

May 12, 2011

“ONE TEAM”

# Script

IN THIS ISSUE:

2 AMEDD School  
.....  
Holocaust

3 Women's Health  
Center (cont.)

4 Horoho  
.....  
Summer Safety

5 13 Children

6 Field Trip

7 Happenings

## New Women's Health Center opens



Lt. Gen. Donald Campbell, Jr., (center), commanding general for III Corps and Fort Hood; Linda Grab (left), mother of 13 children born at Darnall; Col. (Dr.) Steven Braverman, CRDAMC commander and Pfc. Lisa Crichlow, 206th MI Battalion, representing active-duty women, cut the ribbon to open Women's Health Center.



By Patricia Deal,  
CRDAMC Public Affairs

Carl R. Darnall Army Medical Center officially opened its new Women's Health Center at a ribbon cutting ceremony here May 6.

The new 44,000 sq. ft. facility built adjacent to the main hospital is designed to better serve approximately 39,000 women of childbearing age in the greater Fort Hood area.

“We're here today because of them,” Col. (Dr.) Steven Braverman, CRDAMC commander, said in his opening remarks. “As hospital commander, I have an interest to ensure everybody gets the best care possible. As a father of three high school- and college-age daughters and as a husband of nearly 25 years, I also have a personal interest in making sure that what we're doing here is what's best for everybody.

“This new facility is just one of the many ongoing and planned construction projects at the medical center that demonstrates the Army's commitment to building trust in Army medicine,” he added. “We made a promise in the health care

covenant that we're going to provide the best care possible. This ribbon cutting ceremony today allows us to move from ‘promise-making’ to ‘promise-keeping.’”

While the new center features many desirable amenities such as more space, latest technology and state-of-the-art equipment, Braverman said it's really more about “comfort” for patients and staff.

“It's not about improving the quality of care, as we always provide the best quality of care. Our goal is to enhance the quality of the experience so our patients are comfortable, happy and appreciative of the care they receive here,” he added.

In his address to the audience, Lt. Gen. Donald M. Campbell, Jr., commanding general for III Corps and Fort Hood said that the concept of the new facility fits well with his very simple philosophy, “if we have a happy family, we have a happy Soldier.”

“The addition of new facilities such as this fulfills the Army Family Covenant that provides for increasing accessibility to health care,” he said. “It helps build trust, discipline, fitness and readiness

Continued on Page 3

# AMEDD Center and School gets national recognition

*U.S. Army Medical Command Public Affairs*

A recent annual US News and World Report magazine ranking of the nation's graduate schools ranked the Army Medical Department Center and School Anesthesia Nursing Master's Degree program as the best in the nation.

The Army graduate program in Anesthesia Nursing is affiliated with Northeastern University and ranked top in the nation among 112 accredited anesthesia nursing programs. The Army-Baylor University doctoral program in physical therapy ranked fifth in the nation among 228 accredited doctoral programs. The Army-Baylor University graduate program in Health and Business Administration ranked 11th in the nation among 90 accredited graduate programs. The Interservice Physician Assistant master's degree program affiliated with Nebraska University ranked 13th in the nation.

The rankings are based on evaluations of curriculum, record of scholarship, quality of faculty and quality of students.

“We’re not unique or special...but our mission is. The level of scholarship and leadership exhibited by not only the ranked programs, but all of our graduate programs, far exceed mission standards and take a

back seat to no programs in the country. Grounded by the roots of our AMEDD heritage, now joined by our inter-service colleagues, we are the tip of the spear nationally in graduate education,” Col. Josef Moore, dean of the Graduate School noted.

The Academy of Health Sciences Graduate School hosts seven doctoral and five master's degree programs partnered with universities to support the graduate programs. Academic affiliations include Baylor University, University of Nebraska Medical Center, Northeastern University, Fayetteville State University and Erskine Theological Seminary. Students earn master's degrees in health and business administration, nutrition, anesthesia nursing, physician assistant studies and social work. Doctoral degrees include physical therapy, occupational therapy, pastoral care, physician assistant in emergency medicine or clinical orthopedics, sports medicine-physical therapy and orthopedic and manual physical therapy.

