

the

# LEGACY

Landstuhl Regional Medical Center

May 2021

Vol. 2, No. 24



LRMC CONDUCTS  
FIRST-OF-ITS-KIND  
PROCEDURE IN  
GERMANY - PG 4

**INSIDE:**

Mentoring female Nurse, Medic, Tech Week  
Service Members schedule of events

LRMC staff earn top  
honors at Hilltop

# Events and Training Calendar

May 1: German Holiday (Labor Day)  
 May 5: Landstuhl Annual Training  
 May 5: A Company, Change of Command  
 May 6: Hospital Newcomer's Orientation  
 May 6-12: Nurse / Medic / Tech Week  
 May 7: Legacy Challenge (LRMC Track)  
 May 7: Commander's Award Ceremony  
 May 7: BLC Graduation (virtual)  
 May 10: Best Practice Showcase  
 May 12: TeamSTEPPS

May 12: Medical Trauma Team Training, LRC  
 May 13: German Holiday (Ascension Day)  
 May 19: Landstuhl Annual Training  
 May 20: Hospital Newcomer's Orientation  
 May 20: LRMC Change of Command  
 May 24: German Holiday (Pentecost)  
 May 25: Asian American & Pacific Islander Heritage  
 Month observance  
 May 26: Baumholder AHC Change of Command  
 May 31: Memorial Day

## COL Landers Change of Command

Welcome at  
Hill Top Café 20 May 2021

### Entrees

Vegetarische Krautwickel (Veggie Cabbage Roll) -\$1.90

Sauerbraten ( Sour Marinated Roast Beef) -\$2.85

Schweinegulasch (Pork Goulash) -\$1.80

### Vegetables

Apfelrotkohl (Red Cabbage) -\$0.70

Leipziger Allerlei (Vegetable Mix) -\$0.70

### Starches

Kartoffelstampf (Mashed Potatoes) -\$0.50

Spaetzle (Dumplings) -\$0.50

### Soup

Linsensuppe (Veggie Lentilsoup)- \$0.80

Assorted Desserts, Salad Bar, Fresh Rolls and Beverages



the **LEGACY**

LANDSTUHL REGIONAL MEDICAL CENTER  
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Medical Center



FROM THE COMMAND TEAM

# Legacy Six signing off

**Col. Michael Weber**

Commander

Landstuhl Regional Medical Center

It's hard to believe we have already arrived to May 2021. This year has certainly been a challenging one, but I can't think of a better team with whom to have endured this pandemic.

My time in command is very quickly coming to an end, as I will officially change command with COL Andrew Landers on May 20. Being a part of the Landstuhl Legacy is a time I will never, ever forget.

From the Joint Commission Accreditation, to the numerous training exercises hosted by Troop Command, to the phenomenal healthcare delivery this team has provided to our Joint War Fighters and their Families, to our outlying clinics providing the highest quality care to their communities, my Command time here at LPMC has been second to none.

As I look back on all we accomplished as a team, I have to give a debt of gratitude to those of you who carried this team. My deputies, Command Sergeants Major Reynolds and Joseph, and the entire team of local nationals, Civilians, Soldiers, Airmen, and Volunteers – you all have made this journey worth it. While my time in Europe may not

have been filled with quite as much travel as I'd liked, my time at the helm of this medical center and outlying clinics has certainly been fulfilling, and I will be forever grateful for the time spent here with the Landstuhl team.

The month of May brings us Mother's Day and I hope you all will take a moment to pause and reach out to your mom or the motherly figures in your life.

This month we also celebrate Asian American Pacific Islander Heritage Month. The month of May was chosen to commemorate the immigration of the first Japanese to the United States on May 7, 1843, and to mark the completion of the transcontinental

railroad – of which the majority of workers were Chinese. The Asian Pacific Islander designation encompasses more than 50 ethnic or language groups. Within the Army, we celebrate their proud heritage and service, as well as their legacy, sacrifice and achievements.

We continue pressing forward with our offensive campaign against COVID-19 by pushing through the vaccine campaign.

