

NORTH

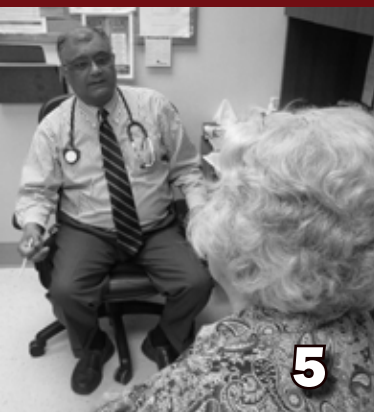


NORTHERN REGIONAL MEDICAL COMMAND

VOLUME SEVEN | AUTUMN 2012

A DAY IN THE LIFE OF NRMC

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ON THE COVER: Spc. Saieed Okoh, surgical technician, Keller Army Community Hospital, West Point, N.Y., prepares equipment for orthopedic surgery, (Photo Illustration by Britney Walker, Keller Army Community Hospital)



NORTH

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A MESSAGE FROM NRMC LEADERSHIP



Brig. Gen. Joseph Carvalho, Jr.



Command Sgt. Maj. Benjamin Scott

Welcome to the autumn edition of NORTH.

The purpose of this magazine is to tell the story of the Northern Regional Medical Command. It normally does this primarily through words, but in this issue we wanted to learn if the adage, “a picture is worth a thousand words,” is true. The result is a major pictorial feature, “A Day in the Life of NRMC.” We chose July 27, the 237th anniversary of Army Medicine, as the date we would focus our cameras on the people of our medical treatment facilities and show them providing the care and support that cures illness and enhances wellness.

Men and women of NRMC provide round-the-clock patient-centered care. From surgeons to cleaning crews, from sunrise to sunrise, someone in NRMC is upholding the banner of Army Medicine while protecting Soldier and Family well-being. As you turn the pages of the pictorial, remember that these are just a few of the people – many working behind the scenes – who strengthen the health of our Nation by improving the health of our Army.

Also in this issue we bring you stories from across the Region. We look at our Warrior Transition Units, where Soldiers focus on recovery, rehabilitation and reintegration following a wound, injury or illness. There are reports of new facilities, dedicated caregivers, and inspiring stories of Soldiers-in-Transition overcoming physical challenges to prove they truly are Army Strong.

Stories from other medical treatment facilities focus on our commitment to patient-centered medical care, and our transition from an organization that provides healthcare to one that stresses health maintenance and wellness. We also highlight our new leaders from across the Region.

One thing unites all the stories in this edition of NORTH. That is an emphasis on our single-minded focus on providing all our beneficiaries with services featuring innovation, compassion, and integrity. Enjoy!

Brig. Gen. (Dr.) Joseph Carvalho, Jr.
Commanding General
Northern Regional Medical Command

Command Sgt. Maj. Benjamin Scott
Command Sergeant Major
Northern Regional Medical Command

MCAHC INTRODUCES PATIENT-CENTERED HEALTHCARE MODEL

Story and photo by Marlon J. Martin, MCAHC Public Affairs Officer

FORT EUSTIS, Va.--By 2014, McDonald Army Health Center (MCAHC) will establish six patient centered medical homes, a new model of healthcare delivery the U.S. Army Medical Command is implementing throughout its medical treatment facilities.

McDonald's Troop Medical Clinic 2 (TMC2) will be the first to adopt the PCMH method of care and to seek national recognition by the National Committee for Quality Assurance -- a certifying body for primary care practices. The remaining medical homes will be located within the primary care clinics of Family Health, Pediatrics, and Internal Medicine.

Samara W. Walker, McDonald PCMH champion, said, the medical home concept offers beneficiaries the opportunity to partner with their entire primary care team. This translates into superior access and healthier patients.

Patients are assigned to a team of healthcare providers, including physicians, nurses, behavioral health professionals, pharmacists, and others to develop a comprehensive, personal healthcare plan. This includes

delivering prevention screening and services; managing chronic conditions; and promoting a spirit of health, wellness and trust.

Ultimately, patients become the center of their health care teams. Collectively, patients and health care teams can take advantage of telephone and web-based communication to follow-up on health issues and concerns, share and update information, and coordinate care delivery.

Sgt. 1st Class Cassandra Alam, noncommissioned officer-in-charge of TMC2 said, "The staff at TMC2 is excited to implement this model. We always look for new ways to improve the quality of care we provide, and this model will definitely take us to the next level."

According to Dr. Ronald Mack, the chief of Pediatric Services, PCMH will address all healthcare needs.

"It's healthcare's total package. It is team driven with the patient and family in the driver's seat," Mack explained. "Their health



Dr. Khalid A. Khan, staff internist, Internal Medicine, speaks to a patient during her visit to McDonald Army Health Center.

care needs drive the bus. The healthcare team is responsible for improving outcomes from acute and chronic disease of the patients and their family. Wellness and preventive care are the pillars of our medical home."

WOMACK TAKES SANE APPROACH TO SEXUAL ASSAULT

Story by Shannon Lynch, Womack Army Medical Center Public Affairs

FORT BRAGG, N.C.--Womack Army Medical Center leads the way for patients that may be victims of sexual assault.

"Womack Army Medical Center is one of the few Army medical centers that offers a comprehensive program for victims of sexual assault," said Col. (Dr.) Frank Christopher, deputy commander for clinical services, Womack Army Medical Center. "The specially-trained Sexual Assault Nurse Examiners (SANE) are a team of 18 nurses, primarily based in the emergency department and other clinical areas of Womack, who are specially trained to meet victims' medical, emotional and legal needs. Additionally, they ensure compliance with all laws and Army regulations."

The SANE nurses are on call 24 hours-a-day to respond to victims of abuse. Nurses determine the extent of the injuries and how

to treat patients, perform genital exams, collect potential evidence and photographs, perform baseline testing for pregnancy and sexually transmitted diseases, and coordinate with outside agencies for follow up treatment.

