

# the LEGACY

Landstuhl Regional Medical Center

June 2021

Vol. 3, No. 1

(From left) U.S. Army Col. Andrew L. Landers receives the Landstuhl Regional Medical Center unit colors from U.S. Army Brig. Gen. Mark W. Thompson, commanding general, Regional Health Command Europe, during a change of command ceremony where U.S. Army Col. Michael A. Weber relinquished command of LRMC to Landers at LRMC, May 20.

## LRMC welcomes new commander

**INSIDE:** Legacy Challenge VA Gov revisits LRMC BAHC holds change of command tests spirit after three decades

# Events and Training Calendar

**June 2: Landstuhl Annual Training**

**June 3: Hospital Newcomer's Orientation**

**June 3: German Holiday (Corpus Christi)**

**June 2-4: Operation Courageous Fury**

**June 7: A Company Change of Responsibility**

**June 9: BLC Graduation, Heaton**

**June 9: Medical Trauma Team Training, LRC**

**June 11: Commander's Award Ceremony**

**June 13: Army Birthday**

**June 22: Vicenza AHC Change of Command**

**June 24: SHAPE Change of Command**

**June 16: Landstuhl Annual Training**

**June 17: Hospital Newcomer's Orientation**

**June 23-24: Skills Fair, Heaton**

**June 22: LGBTQ Pride Month observance**

**June 30: Kleber AHC Change of Command**



# HAPPY 246<sup>TH</sup> BIRTHDAY U.S. ARMY

JUNE 14, 1775



**the LEGACY**

LANDSTUHL REGIONAL MEDICAL CENTER  
June 2021 • Vol. 3, No. 1

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Medical Center**

# Legacy Six signing on

**Col. Andrew L. Landers**  
Commander  
Landstuhl Regional Medical Center



## Hello LRMC Team!

I'd like to start by saying a huge thank you to everyone for the warm welcome as I have taken on the role as Commander. I am so excited and humbled to be on your team and I am very much looking forward to all that we're going to accomplish together.

Getting an assignment to Landstuhl Regional Medical Center is such an exciting prospect for many in the military medicine community, and I don't take this role lightly. As we move forward together,

please know that I want to know your thoughts and ideas, and I want to highlight and give credit where credit is due.

We are entering into Change of Command and PCS Season. COVID restrictions over the past year are seemingly easing up, but I encourage you to stay informed and continue to follow all military and host nation guidelines pertaining to masks, social distancing and gathering.

The month of June is Pride Month,

commemorating the legacy of those in our Army family who identify as lesbian, gay, bisexual, transgender or questioning. Diversity, inclusion and equity are integral to readiness and mission accomplishment. Pride Month brings the LGBTQ community together with its families, friends and allies to take pride in themselves and their achievements.

We also celebrate Army Heritage Month, the Army Birthday and Flag Day in June. We take pause to thank and honor those who have served over the past 246 years. Our Army's history of coming together to get it done is an enduring fabric of America's legacy.

And finally, June is Safety Month. Leaders at all levels can make a difference by becoming involved and fostering a positive safety and occupational health culture. Prevent mishaps by focusing on the fundamentals. Remember safety in everything you do!

Once again, thank you for the warm welcome you have shown as I have joined the LRMC Team. Enjoy this issue of the Legacy and I'll see you soon.



U.S. Army Command Sgt. Maj. Fergus Joseph (second from left), command sergeant major, Landstuhl Regional Medical Center, and U.S. Army Col. Jana Nohrenberg (second from right), acting commander, LRMC, join USO Kaiserslautern staff to commence the USO Staff Appreciation Lunch, May 14. (U.S. Army photo by Clay Beach)

# LRMC welcomes new commander



LANDSTUHL, Germany -- Landstuhl Regional Medical Center conducted a change of command ceremony at LRMC headquarters where Col. Michael A. Weber relinquished command of LRMC to Col. Andrew L. Landers, May 20.

The ceremony welcomed Landers as the 35th commander of LRMC, the largest American military medical center outside of the United States and plays a strategic role as the sole evacuation and tertiary referral center for five combatant commands and the sole American College of Surgeons verified Level III Trauma Center outside of the United States.

