

the LEGACY

Landstuhl Regional Medical Center

February 2021

Vol. 2, No. 21



U.S. ARMY

Est. Feb. 2, 1901



NURSE CORPS

120 Years Strong!



INSIDE:

Soldier reflects on service

Airman thrives through innovation

COVID-19 vaccinations kick off

Events and Training Calendar

Feb. 3: Landstuhl Annual Training

Feb. 10: TeamSTEPPS

Feb. 5: NCO Induction Ceremony

Feb. 15: President's Day

Feb. 5: Commander's Award Ceremony

Feb. 17: Landstuhl Annual Training

Feb. 4: Hospital Newcomer's Orientation

Feb. 18: Hospital Newcomer's Orientation

Feb. 8: ASBP Blood Drive (Heaton)

Feb. 23: National African American History Month

Feb. 8 - 26: COVID-19 Vaccination Drive

observance

Shape the culture

**Command Sgt. Maj.
John Contreras**
Command Sergeant Major
Troop Command

It brings me great pleasure to have the opportunity to address the formation for this month's Troop Command, Legacy article. Lt. Col. Buchner and I are tremendously proud of the team and the amount of professionalism, resiliency, commitment and selfless service we witness on a daily basis. To be part of the "Legacy" and "Courageous" team is an honor and privilege that fills me with enthusiasm and joy.

As we transition into the New Year, January presents some of the same challenges and residual effects of 2020. However, as with the many incredible challenges faced in the past, the organization has risen to meet each challenge head on and developed dynamic and unified efforts to accomplish the mission. We continue to reinforce the importance of the LRMC Commander's Command Philosophy, which states, "Teamwork, true concern, and uncompromising loyalty to each other and our patients will be our moral and ethical compass."

Unfortunately, with all of the great accomplishments being made, we find ourselves faced with the challenges presented by actions and behaviors that are corrosive to our ranks. I want to reinforce the fact that Leaders at every echelon play a key role in developing/shaping the culture of our organization. Respect, trust and discipline are the cornerstone and foundation of our unit readiness, cohesion, and esprit de corps.

I challenge each and every one of you, to do everything you can to preserve those precious and valued aspects of our team. Be part of the solution that is centered on prevention, intervention, compassion and true concern for every member of our team. We must remain committed to the values that make us the most professional Armed Forces in the world. The Army has challenged us to shift our priority and take a "People First" approach when developing our strategies for success. This places a responsibility on us and every member of the team to ensure that we have, 1) the "Right Leadership" 2) the "Right Policies" 3) the "Right Resources" to create trained, disciplined, fit and cohesive teams.

Leadership styles must be flexible, creative and tailored to our current environment. Get innovative in your approach, share ideas with your teammates, and most importantly don't get complacent. Continue to find ways to stay engaged with members of your team and remain committed to developing the most professional and lethal force that is capable of winning across the full spectrum of multi-domain operations.

We have made significant progress in all aspects of our Lines of Effort, but that does not allow the opportunity to lose focus and slow momentum. We must remain steadfast in our efforts!

Thank you for everything you continue to do on a daily basis. It is a tremendous honor to be part of the best team in the Army!

- Command Sgt. Maj. John Contreras
Courageous 7

the **LEGACY**

LANDSTUHL REGIONAL MEDICAL CENTER
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Medical Center



U.S. Army Col. Michael Weber (left), commander, Landstuhl Regional Medical Center and Command Sgt. Maj. Fergus Joseph, command sergeant major, LPMC, receive their first COVID-19 vaccinations at LPMC's Heaton Auditorium, Jan. 1.

Col. Michael Weber

Commander

Landstuhl Regional Medical Center

As we continue marching forward into 2021, I want to thank all of you for the momentum you have shown in this New Year. We have successfully begun our COVID-19 vaccination campaign, and I am so proud of all of you who have participated in this monumental undertaking. Let's continue our push full steam ahead for vaccinating as many beneficiaries as we can for those who would like to receive it.

February is National African American History Month, officially dedicated by President Gerald R. Ford in 1976. We dedicate this month in tribute to the generations of African Americans who have fought and worked hard to achieve equal rights. If you are interested in finding out more information, the U.S. National Archives and Records Administration has a diverse

range of material documenting the African American experience. You can visit www.archives.gov/research/african-americans for more information.