If needed they testify in criminal cases. They also ride along with local law enforcement officials, attend criminal trials and conduct scenario-based practical exercises.

Each SANE nurse conducts 40 proctored genital exams.

The nurses work in conjunction with Social Work Services and the Victim Advocate's Office at Fort Bragg.

The improvements in DNA collection and forensic testing make it possible to

collect evidence up to 120 hours after an assault. Kelly Taylor, RN, SANE program coordinator, explained that the emergency department has one specific treatment room designated for assault patients.

"The room is set up to do triage, provide treatment, gather evidence and discharge patients that are being treated for sexual abuse cases," Taylor said.

"The emergency department staff has access to clothing for those sexual assault patients that are brought to the emergency department.

"We want our patients to feel safe during the exam," she said. "We want them to know that our emergency department and highly trained forensic staff has everything they need to treat our patients both emotionally and physically."

NEW LEADERS TAKE CHARGE

Northern Regional Dental Command

Col. Robert J. Miller assumed command of the Northern Regional Dental Command from Col. Thomas R. Tempel Jr. during a June 26 change of command ceremony at Fort Belvoir, Va.

Miller most recently served on the U.S. Army Dental Command staff as the Assistant Chief of Staff for Readiness Plans and Operations.

“My previous job has given me the opportunity to lead, which is always beneficial,” said Miller. “Being an operations officer at dental command showed me the big picture, the direction Army dentistry is headed and where I needed to take command.”



WOMACK Army Medical Center



Col. Steven J. Brewster assumed command of Womack Army Medical Center Fort Bragg, N.C., July 19.

“When we care for a Soldier, a Family member or a retiree, we are committed to treating that person as they were our own son, daughter, mother, father, sister or brother. Our care at Womack will continue to remain rooted in the dignity and respect this commitment entails for

those who have given so much in the service of our country,” Brewster said during the ceremony.

KELLER Army Community Hospital

Keller Army Community Hospital ushered in a new leader as **Col. (Dr.) Felicia F. Pehrson** assumed command from Col. (Dr.) Beverly C. Land during a July 20 ceremony at West Point, N.Y..

Pehrson told her staff she is proud to serve with them as they continue to provide patient-focused, world-class medical care. To the West Point community, Pehrson stated, “We exist to serve you. You deserve to be, and will continue to be, at the center of all that we do.”



KIMBROUGH Ambulatory Care Center

Col. Danny B. N. Jaghab assumed command of the U.S. Army Medical Activity, Fort Meade, and Kimbrough Ambulatory Care Center from Col. Leon E. Moores, in a change of command ceremony on July 12.

“I am proud to follow the path of great commanders of this MEDDAC,” said Jaghab, a registered dietitian, to the Soldiers and audience at the ceremony. “I promise you all that I will continue the great traditions for patients and staff alike.”



WALSON Medical Support Element

Col. (Dr.) Dan Crusier is the new commander of the Walson Medical Support Element after serving as the deputy commander for clinical services since 2011.

After graduation from the U.S. Military Academy at West Point, N.Y., he entered the Uniformed Services University of Health Sciences, earning his medical degree in 1993.

“WMSE is a diverse group of professional caregivers coming together to create a synergism that will result in optimum care for the nation’s heroes serving in our armed forces at America’s premier power projection platform,” Crusier said of his new command.

RADER Army Health Clinic

Lt. Col. Laura R. Trinkle assumed command of Andrew Rader U.S. Army Health Clinic from Interim Commander Lt. Col. Stacy U. Weina during an Aug. 21 ceremony.

“I truly believe maintaining the health of and providing care to the nation’s servicemen and women and their Families is a great privilege — regardless of whether they wear the uniforms of today or the khakis of 50 years ago,” Trinkle said. “To the clinic staff – since the command list came out last fall, I have heard nothing but great things about the quality of care you provide and your positive attitude.”



KELLER NCO RESCUES MOTORCYCLIST FROM ACCIDENT

Story & Photo by Kathy Eastwood, U.S. Military Academy Public Affairs



Billy Davis and Staff Sgt. Matthew Pinkston were reunited at a ceremony July 13 when the noncommissioned officer received an Army Commendation Medal for his actions following a horrific motorcycle accident.

WEST POINT, N.Y.--Staff Sgt. Matthew Pinkston was taking a leisurely morning drive with his wife Alexandra on Interstate 87 and noticed a passing motorcycle. Within 30 seconds, vehicles were stopping and Pinkston realized the motorcyclist had crashed and slid 300 feet into a steel guardrail.

Pinkston works in patient administration at Keller Army Community Hospital. He is not a nurse, doctor or even a medic, but he does carry the Army combat first aid kit with him wherever he goes. So, at the scene of the accident, he got out of his vehicle to see what he could do.

"I've rendered aid to people before in accidents," Pinkston said. "But never had I seen one this bad."

The motorcyclist, Billy Davis, was lying in a pool of blood. Pinkston said he could see that his leg was broken in several places.

"I went into my kit and got a tourniquet and put it around his leg," Pinkston said. "I was able to get his leg out from underneath him and tried to keep him conscious. The leg stopped bleeding but he was thrashing around and I just kept trying to talk to him and he kept grabbing me saying he knows he lost his leg."

In the meantime, Alexandra placed an orange triangle warning sign on the highway as she yelled for people to slow down.

"I couldn't believe people just kept going as fast as they could without paying any attention to me or the sign," she said.

Pinkston said a state trooper arrived and asked him if everything was under control.

"It seemed like forever before the ambulance arrived, and when they did, they ended up evacuating him by helicopter anyway," Pinkston said.

Davis' leg was so badly mangled it had to be amputated. Since the accident, Pinkston visited Davis at the hospital and became acquainted with his son, Dominique and fiancée, Nikki Kimbrough.

"There were no words when I first saw him, just hugs and kisses," Pinkston said.

