

# the LEGACY

Landstuhl Regional Medical Center

February 2022

Vol. 3, No. 9



## Training for uncertainty

1st Lt. Hannah Wieland, Medical Surgical Nurse, at Landstuhl Regional Medical Center (LRMC) demonstrates tracheotomy care during a Nurse Skill Fair at LRMC on Jan. 28. The Nurse Skill Fair provides LRMC health care professionals first-hand experiences in case of medical emergencies. (U.S. Army photo by John Ciccarelli)

**INSIDE:**

ANC Birthday, pg. 4

Specialty Care available at  
LRMC, pg. 6

# Events and Training Calendar

- Feb. 2: LRMC Annual Training (Heaton)
- Feb. 17: Hospital Newcomers Orientation
- Feb. 3: Hospital Newcomers Orientation
- Feb. 18: Minimal Manning
- Feb. 4: Monthly Awards Ceremony, noon, LRMC Fitness Center
- Feb. 21: Presidents' Day (Federal Holiday)
- Feb. 9-11: Enlisted Offsite (Armstrong Club)
- Feb. 23: Black History Month observance (noon, Heaton)
- Feb. 11-12: C Company - Crimson Fury
- Feb. 24: Commander's Town Hall (noon, Heaton)
- Feb. 16: LRMC Annual Training
- Feb. 25: 86th MDS promotion ceremony (12:30 p.m., Heaton)

## FEBRUARY 24, 2022



# LRMC TOWN HALL

**WHAT:** Town Hall meeting with LRMC command staff, leaders, and key personnel to discuss state of the organization, current / future operations and way ahead.

**WHERE:** Heaton Auditorium

**WHEN:** Feb. 24, 2022  
Noon - 1 p.m.

**ASK AWAY:** Send your questions, comments and topics of discussion to [usarmy.lrmc.pao@mail.mil](mailto:usarmy.lrmc.pao@mail.mil)

## VIRTUAL OPTIONS

**MS Teams:** Use Team Code **q8ua2dv**

**LRMC Community for Staff & Family (Facebook Group)**

Must be a member



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**LANDSTUHL REGIONAL MEDICAL CENTER**  
February 2022 • Vol. 3, No. 9

**Commander:** Col. Andrew L. Landers  
**Command Sgt. Maj.** Fergus Joseph  
**Public Affairs Chief / Editor:** Marcy Sanchez

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For more information, visit us at <https://Landstuhl.TRICARE.mil>

- Connect with us**
-  @LRMCOfficialpage
  -  @LRMC\_Landstuhl

# Happy February Team LRMC

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

While many associate the month of February to Valentine's Day, we also recognize the millions of African Americans who have served our country, both in uniform and out of it, during Black History Month. African American Soldiers, who have defended our nation since the Revolutionary War, have built a legacy of courage and professionalism by serving the U.S. Army with great honor and distinction, inspiring generations to come. This year's observance exclusively focuses on "Black Health and Wellness," centering on the legacy of Black scholars and medical professionals who contributed to advancing the health sciences. Please join us as we recognize these contributions during our Black History Month Observance starting at noon at the Heaton Auditorium, Feb. 23.

Tying back to the Feb. 14th holiday, this month also marks the medical community's campaign to raise awareness of American's leading cause of death; Heart disease. Heart disease refers to several conditions, most notably coronary artery disease (CAD), which can lead to a heart attack. Taking steps to control risks and factors associated with heart disease are as simple as ABCS...



Army Col. Andrew Landers, commander, Landstuhl Regional Medical Center, presents Ronald Hand, LRMC's Chemical, Biological, Radiological, Nuclear and high yield Explosives (CBRNE) Operations Manager, with a certificate of retirement during the Commander's Monthly Award Ceremony, Feb. 4.

- A**spirin when appropriate
- B**lood pressure control
- C**holesterol management
- S**moking cessation

As a family medicine physician, I know primary care providers were often on the frontlines in managing cardiovascular diseases alongside cardiologists. This killer is preventable, I urge the team to reflect on their habits and understand the consequences of today's choices.

Last month we had our mock Joint Commission survey which demonstrated our organization's commitment to our center of gravity: Quality and Safety. Overall, the organization did a fantastic job in showcasing our quality of care, attention to detail and promise to be a Values-based organization - 24/7/365. If you are interested in your section's evaluation, you can see the full report

on our SharePoint site [here](#). We'll discuss more of our TJC survey, along with other topics, during a monthly town hall, slated to begin on Feb. 24 at noon. This town hall is open to all and will feature hospital leadership discussing various topics from TJC to COVID and encourage max participation from our staff and families as well. You can join the town hall in person at the Heaton Auditorium or online on MS Teams with team code [q8ua2dv](#) or via the LRMC Community for Staff & Family Facebook group, click [here](#) to request membership.

