Army Nurse Corps Birthday

1st Lt. Cassandra Strasburg, RN, left; and 1st Lt. Caroline Sunkle, RN; recently passed their examinations and earned the National Certification for Medical-Surgical Nursing. See page 3.
## February 2017 Rounds

### African-American History Month
- **Feb. 1**
  - Resilience training, Auditorium, 8-10 a.m.
- **Feb. 2**
  - SHARP Training (Soldier/Civilian), Auditorium, 9:30 a.m. to 12:30 p.m.
- **Feb. 7**
  - ACE Training, Auditorium, 9-11 a.m.
  - EO Training for military, Auditorium, 2-3 p.m.

### Calendar

#### February 1
- **Resilience training**, Auditorium, 8-10 a.m.

#### February 2
- **SHARP Training (Soldier/Civilian)**, Auditorium, 9:30 a.m. to 12:30 p.m.

#### February 7
- **ACE Training**, Auditorium, 9-11 a.m.
- **EO Training for military**, Auditorium, 2-3 p.m.

#### February 8
- **Resilience training**, Auditorium, 8-10 a.m.

#### February 9
- **SHARP Training (Soldier/Civilian)**, Auditorium, 9:30 a.m. to 12:30 p.m.

#### February 10
- **DTMS and Swank Health Managers Training**, Auditorium, 9-10:30 a.m.
  - **TARP**, Auditorium, 1-3 p.m.

#### February 15
- **Resilience training**, Auditorium, 8-10 a.m.
- **Quarterly S-1/Personnel Staff Non-Commission Officer Conference**, Darling Hall, Bldg. 33720, Room 229 B&C, 8:30-10:30 a.m.

#### February 16
- **SHARP Training (Soldier/Civilian)**, Auditorium, 9:30 a.m. to 12:30 p.m.

See **CALENDAR** on page 6

---

### Ike's Menu

#### February

<table>
<thead>
<tr>
<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
<th>Friday</th>
<th>Saturday</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken Gumbo</td>
<td>Beef w/ Green Pepper Soup</td>
<td>Beef w/ Green Pepper Soup</td>
<td>Mediterranean Vegetable Soup</td>
<td>Mediterranean Vegetable Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BBQ Ribs</td>
<td>Hot Chicken Wings</td>
<td>Roast Turkey</td>
<td>Steak Fries</td>
<td>Soup with Bacon</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Fried Catfish</td>
<td>Broccoli Dinner Rolls</td>
<td>Baked Salmon</td>
<td>Grilled Chicken</td>
<td>BBQ Bean Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Baked Catfish</td>
<td>Baked Salmon</td>
<td>Roasted Turkey</td>
<td>Grilled Chicken</td>
<td>Baked Catfish</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Macaroni &amp; Cheese</td>
<td>Macaroni &amp; Cheese</td>
<td>Macaroni &amp; Cheese</td>
<td>Macaroni &amp; Cheese</td>
<td>Macaroni &amp; Cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beef</td>
<td>Beef</td>
<td>Beef</td>
<td>Beef</td>
<td>Beef</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pork</td>
<td>Pork</td>
<td>Pork</td>
<td>Pork</td>
<td>Pork</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Vegetable Stir-fry</td>
<td>Vegetable Stir-fry</td>
<td>Vegetable Stir-fry</td>
<td>Vegetable Stir-fry</td>
<td>Vegetable Stir-fry</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cream of Broccoli Soup</td>
<td>Beef Stroganoff</td>
<td>Beef Stroganoff</td>
<td>Beef Stroganoff</td>
<td>Beef Stroganoff</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BBQ Chicken</td>
<td>Beef Stroganoff</td>
<td>Beef Stroganoff</td>
<td>Beef Stroganoff</td>
<td>Beef Stroganoff</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken</td>
<td>Chicken</td>
<td>Chicken</td>
<td>Chicken</td>
<td>Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W/ Rice</td>
<td>W/ Rice</td>
<td>W/ Rice</td>
<td>W/ Rice</td>
<td>W/ Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pork Adobo</td>
<td>Pork Adobo</td>
<td>Pork Adobo</td>
<td>Pork Adobo</td>
<td>Pork Adobo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Macaroni</td>
<td>Macaroni</td>
<td>Macaroni</td>
<td>Macaroni</td>
<td>Macaroni</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Green Beans</td>
<td>Green Beans</td>
<td>Green Beans</td>
<td>Green Beans</td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W/ Ham</td>
<td>W/ Ham</td>
<td>W/ Ham</td>
<td>W/ Ham</td>
<td>W/ Ham</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Cream of Broccoli Soup</td>
<td>Cream of Broccoli Soup</td>
<td>Cream of Broccoli Soup</td>
<td>Cream of Broccoli Soup</td>
<td>Cream of Broccoli Soup</td>
</tr>
<tr>
<td></td>
<td></td>
<td>BBQ Chicken</td>
<td>BBQ Chicken</td>
<td>BBQ Chicken</td>
<td>BBQ Chicken</td>
<td>BBQ Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
<td>Grilled Chicken</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
<td>Chicken Gumbo</td>
</tr>
<tr>
<td></td>
<td></td>
<td>W/ Rice</td>
<td>W/ Rice</td>
<td>W/ Rice</td>
<td>W/ Rice</td>
<td>W/ Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Pork</td>
<td>Pork</td>
<td>Pork</td>
<td>Pork</td>
<td>Pork</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
<td>Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
<td>Rice</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Macaroni</td>
<td>Macaroni</td>
<td>Macaroni</td>
<td>Macaroni</td>
<td>Macaroni</td>
</tr>
<tr>
<td></td>
<td></td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
<td>&amp; Cheese</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
<td>Mixed Vegetables</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Green Beans</td>
<td>Green Beans</td>
<td>Green Beans</td>
<td>Green Beans</td>
<td>Green Beans</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
<td>Broccoli</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
<td>Steamed Rice</td>
</tr>
<tr>
<td>April 2017</td>
<td>April 2017</td>
<td>April 2017</td>
<td>April 2017</td>
<td>April 2017</td>
<td>April 2017</td>
<td>April 2017</td>
</tr>
</tbody>
</table>
February 2017 Rounds