The accident occurred on May 19 and Davis was released from the Westchester (N.Y.) Medical Center July 10. The staff at Keller wanted to give Pinkston an award, inviting Davis and his family to the ceremony July 13. Davis, Nikki, his mother Judy and son Dominique were there to watch Pinkston receive an Army Commendation Medal.

"I wasn't sure what got me through that morning," Davis said. "I'm convinced there was divine intervention at work. I asked Pinkston if anyone was there to help him. He said no. Pinkston is the major reason I am here now, for my mom, my son and my future wife. He kept me awake until the ambulance came and then I flatlined and woke up five days later."

Davis said he was honored to be there for Pinkston to watch him receive the award.

"We love you and your family," Nikki said to Pinkston.

Nikki said that after speaking with the sergeant after the accident she knew her fiancé would be OK.

"Matt and Alexandra's kids made him homemade cards and when they came to see Billy, I saw that their humor was a lot like our humor and I knew we will always be friends."

ECO-FRIENDLY CAMPUS TO PROVIDE WORLD-CLASS SUPPORT TO EUSTIS SOLDIERS IN TRANSITION

Story by Senior Airman Jason J. Brown, Peninsula Warrior

FORT EUSTIS, Va.--Construction is underway on a new Warrior in Transition Campus at Fort Eustis, which will greatly improve the recuperative process for wounded warriors assigned to the post's Warrior Transition Unit.

The Warrior Transition Complex will consist of three primary facilities – a 43,200 square-foot barracks capable of housing 80 Soldiers, a 16,600 square-foot company administration building that will provide office space for 76 people, and a 7,000 square-foot Soldier and Family Assistance Center to provide family support services.

Capt. Joseph Robinette, WTU-A Company commander, said the new WIT campus is “state-of-the-art,” and will consolidate many resources in one place conveniently across the street from McDonald Army Health Center, where most of the Soldiers’ care is provided.

According to Pandora Howell of the 733rd Civil Engineer Division, the new buildings will be Leadership in Energy and Environmental Design certified. LEED is an initiative by the U.S. Green Building Council, which provides ratings for high-performance, environmentally-responsible and resource-efficient buildings.

The complex incorporates old-growth trees and wetlands with amenities such as sidewalks, walking trails, and an outdoor pavilion. Each building will feature an on-site system to harvest rainwater in underground storage tanks to use in irrigation or in building systems.

Harvesting the rainwater will “help meet state and national regulations requiring new construction and designs to manage storm water at the source, allowing the size of detention and retention to be minimized, as well as limiting the impacts of peak runoff flows,” according to Joshua Miller, the U.S. Army Corps of Engineers project coordinator.

Miller said the buildings are also designed to maximize energy efficiency, and reduce impact to the surrounding environment. The SFAC building exhibits a balance between man-made and natural inspiration with its vegetated, green roof. The rooftop features an extensive-type vegetated assembly, which boasts scientifically engineered, low-growth plants over a waterproof membrane.

The green roof is more than just a pretty facade. The system protects the roof from direct weather and environmental elements, minimizes storm water runoff, and mitigates urban “heat island” effects by absorbing heat.

The barracks buildings will include a grey-water recycling and reuse system, representing a first for a standard-design facility.



Construction workers remove dirt with an excavator at the new, eco-friendly Warrior in Transition campus at Fort Eustis, Va. The new buildings will be Leadership in Energy and Environmental Design (LEED) certified. LEED is an initiative by the U.S. Green Building Council which provides ratings for high-performance environmentally responsible and resource-efficient buildings. (Photo by Senior Airman Jason J. Brown)

The system will capture water from non-black water sources, such as washing machines, sinks and showers for recycling in an on-site, filtration system. The system reduces water consumption and minimizes the total volume of water delivered to off-site, wastewater treatment facilities, therefore using less energy and pollutants in the water cycle process.

All new facilities will feature ultra-efficient, light-emitting diode, or LED lighting. LEDs draw significantly less energy than traditional light fixtures, and reduce the total heat gain of conventional lighting. The LED fixtures will be paired with occupancy sensors, to turn lights on automatically when someone enters the room, and shuts it off after a period of vacancy.

“The WIT Complex illustrates significant progress in sustainable goals by the Project Development Team. The facility will not only meet its commitment to Soldiers by providing a high-quality, recuperative environment, but also to the natural habitat by integrating energy efficient, environmentally-friendly design techniques,” said Miller.

“This is direct proof that the Army cares about its wounded, injured and ill Soldiers, and has a long-term commitment to their care and overall well-being,” added Robinette. “Even during a time of downsizing, millions of dollars across the nation are being used for WTU projects.”

Robinette said the unit plans to occupy the new campus somewhere between December 2012 and February 2013.

More People Walk to Better Health



About half of all adults get enough aerobic physical activity* to improve their health.



Walking is the most popular aerobic physical activity. About 6 in 10 adults reported walking for at least 10 minutes in the previous week.



Adults who walk for transportation, fun, or exercise went up 6 percent in 5 years.

More than 145 million adults now include walking as part of a physically active lifestyle. More than 6 in 10 people walk for transportation or for fun, relaxation, or exercise, or for activities such as walking the dog. The percentage of people who report walking at least once for 10 minutes or more in the previous week rose from 56% (2005) to 62% (2010).