Once again, thank you for your tremendous efforts throughout this pandemic and over the course of my time here in Command. It's been an honor and a privilege to serve as your Commander - Landstuhl Legacy!



Command Sgt. Maj. Fergus Joseph and Col. Michael Weber sign a proclamation recognizing April as Sexual Assault Awareness and Prevention Month, April 1.

## Giving Thanks

**Command Sgt. Maj. Fergus Joseph**

Command Sergeant Major

Landstuhl Regional Medical Center

May has traditionally been an exciting month for many in the United States and around the world. Most of us are thinking about vacation and students are planning for the long summer breaks.

For the second year in a row, COVID-19 has impacted the traditional approach to May, but it has not dampened our resilience as military personnel and civilians. If anything, it has tested our mantle as a people and organization but has made us more resilient as we adapt and adjust to the changes in society and our approach to our operations. But there is a bright light at

the end of the tunnel as people volunteer for vaccination. Hesitant or skeptical? Speak to your medical team to discuss the benefits and risks.

I want to wish a Happy Mother's Day to all mothers, especially those who wear the uniform. So to all mothers, I leave you this short poem.

Thank you Momma for the nine months you carried me  
No one knows the pain and suffering you bear  
From day one you held me close like no other  
You threw me up in the air with such pride and joy; I can still remember your laughter  
When I fell, you picked me up and dusted me off  
When I cried you wiped my tears and told me everything will be alright  
When I was hurt you gave me a shoulder to lean on  
When I wanted to talk, you listened attentively  
When I was hungry, you always made sure I had food to eat  
When I was thirsty, you made sure I had water to drink  
When I was naked, you clothed me and protected me from the elements  
When it rained you ensured I had a roof over my head  
When others judged me, you were not judgmental  
Mom, there's no other woman like you.  
I am forever grateful to you  
Happy Mother's Day Momma

As we continue to meet our challenges head on, I encourage all Soldiers to join me in reading Army Doctrine Publication (ADP) 1 "The Army," to help understand our reaction and action to COVID-19, Memorial Day and other celebrations.

Thanks for what each of you do each and every day. Each person's contribution adds up to make a better and stronger Landstuhl Regional Medical Center whose Center of Gravity is embedded in QUALITY and SAFETY.



U.S. Army Lt. Col. Jessica Peck (left), chief, Ear, Nose and Throat Clinic, Landstuhl Regional Medical Center, performs an intranasal cryotherapy procedure at LPMC, April 23. The procedure was first performed at LPMC on April 1, which also marks the first time it's been performed anywhere in Germany. The procedure uses cryoablation to freeze nerves in the back of the nose to treat chronic rhinitis, or allergy-like symptoms which last more than a month.

## LRMC INTRODUCES FIRST OF ITS KIND PROCEDURE IN GERMANY

A team of Ear, Nose and Throat physicians at Landstuhl Regional Medical Center performed a first-of-its-kind intranasal cryotherapy procedure at LPMC, April 1.

The procedure, which also marks the first time it's been performed anywhere in Germany, uses cryoablation to freeze nerves in the back of the nose to treat chronic rhinitis, or allergy-like symptoms which last more than a month.

"We are really excited to be able to bring this service to (LRMC) because it allows us to treat patients with non-allergic and allergic rhinitis," said U.S. Army Lt. Col. Jessica Peck, chief, Ear, Nose and Throat Clinic, LPMC. "It is a procedure that's been performed in the United States now for about two years but was not approved by our host nation until late last year."

For Americans in Germany suffering from allergic rhinitis, the procedure offers relief from allergy season in the country where studies from the Robert Koch Institute (the German equivalent to the United States' Centers for Disease Control and Prevention) show at least 20 percent of the adult population suffer from allergies. Rhinitis, also known as coryza, is the irritation and inflammation of the mucous membrane inside the nasal cavity walls and usually characterized by symptoms such as runny

or stuffy nose, sneezing, and post-nasal drip.