"I have very much to be grateful for, the dedication and love of our mission to conserve and build the strength of the Joint Warfighter and their families is palpable to the entire triservice multicomponent, government, civilian and local national workforce," said Weber. "LRMC can be summarized by heroes taking care of heroes and their heroic families."

During Weber's tenure, LRMC underwent various challenges and milestones including but not limited to a successful The Joint Commission survey, verifying the hospital's commitment to its center of gravity:

quality and safety, preparing the hospital for potential mass casualty incidents, and developing and sustaining an effective COVID-19 response effort. In addition, LRMC troops executed three training exercises advancing Individual Critical Tasks List (ICTL) objectives which are instrumental to overall readiness.

"Over the last two years, (Weber) has left an indelible mark on (LRMC) and sustained the tradition of excellence that has distinguished (LRMC) for over 67 years," said Brig. Gen. Mark Thompson, commanding general, Regional Health Command Europe and command surgeon for U.S. Army Europe. "As LRMC Commander, he created and executed a

strategic vision that ensured the delivery of professional, reliable, and innovative care by a team of Soldiers, Sailors, Airmen, Marines and civilians, all devoted to excellence."

During command, Weber was instrumental in successfully implementing isolation plans for Service Members affected by COVID-19, developing a comprehensive inpatient bed expansion plan, and appropriating medical personnel and equipment to enhance



U.S. Army Col. Michael A. Weber provides remarks during a change of command ceremony where Weber relinquished command of Landstuhl Regional Medical Center to U.S. Army Col. Andrew L. Landers at LRMC, May 20.

LRMC's medical capability to treat and testing a 100,000-person beneficiary population, according to Thompson. Thompson also lauded the hospital's virtual health program which expanded under Weber, preparing the program to expand from 6,000 patient encounters in 2019 to over 24,000 the following year.

Under Weber's command, LRMC also conducted more than 40,000 COVID-19 tests at its Covid Screening Clinic, 141,000 COVID-19 tests, over 400 patients recovered in a convalescent barracks and over 140 of the sickest COVID-19 patients from across Europe, Africa and the Middle East were successfully treated by LRMC medical staff at LRMC's COVID-19 Intensive Care Unit.

"As you might expect, (Landers) has excelled in an impressive variety of leadership, staff, and clinical jobs that render him more than prepared to assume this critical role and continue the tradition of excellence that defines (LRMC)," said Thompson, the reviewing officer for the ceremony.

Landers previously served as the supervisory assistant deputy for Health Affairs for the Assistant Secretary of the Army (Manpower & Reserve Affairs) before joining the LRMC team.

"To the men and women of the LRMC team: I'm incredibly proud and humbled to be your commander and I promise you my best efforts every day, personal and professional readiness will be our mantra," said Landers, who previously commanded the 549th Hospital Center and Brian D. Allgood Army Community Hospital at Camp Humphreys, Republic of Korea. "We will be prepared to execute our mission at a no fail rate, all while maintaining a focus on high quality, compassionate and safe care, and that our job is indeed to serve others."

Landers made clear the importance of military medicine with a personal anecdote describing his grandfather's own tribulation and experience with the military health system, more than half a century ago.



U.S. Army Col. Andrew L. Landers executes his first salute as commander of Landstuhl Regional Medical Center during a change of command ceremony where U.S. Army Col. Michael A. Weber relinquished command of Landstuhl Regional Medical Center to Landers at LRMC, May 20.

"As a member of the Doolittle Raid, (Landers's grandfather) was a prisoner of war for 40 months. Thirty-eight months of those he spent in solitary confinement and extreme torture. On the team that parachuted in to rescue them, there was a military physician and that physician ensured that his

life was saved," said Landers, a native of Camden, Arkansas. "In the military health care system, he survived and continued to thrive following the war. I cannot say enough about the health care that he received, what it did for him and how it inspired me and continues to inspire me today."



Troops from six Army Health Clinics across Europe and the U.S. Air Force 86th Medical Squadron, 86th Medical Group, 86th Airlift Wing, present unit colors during Landstuhl Regional Medical Center's change of command ceremony at LRMC where U.S. Army Col. Michael A. Weber relinquished command of LRMC to U.S. Army Col. Andrew L. Landers, May 20.