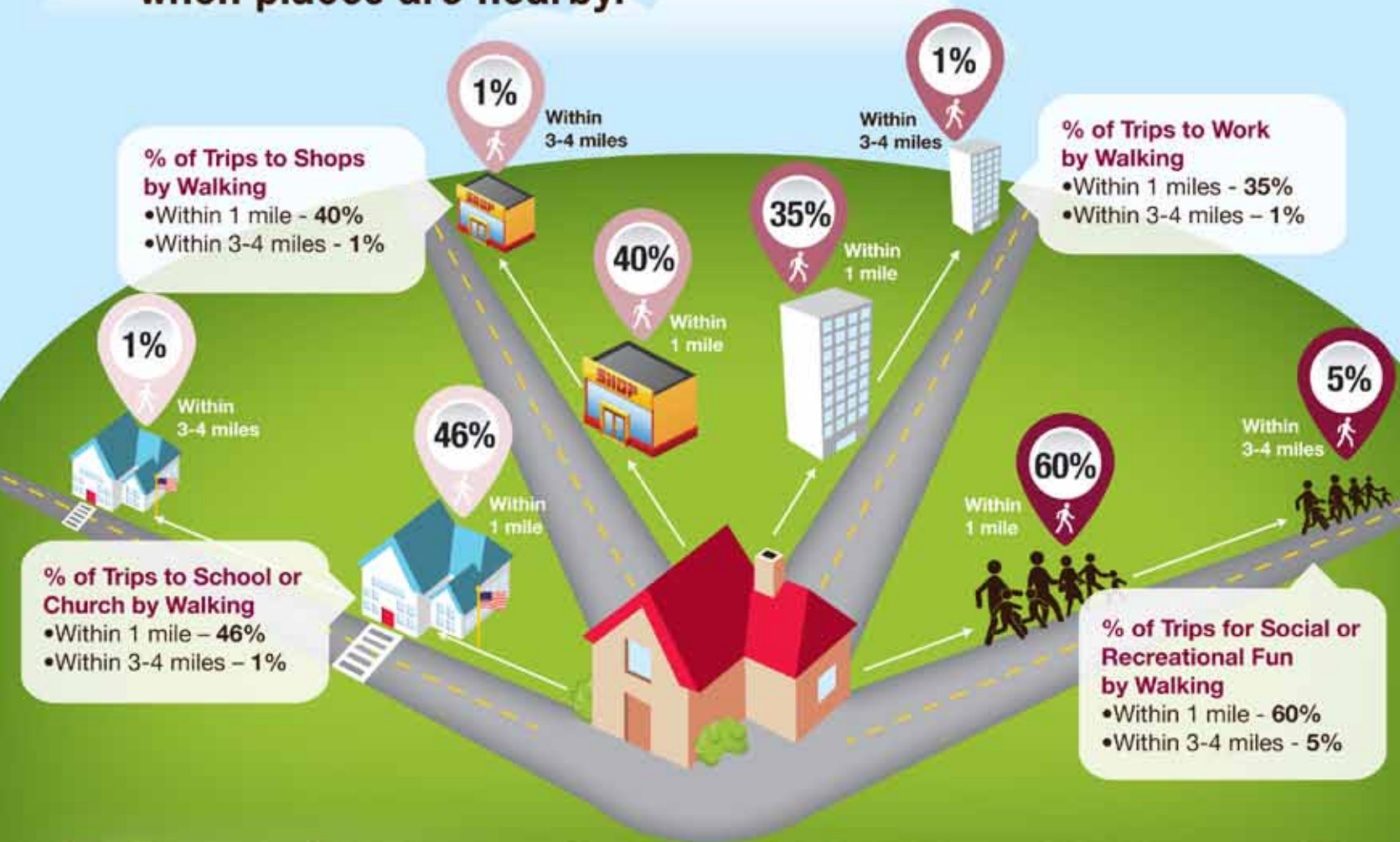
Physical activity helps control weight, but it has other benefits. Physical activity such as walking can help improve health even without weight loss. People who are physically active live longer and have a lower risk for heart disease, stroke, type 2 diabetes, depression, and some cancers. Improving spaces and having safe places to walk can help more people become physically active.

Want to learn more? Visit

[www !\[\]\(d3102649f02e825ddb76dc3de0190154_img.jpg\) http://www.cdc.gov/vitalsigns](http://www.cdc.gov/vitalsigns)

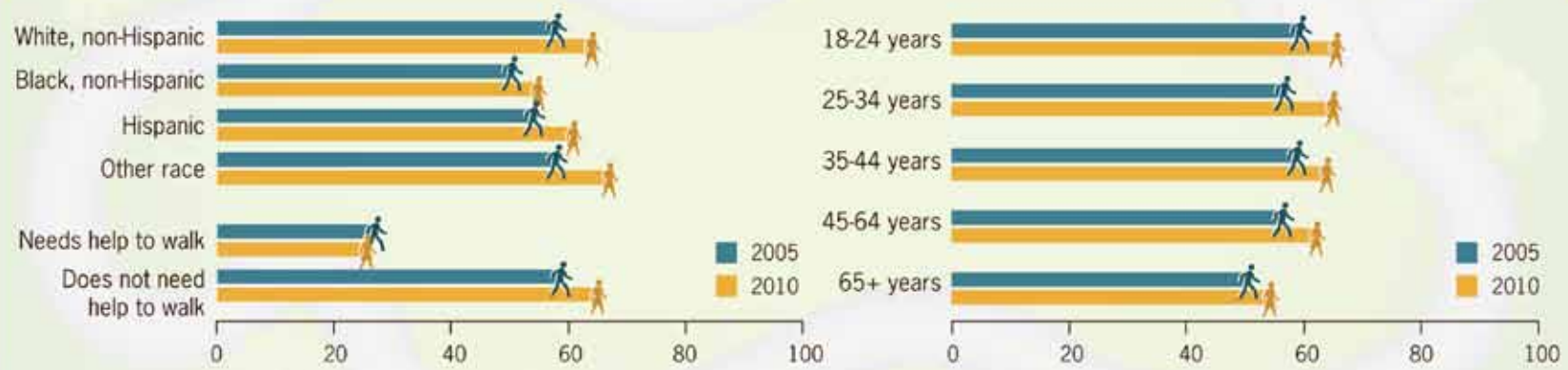
*Aerobic activities like brisk walking, running, swimming and bicycling make you breathe harder and make your heart and blood vessels healthier.

People walk to get to places they want to go when places are nearby.



SOURCE: USDOT, Federal Highway Administration, 2009 National Household Travel Survey.