Lastly, as we continue to make strides in healthcare here at LRMC, we must also plan for uncertainty as our Nation and NATO partners work toward diplomatic solutions to tensions across the globe. Just as we did during Operations Allies Refuge and Welcome, we will continue supporting our Joint Warfighter mission against the enemies of democracy. At all times, ensure your team is prepared for the worst as we hope for the best. Thank you for all you do.



## LRMC celebrates 121st ANC birthday

By John Ciccarelli

Public Affairs Specialist

Landstuhl Regional Medical Center

Landstuhl Regional Medical Center (LRMC) celebrated the 121st birthday of the Army Nurse Corps on Feb. 2, 2022, by recognizing the contributions of Army nurses throughout history.

The event included guest speakers, as well as a traditional cake cutting by the youngest (Army Pfc. Regina Johnson, licensed practical nurse, LRMC) and most experienced (Army Col. Dennis Turner, 30th Medical Brigade) nurses.

“Since 1901 Army nurses have repeatedly demonstrated their commitment to the highest standards of military nursing excellence,” Johnson said, as she presented the history of the Army Nurse Corps. “We have consistently exemplified a high degree of initiative, courage, and dedication in service to mankind, the United States Army, and our nation.”

Nurses have served with the Army since 1775. On Feb. 2, 1901, congress formally established the Army Nurse Corps. Today its mission is “To provide responsive, innovative, and evidence-based nursing care integrated on the Army Medicine Team to enhance readiness, preserve life

and function, and promote health and wellness for all those entrusted to our care.”

“Service to the country is a higher calling and professional nursing is also a calling,” said Army Col. Jodelle Schroeder, chief nursing officer, LRMC. “Sometimes we find it hard to put in words exactly what Army nurses do but if we did not have (nurses), there would be a lot of folks scrambling to fill the gaps those positions support at medical facilities and units at home and deployed. I’m in awe every day to the special people that can answer the call as Army nurses. Not just a nurse in the Army but those that embrace the call to be Soldiers, leaders, and to engage their superpower as a nurse.”

During the event, Army 2nd Lt. Elliot Main, medical surgical nurse, LRMC, discussed the critical roles nurses play at the front lines of modern battlefield medicine and how LRMC has evolved to meet those changing needs.

In 2003, LRMC was transformed from a five-community hospital to

level 1 trauma center, treating 1,568 casualties from Operation Enduring Freedom and 1,721 casualties from Operation Iraqi Freedom, Main said.

“LRMC provided Soldiers with a strategic location for the stabilization of medical necessities prior to being taken into the states for continuation of care,” Main said. “Nurses at LRMC have played a vital role. The nurses who took care of Soldiers at that time left an impeccable trail of hard work, dedication and a higher quality of healthcare.”

Retired Army Colonel, Regina C. Noeth, now a nurse supervisor at LRMC, discussed the relevance of this year's celebration theme: Trusted, Tested, and Ready.

“This birthday gives us an opportunity to celebrate the values of the Army Nurse Corps, reflect on our mission and give honor to all that work in military medicine here today. We represent a wide variety of nursing roles in the battlefield and fixed facilities. At no other time in history have nurses played such an important role in the delivery of medical care as now.”



# SURGICAL SERVICES AVAILABLE AT LPMC



Surgical Clinics at LPMC have increased capacity to meet the needs of Defense Department employees, retirees and their families while assigned overseas. Surgical capabilities include General Surgery, Plastic Surgery, Vascular Surgery, Orthopedics, Ophthalmology, Urology, Ear, Nose and Throat, and Neurosurgery.

Patients interested in using LPMC for surgical care must have a referral by their physician or medical provider, including host nation providers. Self-referrals are only authorized for non-medical cosmetic surgeries.