I hope you are keeping up with your own mental health as we continue through this winter season and pandemic. I know it's exciting to think with the vaccine here, the end is on the horizon. But we still have a long way to go. Wearing your mask, washing your hands, and maintaining appropriate physical distancing is still going to be our best defense for the next several months as the vaccine roll out continues.

On Feb. 5 we will host an NCO Induction Ceremony to honor our newest non-commissioned officers. We try to livestream as

many of these events as possible, so family and friends can participate and honor their loved ones. Be sure to follow our Facebook page at [@LRMCOfficialPage](https://www.facebook.com/LRMCOfficialPage).

On Feb. 8, the Armed Services Blood Program will host a Blood Drive in the Heaton Auditorium. You will need to sign up for an appointment, but I encourage you to do so if you are able. The blood collected by the ASBP stays in the military community and just one donor can help save or improve the life of up to three patients.

Again, thanks for all you do for our Joint Warfighters and their families. I am proud to serve alongside each of you every day. I'll see you on the high ground.

Best Defense is Offense



U.S. Army Sgt. James Gabisum, a health care specialist and noncommissioned officer in charge of the Family Medicine Clinic at Landstuhl Regional Medical Center, who recently earned the Best Warrior title for Regional Health Command Europe, is pictured at the Family Medicine Clinic.

U.S. ARMY SOLDIER, NIGERIAN NATIVE REFLECTS ON SERVICE, OPPORTUNITIES

LANDSTUHL, Germany – Service in the armed forces is an alternative to college for most American high school students nearing graduation. For James Gabisum, service to the country is a privilege he doesn't take for granted.

A native of Nigeria, Gabisum's first experience with the American way of life came after being selected for participation in a foreign exchange student program in the late 2000s. Following selection, Gabisum, only 15 years old at the time, travelled across the world to the U.S. state of Iowa.

"I stayed with a host family in Milford, Iowa, for one year and returned to Nigeria," explained Gabisum. "After a year, and with the help of the family I stayed with, I returned back to the U.S. to go to college."

After two years of college education, and becoming a naturalized U.S. citizen, Gabisum felt the need to give back to the U.S. in return for the opportunities afforded to him, so he enlisted in the U.S. Army.

"I wasn't quite sure what I wanted to do (following school). I was always interested in the military growing up so I felt serving the country would be a good way to kind of like pay back," said Gabisum, now a sergeant in the Army. "Initially I was just going to do four years but after the four years were up

I reenlisted."

Gabisum, 28, now serves as the non-commissioned officer in charge, Family Medicine Clinic, Landstuhl Regional Medical Center, and says he appreciates the opportunities service in the Army has presented to him, demonstrated by his work ethic and performance as a health care specialist and a Soldier.

"(Gabisum) contributes to the clinic by ensuring all the medics are ready to complete the mission at all times," said U.S. Air Force Tech Sgt. Jose De Jesus, Gabisum's supervisor.

As an Air Force supervisor in an Army-commanded Military Treatment Facility, De Jesus explains the value Gabisum has brought to the team and the assistance he has provided De Jesus.

"(Gabisum) assists me with all Army-related tasks and administrative duties and has helped me understand the Army process. Without him my job would have been extremely difficult," says De Jesus.

Gabisum's commitment to service was further demonstrated this year as COVID-19 response efforts took effect at LRMC, activating unprecedented operations and introducing restrictions some Soldiers had never experienced before. According to De

Jesus, Gabisum continued to lead by example during the pandemic, ensuring Soldiers continued doing what was required of them.

"His calmness can be contagious," explains De Jesus. "As a leader, he's continuously engaged with his Soldiers and cares about their careers. He understands that he becomes better by making his Soldiers better with him."

Recently, Gabisum earned the title of Best Warrior for Regional Health Command Europe, an annual competition which pits Soldiers against each other during multiple warrior tasks, tests and oral assessments. Gabisum credits the opportunities he's had in the Army for the drive he maintains, both in the clinical setting and on the battlefield.