Percentage of adults who walk for physical activity



SOURCE: CDC National Health Interview Survey, 2005, 2010.

WARRIORS TAKE ADAPTIVE SPORTS TO 'NEXT LEVEL'

Story by David Dickinson, Walter Reed National Military Medical Center Public Affairs



Boxing instructor and former Marine, Kelvin De La O works with wounded warrior Spc. May Agurto on her punch count and form during a recent training session at Walter Reed National Military Medical Center in Bethesda, Md. De La O and others hope that boxing can soon become an event in the next Paralympics. (Photo by David Dickinson)

BETHESDA, Md. -- Several wounded warriors from Walter Reed National Military Medical Center in Bethesda competed in the London 2012 Summer Paralympics, from Aug. 29 to Sept. 9.

As part of their rehabilitation, the wounded warriors received their initial training in adaptive sports through programs offered at Walter Reed National Military Medical Center, or WRNMMC.

Paralympian standout Rob Jones, a retired Marine sergeant who competed on the “Bad Company” paraworking with his teammate Oksana Masters, earned a bronze medal in mixed double sculls, on Sept. 2.

“Rob was here two years ago,” said Tiffany Smith, a recreational therapist, WRNMMC Adaptive Sports Rehabilitation Program.

“From day one when rowing was offered, Rob would be here to train, even if no one else was,” Smith added. “It was no surprise he took it to the next level.”

Although the sound of laughter is frequently heard in the Military Advanced Training Center at WRNMMC, it’s a place of dedication to healing and hard work.

These are needed to excel in adaptive sports and achieve Paralympian status, Smith explained.

“A lot of these wounded warriors try our adaptive sports program [and] the ones who really get into it and commit to it, stand out,” she added.

Other former WRNMMC adaptive sports athletes and wounded warriors who competed in the trials at the recent Paralympics included Jerrod Fields (in track and field), James Stuck (sitting volleyball), and Sgt. 1st Class Joshua Olsen, who competed in parachuting.

“In my stay at [WRNMMC], there was an outdoor event every day in therapy,” Olsen said in an American Forces Press Service interview. “I went out and shot sporting clay one day. I hit my first 49 out of 50.”

Olsen’s recreational therapist put him in touch with an Army marksman unit at Fort Benning, Ga., and the Soldier had a successful tryout with the unit. This eventually led to his involvement with the Paralympics.

“I got along great with the coaches and other shooters on the team,” said Olsen.

There are many sports available through WRNMMC’s Adaptive Field and Stream and Adaptive Sports Rehabilitation Programs, according to Smith.

“We have tons of programs -- three to five are offered each day. We have both winter and summer sports,” Smith said. “The warriors who excel are here every day, on time and focused. Beyond their regular clinic time, they’re doing extra hours outside of mandatory therapy time.”

On a weekly basis, wounded warriors can incorporate adaptive sports as part of their rehabilitation treatment, Smith explained. If wounded warriors go to physical or occupational therapy in the morning, they take time out to participate in the adaptive activities to incorporate what they are learning inside the clinic, outside the clinic.

Smith said the most popular adaptive activity is scuba diving, an eight-week course which concludes with a visit to Guantanamo Bay, Cuba, or the Virgin Islands to earn open water certification.

“We always try to have a goal and there is a reward at the end,” Smith said.

There are also programs available that offer activities ranging from yoga to boxing.

A certified boxing coach comes in and works with the guys,” Smith said. “A goal is to admit boxing as one of the new Paralympics sports.



Triathlon paves way toward recovery

Story & photos by Sgt. 1st Class Felix A. Figueroa, 3-85th Mountain Infantry

FORT DRUM, N.Y. -- The thought of a triathlon brings to mind images of physically taxing and grueling events many people might shy away from.

For a select few, however, the need to compete and stand out above their peers is compelling enough for them to participate, despite physical and mental setbacks brought on by combat-related traumatic injury.

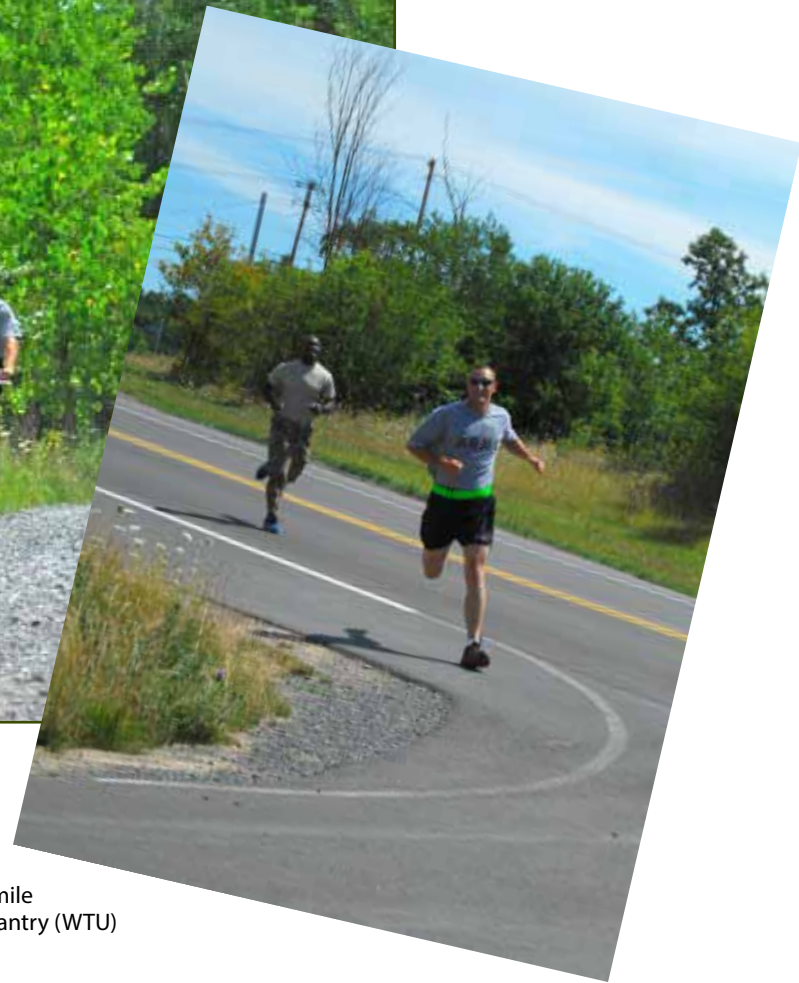
Such is the case for Soldiers and cadre assigned to Fort Drum's 3-85th Mountain Infantry (Warrior Transition Unit). Proving they are still governed by the Warrior Ethos, Soldiers of varying abilities and complex medical issues recently stepped up and fed their desire to compete in Fort Drum's first Wounded Warrior Triathlon, July 25.