# Former Army physician turned governor revisits LRMC

LANDSTUHL, Germany – The governor of Virginia paid a visit to Virginia residents stationed overseas and other Service Members at Landstuhl Regional Medical Center, May 20.

Gov. Ralph Northam, the 73rd governor of Virginia, stopped by LRMC where he previously worked as an Army Medical Corps officer three decades earlier. During the visit, Northam spoke with LRMC staff members and USO volunteers from Virginia at the USO Warrior Center located at LRMC, before touring the hospital's Neurology, Labor & Delivery and Neonatal Intensive Care Units.

"(LRMC) was just a wonderful experience," shared Northam, who left the Army as a major in 1992 before going on to practice in Virginia. "I know what it's like to be away from home, away from family while you all help support our Soldiers and their families. You make us very proud, not only in Virginia, but also in the United States."

Northam, a pediatric neurologist by trade, was a physician at LRMC during the height of Operation Desert Storm. He witnessed LRMC's transformation to its combat

mission of treating ill, wounded or injured Service Members from across Europe, Africa and the Middle East, where Coalition Forces experienced approximately 300 battle-related deaths. During this time, Northam, who usually treated adolescents, shifted strictly to adult neurology cases, as he shared with current LRMC neurologists.

"It's such a unique opportunity here with the footprint that (LRMC) covers," said U.S. Army Maj. Rahe Hiraldo, chief, Department of Pediatrics and a child neurologist like Northam. "Being the solo neurologist covering Europe, Africa and the Middle East, we get to take calls from this half of the world. It's good to get someone else's perspective who was 'boots on the ground' in my position years ago.

"Having leaders like (Northam) who not only served but also still appreciate the importance of military medicine, come visit is very rewarding and encouraging," added Hiraldo. "This is particularly important during the current challenging times in which the entire system is undergoing a major restructuring, during a global pandemic. Now more than ever we need leaders that

care and take the time to come down to the trenches."

Although Army Medicine Europe has changed drastically from Northam's time here, LRMC continues to play a strategic role as the sole evacuation and tertiary referral center for five combatant commands and is the sole American College of Surgeons-verified Level III Trauma Center outside of the United States.

"It's really a privilege for me to come back and see how things are going," said Northam.



U.S. Army Col. Andrew Landers (center), commander, Landstuhl Regional Medical Center, and U.S. Army Command Sgt. Maj. Fergus Joseph, command sergeant major, LRMC, welcome Gov. Ralph Northam, governor of Virginia, to LRMC during a visit with Virginia residents working at the hospital, May 20.

# Nurses, Medics and Techs celebrated for efforts



LANDSTUHL, Germany – Soldiers, staff and others celebrated the week-long Landstuhl Regional Medical Center Nurse, Medic, Tech Week, May 6-12. In the United States, the week is celebrated as National Nurses Week and commemorates the contributions and impact nurses have in the medical field.

Recognizing the nurse, medic, technician team is especially relevant as they have served on the front lines of the COVID-19 response and take leading roles to advance military health and readiness. During the week-long celebration, staff organized various activities to honor LRMHC health care team members, including a wellness day which featured various health and wellbeing activities.

“It’s been a fantastic week,” said U.S. Army Col. Jana Nohrenberg, LRMHC’s former Chief Nursing Officer.

Annually, members of the LRMHC health care team are highlighted with special recognitions, including distinguishing top performers in five professions: Advanced practice nurse, registered nurse, licensed practical (vocational) nurse, medic and technician of the year.

“All the people that were nominated as well as those who were selected, epitomize nursing here at LRMHC and they focus on the center of gravity which is quality and safety for our patients and



beneficiary population. Most of them take it the next step and bring evidence into practice,” said Nohrenberg.

The week concluded with activities and dining for LRMHC nurses, medics and technicians including the traditional passing of the baton ceremony as Nohrenberg relinquished responsibilities as CNO to U.S. Army Col. Jodelle Schroeder. The passing of the baton marks the transfer of responsibility of all nursing practice to the new CNO, symbolizing acceptance of responsibility to provide expert nursing care and maximize the patient care experience.