"This is a common constellation of symptoms that we see, especially here in Europe, where the allergies are sometimes higher, or different than what we see in the (U.S.)," said U.S. Air Force Maj. Christopher Tonn, one of the ENT physicians who introduced the procedure to LPMC. "(The symptoms) can really affect (patients') quality of life. It can affect physical fitness, as they may have restricted ability to breathe through their nose during activity, cardiovascular activity, can even affect their sleep. And all those things contribute to their quality of life and their readiness."

Welcoming the treatment and becoming Germany's first patient to undergo the procedure, was long-time non-allergic rhinitis sufferer, Diana Bryant.

"I was diagnosed more than 20 years ago with vasomotor rhinitis, which means [symptoms are triggered by many] things from the environment," explains Bryant. "I've been on multiple medications over the years, two or three different nasal sprays, two or three different medications, and I would have to switch back and forth between them over the years for them to continue working."

According to Peck, by using the

cryotherapy procedure patients are more likely to reduce medication intake, and more tolerant to their environment.

"In rhinitis, the nerve is kind of always over-reactive and overstimulated," said Peck. "A lot of times with non-allergic rhinitis, it's not a traditional allergy. You don't have a protein in the air or pollen in the air that gets into your nose, it's more internally driven with those nerves being super sensitive to things that traditionally don't cause allergies, like strong smells, or changes in temperature or changes in your own hormones."

Only two weeks following the treatment, Bryant states she is already noticing a difference in her symptoms.

"It takes about 30 days to see the full effects after the surgery and so there's a slow onset of symptom relief," explains Peck. "But it's a permanent improvement."

Just as the minimally invasive surgery takes only 15 minutes, recovery from the procedure is also speedy.

"Patients wake up saying they feel like they have an ice cream headache," explains Peck. "We try to have them drink some warm tea to kind of help warm things back up. They're able to go home that day and back to work the very next day."

See **CRYO** on pg. 10





## LEADERS SHARE DIVERGING VIEWS FOR CONVERGING FORCE

From single parenting to body shaming, various perspectives on the female experience in the military were introduced to a virtual audience as Kaiserslautern Military Community Service Members held a joint discussion forum

kicking off Landstuhl Regional Medical Center's Female Mentoring and Morale Program, last month.

Although approximately 18 percent of the U.S. Army, including the Army Reserves and National Guard, is comprised of female Soldiers, they are still underrepresented in many aspects of military operations, decisions and overall culture. Programs like the FMMP aim to change that.

"(When we first started FMMP) we wanted to establish mentorship, personal and professional development, and fellowship to female commissioned, noncommissioned and warrant officers, with a focus on strengthening the military female population through coaching, mentoring, and networking sessions and engagements," said U.S. Army Capt. Lamanda Jackson, commander, A Company, Troop Command, LRMC.

The forum welcomed various leaders around the military community to discuss their experiences while serving. These included:

- U.S. Army Command Sgt. Maj. John Contreras, command sergeant major, Troop Command, LRMC
- U.S. Army Sgt. Maj. Ana Springstube, battalion sergeant major, 838th Transportation Battalion, 598th Transportation Brigade, Military Surface Deployment and Distribution Command
- U.S. Air Force Master Sgt. Cheri Wright, noncommissioned officer in charge, Deputy Commander for

Quality & Safety, LRMC

- U.S. Army Sgt. 1st Class Dorothy Walker, Army Reserve and National Guard liaison, LRMC
- U.S. Army 2nd Lt. Stephanie Birge, medical / surgical nurse, LRMC

The diverse panel shared their military experiences and discussed how their gender, and gender-specific circumstances, impacted their career paths, decisions and families.

"There is a need for a Female Mentorship Program enterprise-wide because a portion of our force faces a 'hidden' set of challenges in addition to the challenges that we all face in uniform," said U.S. Army 1st Sgt. Michael Woolley, first sergeant, C Company,

See **MENTOR** on pg. 10

**"We are all in the same fight together against common enemies. We should not allow gender to separate us... What we need is cohesion."**

*U.S. Army Capt. Lamanda Jackson  
Commander,  
A Company, Troop Command, LRMC*



U.S. Army Sgt. Maj. Ana Springstube, battalion sergeant major, 838th Transportation Battalion, 598th Transportation Brigade, Military Surface Deployment and Distribution Command, discusses her military experience as a female Soldier during a joint discussion forum kicking off Landstuhl Regional Medical Center's Female Mentoring and Morale Program, March 31.