"I came up with the (triathlon) idea as a way to involve more Soldiers who might not be able to otherwise participate in traditional

military fitness programs," said Matthew Stehr, lead physical therapist, 3-85th Mountain Infantry WTU.

Stehr said he and physical therapy assistants Dawn Adams and Lisette LaRock make recommendations to higher command on the best overall medical treatment for Soldiers suffering multiple and complex combat-related injuries they sustained while deployed in support of Operation Iraqi Freedom and Operation Enduring Freedom. For others, injuries sustained came through deployment preparation and years of dedicated and selfless service. The physical therapy trio agreed that injuries such as post-traumatic stress disorder, traumatic brain injuries, or amputations are treatable through a range of adaptive reconditioning activities that challenge Soldiers both mentally and physically.

The triathlon facilitated that challenge. Participants either competed individually as "ultimate athletes" or as part of a three-Soldier team. Teams were composed of cadre only or warriors in transition, not a combination of the two. The triathlon events were archery, a 4.5-mile mountain bike race and a 1.5-mile run.



(Opposite Page)--Staff Sgt. Jeffrey Kloss, squad leader with A Company, 3rd Platoon, 3-85th Mountain Infantry (WTU), takes aim and prepares to release his arrow during the first Fort Drum-based Warrior Transition Unit triathlon. Kloss came in first place for archery in the cadre category and first place in the cadre team category. (Top Left)--Two Soldiers assigned to 3-85th Mountain Infantry (WTU) race toward the turnaround point during the four-mile mountain bike race portion of the triathlon. (Inset)--Two 3-85th Mountain Infantry (WTU) Soldiers race toward the finish line in the final leg of the Fort Drum triathlon.

“Ever since my diagnosed condition and my redeployment from Afghanistan, I haven’t been able to do anything,” said 23-year-old Sgt. Jeremy Bowser, a fire support specialist with 4th Platoon, B Company, 3-85th Mountain Infantry. “The triathlon was set up in such a way that my doctors allowed me to participate in a sport (archery) I like doing.”

“Overall, it was good to just get out there and be part of a team once again. The platoon cohesion, for me, feels a lot better too,” Bowser added.

Twenty Soldiers participated in the first triathlon here. Representing A Company cadre, Staff Sgt. Jeffrey Kloss (archery), Sgt. 1st Class Keith Lehman, (mountain bike race), and Staff Sgt. Medamiel Alibudbud, (run), took first place in the cadre team category.

Representing B Company Soldiers in transition, Staff Sgt. Scott Messier, (archery), Spc. Dustin Grant, (mountain bike race), and Sgt. Christopher Weber, (run), took first place in the warrior team category.

Pfc. Christopher Kalbach took first place as the ultimate athlete.

“I did the triathlon in hopes to set an example for our Soldiers here in the WTU,” said Kloss, A Company, 3-85th Mountain Infantry (WTU).

Kloss, who has served for 15 years, admitted he encounters many setbacks while working here that pale in comparison to other units. However, Kloss noted his job is to assist in providing these Soldiers with the best in care, including outstanding leadership.

“My goal was to entice the Soldiers to get out and compete as well as win. My overall goal was to get them to have some fun!” he added.

Stehr, Adams and LaRock are pleased with the outcome of the first triathlon, and they are coordinating for another, set to kick off in September.

“I love it,” Adams said. “There were (and still are) many challenges working here, but the upside of my job is that we can modify and adapt our rehabilitative efforts as needed, making it truly tailored to the Soldiers’ needs.”

“It’s great to see Soldiers enjoying some healthy competition, and I think each and every one should be proud of their fantastic accomplishment,” said Lt. Col. Celia A. Florcruz, commander, 3-85th Mountain Infantry (WTU).

“Milestones like this are a memorable way to physically make huge progress back to health,” Florcruz said.



Take 5

Go Ahead, Get Belted!

Lap belt

- Keep the belt low and snug across your lap
- Be sure the belt is flat, not twisted
- Sit straight and upright

Shoulder Belt

- Keep the belt snug over the shoulder
- Never wear the belt in front of the face or neck or under your arm



ARMY STRONG



U.S. ARMY COMBAT READINESS SAFETY CENTER
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Dell Sumner, Sgt. Maj. William Sumner's wife; Col. Bruce Jenkins, Fort Knox Garrison Commander; and Bill Sumner, Jr. Sgt. Maj. Sumner's son, unveil the dedication plaque that will be mounted on the new complex named in honor of Sgt. Maj. William Sumner.

New Knox WTB bears senior NCO's name

Story & Photo by Maureen Rose, Fort Knox Public Affairs

FORT KNOX, Ky.--Fort Knox dedicated its new Warrior Transition Battalion facility by naming it after a former U.S. Army Armor Center noncommissioned officer, Sgt. Maj. William Sumner, Sept. 5 with an audience of nearly 300, comprised of Soldiers, civilians, contractors, civic leaders and representatives of local veterans' service organizations.