A Landstuhl Regional Medical Center surgical staff member positions a minimally-invasive robotic surgical system during an operation at LPMC, Jan. 12, 2022. Landstuhl Regional Medical Center recently increased access to care for surgical services to non-TRICARE Department of Defense ID Cardholders at LPMC. The increased services affords civilian employees of the Department of Defense, Army and Air Force Exchange Services, Department of Defense Dependents Schools, and their eligible family members, the opportunity to receive high-quality and familiar care at the Military Treatment Facility. (U.S. Army photo by William Beach)

## Surgery access expands at LPMC

LANDSTUHL, Germany – Landstuhl Regional Medical Center (LRMC) recently increased access to care for surgical services to non-TRICARE Department of Defense ID Cardholders at LPMC. The increased services affords civilian employees of the Department of Defense, Army and Air Force Exchange Services, Department of Defense Dependents Schools, and their eligible family members, the opportunity to receive high-quality and familiar care at the Military Treatment Facility.

Surgical clinics opening their doors include General Surgery, Plastic Surgery, Vascular Surgery, Orthopedics, Ophthalmology,

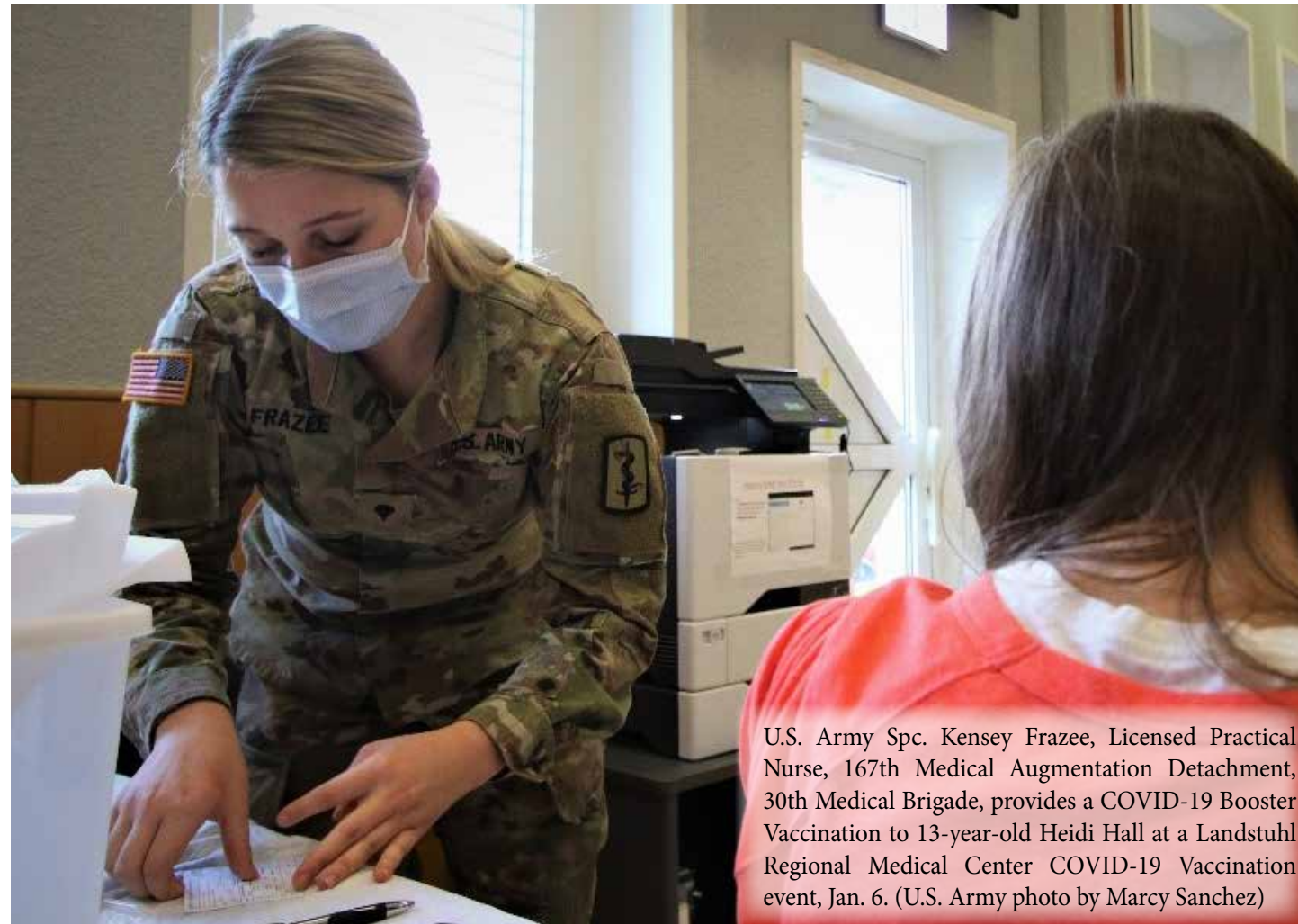
Urology, Ear, Nose and Throat, and Neurosurgery. Patients interested in using LRMC for surgical care must have a referral by their physician or medical provider, including host nation providers. Self-referrals are only authorized for non-medical cosmetic surgeries.