The AMEDD Center and School is accredited by the Council on Occupational Education and all programs of instruction are reviewed by the American Council on Education. All graduate programs requiring higher level academic accreditation from their respective professional organizations continue to exceed all national benchmarks.

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## CRDAMC hosts Holocaust Days of Remembrance event

Visitors read about the atrocities committed during the Holocaust at CRDAMC's Holocaust Days of Remembrance event May 5 in the education auditorium.

In addition to the pictorial displays from the National Holocaust Memorial Museum, visitors also heard first-hand from a holocaust survivor about the horrendous treatment he experienced at the hands of the Nazis. Jack Repp was only 15 when he was sent to a variety of locations of factories and camps from 1939 to 1944, and weighed only 69 pounds when he was finally liberated by the Allies.

*(See Commander's Blog for his personal view on Repp's experiences and the Holocaust.)*



Patricia Deal, CRDAMC Public Affairs

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Want to nominate a colleague or promote an event?

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## WOMEN'S HEALTH | CONTINUED

of our Soldiers and Family members as we show we are doing the very best we can to care for you in time of need.”

Many, many military moms have trusted Darnall to be the delivery center of choice, as the hospital had approximately 16,000 births in the last six years. Nine months after Fort Hood Soldiers return from deployment, there's typically a surge in births. The new facility allows the medical center to increase its monthly deliveries from 220 a month to about 250.

The \$19.9 million contract to build the women's center was awarded March 2008, and construction began two months later, but the idea for a new inclusive women's health center was first formulated more than 10 years ago, according to Col. (Dr.) Elizabeth Spooner, chief, Obstetrics and Gynecology. She said there's been a demand for more rooms, more space and a more home-like environment for quite a while.

One Fort Hood mother who has probably had the most experience with Women's Health services at Darnall, said she was impressed with the new facility's hominess and its many amenities.

Linda Grab, 34, delivered all 13 of her babies at Darnall with baby 14 due in July. She had her first child in May 1995 when women's health services were on the third floor of the main hospital. Grab will now be among the first women to deliver in the new facility.

“All my experiences at Darnall have been good and the care has been excellent. I've seen many changes over the years, but this new facility is just wonderful,” she said. “It has such a homey-atmosphere and is so much more spacious. My mother also comes to my every delivery and we'll be less crowded in the new facility's bigger rooms.

New larger and more family-friendly suites on the second floor offer a comfortable environment with each of the nine new labor and delivery rooms boasting approximately 400 sq. ft., a window, large bathroom, personal storage area, and a large sleep area for expectant mothers and their guest.

This design allows patients to stay in the same room for labor and delivery, and for babies to stay with mothers. Special equipment like warmers in the rooms enhances newborn care.

Wireless internet access is available in each room, so pictures or videos of the birth can be shared in real time with spouses who may be downrange or families back home. Patients will need to bring their own laptops and cameras.

In addition to providing more room for labor and deliveries, Spooner said the new facility gives more space to take care of patients and possibly alleviate some of the wait times for routine visits.

There will be 37 exam rooms in the new facility and 10 exam rooms will remain in the current Women's Health Center allowing providers to have their own exam rooms. The increase in exam rooms will also allow staff to see about 30 more patients each day for routine checkups.

Whatever their wait-time might be for routine check-in procedures, patients will receive a pager so instead of having to stay near the desk to hear their names to be called, they can wait outside on the new patio or in the bright and airy waiting room. A special children's play area in the lobby also helps enhance the check-in and waiting processes.

The new center has about 100 employees, including 21 midwives who oversee about 70 percent of the births at the hospital. Physicians, midwives, nurse practitioners, registered nurses and certified nursing assistants will form teams and be assigned to each patient and will follow her through her entire pregnancy.



Patricia Deal, CRDAMC Public Affairs

Lt. Gen. Donald M. Campbell, Jr. (right), commanding general for III Corps and Fort Hood, and III Corps Command Sgt. Maj. Arthur L. Coleman Jr. (second from left) tour a labor and delivery room at the new Women's Health Center during its official opening ceremony here May 6. Also pictured are Maj. Dorene Owen (left) and Col. (Dr.) Elizabeth Spooner from Obstetrics and Gynecology Department.