FROM THE COMMANDER’S OFFICE

Nurse Corps birthday, awards ... and, oh, a football game

Col. Michael A. Weber
Commander
Eisenhower Army Medical Center

January was an extremely busy month. The highlights for me were the inspirational observances of Dr. Martin Luther King Jr.’s Birthday conducted by Fort Gordon and Eisenhower Army Medical Center. Both keynote speakers inspired me. The Annual Blood Donor Awards Ceremony highlighted the incredible commitment of our mission partners: some of whom have donated multiple gallons of blood over the years. The Army Nurse Corps’ Birthday was a great event: Happy 116th! I want to thank everyone involved in EAMC’s award-winning Combined Federal Campaign. The community can count on EAMC to exceed its pledge goal, and this year’s $48,389 exceeded our target by $4,000.

We look forward to a busy and exciting February as we observe and celebrate African-American/Black History Month. The Army is highly capable and mission ready by leveraging the strengths of its diverse, all-volunteer force. There are more than 482,000 Soldiers total currently serving in our active component. Of which, there are more than 103,400 (21.4 percent) African-American Soldiers (more than 77,900 are men and more than 25,400 are women) currently serving. The theme of 2017 African-American/Black History Month is "Success always leaves footprints." You can learn about Henry O. Flipper, a Buffalo Soldier, who became the first black Soldier to be accepted to the U.S. Military Academy at West Point, N.Y. When the Buffalo Soldiers weren’t fighting, they built roads and telegraph lines, guarded stagecoach and mail routes, escorted supply trains and survey parties and went on scouting patrols. Learn more by exploring the URL http://www.army.mil/africanamericans.

EAMC conducts its Soldier and NCO of the Year competition during February. National Patient Recognition Week is observed Feb. 1-7. Many of us will be cheering on our favorite team during Super Bowl 51 Sunday, Feb. 5, at 6:30 p.m. I don’t know which teams will be playing, but I predict Aaron Rodgers will be the MVP. Please root for your teams responsibly and plan your celebrations with a designated driver.