"I feel it's important for a Soldier to continue to push themselves further and find opportunities. We all have potential but unless we apply ourselves and try to see how much better we can be, we're never going to know," explained Gabisum. "At the end of the day, all these competitions is also training, you learn stuff. You're not always going to win every competition but it forces you to learn and you become a better Soldier."



Host nation patient liaisons impact continuity of care

Gabriele Harrison (right), host nation patient liaison supervisor and transfer coordinator, Landstuhl Regional Medical Center, discusses care options with a patient during a patient encounter at LRMC.

Americans on overseas assignments can find the experience to be quite overwhelming. While the language barrier, culture and solitude can make the transition more difficult, health care shouldn't be jeopardized.

The end of the Cold War led to a withdrawal of U.S. Forces in Europe during the 1990s. A dramatic change in the overseas American health care system also occurred, with the closing of dozens of Military Treatment Facilities across Germany, leading to an increased dependence on the German health care system for some Americans.

To assist with the unnerving task of managing health care while overseas, Landstuhl Regional Medical Center employs multiple host nation patient liaisons to help Americans navigate through host nation health care.

While assigned to Landstuhl Regional Medical Center, host nation patient liaisons provide services to all Americans while overseas, including Department of Defense civilian employees, Department of Defense Education Activity employees, and retirees.

"As long as they need help, we pretty much answer everybody's call," said Gabriele Harrison, host nation patient liaison supervisor and transfer coordinator

at LRMC. "There is a host nation patient liaison that can help when they are in a German hospital. If (Americans) don't speak the language, if they are worried about what treatments they receive, if they need help with communicating with doctors whatever the issue, there is a liaison that can help."

Ensuring Americans are aware of their services is a main focus for patient liaisons to prevent patients from worrying if they ever find themselves in a host nation medical facility.

"It's good to know (services available) before people actually get sick or hurt in accidents," said Harrison.

"We work very closely with the German medical facilities, and their staffs," explains Bonnie DeJesus, host nation patient liaison. "Ideally we know before they go if it's a routine hospitalization so we can get to (the patient) and discuss what they need to take with them, what to expect, and explain the differences between the German healthcare delivery system and the American healthcare delivery system."

According to DeJesus, during emergencies, patient liaisons are authorized to communicate certain aspects of care with chains of command, allowing patients to focus on their care. Additionally, the

liaisons play an important role ensuring patients understand German healthcare providers' roles, medical orders and discharge instructions.

"German nurses are not allowed to give out a lot of medical information (by German law) and some patients get frustrated because they ask the nurses and the nurses say 'I can't tell you that' or 'I'm not allowed to say that,'" explains DeJesus. "The nurses (are) there for other purposes."

"Anything that we can possibly do for the patients we'll do it and we stay engaged in the care of that patient until they get discharged," adds Harrison. "We're like a safety net for them. Somebody they can turn to and get answers to their questions because the fear of the unknown is the worst."

Americans overseas can contact the LRMC host nation patient liaisons at DSN 314-590-7953 or commercial number +49 06371-9464-7953. They may also be reached outside of normal hours through LRMC's information desk at DSN 314-590-4100 or commercial number +49 06371-9464-4100.



U.S. Air Force Airman 1st Class Tara Somers (right), medical technician, Internal Medicine Clinic, Landstuhl Regional Medical Center, assesses a patient during routine operations at the Internal Medicine Clinic, Nov. 30. To mitigate the spread of COVID-19 and identify potential COVID-19 positive patients, Somers' innovative efforts were key in developing clinic processes thereby enhancing care and increasing safety at the clinic.

AIRMAN ENHANCES CARE THROUGH INNOVATION

LANDSTUHL, Germany – It's been said that a crisis can be viewed from two aspects, that of danger and another for opportunity.

Over the past several months, COVID-19 has transformed business practices, social gatherings and patient care processes. While many of these changes are an expansion of technology to continue the lifestyles we are accustomed to, innovation has proven critical.

Only weeks after arriving at Landstuhl Regional Medical Center, and less than a year after enlisting in the U.S. Air Force, Airman 1st Class Tara Somers, a medical technician at LPMC's Internal Medicine Clinic, found herself with the opportunity to help shape response efforts to COVID-19.