The providers focus on health education, preventive and self-care, and offer genetic counseling, care for normal and high-risk pregnancies, a centering pregnancy program, lactation services, prenatal care, childbirth preparation, ultrasounds and preconception counseling. The majority of OB/GYN services, including labor and delivery, will move to the new facility; however infertility, perinatology, genetics and non-stress testing will remain in the current location.

“Quality of care is important to our patients. Our quality of care statistics at Darnall are as good or better in all areas compared to civilian and military facilities. Knowing that, on a routine basis, we are compared to other facilities and that our quality of care is as good as or better than our civilian counterparts is comforting to our patients and their families,” Spooner said.

In the past, when Darnall did not have sufficient resources, patients were transferred to other facilities for prenatal care, for delivery when the unborn baby or mother is at risk, or for newborns. The design and additional space helps eliminate transferring women in labor to other hospitals and currently no patients are being deferred to the network for delivery.

# Horoho nominated to be new Army Surgeon General

*U.S. Army Medical Command Public Affairs*  
Secretary of Defense Robert M. Gates announced that the President had nominated Maj. Gen. Patricia Dallas Horoho for the rank of lieutenant general and for assignment as commanding general, U.S. Army Medical Command (MEDCOM)/ Surgeon General, U.S. Army.

Horoho is the first female and first Nurse Corps Officer and non-physician nomi-

nated to serve as the Surgeon General and Army MEDCOM Commanding General in Army Medicine's almost 236 years of service to the Soldier, the Army Family, and the Nation.

Currently she is serving as the U.S. Army Deputy Surgeon General and 23rd Chief of the U.S. Army Nurse Corps. She has had a very distinguished career which includes command at every level and a va-

riety of strategic positions.

The nomination must be confirmed by the Senate.

For more information on Horoho, visit the Army Medicine website [www.armymedicine.army.mil/leaders/horoho.html](http://www.armymedicine.army.mil/leaders/horoho.html)



# Keep children safe during summer months

*By Brandy Gill,*

*CRDAMC Public Affairs*

As the official school year winds down most children daydream about a summer of endless fun in the sun, while parents wonder how many trips they'll make to the emergency room before school starts again.

Broken bones, swimming accidents and heat injuries are the most common reasons children visit the CRDAMC emergency room in the summer months, according to Maj. (Dr.) Derek Linklater, a CRDAMC specialist in pediatric emergency medicine.

"We always see a lot more children in the summer, and usually it's because of an accident-related injury that could have been avoided," he said. "Parents just have to be more aware of what their children are doing and make sure they are safe."

Protective gear would go a long way in preventing most of the summertime injuries

that are seen, Linklater said.

"We see a lot of broken bones because of bicycles, scooters, skate boards, basically anything with wheels," he said. "It would be great if they (children) would wear the knee pads, elbow pads and wrist guards, but parents should absolutely make sure their children are wearing helmets."

The American Academy of Pediatrics (AAP) website also encourages the use of protective gear, and it says children should avoid using homemade ramps.

"All skateboarders and scooter-riders should wear a helmet and other protective gear; wrist guards are particularly important," the website states. "Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home."

Another huge summer safety concern is

swimming pools, Linklater said.

"Drowning is an accident that is just almost completely preventable with a fence and appropriate supervision," he said. "Parents should never leave children unattended. Not even for a moment, not even in a bathtub."

The AAP website agrees that good supervision is the most important drowning prevention measure, but it also says teaching children to swim is important, too, so if they do fall into a body of water they will have a chance of saving themselves.

"Children age four and older should be taught to swim," the website states. "Parents may choose to start swimming lessons before age 4 if their children are developmentally ready, but swim programs should never be seen as 'drown proofing' a child of any age."

While approved flotation devices, like life vests, are important parents, need to remember these types of swimming aids never take the place of good supervision. Arm floating devices should never be used because they are not safe and won't prevent children from drowning.

Linklater also warns that if a child cuts his or her foot while swimming in a natural body of water they should see a doctor as soon as possible.

"During the summer children are going to be out at the lake more. If they step on a rock or get any kind of penetrating wound while they are in the water it can be potentially more dangerous than if they are on dry land because of bacteria that may be living in the water," he said. "Typically when a

## Kids on the Block puppet helps promote National Mental Health Awareness Month

Melanie Wood, 2, and Jesse Sobotik, 6, receive stickers from "Melody James" during a visit with their parents to CRDAMC May 5. As part of National Mental Health Awareness activities, volunteer Margaret Barrett helped promote the hospital's Child and Adolescent Psychiatry Evaluation Services department with her Kids on the Block puppet.