“So much has happened in the last two years,” said Nohrenberg of her time as CNO.

Nohrenberg mentioned several milestones including a successful survey by The Joint Commission, preparations for potential mass casualties due to tensions in the Middle East and later the COVID-19 pandemic, and the hospital staff’s response to the ever-changing medical environment during the pandemic.

“Fortunately we didn’t have to apply

that (mass casualty plan), but what it did show was that (the LRMHC) team is amazing,” said Nohrenberg.

In March 2020, LRMHC launched its COVID-19 response efforts, essentially shutting down primary and non-essential care at the only forward-stationed medical center for U.S. & Coalition forces, Department of State personnel, and repatriated U.S. citizens. Although patient intake slowed during the initial responses to the COVID-19 pandemic, essential staff members, such as nurses, medics and technicians continued to train, educate and prepare themselves, proving their commitment and versatility during the initial uncertainty of the pandemic.

“We brought nurses (to inpatient wards) from the outpatient clinics, and into the critical care unit, rapidly bringing them up to speed on critical care skills, knowledge and capabilities,” said Nohrenberg, while also mentioning administrative personnel who were essential in response efforts as well. “This is just evidence that when it really gets to the crux of the problem, (staff) will throw things down, gather around the problem and work together to get after it. People just did what they needed to do, so I couldn’t be more proud of the team through the COVID