Somers, a native of Salisbury, Maryland, was handpicked from her peers to develop an Upper Respiratory Infection (URI) Clinic within the Internal Medicine Clinic patient population, some of which include high-risk patients.

"Somers has truly taken this task head-on and poured her heart into it," said U.S. Air Force Tech. Sgt. Hilary Sellar, noncommissioned officer in charge, Internal Medicine

Clinic. "She designed a 24-step algorithm for staff to use when patients call the clinic with an URI or COVID-19 symptoms."

In addition to outlining how staff would respond to potential COVID-19 patients, Somers, 22, also authored a telephone script, how-to-guide, and initiated a patient tracker for use in the clinic. Somers' innovative efforts also help differentiate patients with URIs, commonly referred to as the common cold, and potential COVID-19 patients.

"(The process) also provides more complete care to our patients and makes them feel like they are being prioritized when they are feeling afraid in the middle of the pandemic," said Somers. "I am the only technician in the clinic specifically taking on the task. This allows me to follow providers more closely, obtain more knowledge and understanding about the pandemic and the medical threats it presents to our patient population."

The algorithm specifies what staff members should do from first contact with patients, whether in person or telephone, through patient admission or disposition if necessary.

According to Sellar, as the main clinic touchpoint, Somers' contributions don't stop inside the clinic but also extend to ease their patient experiences through efforts such as contacting patients with test results, assisting with follow-up care and delivering prescriptions to patients in their vehicles to avoid unnecessary exposure.

"I love the fact that I am the 'go-to' for our clinic," explains Somers. "When other providers, nurses, techs, or even patients have concerns, it feels good to know they have enough confidence in me to reach out for the answers and correct information or guidance."

Although she is only beginning her military career, Somers' ambition drives her to continue education toward a nursing degree, in hopes of increased responsibility and impact in patient care.

"Somers demonstrates knowledge, leadership and selfless service above her grade, and moreover, a true dedication to our patients and LPMC Staff," said Sellar.

Landstuhl Regional Medical Center conducted its first inoculations of healthcare workers with the Moderna COVID-19 vaccine on Dec. 31. The arrival of the vaccine paves the way for a phased vaccine distribution plan to protect our military communities overseas against COVID-19.

COVID-19 vaccinations begin for LRMC

LANDSTUHL, Germany - Landstuhl Regional Medical Center conducted its first inoculations of healthcare workers with the Moderna COVID-19 vaccine on Dec. 31.

The arrival of the vaccine paves the way for a phased vaccine distribution plan to protect our military communities overseas against COVID-19.

"We're very excited to be one of the early sites to launch this counter-attack against the COVID -19 pandemic," said U.S. Army Col. Michael Weber, LRMC commander. "Getting the vaccine is an important part of defending yourself, defending your family, and defending your community. In the end, this is a global effort against this pandemic and getting the vaccine is part of an individual contribution to the ultimate success that we are going to have against it. The faster we are able to put an end to this pandemic, the better we will be able to protect lives going forward."

Initial vaccinations will be limited to healthcare workers and first responders to assess the process and will be used to plan expanded distribution phases, where each service will request and administer the vaccine through a Defense Department-wide phased vaccination approach.

"It feels great to be able to get the vaccine," said Air Force 1st Lt. Kedrian Guy, a Clinical Nurse at LRMC. "I feel like now that we have the vaccine available we may be able to really flatten the curve."

Guy, who has spent the past 15 years in the Air Force and has been at LRMC for one

year, said he didn't hesitate to come to the hospital - even on his day off - to receive his vaccine.

"Being on the frontline of this pandemic, I feel like it was my responsibility to be a good steward for everyone else that may not be able to receive the vaccine so that I am keeping the community safe," he said.

Each phase of the vaccine distribution process is designed to safely protect DoD personnel from COVID-19 as quickly as possible.

"As we work through vaccinating all of our healthcare personnel and first responders, we will also begin to look at our highly-deployable forces here in Europe, and our high-risk populations," said Brig. Gen. Mark Thompson, Regional Health Command Europe commanding general. "After that, we'll be able to focus on our healthy service members, civilians, families, retirees not part of the high-risk population, etc."