The "Dr. Seuss on the Loose," 10k, 5k Run and 1-mile Stroller Walk is Saturday, Feb. 11, starting at the Signal Corps Museum. Don’t forget Valentine’s Day Tuesday, Feb. 14. Two of our Presidents have birthdays in February: Abraham Lincoln, Feb. 12, and George Washington, Feb. 22. Our country celebrates the Federal Holiday of "Washington’s Birthday "on the third Monday of February. This year it’s Feb. 20. Happy 285th Birthday, President Washington. The Fort Gordon Master’s Badge Lottery is scheduled to start on Feb. 24 at Building 28320 Lane Avenue.

This is going to be a great month and I am excited to see what we are going to accomplish together. You make EAMC my First Choice for 5-Star Care.
‘Leading Readiness and Professional Practice: Getting it done since 1901’

U.S. Army Nurse Corps Chief Maj. Gen. Barbara Holcomb’s message to leaders when discussing Army Nursing and nursing practice: “Readiness is our priority and we want to continue focus on professional practice, so we can use this to help our Corps understand the roles in each area.

“Some of you have heard me talk about readiness in three areas: personal (MEDPROS, Wills, POA, family care plan, etc.); professional (skill sets needed for environment), and team (our role in ensuring the team, particularly our enlisted Corps, is ready). Professional practice is about ‘a way of being’ whether we use PCTS or something else. It is not another program added to the mix. It is what we believe and demonstrate through our behaviors and should be as comfortable to how we operate as breathing.”

MOS 68C, Army Practical Nurse class, graduated Dec. 8

Congratulations to the 39 Soldiers who completed the 52-week U.S. Army Practical Nurse Program Dec. 8. The first 12 weeks at Joint Base San Antonio focused heavily on didactic training in the biological sciences. The remaining 40 weeks involved intense didactic and accelerated clinical training in multiple specialties such as OB-GYN, Pediatrics, Intensive Care Unit, and at a spinal cord injury unit.

Members of the graduating class expressed their gratitude and appreciation to the Eisenhower Army Medical Center staff, Children’s Hospital of Georgia, Doctors Hospital, and the Veteran Affairs Medical Center personnel and nursing staff. They cited the faculty’s dedication, patience and patriotism they displayed while teaching, coaching and mentoring the new 68Cs Soldiers.

Columbia County, EAMC hold high school health science program

Lt. Col. John V. Kulig
Chief, Hospital Education & Staff Development
Eisenhower Army Medical Center

Eisenhower Army Medical Center’s Hospital Education and Staff Development held the fifth Columbia County/EAMC Health Science Preceptorship graduation ceremony for Harlem High School students Dec. 8.

Every year there are two cycles of high school students who come from Harlem and Grovetown high schools. In 2014, the EAMC hospital commander was approached by the Columbia County Schools to discuss a potential partnership having high school students interested in health care have the opportunity to job shadow. This is an opportunity for select high school students to experience a variety of health care settings through clinical rotations.

These students are highly motivated and first had to successfully complete three pre-requisite courses to qualify for selection into the Health Science Training Program. Many of these students are also taking AP courses.

In October 2014, EAMC’s first clinical rotation of 22 students were from Harlem High School along with their Healthcare Instructor Ginny Thibodeau, RN, who also see HIGH SCHOOL on page 10
Practical nurse chosen for enlisted commissioning program

Staff reports

The AMEDD Enlisted Commissioning Program provides eligible Active Duty, Reserve, National Guard or AGR Army Soldiers the opportunity to complete a Bachelor’s of Science in Nursing, and receive a commission in the active duty component of the Army Nurse Corps.

Sgt. Ryan Parks, a practical nurse on the 6th floor in the Phase 2 Recovery area, has recently been accepted into the AECP, a highly competitive program where acceptance is difficult.

The application process was very detailed, Parks said. Parks was a medic for three years, and then graduated from the 68C Practical Nurse Course in 2010. He has been at Eisenhower Army Medical Center for the last two years.

“Sgt. Parks is very deserving of this accomplishment because he is a very dedicated, hard-working and terrific nurse,” 1st Lt. Katie A. Silva, assistant CNOIC, Ambulatory Surgery Center, said. “We wish him the best of luck.”