Those interested in the service can call the LRMC TRICARE Office at DSN 590-4830/Commercial 06371-9464-4830 and select the option for Referral Management. Individuals who already have a referral from a host nation provider can email their referral to [usarmy.landstuhl.medcom-rhc-e.list.lrmc-referral-management@mail.mil](mailto:usarmy.landstuhl.medcom-rhc-e.list.lrmc-referral-management@mail.mil) or bring the referral to the LRMC TRICARE Office in

person in Bldg. 3744 (near the AAFES Gas Station) at LRMC. Referrals may be written in German or English.

The LRMC Referral Management team will coordinate with the appropriate clinic to determine if the required surgical capabilities are available at LRMC.

If the patients are not registered to receive care at LRMC yet, referral management will advise the patient to go to LRMC's Patient Administration Division to register. If an appointment or surgical service is not available at LRMC, then you will receive a call from the Referral Management Office.



U.S. Army Spc. Kensey Frazee, Licensed Practical Nurse, 167th Medical Augmentation Detachment, 30th Medical Brigade, provides a COVID-19 Booster Vaccination to 13-year-old Heidi Hall at a Landstuhl Regional Medical Center COVID-19 Vaccination event, Jan. 6. (U.S. Army photo by Marcy Sanchez)

**By Marcy Sanchez**  
 Chief, Public Affairs  
 Landstuhl Regional Medical Center

Landstuhl Regional Medical Center began offering COVID-19 booster vaccinations less than a day following the Centers for Disease Control and Prevention expansion of booster shot eligibility to those 12 to 15 years old.

LRMC, the only forward-stationed medical center for U.S. & Coalition forces, began offering the Pfizer-BioNTech COVID-19 booster vaccination to patients under 16 during a normally scheduled vaccination event which was adjusted to increase vaccine availability to that age group.

The swift update to LRMC's COVID-19 booster vaccine eligibility to mirror the CDC's recommendations, demonstrates the military community's desire to flatten the curve and protect the host nation communities where they reside.

"Vaccinations will help protect everybody as we're getting back from the holidays," said U.S. Army Lt. Col. William Murray, officer in charge, LRMC COVID-19 Vaccination Campaign. "We have a lot of variants spreading and visitors, family members coming from (outside of Germany) so we must protect everybody from the five year olds to the elderly."