As the distribution is carried out, information on the timeline of subsequent phases will be provided through command channels and through installation web and social media platforms.

Under U.S. Food and Drug Administration emergency use approval, the vaccine is voluntary but recommended by the military.

"The FDA only authorizes the use of a COVID-19 vaccine after careful and rigorous testing and trials," said Thompson. "We are excited to be playing a role in providing a very safe and effective vaccine to our military community. This vaccine is a vital part of our way forward to protect our people, their families and the communities where we live and work."

All DoD personnel will continue to wear appropriate masks, practice physical distancing, wash hands, follow restriction of movement and adhere to host nation restrictions for the safety of their communities, as a large portion of the population will need to be vaccinated before COVID-19 risks diminish.



U.S. Air Force 1st Lt. Kedrian Guy (left), a staff nurse at Landstuhl Regional Medical Center, receives the Moderna COVID-19 vaccine administered by U.S. Army Capt. Molly Barnhart (right), a staff nurse at LRMC's Labor and Delivery Ward, at LRMC, Dec. 31. The arrival of the vaccine paves the way for a phased vaccine distribution plan to protect our military communities overseas against COVID-19.

U.S. Army Health Clinic **Vicenza**

highlights the importance of flu vaccination

By Laura Kreider

U.S. Army Garrison - Italy



VICENZA, Italy - Sgt. Martin Manalo prepares to administer a flu shot at the chapel annex Jan. 15, 2021, on Caserma Ederle. Manalo is a pharmacy technician for the U.S. Army Health Center Vicenza. He and other medics administered approximately 375 doses.

VICENZA, Italy - Every year, the U.S. Army Health Clinic Vicenza provides information about the importance of receiving the flu vaccination as it is the most effective way to prevent contracting the illness, according to Centers for Disease Control and Prevention (CDC).

This year, the U.S. Army Garrison Italy is running a campaign to administer the flu shot during specific dates until the end of January.

There are three simple steps required to make a flu shot appointment. The first step is to schedule an appointment online, complete the paperwork, and follow COVID-19 guidelines.

"More than 1,000 people signed up to

receive their flu shot during our campaign dates, and we encourage anyone who needs or wants a flu shot to schedule an appointment on the USAG-Italy homepage," said Maj. Sean O'Brien, Pharmacy Officer in Charge for U.S. Army Health Center Vicenza.

O'Brien explained due to COVID-19, appointments must be made to minimize crowds and maintain the required physical distancing measures.

"However, scheduled appointments allow maximum efficiency and safety to ensure an organized experience," O'Brien said.

According to him, it is very easy to make an appointment for the flu shot. There are still

dates and times available to receive it. The clinic recently hosted two Saturday events which also offered pediatric doses for children six to 35 months of age.

"The response has been extremely positive with numerous Interactive Customer Evaluation (ICE) and social media comments expressing satisfaction with the efficiency and safety of the flu shot operation,"

O'Brien said.

For those who may wonder if there are any repercussions for receiving both the flu and COVID-19 vaccines, O'Brien answered that it is advised that there is a separation from routine vaccines (influenza) with the COVID-19 vaccine by 14 days.

"That is, if you have received any vaccine in the past 14 days or plan to receive any vaccine in the next 14 days. As always, there is clinical decision making on a case-by-case basis with the patient and provider," O'Brien said.

In Camp Darby, approximately 300 flu vaccine doses were issued to Service members and their Families.

"I wanted the vaccine this year more than in the past, with the thought that if I do get sick it would be easier to distinguish if I had COVID-19 from the regular flu and eliminate any doubt," said Janine Wick, Defense Security Cooperation Agency (DSCA) Humanitarian Assistance Program manager in Livorno.

Wick added that the intent would be that, if being ill, "I would seek treatment for COVID since it is important to treat that in the early stages to ensure a quick recovery."

Some 80 patients between pediatric and adults received the flu vaccine on January 19, 2021, the last day of the Camp Darby vaccination campaign.



VICENZA, Italy - U.S. Army Health Center Vicenza Pharmacy Officer in Charge Maj. Sean O'Brien (left) and other staff members check reservations made for flu vaccinations Jan. 15, 2021, on Caserma Ederle. More than 1,000 people signed up to receive their flu shot during the campaign.