- U.S. Army Col. Jana Nohrenberg, chief nursing officer, LRMC



# LRMC Certified Nurses

**U.S. Air Force Maj. Jesse Chavez**

**U.S. Army Lt. Col. William Murray**

**Ms. Alice Idehara**

**U.S. Army Lt. Col. Julia Duffy**

**U.S. Army Maj. Albert Knight**

**U.S. Army Capt. Mario Vergara**

**Ms. Kayleen Sabol**

**Ms. Tammy Abell**

**Ms. Haley Photis**

**U.S. Air Force Maj. Nichole Young**

**U.S. Air Force Maj. Shaun Denton**

**U.S. Air Force Capt. Autumn Wharmby**

**Mrs. Kimberly Griner**

**U.S. Army Lt. Col. Ekerette Akpan**

**U.S. Air Force Capt. Virgie VinceCruz**

**U.S. Army Capt. Darell Davis**

**U.S. Air Force 1st Lt. Josephine Korte**

**U.S. Air Force 1st Lt. Kaitlyn Steele**

**U.S. Air Force Capt. Sharon Avellar Gaspardo**

**U.S. Air Force Capt. Mark Borak**

**U.S. Air Force Capt. Katlyn Boyle**

**U.S. Air Force Capt. Kedrian Guy**

**U.S. Air Force Capt. Moshood Yinusa**

**U.S. Air Force Capt. Brittney Mathis**

**U.S. Air Force Capt. Kaitlyn Betts**

**U.S. Air Force Maj. Kristin Blouin**

**U.S. Air Force Capt. Tori Jaramillo**

**U.S. Air Force Capt. Jenny Davis**

**U.S. Air Force Maj. Arik Carlson**

**U.S. Air Force Maj. Robin Murray**

**U.S. Air Force Capt. Aaron Orzel**

**U.S. Air Force Capt. Laura Dimmett**

**U.S. Air Force Capt. Maeve Linder**

**U.S. Air Force Capt. Autumn Wharmby**

**U.S. Air Force Capt. Erin Banks**

**U.S. Air Force Capt. Lauren Scott**

**U.S. Air Force Capt. Jennifer Zanzig**

**U.S. Air Force Capt. Annalynn Pilarca**

**U.S. Air Force Maj. Donna Douglas**

**U.S. Air Force Maj. Edita Dungca**

**U.S. Air Force Capt. Roheem Moore**

**U.S. Air Force Maj. Yong Kim**

**U.S. Air Force Lt. Col. Amy Kinnon**

**U.S. Air Force Lt. Col. Amber Barker**

**U.S. Air Force Capt. Christina Wetta**

**U.S. Air Force Maj. April Oliver**

**U.S. Air Force Maj. Marya Linda Eddaifi**

**U.S. Air Force Maj. James Dunham**



**A Certified Nurse is:** as defined by the American Board of Nursing Specialties (ABNS), the formal recognition of the specialized knowledge, skills, and experience demonstrated by the achievement of standards identified by a nursing specialty to promote optimal health outcomes. While state licensure provides the legal authority for an individual to practice professional nursing, private voluntary certification reflects achievement of a standard beyond licensure for specialty nursing practice. The process assures the public that the certificant has a level of knowledge in the specialty, as well as ongoing participation in activities that support the maintenance of competence in that specialty.