He has been accepted into Augusta University, and will begin his course work in the fall. Upon his targeted 2019 graduation, Parks will receive his commission as an Army Nurse Corps Officer.
Operation ‘Feliz Navidad:’ The Joy of Giving, ‘La Alegría de Dar’

Grissel Rosa
Public Affairs Officer
U.S. Army Garrison Fort Buchanan, Puerto Rico

The Puerto Rican tradition of Three Kings Day, or Epiphany, this year Jan. 6, is one of the most important holidays on the Puerto Rican calendar. On Three Kings Day Eve, Puerto Rican children cut grass to put in a shoe box under their bed for the camels to eat. The Three Kings only come if the child has been good all year. They arrive quietly at every house, leaving the gifts under the bed.

On the morning of Three Kings Day children enjoy their new bikes, skates, dolls and other toys. There are parades and festivals around the island. It is a time of family gatherings and parties with a more spiritual bent.

The highlight of the day occurs when the Three Kings come walking into town. These particular kings hail from Juana Díaz, a town in the south of the island that is the unofficial hometown of the Magi. A statue of the kings greets you when you enter the town. It is also the focal point of the municipality’s plaza.

In the spirit of the holidays, Fort Buchanan, Puerto Rico, shared joy and toys with various charities as part of “Operation Feliz Navidad” (Operation Happy Holidays). The initiative, part of the garrison’s community outreach program, identifies non-profit organizations that provide shelter and new beginnings to children ages newborn to 18 years old.

“Operation Feliz Navidad” combined the efforts of the Army with sister services, interagency and intergovernmental partners such as the Department of Veterans Affairs, as well as tenants such as the Rodriguez Army Health Clinic and other members of Fort Buchanan’s community in this humanitarian project.

This year’s contributions exceeded the garrison’s expectations as the community donated new, unwrapped toys for children who may not otherwise receive gifts during the holiday season.

On Jan. 5, Three Kings Day Eve various members of the garrison community as well as partners from the Department of Veterans Affairs visited the Children’s Hospital in Guaynabo, Puerto Rico, and Casa de Niños Andrés in Bayamón.

The Children’s Hospital, established more than 90 years ago, provides health care and treatment to children. It is the only pediatric health house in the island that provides services of prolonged stay and convalescence to patients up to 21 years old with physical or mental impairment. It houses children from low income families with chronic and severe impairments. Presently they take care of a more than 3,000 children, providing ambulatory physical, occupational and speech therapies, and total health care to more than 20 children who live permanently in the hospital.

The Casa de Niños Andrés, established in 2001, is a shelter for abused boys with mental conditions only, who have been referred by the Family Department due to negligence or abuse.

Photo by Rosie Irizarry, PA Specialist, USAG Fort Buchanan


CALENDAR from page 2

Feb. 21
EO Training for military, Auditorium, 7-8 a.m.
ASAP, Auditorium, 3-4 p.m.

Feb. 22
Resilience training, Auditorium, 8-10 a.m.

Feb. 23
National Prayer Breakfast, Gordon Conference and Catering Center, Main Ballroom, 7-8 a.m.
Marriage 101 “Making Meaningful Connections,” Family Life Center, 338804 Academic Dr., Fort Gordon, 9:30 a.m. to 3:30 p.m.
Medical Readiness Classification 4 reset

U.S. Army Medical Command

Being medically ready is critical for a deployable Soldier, as Soldiers must be ready to fight and win today’s wars as part of globally integrated operations. All Soldiers are assigned a Medical Readiness Classification of 1 to 4. The class of MRC 4 consists of Soldiers whose medical and dental status is unknown. These Soldiers are therefore non-deployable.

Currently, more than 144,000 Soldiers across all Army components are considered non-deployable for various medical and dental reasons. Of this population, 55,000 Soldiers need only an annual periodic health assessment or a dental exam (or both) to be removed from their MRC 4 status.

What is the Army doing?

Through March 31, the Army’s goal is to execute an Army-wide reset to ensure that all Soldiers currently classified as MRC 4, as well as those Soldiers whose annual PHA and dental exams become due in 12 months, complete these critical health readiness assessments.

Army Medicine has been closely collaborating with Headquarters, Department of the Army G-1 and its regional health commands to diligently request and assess feedback from the field to successfully execute this mission.

