER Creole Chicken	LUNCH Baja Bake Cod Carne Asada Vegetarian Paella SOUP: Tortilla DINNER Beef Lasagne	LUNCH Shrimp Scampi Parmesan Chicken Breast Pasta Primavera SOUP: Spicy Black Bean DINNER Spicy Turkey Meatloaf	LUNCH Baked Salmon Honey Ginger Chicken SOUP: Baked Potato DINNER Turkey A la King	LUNCH Salisbury Steak Caribbean Black Beans DINNER Stuffed Bell Peppers
LUNCH Roast Turkey Battered Pollock DINNER Beef Meatloaf	LUNCH Almond Crusted Cod Beef Pot Roast Veggie Lasagna SOUP: Chicken Noodle DINNER Rosemary Chicken	LUNCH Pulled Pork Rosemary Chicken Zucchini Pancakes SOUP: Corn Bisque DINNER Chicken and Rice Casserole	LUNCH Pineapple Pork Chop 5 Spice Chicken Indian Korma SOUP: Tortilla DINNER Beef Chili Mac	LUNCH Greek Lemon Chicken Beef Stifado Squash Casserole SOUP: Loaded Baked Potato DINNER Chicken Tetrazzini	LUNCH Chicken Lasagne Spicy Baked Fish Lentil Chili SOUP: Cream of Zucchini DINNER Pepper Steak	LUNCH Beef Yakisoba Oven Roasted fish and Vegetables DINNER Chicken Pot Pie
LUNCH Yankee Pot Roast Honey Glazed Ham DINNER BBQ Beef Cubes	LUNCH Beef Bulgogi Sweet & Sour Chicken Vegetarian Pancit Bihon SOUP: Red Tahini Curry DINNER Honey Chipotle Chicken	LUNCH Kalua Pig & Cabbage Caribbean Jerk Chicken Spinach Lasagne SOUP: Hearty Tomato DINNER Creole Chicken	LUNCH Baja Bake Cod Carne Asada Vegetarian Paella SOUP: Tortilla DINNER Beef Lasagne	LUNCH Shrimp Scampi Parmesan Chicken Breast Pasta Primavera SOUP: Spicy Black Bean DINNER Spicy Turkey Meatloaf	LUNCH Baked Salmon Honey Ginger Chicken SOUP: Baked Potato DINNER Turkey A la King	

The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.

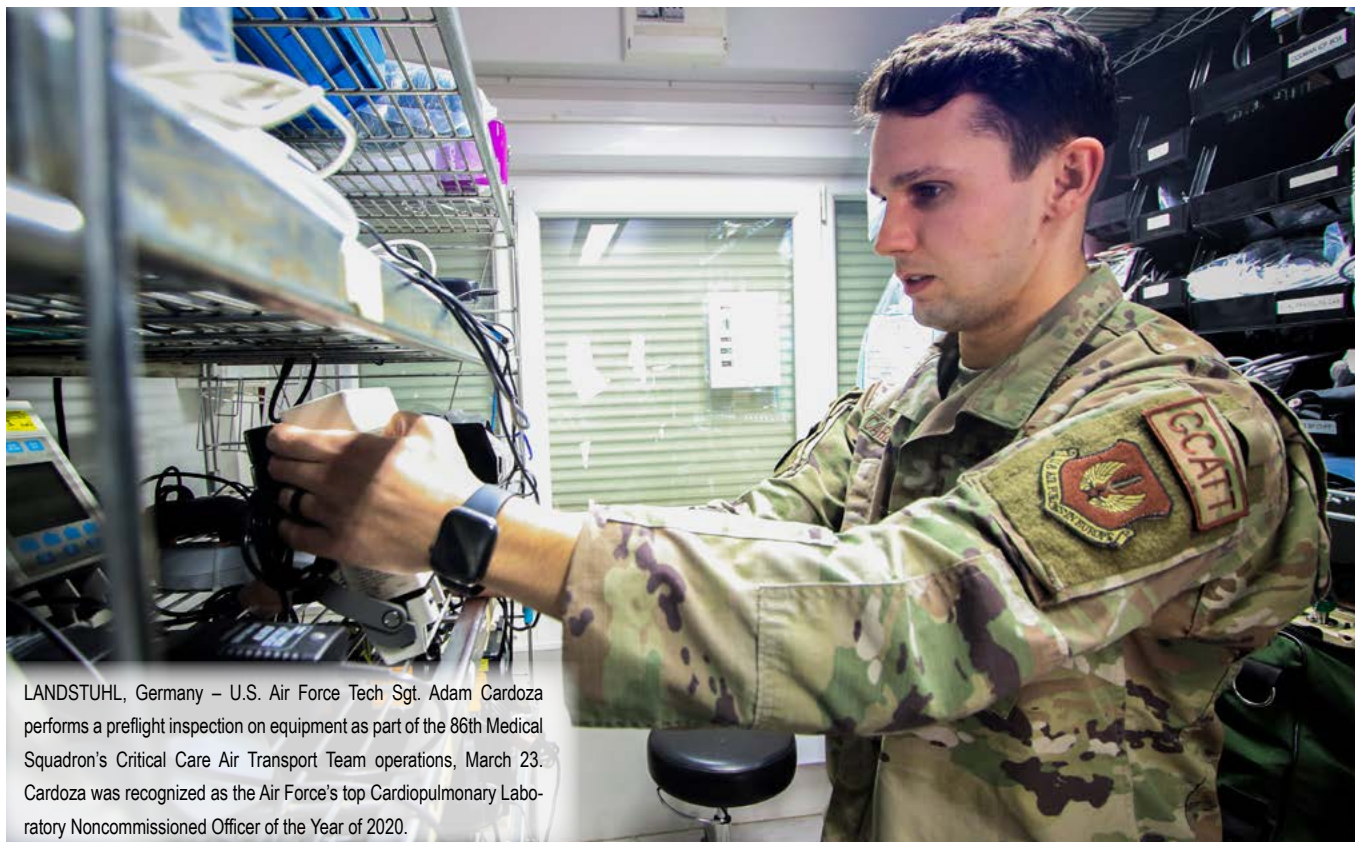
Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.