U.S. Air Force Maj. Nichole Young

U.S. Air Force Maj. Shaun Denton

U.S. Air Force Maj. Pat Reuter II

U.S. Air Force Capt. Marisa Guzman

U.S. Air Force Capt. Nicole Perrault

U.S. Air Force Capt. Sayjai Boonmee

U.S. Air Force Maj. Jeremy Etzkin

Ms. Tiffany Wood

Ms. Joana Goana

Ms. Laura Aguilera

U.S. Air Force Capt. Lisa Liebig

U.S. Army Maj. Celia Dial

U.S. Army Maj. Keren Andujar

U.S. Army Capt. Anthony David

U.S. Army Maj. Yamille Roper

U.S. Army Maj. Gordon Falvey

U.S. Army Capt. Adam Fricker

U.S. Army Capt. Hazel Tomikawa

U.S. Army Capt. Robert Turner

U.S. Army Capt. Joshua Thaler

Ms. Jenny Ward

Ms. Laurie Lanca

Ms. Maria Thrift

U.S. Army Lt. Col. Andrew Hover

Ms. Kimberly Griner

## Nurse, Medic, Tech Week Schedule of Events

May 6th: Wellness day: Opening ceremony and walk at 9 a.m.

May 7th: Parfait Bar: 11 a.m. - 1 p.m. at Kirchberg (deliveries to nightshift staff)

May 8th: Pizza deliveries to dayshift and nightshift staff

May 9th: Cupcake delivery for dayshift and nightshift

May 10th: Waffle breakfast from 6 a.m. - 9 a.m.; Best Practice Showcase 11 a.m. - 3 p.m.

May 11th: Virtual paint party

May 12th: BBQ featuring USAEUR-AF band, Annual Award Ceremony



Urim Kasami, a gastroenterology technician at Landstuhl Regional Medical Center's Gastroenterology Clinic who was selected as LRM's Technician of the Year, tests equipment for functionality, April 23. Landstuhl Regional Medical Center recognizes nurses, medics and technicians during National Nurses Week which is celebrated annually, May 6 to May 12.

## LRMC HEALTH CARE PROFESSIONALS LAUDED AS TOP ON THE HILLTOP

**2020** was challenging to medical professionals. With the COVID-19 pandemic rousing uncertainty, we looked to health care professionals across the world for guidance and care. Nurses put their own lives on the frontlines to fight the disease, which is still the case into 2021. Because of this, last year's theme for the National Nurses Week, "The Year of the Nurse and Midwife," has been extended to 2021.

National Nurses Week is celebrated annually from May 6 to May 12, culminating on Florence Nightingale's birthday, who is often revered as the Founder of Modern Nursing. In celebration of the medical profession, medical facilities around the world recognize their nursing staff and the contributions they make toward patient care.

At Landstuhl Regional Medical Center, National Nurses Week is broadened to recognize other impactful medical professionals, dubbing the week-long celebration Nurse, Medic, Tech Week. As part of this celebration of the medical professions, leaders select a team member to represent their fields and are lauded as the Advanced Practice Registered

Nurse, Registered Nurse, Licensed Practical Nurse, Medic and Technician of the Year.

With only six months in her position, Tiffany Wood, a registered nurse at LRM's Post-Anesthesia Care Unit (PACU), managed to nab LRM's selection as the Registered Nurse of the Year.

Originally hoping to become a physician, Wood was always interested in the medical field but states life as a military spouse made it difficult to dedicate the necessary time and effort required to fulfill the M.D. curricula.

"I always knew that I wanted to be in the medical field, I actually had my first degree in biology," said the Houston native. "A couple of years later, I decided medical school is kind of out of the picture, so I jumped into an accelerated nursing program."

Following graduation, Wood states she "jumped into the waters" with her first nursing position as an emergency room nurse but fell in love with the high-demanding job, then the COVID-19 pandemic occurred.

"As you can imagine, (COVID-19) turned the entire world upside down. Especially being a frontline, registered nurse with only, at this point, a little over a year out of nursing school," said Wood. "That's when I realized you rise by lifting others. It takes an entire team to save people's lives, especially when we're having a brand new pandemic disease that we're still trying to figure out."

It's Wood's teamwork mentality, echoed by many of LRM's health care professionals which reflects the selfless service LRM dedicates to its patients.