The new facility includes the Soldier and Family Assistance Center, administrative buildings, a dining facility, barracks and a turf field for exercising. Located across the street from Ireland Army Community Hospital, the complex is designed to be convenient as well as modern.

"We now have a quality campus for our wounded warriors," said Col. Bruce Jenkins, garrison commander of Fort Knox, "and it's very appreciated. It's almost a one-stop shop for our wounded warriors."

The ceremony did more than introduce the audience to the amenities of the complex.

"We're equally proud of Sgt. Maj. Sumner who served more than 30 years in a career that spanned World War II, Korea, and Vietnam," Jenkins said, reading details of Sumner's biography provided by Sumner family members, the guests of honor at the day's festivities. "He was awarded the Bronze Star with oak leaf cluster as well as the Purple Heart. He was obviously a Soldier and a leader who set the example for others to follow. Even after his retirement, he remained active by volunteering with the Disabled American Veterans, staying focused on taking care of troops.

"Sumner's daughter, Sherry Brinegar, is a nurse case manager at this very complex, so Sumner is the perfect name for this facility," he said.

After the unveiling of a portrait of Sumner and plaques that memorialized Sumner, Maj. Gen. Jeff Smith, commander of U.S. Army Cadet Command and Fort Knox, told the audience what an honor it was to pay respect to a hero like Sumner.

"But let me say this up front, it's not really about the bricks and mortar," Smith said. "It's the human beings -- the care providers, counselors, chaplains -- who will help these Soldiers recover from their illnesses, injuries, wounds; \$46 million has been invested in this complex, but it would be worth nothing if not for them."

Smith invited a round of applause to thank health care providers who rarely receive enough thanks for all their hard work.

While the facility contains many state-of-the-art technologies, Smith said it was due.

"The Army recognizes that service to our country can take a toll; this has been a long time coming, but it's what we owe our Soldiers," he said. "You will marvel at the resources we provide for Soldiers to recover, but our Soldiers deserve this more than you can imagine. They deserve the best."

After the ribbon cutting, leadership declared the Sgt. Maj. William E. Sumner complex was officially open for business. Visitors were invited to tour the new buildings and talk with Soldiers and civilians who man the complex.

CARLISLE BARRACKS WELLNESS CENTER ENHANCES HEALTH OF DISTANCE STUDENTS

Story & photo by Tyler Davis, Carlisle Barracks Public Affairs Office

CARLISLE BARRACKS, Pa.--After stepping out of a machine that looks like an egg shaped space ship a staff member records the results and instructs you on the next test. Welcome to the Carlisle Barracks Wellness Center, a new organization on post that is dedicated to the health and wellness of the Barracks community.

Approximately 122 Distance Education students took advantage of an opportunity to take charge of their health thanks to the new Army Wellness Center on post.

The Wellness Center executed a comprehensive series of tests to determine the physical condition and overall wellness of each client. The results are then compiled and explained during lunch time briefings. The information provided gave the students a glimpse at their overall health and recommendations on health and lifestyle improvements.

“It was good to get an update on my fitness levels and overall health,” said Lt. Col. Morgan Mann, Distance Class of 2012. “It has really been a great addition to the program here.”

“This has been one of the highlights of my studies here,” said Col. Paul Raaf. “It gives me a general look at my health and fitness I wouldn’t have received otherwise.”

Raaf noted that it is sometimes difficult to determine overall health and fitness without assistance.

“It’s the little things,” said Raaf. “I don’t have a general physician, so these tests provide me important information such as my cholesterol and overall fitness levels. The Wellness Center really provides a great service to the students.”

Since the class spends just two two-week resident phases at Carlisle Barracks over the course of two years, the students have the opportunity to stay connected with the staff via Defense Connect Online. Students can also utilize the services of any other Wellness Center around the world.

“The Wellness Center is an Army wide initiative with standardized Centers planned for across the globe,” said Beth Murray, Health Educator. “A patient can visit any standardized Wellness Center and all of their health information, fitness plans and previous visits

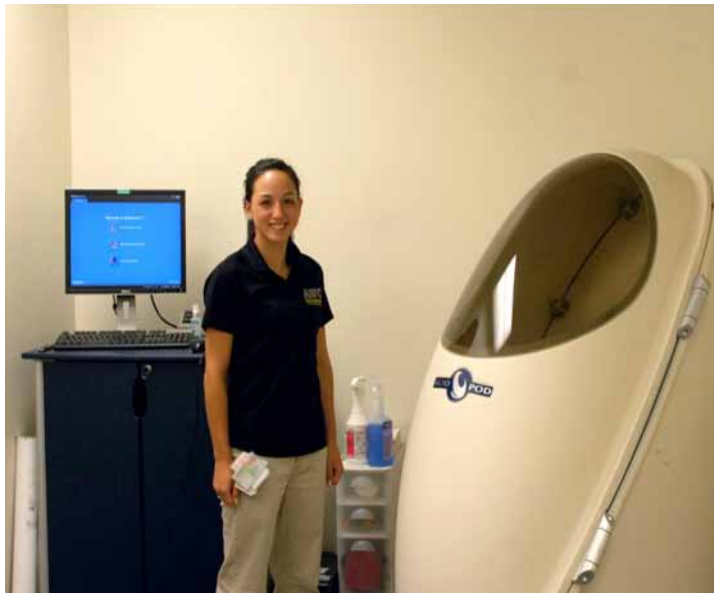
regardless of location will be available.”

Including Carlisle Barracks, there are three Army Wellness Centers in the U.S. and five in Europe. There are initiatives under way to have 38 operational by 2015.

“The primary goal of the testing was to develop fitness and nutrition plans based on the five components of physical fitness: cardio-respiratory endurance, flexibility, body composition, muscular strength and muscular endurance,” said Murray.

Due to the limited time available to the distance students, the muscular strength and flexibility were not able to be tested.

“Exercise truly is medicine,” said Murray. “We are here to help you make the lifestyle changes to get you physically well.”