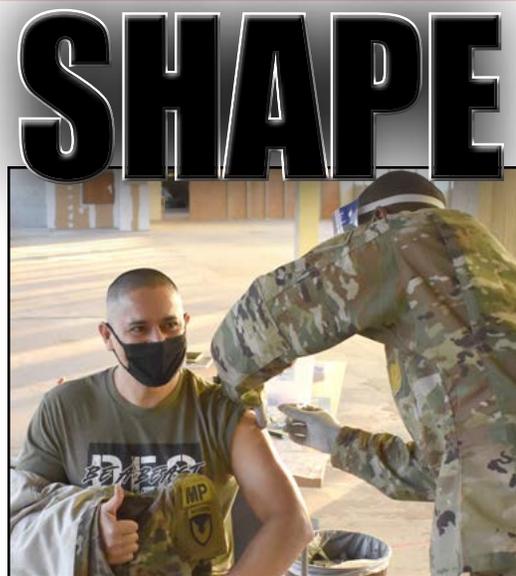
Patient Caring Touch System

Courage

The quality of mind or spirit that enables a person to face difficulty, danger, pain; bravery.



Army, Navy, Airforce and Civilian: to face fear, danger or adversity (physical or moral). Courage is the value that gives us the moral and mental strength to do what is right, even in the face of personal or professional adversity.



MONS, Belgium – Col. Kathy Spangler, left, commander of the SHAPE Healthcare Facility and Brussels Army Health Clinic, receives a COVID-19 vaccination Jan. 8 at the SHAPE clinic at Mons, Belgium. The SHAPE Healthcare Facility and Brussels Army Health Clinic conducted their first inoculations of healthcare workers with the Moderna COVID-19 vaccine Jan. 7. (U.S. Army photo by Christophe Morel, U.S. Army Garrison Benelux)

MONS, Belgium – Maj. Cesar A. Patino, left, with the Directorate of Emergency Services / Project Management Plan at Chièvres Air Base, receives a COVID-19 vaccination Jan. 8 at the SHAPE Healthcare Facility at Mons, Belgium. (U.S. Army photo by Christophe Morel, U.S. Army Garrison Benelux)

By Bryan Gatchell

U.S. Army Garrison - Benelux

MONS, Belgium -- The SHAPE Healthcare Facility and Brussels Army Health Clinic conducted their first inoculations of healthcare workers with the Moderna COVID-19 vaccine Jan. 7.

The arrival of the vaccine paves the way for a phased vaccine distribution plan to protect our military communities overseas against COVID-19.

“The ability to provide the Moderna Vaccine for our community is a significant milestone in battling this devastating pandemic,” said Col. Kathy Spangler, SHAPE Healthcare Facility and Brussels Army Health Clinic commander. “This is a major step forward to defeating COVID-19.”

“These are exciting times for our military and community as Operation Warp Speed goes into effect within the Benelux area of responsibility in an unprecedented timeframe,” said Col. James Yastrzemycki, U.S. Army Garrison Benelux commander. “We are ready to volunteer to take the vaccine to protect one another and begin the process of healing. Every vaccination will get us one step closer to where we need and want to be -- that is herd immunity and getting us back to the sense of normalcy that we all have been yearning for. We are beginning to see light at the end of the tunnel that gives us all hope for delivering a Happy 2021.”

AROUND LRMC

Kleber



KAISERSLAUTERN, Germany - The U.S. Army Health Clinic Kaiserslautern conducted its first inoculations of healthcare workers with the Moderna COVID-19 vaccine on Dec. 30. Clinic Commander Maj. Shara Fisher, a family nurse practitioner, was first to receive the vaccine. (U.S. Army photo by William Beach)

Wiesbaden



WIESBADEN, Germany – The first two COVID-19 vaccines at the Wiesbaden Army Health Clinic were administered simultaneously to Sgt. Hunter Gonzales (left), military police, and Sgt. Luis Pineda (right), NCO of the Soldier Ready Medical Center, by nurses Julia Crissinger and Sgt. Eron Johnson Dec. 30, 2020. First responders and medical personnel from the Wiesbaden Army Health Clinic were the first to receive the vaccine in this initial phase of the distribution. (U.S. Army Photo by Lisa Bishop, U.S. Army Garrison Wiesbaden public affairs.)