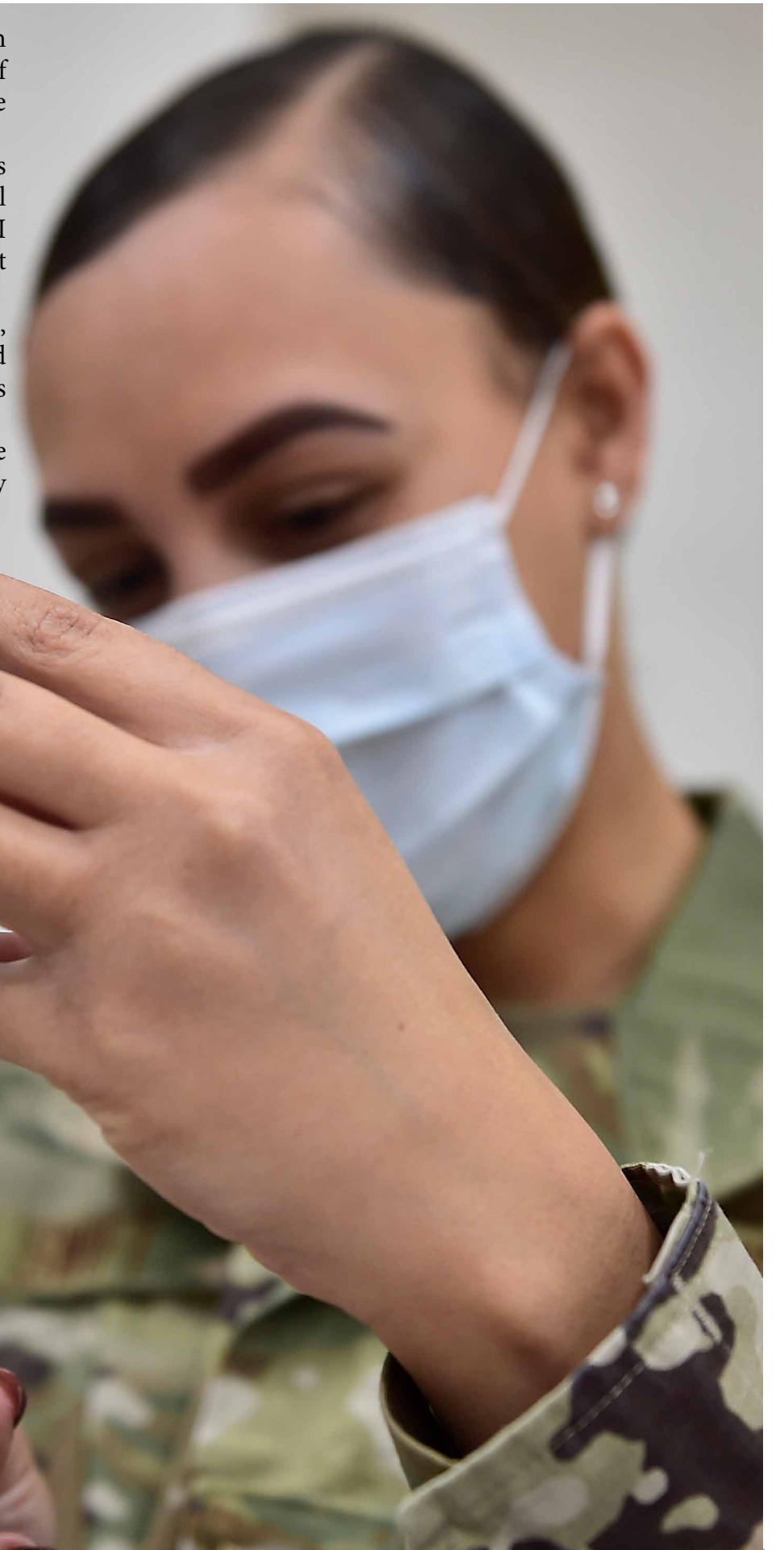
Although COVID-19 vaccines remain effective in preventing severe disease, recent data suggest their effectiveness at preventing infection or severe illness wanes over time, especially in people ages 65 years and older.

For Linda Hall, who attended the event with her 13 and 16-year-old daughters, the thought of her children being sick after being provided the opportunity to vaccinate is unconceivable.

"I think this is a great idea to keep everyone as safe as possible," said Hall. "I was really grateful I could get the booster for my girls right away. I didn't have to really wait and (LRMC) made it available right away."

Despite being a new patient population, LRMC's vaccination process has been refined for efficiency with over a year of inoculations, as demonstrated during the Jan. 6 event.

"Of all the other (vaccination events) we've come to, it's been a little bit of a wait but today everything was really quick," mentions Hall.



**LRMC**  
 reacts to expand  
**COVID-19 booster**  
 eligibility to  
**adolescents**

# Message from the Secretary of the Army to the Force



***“The Army is the world’s premiere land fighting force because we have brought the nation’s best into our ranks.”***

**- Secretary of the Army, Christine E. Wormuth**

Whether it is defending the country at home or overseas, our nation counts on the United States Army to be the first line of defense. We stand ready to deter and defend around the globe, as the tip of the spear in Europe and the backbone of joint operations in the Indo-Pacific. The Army surges in times of crisis and is ready when called upon to fight and win the nation’s wars.

We are navigating an unpredictable future, and our nation and our Army are at an inflection point. Building on our strong foundational priorities of people, modernization, and readiness, I have defined six objectives to help guide the force through these shifting times. Through these objectives, my goal is to enable the Total Army to achieve specific and tangible outcomes that we can continue to advance in the years ahead.

As we emerge from two decades of counterinsurgency and counterterrorism operations, my first objective is to put the Army on a sustainable strategic path amidst this uncertainty. The Army must find a way to field the cutting-edge formations we need to conduct multi-domain operations while facing increased fiscal pressures. This means difficult choices must be made to sustain and strengthen U.S. deterrence with China as the pacing challenge and Russia as an acute threat we also confront. Charting this path requires a commitment to innovation and experimenting with new ways of operating. The work that is being done in Project Convergence to bring together our sister Services to test new operational concepts and digital technologies is the kind of innovative approach we need to win the future fight. My second objective is to ensure the Army becomes more data-centric and can conduct operations in contested environments, which will enable our ability to prevail on

the future battlefield. Doing so will allow us to embrace emerging technologies to become a more effective and efficient force that can project power in cyberspace and defend our networks, weapons, and data from cyber threats.