Patricia Deal, CRDAMC Public Affairs

# Fort Hood mother to deliver 14th child at Darnall's new Women's Health Center

By Patricia Deal,  
CRDAMC Public Affairs

While she is thankful to God for her family, one Fort Hood mother said she also is thankful for the professionals at Carl R. Darnall Army Medical Center's Women's Health Center who helped her bring all 13 of her children into the world.

Linda Grab, 34, delivered her first child in May 1995 at Darnall and her 14th will be among the first babies born in CRDAMC's new Women's Health Clinic, which officially opened May 6.

Since she doesn't have to worry about the medical side of things, she can turn her full attention to caring for her large brood, which is not without its own set of challenges.

Linda and her husband, Joseph 41, have surpassed the typical American family with 2.5 children and joined the small percentage of families who have at least a dozen natural-born children at home.

While they haven't been selected for a reality show like "19 Kids and Counting," the Grabs' story is similar and interesting.

Married now for nearly 17 years, the Grabs first met at Linda's father's church, the Tabernacle Baptist Church in Killeen. Joseph was a Soldier stationed at Fort Hood and was medically retired and now he is pastor of the same church where they first met.

Conservative Baptists, the Grabs decided to allow God to determine the number of

children they would have. Joseph said the idea of a large family appealed to him as he enjoyed growing up around his father's family. His father had 18 siblings. Linda, too, wanted to have a large family but both didn't quite expect to be where they are now.

"We are happy with however many children God wants to bless us with. Even our handicapped child has been a blessing. We wouldn't have it any other way," Linda said. "My husband and I pray for the biblical wisdom to raise our children as we want in the eyes of God. As a pastor, my husband is committed to the church family but is just as devoted to our family. The children are healthy, happy and devoted to God."

Adhering to their fundamentalist biblical beliefs, Linda home-schools the children and filters what comes into the home, allowing only Christian programming and activities. They pray and practice devotions every day.

Linda is also thankful for having a great place to raise her children, she said, loving her beautiful and spacious home situated on two acres in a rural area just outside of Killeen.

"We teach the children to be thankful for what they have, and that they should take care of what they have. Everyone, from the smallest child to the adults, is responsible for taking care of the house and running the household," she added. "The children have daily chores but also have lots of play time to spend hiking or playing in the yard."

The Grab children are spaced about 15 months apart, and are all really close to each other. She said they do not allow fighting, and the children are trained to be kind, helpful and obedient. She added that they are pretty strict parents, "but we are all sinners."

"I really like having a big family. There's always something going on so it's never boring. We have a lot of fun together," said Anna, 15, the oldest of the children. "There's always going to be someone around to care for or who cares for you. I sense a bit of



Patricia Deal, CRDAMC Public Affairs

The Grab children enjoy cake at the new Women's Health Center opening ceremony May 6. All 13 children were born at Darnall, with number 14 expected to be born in the new clinic in July.

loneliness in some of my friends who are the only child in a family."

The Grabs raise their children using a buddy system, wherein an older sibling is assigned to a younger sibling and assists in their primary care. Linda explained that "an older child will help a younger one get dressed or brush his teeth and just watch out for the younger one in general."

The children are also responsible for taking care of their many pets-- three dogs, one cat, countless hamsters and guinea pigs. They each take turns milking the family goat, which provides enough milk for the two youngest children.

It takes a lot of compassion and dedication to raise any family right in the eyes of God, Linda said, but it also takes a lot planning and communication to raise such a large family.

"I shop all the sales and thrift shops and we've had many items donated to us," she said. "I use a lot of coupons and grocery shop at the commissary and warehouse type stores. I can spend \$600-\$900 a month on food, depending on how many birthdays are in the month."

Linda said they make all their meals at home, using mostly natural and whole foods, and try to maintain a well-balanced diet. It's rare for them all to go out together to dinner, but when they do, they go to places offering group rates.