"I love taking care of people. I always found I'm really good with I guess customer care services but being able to get hands on and help with healing, it's

a unique honor to be able to be part of that process," said Wood.

While health care professions are a choice and only a job for some individuals, U.S. Army Capt. Mario Vergara, clinical nurse officer in charge of LRM's Family Medicine Clinic and a Clinical Nurse Specialist (CNS), was intrigued by the need for health care professionals during the height of the war. For Vergara, who was selected as LRM's Advanced Practice Registered Nurse (APRN) of the Year, his Army career began with ROTC and a nursing scholarship.

"I wanted to be an expert in my field," said Vergara, a native of El Paso, Texas. "(Soldiers) get thrown into many different jobs at different locations and I think just bringing your passion to whatever you do, is absolutely by far, one of the best things to get you to where you want to be."

Advanced practice registered nurses are graduate-prepared nurses, master or doctorate degrees, with advanced skills, education and training in their specialty. In the Army, APRNs usually consist of nurse practitioners, clinical nurse specialists, nurse anesthetists (CRNAs), and nurse midwives (CNMs).

Vergara, who only has two years as an APRN, was instrumental in inpatient care processes and standardization as LRM initially grappled with the COVID-19 pandemic.

"The (CNS) mission for the inpatient (wards) had a lot of impact with COVID-19 presenting itself in Germany," said Vergara, crediting other nurse-researchers and instructors at LRM for his success. "CNSs typically work behind the scenes to make things happen. Over the last year I strived to prove my worth to the organization."

Proving selfless service has no rank, U.S. Army Pfc. Ragan Padgett, a healthcare specialist (formerly known as combat medic)



Kathy Canady (left), a licensed practical nurse at Landstuhl Regional Medical Center's Plastic Surgery Clinic who was selected as LRM's Licensed Practical Nurse of the Year, prepares a patient for a medical exam at the Plastic Surgery Clinic at LRM, April 26.





U.S. Army Pfc. Ragan Padgett (left), a healthcare specialist (formerly known as combat medic) with the Internal Medicine Clinic at Landstuhl Regional MC who was selected as the Medic of the Year for her contributions, takes a patient's vital signs at LPMC, April 23.

with the Internal Medicine Clinic at LPMC was selected as the Medic of the Year for her contributions.

"I've always been interested in the medical field. I took medical classes in high school, and I even got my (certification as a nursing assistant) before enlisting," said Padgett, a native of Hickory, North Carolina. "I knew I was going to be able to do more (medically) in the Army than I would in the civilian world, so I enlisted."

Although LPMC is Padgett's first assignment in the Army following basic training, over the course of her short tour she states she's learned to become more versatile, adaptable and detailed when it comes to patient care.

"I feel like knowing that I'm helping someone is probably the most rewarding aspect of my job," said Padgett.

With a full career ahead of her, Padgett intends to continue her education toward a nursing degree with hopes of becoming a critical care nurse.

While most of the selectees chose their



U.S. Army Capt. Mario Vergara (right), clinical nurse officer in charge of Landstuhl Regional Medical Center's Family Medicine Clinic and a Clinical Nurse Specialist who was selected as LPMC's Advanced Practice Registered Nurse of the Year, discusses COVID-19 testing procedures and best practices with health care staff at LPMC's Acute Respiratory Clinic, April 23.

current positions as they considered professions in the healthcare field, some welcomed a change in past positions.

For Urim Kasami, a gastroenterology technician at LPMC's Gastroenterology Clinic who was selected as LPMC's Technician of the Year, the change came with the move to Germany from serving as a laboratory technician for 12 years to gastroenterology.

"The positions for laboratory technicians were limited but I've had prior experiences in the surgical field," explains Kasami. "I was really interested in coming back into the same kind of a field where I have a little more patient interaction, helping with procedures and stuff."

Although a change from specimens and test tubes, Kasami's efforts and his approach to collaboration were impactful for LPMC's Gastroenterology Clinic, as evidenced with his dedication to duty.