**Recipients (clockwise from left)**

**U.S. Army Capt. Mario Vergara – Advanced Practice Nurse**

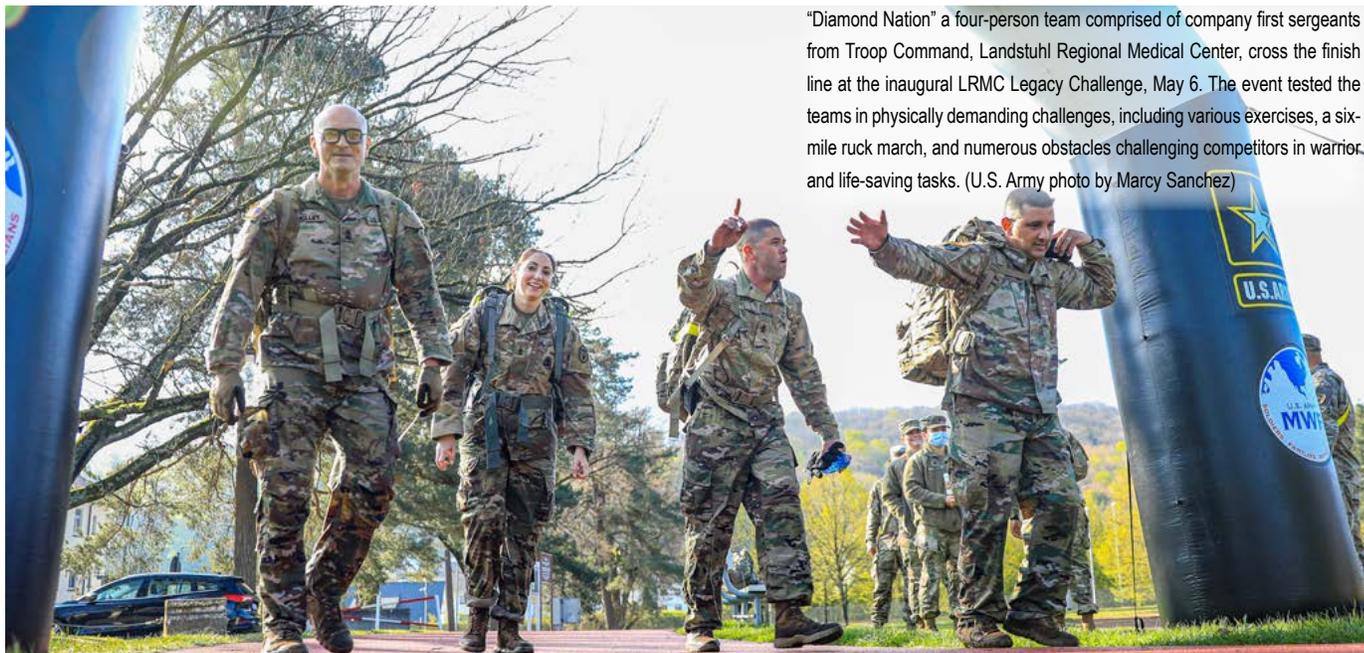
**Ms. Tiffany Wood – Registered Nurse**

**Ms. Kathy Canady – Licensed Practical Nurse**

**U.S. Army Pfc. Ragan Padgett – Healthcare Specialist (combat medic)**

**Mr. Urim Kasami – Technician**

see NMTW on pg. 10



## LRMC “Legacy Challenge” gauges grit

LANDSTUHL, Germany - Thirteen four-person teams vied for top honors in the inaugural Landstuhl Regional Medical Center Legacy Challenge, May 7.

The event tested the teams in physically demanding challenges, including various exercises, a six-mile ruck march, and numerous obstacles challenging competitors in warrior and life-saving tasks.

“It’s a serious team event,” explains U.S. Army Lt. Col. Christina Buchner, commander, Troop Command, LRMCC. “It’s an event to test (participants’) mental, physical acuity and their abilities. (Participants) traverse an obstacle course, ruck march, do litter carry drills, and then maneuver through extreme brush to finish back in front of LRMCC.”

Each team was comprised of four Service Members with at least one female in each team, and included all ranks, from privates to colonels. The competition also welcomed a four-person team from the German Armed Forces (Bundeswehr.)

Buchner and her teammates named their four-person team the “Courageous Leaders,” an homage to Troop Command’s

motto, “Be courageous, dare greatly,” which she explains means no one can ever tell you what can and can’t be done.

“Events like this build cohesion and collaboration for the team. It enhances the team through physical fitness and mental resilience,” said Buchner. “Over the last year we have been struggling our way through COVID-19 with the lockdowns, increase in COVID-19 response (operations) and it just truly hasn’t felt like a break. This event today let us regroup and reset as a team to check in with one another and is just a reminder that no matter how hard it gets, we can still come together, have fun and test each other’s energy.”

Although a break from the demanding COVID-19 operations the hospital has sustained over more than a year, event organizers aim to continue the Legacy Challenge for years to come.

“This was something we signed up for to represent LRMCC Troop Command and who we are as the Army,” said U.S. Army Spc. Briana Esposito, a radiology specialist at LRMCC. “You have all these physical requirements for the Army already, (the Legacy Challenge) is just something that makes it more fun, makes it exciting.”

Esposito, whose team moniker was the Monstars, joined the challenge to build camaraderie, teamwork and as she states,

“Diamond Nation” a four-person team comprised of company first sergeants from Troop Command, Landstuhl Regional Medical Center, cross the finish line at the inaugural LRMCC Legacy Challenge, May 6. The event tested the teams in physically demanding challenges, including various exercises, a six-mile ruck march, and numerous obstacles challenging competitors in warrior and life-saving tasks. (U.S. Army photo by Marcy Sanchez)



Soldiers participate in the 35-lb. ruck march portion at the inaugural Landstuhl Regional Medical Center Legacy Challenge, May 6. (Courtesy Photo)



Soldiers negotiate an obstacle at the inaugural Landstuhl Regional Medical Center Legacy Challenge, May 7. (Courtesy Photo)

“to come out and just have a good time.”

Additionally, the challenge aimed to drill trust and confidence in others while challenging participants’ own limits.

“No matter where you are, no matter what you’re doing, you have to always rely on the person next to you,” said Esposito, a native of Belington, West Virginia. “Sometimes if you don’t have it in you, then they have it in them to pull you through.”

To see more photos and videos from the event, scan the QR Code below:



# BAHC holds change of command

BAUMHOLDER, Germany - U.S. Army Health Clinic Baumholder (BAHC) held a change of command ceremony where U.S. Army Lt. Col. Elizabeth Gum relinquished command to Lt. Col. Mark Jones, May 26.

The ceremony was presided by U.S. Army Col. Andrew Landers, commander of Landstuhl Regional Medical Center, the clinic's higher headquarters.