"Eating meals together as a family is important. Nowadays families are so disjointed and may only get together once or twice a week," Joseph added. "When we sit down as a family, we have great interaction. We talk about all types of things-spiritual things, general life experiences-and we learn from the children as they talk about what they did today or what's important to them."

Soon it will even more difficult for the family to go out together, as Joseph said the



Courtesy of Linda and Joseph Grab

Linda and Joseph Grab pose with their children in front of their home in April 2010. All 13 children were born at Darnall, with baby number 14 expected to be born in the new Women's Health Center, which opened May 6. The children are: (from back to front, left to right) Ruth, Joshua (held by Linda), Elisha (held by Joseph), Anna, Daniel, Lydia, Esther, Jonathan, Rebecca, Sarah, Elisabeth, Jeremiah, and Priscilla.

# Students take behind-the-scenes look at hospital



Students from Saegert Elementary School in Killeen take turns looking at blood cells under the microscope in the Hematology Department.

By Patricia Deal,  
CRDAMC Public Affairs

The medical field just might get a few more recruits after third- and fourth-grade gifted and talented students from Saegert Elementary School in Killeen got a behind-the-scenes look at the hospital during a recent field trip.

Almost 50 students, teachers and chaperones toured the hospital's Orthopedic Clinic, Pathology Department and Simulation Laboratory and also inspected Emergency Department and military ambulances. The group also received nutrition tips from the Nutrition Care Division while eating lunch in the dining facility.

Saegert Elementary has been CRDAMC's adopted school for five years and the hospital's Soldiers support the school by participating in different events and offering educational classes and training for students and parents, too.

But this field trip is something they haven't done before, according to Lt. Col. Charles Burton, CRDAMC's troop commander.

## SUMMER SAFETY | CONTINUED

child comes in with that kind of injury we'll start them on antibiotics just to be on the safe side."

Heat injuries are also common in the summer, and they, too, are preventable. The AAP website suggests dressing children in light colored and light weight clothing to help protect them from heat injuries.

Good hydration is important, and parents should help children avoid caffeinated or excessively sugary drinks because they can actually cause dehydration.

"I think it went over well, not only with the children, but also with the staff members from the different sections, who were excited to share details of their jobs with the children," Burton said. "We're hoping that by exposing students to some of the hospital's daily activities, they would be inspired to seek a career in the medical field. I heard a lot of good remarks from the children, with quite a few saying they would like to work in a hospital."

Eight-year old Adelyse Nieto, who's already decided she wants to be a pediatrician, said she really liked seeing what goes on at a hospital. "I found it all interesting," she said. "But the simulation lab was my favorite."

Both of the students' teachers said the trip was a great opportunity for the children, as it gave them an opportunity for a behind-the-scenes look at a hospital, something they might otherwise not get to see.

"It was different from other field trips we've taken. The students were definitely interested as they paid attention to the different staff

Play breaks are also very important.

"The work of children is play," Linklater said. "Just like Soldiers, they should follow a work-rest cycle."

Perhaps most important to remember, especially in the extreme heat of Central Texas summers, is that vehicles are not babysitters.

"Never leave infants or children in a vehicle, even with the air conditioning on. They retain more heat and are at a higher risk than adults for heat injuries because they have less ability to alter their environment."

members and asked a lot of questions," said Diane Lingle, fourth-grade teacher. Hazel Higdon, third-grade teacher, agreed, adding that the experience gave the children a more positive outlook on hospitals.

That was true for third-grader Trinity Traynor, who's only experience with hospitals was when she came to Darnall for surgeries on her ears and to have her adenoids and tonsils out.

"This trip was pretty amazing," she said. "It was definitely more fun than I thought it would be."

Staff Sgt. Christy Chenault, Adopt-A-School coordinator for CRDAMC, also thought the trip went better than she anticipated.

"Since this was the first time we did something like this I honestly didn't know what to expect. But the children behaved well, patients seemed happy to see them, and we didn't interrupt hospital operations at all," she said. "We definitely would like to plan more trips like this for all the different grades."



Patricia Deal, CRDAMC Public Affairs

Students from Saegert Elementary School check out a "patient" in the Simulation Lab and learned how lifelike sim patients provide realistic training for the hospital's doctors and nurses.