"Being the only facility outside United States to provide (four combatant commands) gastroenterology services is big, and yet there's only so much we can do because of COVID-19," said Kasami, a native of North Andover, Massachusetts. "It's been challenging, but hopefully we'll be able to provide 100 percent services again."

"I can't say (I was selected) because I'm great, I'm not. Being a team player is like an orchestra and I'm just one instrument playing in the background," said Kasami. "Without everybody's contribution you can't have nice music."

Early in Kathy Canady's career, a licensed practical nurse at LPMC's Plastic Surgery Clinic who was selected as LPMC's Licensed Practical Nurse of the Year, she was not involved in health care whatsoever but a national

tragedy put Canady back in uniform and on the frontlines.

Following an enlistment in the Marine Corps, Canady earned her nursing degree and was working in civilian positions when 9/11 occurred. Selflessly, Canady put her medical experience to work as a Navy Corpsman following the attacks, deploying nine times and serving over 20 years before retiring out of the Navy Reserves.

"I enjoyed taking care of people. As a Marine I was an avionics technician. Although I enjoyed fixing things, I'd rather fix people," explains the Dayton, Ohio native. "I've served in almost every capacity that a licensed practical nurse is allowed to under their scope of practice. I've deployed around the world, but to work here at LPMC has always been a dream. (LPMC) has always been the castle on the hill for any corpsman or any person in uniform that's ever been (in combat). I've always said that I wanted to be



Tiffany Wood, a registered nurse at Landstuhl Regional Medical Center's Post-Anesthesia Care Unit (PACU) who was selected as LPMC's Registered Nurse of the Year, prepares a patient for a surgical procedure at LPMC, April 23.

part of that legacy."

"In my eyes, I just continue to take care of people, that's what I love to do," said Canady. "I have the opportunity to still continue to serve and to take care of our uniformed members and their families. I'm very humbled and honored that I was selected as LPN of the year."

As a former Marine and retired Navy corpsman, Canady's service to country spans decades but says her employment at LPMC is "a dream come true."

"It doesn't matter if I'm sweeping the floors, cleaning the rooms, or if I'm getting to do hands-on patient care, it's all part of the bigger picture," said Canady. "I just want to do whatever I can to support the mission and the goals and to support our uniformed members and their families."

# Patient Caring Touch System

## Honor

to regard with great respect; honesty, fairness, or integrity in one's beliefs and actions; a source of credit or distinction; to hold in high respect for worth, merit, or rank

**Why is Honor Important?** Honor is a matter of carrying out, acting, and living our values - values like duty, loyalty, selfless service, integrity, and personal courage - in everything we do. Great leaders, and we are all leaders in our own right, know what **honor** is all about. As members of the healthcare team we often serve as witnesses to our Soldiers' and their families' most devastating days and most triumphant moments. We are here to serve as we assist them back to a state of health and wellness, and we are privileged to be a part of their experiences as a testament to their heroism, sacrifice, and resilience. Our AMEDD motto really sums it up: **"Serving to heal; honored to serve"!**



U.S. Army Lt. Col. Jessica Peck, chief, Ear, Nose and Throat Clinic, Landstuhl Regional Medical Center, performs an intranasal cryotherapy procedure at LRMC, April 23. The procedure was first performed at LRMC on April 1, which also marks the first time it's been performed anywhere in Germany. The procedure uses cryoablation to freeze nerves in the back of the nose to treat chronic rhinitis, or allergy-like symptoms which last more than a month.

**MENTOR** *continued...*

Troop Command, LRMC. "(The forum) has generated some candid conversations for myself with some of my peers and leaders."

While military leadership skills provide many leaders the tools necessary to upkeep the health and welfare of their Soldiers, Woolley states it may be more difficult for male leaders to consider female Soldiers' perspectives without testimonials like those shared at the discussion.

"We are all in the same fight together against common enemies. We should not allow gender, or polygenes for that matter, to separate us and risk devolving into any divisive framework when what we need is cohesion," said Jackson. "Open dialog can and will ultimately allow us to be stronger together through shared understanding."