Baumholder



BAUMHOLDER, Germany - Stanley Onubiya, RN, a Community Health Nurse at the Baumholder Army Health Clinic, receives the Moderna COVID-19 vaccine from Sgt. Corianne Finch at the Hall of Champions on Baumholder, Germany, on Dec. 31, 2020. Onubiya was the first to receive the vaccine on Baumholder. (U.S. Army Photo by Sgt. Daniel Yeadon, 21st Theater Sustainment Command)

Hill Top Cafe / Warrior Restaurant

February Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	LUNCH Pork Adobo BBQ Chicken Breast Vegetarian Lasagna Soup: Clam Chowder DINNER Roasted Turkey Eggplant Parmesan	LUNCH Chicken Enchilada Ground Beef Tacos Black Bean Burritos Soup: Tortilla DINNER Beef Fajitas Italian Broccoli Pasta	LUNCH Braised Pork Chops Lemon Baked Pollock Veggie Lasagna Soup: Red Thai Curry DINNER 5 Spice Chicken Quarter	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 Quiche	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 Maple Glazed Ham Vegetable Stuffed Peppers DINNER Savory Baked Chicken Quinoa and Black Beans	LUNCH Pork Adobo BBQ Chicken Breast Vegetarian Lasagna Soup: Clam Chowder DINNER Roasted Turkey Eggplant Parmesan	LUNCH Chicken Enchilada Ground Beef Tacos Black Bean Burritos Soup: Tortilla DINNER Beef Fajitas Italian Broccoli Pasta	LUNCH Braised Pork Chops Lemon Baked Pollock Veggie Lasagna Soup: Red Thai Curry	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 Quiche	LUNCH Chicken Parmesan Meatballs with Marinara Soup: Tortilla DINNER Beef Tacos Sweet Potato Burrito	BLACK HISTORY MONTH 2021 MEAL	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 Maple Glazed Ham Vegetable Stuffed Peppers DINNER Savory Baked Chicken Quinoa and Black Beans	Daily Breakfast Bars					
	<u>Monday</u> Omelet/ Egg Bar		<u>Tuesday</u> Pancakes/ French Toast		<u>Wednesday</u> Omelet/ Egg Bar	
			<u>Thursday</u> Pancakes/ French Toast		<u>Friday</u> Omelet/ Egg Bar	

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.

the spotlight

ONE TEAM. ONE PURPOSE.
Selfless Service.



Welcome to the world, baby James Ramón Rothermel! Born at 8:47 a.m., Jan. 2, this 10 lb 3 oz bundle of joy was the first baby born at Landstuhl Regional Medical Center in 2021. Proud parents are U.S. Air Force Staff Sgt. Stacey Orellana and Bailleux Rothermel. Little James was greeted by Division of Women's Health and Newborn Care leadership, Air Force Lt. Col. Amber Barker and Army Lt. Col. Ricky Pierre, and the LRMCC Command Team, U.S. Army Col. Michael Weber and Command Sgt. Maj. Fergus Joseph, who presented a commander's coin to James and a special diaper cake to the parents.



U.S. Army Col. Michael Weber (left), commander, Landstuhl Regional Medical Center and Command Sgt. Maj. Fergus Joseph, command sergeant major, LRMCC, welcomed the New Year by hosting an ice cream social at the LRMCC Dining Facility, Jan. 14.

Airman 1st Class Destinee Preston

Medical Surgical Unit

ON DUTY: Airman 1st Class Destinee Preston led the charge in providing influenza vaccinations to over 70 healthcare professionals in the largest section at LRMCC. Preston was also vital in training staff on safe don and doff procedures of Personal Protective Equipment involved with COVID-19 patient treatment, increasing the safety of 30 staff members.

OFF DUTY: Preston helped prep, feed and deliver food to over 100 Airmen while on quarantine.

"A1C Preston has succeeded in all professional endeavors and exemplified the Air Force Core values we expect to see in our junior enlisted leaders."