## GRAB FAMILY | CONTINUED

group won't all fit in their 15-passenger van. They will have to travel in two vehicles.

It might seem like a struggle to raise such a large family, but not to Linda and Joseph. Linda said that "I can do all things through Christ which strengtheneth me." - Phil. 4:13

Joseph added, "Children are not burdens but blessings from God. Our children don't belong to me or Linda, they belong to God. We raise them in the eyes of God in hopes that they will then serve and love God throughout their lives."

# HOSPITAL Happenings

## Strong Bonds Married Couples Enrichment Retreat

The Chaplain's office is hosting a Strong Bonds Married Couples Enrichment Retreat May 20 through 22 at the Makara Hotel on the Riverwalk in San Antonio.

The event is free, however, participants must provide their own transportation; government travel/mileage rates do not apply.

Registration packets can be picked up in the Chaplain's office in the basement, Room 408. There are 17 openings for this retreat. Registration closes May 16.

Please contact the CRDAMC Chaplain's office for more details at 553-1853.

## Red Cross Summer Youth Program

American Red Cross is accepting applications for its 2011 Summer Youth Program. The program offers teenagers 15 to 17 years old an opportunity to develop future career interests, be in a professional atmosphere, and experience the rewards of volunteering.

Applications are available at the main Red Cross office (across from the Warrior Way Commissary or the hospital Red Cross office on the second floor, room 2016).

Only 50 applications are being handed out and are on a first-come, first-served basis.

Completed applications (including a health screening by the Occupational Health Nurse) must be returned to Red Cross office by 4 p.m. May 23.

Office hours at both places are Monday through Friday 8 a.m. to 4:30 p.m.

For more information call 288-8144.

## Officer Professional Development session with MEDCOM Commander

Major Gen. David Rubenstein, commander of the U.S. Army Medical Department Center and School and chief of the Army Medical Service Corps, will speak at an Officer Professional Development session May 19.

The session is open to all Fort Hood Medical Service Corps officers and will be held from 1 to 2:30 p.m. in the 1st Medical Brigade Classroom, building 33026 on Support Ave and 72nd Street.

Deadline for reservations is May 14. For more information call 285-6903 or 287-5355.

## Army Nurse Corps birthday celebration rescheduled

The Army Nurse Corps 110th Birthday celebration has been rescheduled for May 13 at 6 p.m. at the Shiloh Inn.

The original ANC celebration was cancelled due to inclement weather. If you purchased a ticket for the ANC Birthday and will not be able to attend the May 13 event, you may request a full refund.

Additional tickets are available if you would like to attend the event on May 13.

Call 254-466-4343 or 863-899-6070 for more information.

## National Mental Health Awareness Activities

The behavioral health staff is offering the following information and series of speaking engagements. All events are open to the public and will be held in the classrooms above the Emergency Room.

May 13, Classroom A

- 8:30 - 9:30 a.m. Intensive Out-Patient Program for Substance Abuse
- 9:30 - 10:30 a.m. Resiliency and Restoration Center

May 19, Classroom B

- 12:00 - 1:00 p.m. Mental Health Briefing (commanders and providers only), every Wednesday in May at the R&R Center, Brown Bag Lunch
- 1:30 - 2:30 p.m. Behavioral Health Network Case-Management
- 2:30 - 3:30 p.m. Warrior Combat Stress Reset Program

May 26, Classroom D

- 1:30 - 2:00 p.m. Emergency Department Social Work Services
- 2:00 - 3:00 p.m. ACS-Family Advocacy Program Display Table/Teen issues

May 31, Classroom B

- 1:00 - 2:00 p.m. The Kids on the Block Program of Bullies and School Safety
- 2:00 - 2:30 p.m. Psychiatry Department Services

## 5K and Kids Fun Run

The CRDAMC Family Readiness Group's 5K and Kids Fun Run will be held May 21.

The event is open to all runners and walkers of all ages.

Register by May 15 to be guaranteed a race t-shirt. Late and race day registration will start at 6:45 a.m. and will incur a small additional fee. Registration will be in front of the CRDAMC helicopter

For more information or to register, please call Mychael Klajic (415)755-8021 or email [mychael.klajic@amedd.army.mil](mailto:mychael.klajic@amedd.army.mil). Registrations also accepted at active.com.