Over the past decade, strives toward gender equality in the Army include the opening

of infantry, armor and fire support military occupational specialties to female Soldiers, including the Army's elite Ranger School course. Additionally, gender integration is being assessed across all U.S. military services, with the most recent milestone being the U.S. Marine Corps' integrated boot camp at Marine Corps Recruit Depot San Diego, the first integrated training of male and female recruits in the West Coast-based boot camp's nearly 100-year history.

"I personally think (FMMP) stewards the military profession by building mutual trust," explains U.S. Army 1st Sgt. Maria Ferotti, first sergeant, B Company, Troop Command, LRMC. "By listening to different stories and perspectives we are able to grow as individuals and Service Members and learn ways to better communicate with each other. Putting yourself in someone else's shoes is usually uncomfortable but through

**CRYO** *continued...*

Although the procedure at LRMC is only available to eligible beneficiaries living overseas, Peck and Tonn's efforts to bring the procedure to Germany will also benefit host-nation providers, through collaboration and experience.

"Nobody here in Germany had performed one yet, so we were able to create a partnership to let the (host nation physicians) come and observe the surgery and they helped us with logistics and to develop a supply chain," explains Peck. "In turn, we're going to be able to treat our patients and improve their quality of life while the German community is going to be able to start performing this procedure and help their patients as well."

discomfort comes growth."

While the forum focuses on female Service Member mentorship and growth, Jackson explains it remains open to all to share different perspectives and encourage understanding across the ranks.

"The Army is on the precipice of change and this is the perfect opportunity to use these forums to bring awareness to those changes," said Ferotti.

"We can and should learn to communicate plainly and openly, regardless of the subject matter or topic, particularly those that can be uncomfortable," said Jackson. "This is a skill that needs to be developed as a teaching/learning tool. We need to continue to seek a balance that allows us to build trust, inclusion and mentorship while we focus outwardly on the enemies of our nation at hand and not on our biological or gender-centric differences."



# Hill Top Cafe / Warrior Restaurant

## May Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Daily</b> <b>Breakfast</b> <b>Bars</b>	<u>Monday</u> <b>Omelet /</b> <b>Egg Bar</b>	<u>Tuesday</u> <b>Pancakes /</b> <b>French</b> <b>Toast</b>	<u>Wednesday</u> <b>Omelet /</b> <b>Egg Bar</b>	<u>Thursday</u> <b>Pancakes /</b> <b>French</b> <b>Toast</b>	<u>Friday</u> <b>Omelet /</b> <b>Egg Bar</b>	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 Striado Squash Caserole 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 Tahi 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	See page 2		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 Tahi 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 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

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



Col. Michael Weber, commander, Landstuhl Regional Medical Center, and Command Sgt. Maj. Fergus Joseph, command sergeant major, LPMC, present Timothy Liebig, a laboratory technician at LPMC, with certificate of appreciation from the American Red Cross for volunteering efforts during the monthly Commander's Award Ceremony, March 5.



## ONE TEAM. ONE PURPOSE.

### Selfless Service.



Soldiers with Basic Leader's Course, Class 005-21, present their graduation certificates during the BLC graduation ceremony, April 9. U.S. Army Sgt. Maj. Brett Long (far left), sergeant major, Public Health Command Europe, was welcomed as the guest speaker for the ceremony. Basic Leader's Course is the first leadership course Noncommissioned Officers (NCOs) attend. The month-long course teaches specialists and corporals the basic skills to lead small groups of Soldiers.



## Staff Sgt. Lamaar Melvin

Labor & Delivery Unit

**ON DUTY:** U.S. Air Force Staff Sgt. Lamaar Melvin is the only NCO on the Labor & Delivery Unit. His attention to detail was evidenced when defibrillators were replaced but were a different series from previous issued equipment. Melvin identified the change, contacted the appropriate department and managed to secure the correct equipment required for his unit, essentially preventing potential delays in patient care.

*"Staff Sgt. Melvin's leadership has been vital to steering unit operations."*