Plans for future efforts?

The Army Medical Command developed tools to assist unit leaders in managing their Soldier’s medical readiness. For example, Soldiers can view their individual medical readiness status on Army Knowledge Online.

Soldiers should avoid being a “no-show” for appointments, which not only fails to complete the exam, but also blocks that appointment from being filled by another Soldier. It is a commander’s responsibility to assess his or her unit’s mission readiness in order to execute current and future mission requirements.

Why is this important?

Readiness is the Army’s No. 1 priority. Increasing the medical readiness of the Army will provide more combat power to the combatant commanders, which will effectively support globally integrated operations and mission planning around the world.

Resolving MRC 4 deficiencies will also help determine a baseline rate for MRC 4, which will enhance predictability, improve future readiness projections, and better determine access-to-care requirements at military treatment facilities.

This MRC 4 initiative will help commanders maximize the number of medically ready personnel they have for future mission requirements. In addition, this effort will demonstrate to stakeholders that the Army is doing everything possible to maintain mission readiness.

To ensure your medical readiness, make an appointment by calling Eisenhower’s Nurse Case Manager Outreach Program at 706-787-2743.

To ensure your medical readiness, make an appointment by calling Eisenhower’s Nurse Case Manager Outreach Program at 706-787-2743.

ARE YOU READY?

MARCH 31

Medical Readiness Classification (MRC) 4 Reset
For questions, visit http://go.usa.gov/x8XPW
READINESS IS PRIORITY #1
Museums can be path for inner growth

Lt. Col. Rick Stevenson, chaplain
Eisenhower Army Medical Center

The opening of the National Museum of African-American History and Culture occurred Sept. 24, 2016. President Obama and Ruth Bonner, the 99-year-old daughter of former slave, Elijah Odom, rang a bell dating back to the 1880s.

The museum, part of the Smithsonian Institution, is located on the national mall in our nation’s capital. The building was being built while I was assigned to a post in Maryland. I always found it interesting to see how much progress was made on the building as my car crawled down Constitution Avenue, trying to get from Point A to Point B in Washington.

Someday I hope I can go back and tour the museum. To say the new museum is the hottest ticket in town is an understatement. Timed-entry tickets are a must, although a few same-day tickets are given out every afternoon to the lucky few who can get them.

As of last December, the earliest tickets you could get were for late March 2017. There are more than 37,000 objects in the museum’s collection, ranging from a hymnal owned by Harriet Tubman to the dress Rosa Parks was sewing the day she refused to give up her seat on that Birmingham bus. One of Louis Armstrong’s trumpets is there, as well as boxing headgear used by a Louisville native named Cassius Clay. He later changed his name to Muhammad Ali. There is a sign from Nashville, near where I grew up, indicating which seating on a bus was for “Blacks Only,” dating back to Jim Crow days.

Yes, someday I hope I can see these and many of the other items at the museum. I love museums. I guess it is only natural during February to think of museums that focus on the African-American experience. I have had the opportunity to visit the Civil Rights Museum in Memphis and the Martin Luther King Jr., National Historic Site in Atlanta. These are nationally recognized museums, but local museums such as the Lucy Craft Laney Museum of Black History in Augusta can offer an even richer experience for the simple fact it displays local history. These museums demonstrate how local ideas and how local people, like James Brown, Jessye Norman and Laurence Fishburne, shape not only the region but also the nation and the world.

Museums are more than buildings designed to remind us of the past. They also challenge us to strive for a better future and they can be used as a standard bearer for the present. I always discover something new that adds to my understanding of the subject. Visiting the Martin Luther King Jr., site in Atlanta taught me that Ebenezer Baptist Church still continues to be a dynamic church to this very day and they have a beautiful newer building across the street from the old church. Most of their services are now conducted from this site. Ebenezer church didn’t stop when Dr. King died. It lives on and evolves. I also learned walking around the neighborhood that the church, while large, was not the largest church in the area. Only a few blocks away stand the larger Wheat Street Baptist Church and Big Bethel AME Church. Now I’m curious to know their story.

see CHAPLAIN on page 11
Protect skin in colder months

TRICARE

It’s cold outside and you might think that sun protection is for the summer. Even though the temperature is cooler, the sun is still powerful, so continue to wear sunscreen with sun protective factor of at least 15 with both UVA and UVB protection every day.