"You've done magnificent during a very challenging (assignment)," said Landers, noting Gum's role as commander during the COVID-19 pandemic. "You achieved this while enabling the Soldiers, civilians and local nationals the opportunity to grow, contribute greatly to performance and the quality of (BAHC), while morale of (clinic staff) remained high. (Gum) also maintained trust with (the Baumholder Military Community,) something to be extremely proud of."

Under Gum's command, BAHC underwent a successful survey by The Joint Commission, a U.S.-based organization which promotes safe, high-quality patient care in health care organizations, a testament to the organization's commitment to quality improvement and patient safety.

According to Landers, Gum initiated several programs to build unit cohesion, support training objectives and prevent burnout during the COVID-19 pandemic. Additionally, BAHC was the first Army Clinic in Germany to offer the COVID-19 vaccination to the American general population overseas, a leap toward eradicating

the COVID-19 threat.

U.S. Army Lt. Col. Elizabeth Gum, outgoing commander, U.S. Army Health Clinic Baumholder (BAHC), provides remarks during a change of command ceremony where Gum relinquished command of BAHC to U.S. Army Lt. Col. Mark Jones at Baumholder, May 26.

the COVID-19 threat.

"It's everything I had hoped for and more," said Gum about her assignment as BAHC commander. "When this pandemic brought us together, I was honored to be part of this amazing team. The most special part about (BAHC) is everything they do is great, and once they're done they try to figure out how to make it better, faster, more efficient, and more caring."

Gum's next assignment will be at Regional Health Command Europe's office of the Inspector General.

"(Jones) is inheriting an organization rich in pride, professionalism and a commitment to the Joint Warfighter and their families," said Landers. "I know (Jones) will excel as clinic commander here and enable us to continue exceeding

*see BAUMHOLDER on pg. 10*



U.S. Army Col. Andrew Landers (right), commander, Landstuhl Regional Medical Center, passes the U.S. Army Health Clinic Baumholder (BAHC) unit colors to U.S. Army Lt. Col. Mark Jones, incoming commander, BAHC, during a change of command ceremony where U.S. Army Lt. Col. Elizabeth Gum relinquished command of U.S. Army Health Clinic Baumholder (BAHC) to Jones at Baumholder, May 26.

# Patient Caring Touch System

## Compassion

a feeling of deep sympathy and sorrow for another who is stricken by misfortune, accompanied by a strong desire to alleviate the suffering.



### Why is Compassion Important?

**Compassion** is the foundation of an ethical life. Compassion is realizing that the other person is just like you. That recognition is the basis on which you can develop compassion not only towards those around you but also towards your enemy. **Compassion** is one of the most important values for taking care of others. Everyone deserves compassion.

Here at LRMC, taking care of others is our prime focus. We are **caregivers** and may not take the time to take care of ourselves but as important as it is to be compassionate with others, we need to start with ourselves. Watch out for compassion fatigue. We can not give what we do not have.

NMTW *continued...*

response.

"COVID-19 is just one small piece of what the nursing profession does here at LRMC) you take care of anybody and everybody that comes through that door whether they come from Djibouti, Afghanistan or if they trip and fall right here in the streets of (Landstuhl, Germany), (LRMC medical staff) do all of that and flex every single day," said Nohrenberg.

Ironically, Schroeder, who previously served as LRMC's Deputy Commander for Army Health Clinics, was also one of Nohrenberg's trainees 25 years ago and had never worked together until being stationed at LRMC.

"For most young (military) nurses, the opportunity to come to LRMC is one that

they talk about as cadets. Never did I imagine that I would have the opportunity to do this," said Schroeder. "I believe things happen for a reason, to follow in (Nohrenberg's) footsteps here to me is just really surreal. I'm super excited for the opportunity to continue to perpetuate all the goodness that she has spearheaded with you all and in conjunction with you all here."

LRMC is the largest U.S. hospital outside the United States where it serves as the sole military medical center for more



than 205,000 beneficiaries throughout Europe, the Middle East and Africa, and the only American overseas Level III Trauma Center outside the United States.



(From left) U.S. Army Lt. Cols. Mark Jones and Elizabeth Gum, listen as remarks are made about U.S. Army Health Clinic Baumholder Army Health Clinic (BAHC), during a change of command ceremony where Gum relinquished command to Jones at Baumholder, May 26.