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

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

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

**Menu is subject to change.



LANDSTUHL, Germany – U.S. Air Force Tech Sgt. Adam Cardoza performs a preflight inspection on equipment as part of the 86th Medical Squadron's Critical Care Air Transport Team operations, March 23. Cardoza was recognized as the Air Force's top Cardiopulmonary Laboratory Noncommissioned Officer of the Year of 2020.

LANDSTUHL, Germany - Over 250 service members at the U.S. Army-commanded Landstuhl Regional Medical Center don a different military uniform and serve under the U.S. Air Forces' 86th Medical Squadron, side-by-side with Army counterparts. In a testament to his proficiency, one joint-environment Airman was recently recognized as top performer in his field across the U.S. Air Force.

U.S. Air Force Tech. Sgt. Adam Cardoza, noncommissioned officer in charge of the Pulmonary Clinic at Landstuhl Regional Medical Center and a member of the 86th MDS Critical Care Air Transport Team (CCATT), was announced as the U.S. Air Force Medical Service Cardiopulmonary Noncommissioned Officer of the Year for 2020.

The Air Force Medical Service awards reflect the extraordinary quality of Air Force medics and recognize expertise, leadership and commitment to the Air Force mission and the Joint team, according to Air Force Medicine.

"Over the past year we've had a lot going on, especially for the respiratory therapy career field," said Cardoza. "A lot of responsibility was put on us as a department to increase our capabilities to be able to meet the influx of (COVID-19) patients that could have come in."

Serving in the field for over eight years,

Cardoza's choice to serve in the medical field was inspired by his mother's service as a registered nurse.

"She kind of pushed me toward (medical professions) and I've loved it ever since," said Cardoza.

In demonstrating his keenness for the field, Cardoza has since earned certifications and experiences outside of the military in the cardio pulmonary field since enlisting, to include working at civilian hospitals for additional capability.

"Because they usually see a higher acuity of patients, we're able to go to these different hospitals and work as respiratory therapists which is very crucial for us to keep our skills up and to stay current on best practices," said Cardoza, a native of Dana Point, California. "I'm really lucky that I was able to get this (military occupational specialty) and stay in it so long."

Although the promise of a good career entices Cardoza to continue in the field, he states the impact they have on patients is what really drives his work ethics.

"I love patient care, I love taking care of patients. I actually just saw a patient that I took care of in the (Intensive Care Unit) who was very, very sick," said Cardoza. "Since discharge, (the patient) looks like a totally different person. Being able to see the (transformation) is really rewarding and something that keeps me going."

Cardoza's work as a leader also played a role in his selection as top in his field.

"It's very rewarding for me to get to train the younger generation coming in (the Air Force) and hopefully pass on some of my experience and let them take the reins as I go on and do other things," said Cardoza.

Cardoza's assignment as part of the CCATT, a highly specialized and uniquely skilled three-person medical team that augments standard aeromedical evacuation crew members and turns an aircraft into a flying intensive care unit, also influences his passion to care for patients and work with others.

"(CCATT) is pretty crucial to readiness operations here. Respiratory therapists are in the ICU with the nurses and doctors who are keeping patients alive. We're there at the patient's bedside when they are on life support," explains Cardoza. "Our mission here directly translates to working in a war-time environment, so it's really crucial we keep our skills up and keep training."

"I'm honored to be recognized at that level, I owe it to my team here and the leaders who allowed me to accomplish what I accomplished last year," said Cardoza. "It was a really tough year for respiratory therapists, to be able to represent respiratory therapist across the Air Force is a true honor."

the spotlight

ONE TEAM. ONE PURPOSE.

Selfless Service.



Col. Michael Weber, commander, Landstuhl Regional Medical Center, presents Lt. Col. Jason Edens, Officer in Charge of Plastic Surgery Services at LRMCC with an award during the monthly Commander's Award Ceremony, March 5.



(From left) U.S. Army Sgt. 1st Class Robert Baird, detachment sergeant, U.S. Army Health Clinic Baumholder, watches on as Lt. Col. Elizabeth Gum, commander, USAHC-Baumholder, receives the unit colors from Sgt. 1st Class Mira Velez de Mansilla, outgoing detachment sergeant, USAHC-Baumholder, during a change of responsibility ceremony at USAHC-Baumholder, March 17.



Soldiers with the 7238th Medical Support Unit (Forward) stand at parade rest during the Deployed Warrior Medical Management Center Transfer of Authority at Landstuhl Regional Medical Center, March 26th. The 7238th MSU, based out of Fort Hamilton, New York, will be responsible for coordination, reception and evacuation of wounded, ill, and injured Service Members from Across Europe, Africa, and the Middle East during their deployment with the DWMCC.