Though you may want that sun-kissed look year round, you should stay away from indoor tanning. According to the Centers for Disease Control and Prevention, every time you tan you are increasing your risk of skin cancer and causing your skin to age prematurely.

It’s not just the sun that you have to worry about as the weather gets colder. Frostbite, an injury to the body caused by freezing is another concern. Frostbite causes a loss of feeling and color in affected areas, according to the CDC. It most often affects the nose, ears, cheeks, chin, fingers or toes. Frostbite can permanently damage the body, and even lead to amputation of a limb.

Be aware that if you have reduced blood circulation, especially to your hands and feet, or are not dressed properly for the weather, then you are at greater risk for frostbite. If you are experiencing discomfort in the cold, get out of the cold immediately, or protect exposed skin if your skin has any redness or pain. If part of your skin becomes a white or grayish-yellow color, feels unusually firm or waxy or is numb, then you may be experiencing frostbite.

Often, those who get frostbite are usually unaware of it until someone else points it out because their skin tissue is frozen and numb. If you have frostbite, then you may also have hypothermia, which is a serious medical condition also that requires emergency medical assistance. Signs of hypothermia can include shivering, drowsiness, slurred speech and confusion. Call 911 or go to your nearest emergency room.

If there is frostbite, but no sign of hypothermia, then seek medical care as soon as possible. If you cannot get medical care immediately, try to warm up, and if possible don’t walk on frostbitten feet or toes. Immerse the affected area in warm — not hot — water. Don’t rub the frost bitten area with snow or massage the area, as that can cause more damage. Never use heating pads, lamps, stoves, fireplace heat or radiator for warming as frostbitten areas can be easily damaged by excessive heat.

If you have reduced blood circulation, especially to your hands and feet, or are not dressed properly for the weather, then you are at greater risk for frostbite.

Dr. Seuss Birthday Celebration Reading Event

March 2
Pharmacy Area, 10 a.m. to noon
Family Practice Area, 1-3 p.m.
Free books, treats for kids
Volunteer readers needed

Eggxtravaganza

March 25
4th Floor Flag Pole, 1-3 p.m.
Donations of individually wrapped candy and plastic eggs needed. Drop off donations at Troop Command by March 15.
February 2017 Rounds

is a Harlem High School graduate class of 1983.

The most recent rotation had 18 Harlem students who attended the training October through December 2016. In all, the students had an opportunity to complete approximately 40 hours of clinical rotation.

EAMC’s staff are always excited about this opportunity and all reached out in support to provide preceptors throughout the hospital in areas such as ICU, 11W, 9MSP, Radiology, Lab, Emergency, Pharmacy, SIM MAN, Rehab/PT/OT, Respiratory Therapy, Medical Records, Nutritional Services, OB/GYN and Dental to name a few. There are so many opportunities.

Two days each week, the Harlem students arrived in their professional-looking uniforms — white scrub tops and red scrub bottoms — along with Thibodeau not too far behind. Like clockwork, the students got off the bus and went to the clinical areas of their choice. The clinical preceptor would introduce the student to those areas, providing knowledge and insight about types of service, the health care professionals and roles; and to answer the high school student’s many questions. And, like clockwork, they would end each clinical experience, meet near the pharmacy lobby and load back onto the bus.

The student feedback is always amazingly positive and their experience has either confirmed, one way or the other, if the health care field will be the right choice for them when they pick their majors in college. The next rotation started in January with students from Grovetown High School.

Role of education is focus of 2017 Black History Month

Compiled by Sgt. 1st Class Ian J. Smith
Equal Opportunity Advisor
Eisenhower Army Medical Center

The theme for 2017’s Black History Month, “Success always leaves footprints,” focuses on the crucial role of education in the history of African-Americans. Black History Month, also known as National African-American History Month, is an annual celebration of achievements by African-Americans and a time for recognizing the central role they have played in the history of the United States.