Tiffany Payne, Carlisle Barracks health educator, shows of the state-of-the-art Bod Pod and ultra sound machines which measure body composition.

To gather the information necessary to determine physical fitness, the Wellness Center uses a variety of tests and equipment.

*Body Composition is determined by the use of a state-of-the-art Bod Pod and ultrasound machines, which measure body mass and fat percentage, as well as simple height and weight measurements.

*Cardio-respiratory endurance is determined through tests that are designed to stress the body.

*A resting metabolic rate test determines the number of calories and individual requires to carry out basic bodily functions at rest.

This information then helps the Wellness Center staff produce a nutrition and exercise outline based on individual health goals.

These tests are complemented by blood work done at the Dunham Army Health Clinic to test for any irregularities. The range of tests give enough data to create a personalized plan to take charge of health and fitness.

In September, the Wellness Center opened to military family members, civilian employees, and military retirees.

WARRIOR CARE EXCELLENCE



Melissa Mitravich
WTU Primary Care Manager of the Year
Fort Belvoir WTB, Fort Belvoir, Va.

Lt. Col. Timothy Newcomb
CBWTU Primary Care Manager of the Year
CBWTU-VA, Virginia Beach, Va.

Ruth Denogean
WTU Nurse Case Manager of the Year
Fort Bragg WTB, Fort Bragg, N.C.

Lt. Col. Eldora Luick
CBWTU Nurse Case Manager of the Year
CBWTU-MA, Concord, Mass.

Paulette Baldwin
WTU Social Worker of the Year
WRNMMC WTB, Bethesda, Md.

Noah Briscoe
WTU Occupational Therapist of the Year
WRNMMC WTB, Bethesda, Md.

Brenda Rutledge
WTU Physical Therapist of the Year
Fort Meade WTU, Fort Meade, Md.

Staff Sgt. Gina Weaver
CBWTU Patient Administration
Specialist of the Year
CBWTU-VA, Virginia Beach, Va.

A Day in the LIFE of NRMC



To celebrate the Army Medical Corps birthday, July 27, photographers shot photos throughout the day and night at our military treatment facilities, warrior transition units and other facilities where NRMC Soldiers and civilians provide care.

Marlon Martin



Kate Agresti

Britney Walker



Megan Davis

(Clockwise) Cadets at the United States Military Academy at West Point, wait in line for sick call. Sgt. Adam McKittrick performing a medical procedure in the Primary Care Clinic at Kirk Army Health Clinic. Fort Drum Medical Company Soldiers participate in the Bent Leg Body Twist during morning physical training session. Pictured, left to right are: Spc. Adam Goff, Spc Solomon Tekle, Spc. Michelle Anderson, and Pfc. Julius Nyamwaro.

(Opposite Page) Soren O’Kane is attentive during his routine well-baby checkup at McDonald Army Health Center, Joint Base Langley-Eustis, Va., as his mother, Sabrina O’Kane watches.

(Clockwise) Nadya Dietsch, housekeeper, Guthrie Army Health Clinic, Fort Drum, N.Y., takes special care to ensure a spotless facility for patients, providers, and staff. 1st Lt. Markeshia Hubbard, registered nurse, Keller Army Community Hospital, West Point, N.Y., listens to Staff Sgt. Matthew Pinkson's lungs after in the post anesthesia care unit. Leah Pierce of the Fort Belvoir, Va., Warrior Transition Battalion fills out an internship application.



Craig Coleman



Britney Walker



Kate Agresti

(Clockwise) Pfc. Cody Wilson, Company A, 2-22 Infantry, 1st Brigade Combat Team, participates in pool physical therapy at Monti Fitness Center, Fort Drum, N.Y.

Sherry Thompson, pharmacy technician, pulls medication out of the storage area of the Womack Army Medical Center pharmacy at Fort Bragg, N.C.

Chaplain (Capt.) Abrahamyoungki Kim, prays with a patient and his battle buddy at Ireland Army Community Hospital, Fort Knox, Ky.

Capt. Bradley Ritland, chief, amputee section physical therapy, Walter Reed National Military Medical Center, Bethesda, Md., watches Marine Cpl. Garrett J. Carnes practice stepping over small hurdles.



Gail Cureton



William Miller



Joe E. Harlan



Tereasa Wade



Sgt. Jonathan Ferrer

(Clockwise) Sadiia Taylor, perioperative nurse, Kimbrough Ambulatory Care Center, Fort Meade, Md., performs a surgical prep on an active duty service member.

Capt. Michael T. Caruthers gazes at a wide variety of eyeglasses before making his selection with assistance from Anthony F. Smart, optometry technician, McDonald Army Health Center, Joint Base Langley-Eustis, Va.

Housekeeping staff at Dunham ensure that facilities are neat and tidy for patients and staff.

Kenneth Elsesser replaces computer graphic card at Walson Medical Support Element, Joint Base McGuire-Dix-Lakehurst, N.J..

Scott McCauslin, laboratory technician, prepares blood for processing at Kenner Army Health Clinic, Fort Lee, Va.

Shoulder to Shoulder

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Keller Army Community Hospital, West Point, N.Y.
Kimbrough Ambulatory Care Center, Fort Meade, Md.
Kenner Army Health Clinic, Fort Lee, Va.
McDonald Army Health Center, Joint Base Langley-Eustis, Va.
Ireland Army Community Hospital, Fort Knox, Ky.
Womack Army Medical Center, Fort Bragg, N.C.

Warrior Transition Units located at:

Fort Belvoir, Va.
Fort Bragg, N.C.
Fort Dix, N.J.
Fort Drum, N.Y.
Fort Eustis, Va.
Fort Meade, Md.
Fort Knox, Ky.
West Point, N.Y.

Walter Reed National Military Medical Center, Bethesda Md.

Troop Command-South, Fort Belvoir, Va.
Troop Command-North, Bethesda, Md.

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