BAUMHOLDER *continued...*

standards at every opportunity."

The transfer of command signifies the transfer of the unit's legacy, history, traditions and accomplishments, represented through the passing of the unit colors from the outgoing to incoming commander.

"To the Soldiers and civilians that make up this organization and to those whose daily passion, expertise and professionalism are the foundation of medical readiness, wellness and support units, beneficiaries, and this community: your reputation is solid," said Jones. "To command is probably the highest privilege the military has and I thank each of you whose leadership, guidance, mentorship and friendship brought me here today."

# Hill Top Cafe / Warrior Restaurant

## June Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LUNCH Pulled Pork Rosemary Chicken Zucchini Pancakes  SOUP Corn Bisque  DINNER Chicken + Rice Casserole	LUNCH Pineapple Pork Chop 5 Spice Chicken Indian Korma  SOUP Tortilla  DINNER Beef Chilli Mac	LUNCH Greek Lemon Chicken Beef Stifado Squash Caserole  SOUP Loaded Baked Potato  DINNER Chicken Tetrzzini	LUNCH Chicken Lasagne Spicy Baked Fish Lentil Chili  SOUP Cream of Zucchini  DINNER Peppor 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 Tahí 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 Ala King	LUNCH Salisbury Steak Caribbean Black Beans    DINNER Stuffed Bell Peppers
LUNCH Roast Turkey Battered Pollock  DINNER Beef Meatloaf	<b>ARMY BIRTHDAY MEAL</b>  DINNER Rosemary Chicken	LUNCH Pulled Pork Rosemary Chicken Zucchini Pancakes  SOUP Corn Bisque  DINNER Chicken + Rice Casserole	LUNCH Pineapple Pork Chop 5 Spice Chicken Indian Korma  SOUP Tortilla  DINNER Beef Chilli Mac	LUNCH Greek Lemon Chicken Beef Stifado Squash Caserole  SOUP Loaded Baked Potato  DINNER Chicken Tetrzzini	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 Tahí 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 Ala 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 + Rice Casserole	LUNCH Pineapple Pork Chop 5 Spice Chicken Indian Korma  SOUP Tortilla  DINNER Beef Chilli Mac	<b>Daily Breakfast Bars</b>	<b>Mon/ Wed/ Fri Omelet / Egg Bar</b>	<b>Tue/Thu Pancakes / French Toast</b>

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



U.S. Army 1st Sgt. Jacob Dowers receives the "C" Company unit guidon from U.S. Army Capt. Brennan James, commander, C Company, Troop Command, Landstuhl Regional Medical Center, during a change of responsibility ceremony where 1st Sgt. Michael Woolley relinquished responsibility to Dowers at LRM, May 14. (U.S. Army photo by Clay Beach)

## ONE TEAM. ONE PURPOSE. Selfless Service.



(From left) U.S. Army 2nd Lts. Jared Ford, Hannah Peoples and Zachary Rojas prepare to present their evidence-based practice presentation on the effects of sleep deprivation in a health care setting during the Brig. Gen. Anna Mae Hays Clinical Nurses Transition Program (CNTP) graduation, May 14. The six-month long instruction allows new nurses to gain experience as a surgical-medical nurse while working alongside experienced nurses to mentor the new nurses in hands-on procedures.



Troop Command's "A" Company held a Change of Command Ceremony where U.S. Army Capt. Lamanda Jackson relinquished command to U.S. Army Capt. Collin Welch, May 5. "Alpha" Company, also known as Gators, are one of four companies assigned to LRM's Troop Command responsible for the administrative control, wellbeing and readiness of Soldiers and Department of the Army Civilians at LRM.



U.S. Army Col. Jana Nohrenberg (far left), acting commander, Landstuhl Regional Medical Center, and Command Sgt. Maj. Fergus Joseph (far right), command sergeant major, LRM, presented several awards to LRM staff and Soldiers including the inductions of U.S. Army Master Sgts. Jessica Hunsaker and Shane Giltner into The Order Of Military Medical Merit (O2M3) at LRM, May 17.