Dr. Carter G. Woodson founded the celebration he called “Negro History Week” in 1926. He selected the second week of February because it fell between the birthdays of the famed speaker and abolitionist Frederick Douglass and President Abraham Lincoln. In 1976, the celebration expanded to include the entire month. Since 1976, every U.S. president has officially designated the month of February as Black History Month. Other countries around the world, including Canada and the United Kingdom, also devote a month to celebrating black history.

There are numerous individuals and acts that occurred in American history to help shape the country over the years. Joseph Cinque and 53 others were abducted from their home in Sierra Leone by Portuguese slave traders aboard the schooner Amistad. Cinque led a successful revolt against the crew. In 1841, the U.S. Supreme Court freed the 35 Africans who survived the ordeal and cleared their passage back to their home on the West African coast. This event helped inspire the beginnings of the abolitionist movement.

Harriet Tubman, sometimes called “the Moses of her people,” was an abolitionist, humanitarian and leader of the Underground Railroad. The Railroad was a loosely organized network of connections for slaves escaping to the North.

In 1930, Thurgood Marshall was denied...
Patient Safety Division

Harold Morrow, a medical technologist in the Core Lab, was selected as Eisenhower Army Medical Center’s Patient Safety Employee of the Month for December. The presentation was held Jan. 6.

Morrow was selected because he demonstrated an exceptional act of service by reporting a “near miss” event. A specimen was delivered to the Core Laboratory for analysis and, while certifying results in CHCS, Morrow noticed the specimen had a CHM number associated with a separate specimen result. He immediately identified an issue.

He further noticed the specimen, labeled “Patient A,” used the same CHM number associated with “Patient B,” and determined the original specimen was mislabeled.

Morrow’s attention to detail ensured the proper specimen was analyzed and proper assessment of the patent was made … and earned Morrow a nickname, “Columbo,” bestowed by his coworkers after he solved the mystery associated with this Patient Safety Event.

A native of Lakeland, Florida, Morrow enjoys tennis and spending lots of time with his wife and grandchildren.

CHAPLAIN from page 8

Human beings we are also like museums. We house our own personal histories that have been shaped not only by events and opportunities in our own lifetime, but also by events which occurred decades and centuries before we were born. Striving forward for a better future, not only for ourselves but for everyone, is a challenge we should reach for every day. In the words of the old spiritual, “Out of the gloomy past, till now we stand at last where the white gleam of our bright star is cast.”

BLACK HISTORY from page 10

admission to the University of Maryland Law School because he was black. After getting accepted to Howard University Law School, he began to develop an impressive track record of winning court cases against states that aimed to continue practicing discrimination. He later became the first black American to sit on the Supreme Court, from 1967 to 1991. His distinctive tenure of service lasted 24 years.

During African-American History Month, we celebrate these formative leaders and sites of the civil rights movement, as well as innumerable others who have contributed immeasurably to the tapestry of America, helping shape our nation and the world.

African-American History Month is a time to reflect on our nation’s history and progress, and recommit to advancing equal opportunity for all.

Sources:
— www.deomi.org
— hdl.loc.gov/loc.pnp/ppmsca.03130
— asalh100.files.wordpress.com/2014/11/2017-black-history-theme.pdf

The Combined Federal Campaign’s final total was $48,389.61. Eisenhower Army Medical Center’s goal was $44,352. EAMC eclipsed the second place donating unit by approximately $30,000. At the close of the campaign, Dec. 19, Fort Gordon reached 67 percent of it goal.

Total contributions: $212,970
Total contributors: 724

Congratulations to the top five Fort Gordon unit contributors:
1. Eisenhower Army Medical Center
2. Cyber Protection Brigade
3. 7th Signal Brigade
4. Navy Information Operations Command
5. 707th Military Intelligence Battalion, Bravo Company
Eisenhower Army Medical Center

SHOULDER to SOLDIER
WE KEEP OUR NATION READY

Karen Boyer, Physical Therapist
At EAMC since May 2016

Frank Pizzi, IMD, Tier II technician
At Eisenhower since December 2016

Sgt. Ryan Scott, Medic, NCOIC in OB/GYN
At Eisenhower 6 months
Soldier for nearly 9 years

Kari Davidson, Health Services Auxiliary Volunteer since August 2016