My third objective is to continue our efforts to be resilient in the face of climate change. As the planet warms, the polar ice caps melt, and extreme weather becomes commonplace, the Army must adapt its installations, acquisition programs, and training to be able to operate in a changing environment and reduce greenhouse gas emissions. Our future readiness depends on it.

The cornerstone of America’s Army is our people. Three of my six objectives are focused on caring for our Soldiers, families, and Army civilians who are the very foundation of Army excellence. My fourth objective is to build positive command climates at scale across all Army formations. This starts with continued Army leadership and must be developed both from the top down and the bottom up. Character and culture matter, and I am committed to ensuring that we select the best possible leaders and give them the tools and resources to care for their Soldiers. My fifth objective is to reduce harmful behaviors in our Army. This is integral to sustaining a positive command climate at scale. We need to shift from responding to harmful events after they have happened to finding ways to prevent them. To do that we must develop and institutionalize prevention-oriented approaches that year after year will reduce the frequency of harmful behaviors such as sexual harassment and assault, extremist activity, racism, and domestic violence. We need to do more to prevent suicide in the Army.

I call on leaders to continue making clear that there is no stigma associated with taking care of yourself and your family. We should strive to connect our Soldiers with the necessary resources for their wellbeing. The Army is its people, and a strong, healthy, resilient, trained force is the most important indicator of our readiness. Finally, the Army is the world’s premiere land fighting force because we have brought the nation’s best into our ranks. But the talent and recruiting landscape is changing rapidly, so my sixth objective is to

strategically adapt the way we recruit and retain talent into the Army in order to sustain the all-volunteer force. We need to tell the Army’s story in new ways to ensure we remain the first choice for Americans who want to serve their country. We need to reach out to Americans from all backgrounds, talents, and geographies and give them multiple reasons to come in and stay in our great Army. My goal is to help all Americans to be able to see themselves in what the Army has to offer.

I am excited to continue working with General McConville, Sergeant Major of the Army Grinston and senior leaders throughout the force on the extraordinary opportunities that lay before the Total Army. I look forward to hearing from all of you about how things are across the force. The tasks ahead of us are bigger than any one of us and need every Soldier’s and Army civilian’s efforts if we are to be successful. Army Strong.

Sec. Christine E. Wormuth,  
Secretary of the Army

# HILL TOP CAFE / WARRIOR RESTAURANT

## February Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers  SOUP: Mulligatawny  DINNER Glazed Meatloaf Runa Tetrzinni	LUNCH Beef Carne Asada Parmesan Cursted Fish Vegetarianb Paella  SOUP: Chicken Tortilla  DINNER Spinach Lasagna 5 Spice Chicken Breast	LUNCH Savory Baked Chicken German Pork Gulasch Vegetarian Chickpea Curry  SOUP: Lentil Vegetable  DINNER Roasted Jerked Turkey Stuffed Pollock	LUNCH Beef Stifado Rosemary Baked Cod Homemade Vegetarian Lentil Chili  SOUP: Tomato Florentine  DINNER Garlic Roasted Chicken Quarters Smothered Pork Chops	LUNCH Yankee Pot Roast Chicken Tetrzinni Green Beans Mashed Potatoes  DINNER Diablo Chicken Breast Lemon Baked Catfish
LUNCH Salisbury Steak Honey Ginger Chicken Breast Fried Cabbage Franconia Potatoes  DINNER BBQ Beef Cubes Seasoned Chicken Quarters	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice  SOUP: Red Thai Chicken Curry  DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna  SOUP: Cream of Vegetable  DINNER Creole Pollock Turkey Curry	LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma  SOUP: Chicken Tortilla  DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice  SOUP: White Chicken Chili  DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles  DINNER Citrus Baked Pollock Honey Glazed Ham
LUNCH Pineapple baked chicken quarters Beef Brisket Cauliflower, Mashed Potatoes  DINNER Spaghetti & Meatballs Mexican Chicken Breast	LUNCH Buffalo Chicken Quarters Herbed Baked Cod Vegetarian Hopping John  SOUP: Chicken Gumbo  DINNER BBQ Pork Loin Turkey Chili	LUNCH Chicken Cacciatore Braised Pork Chops Vegetable Stuffed Peppers  SOUP: Mulligatawny  DINNER Glazed Meatloaf Runa Tetrzinni	LUNCH Beef Carne Asada Parmesan Cursted Fish Vegetarianb Paella  SOUP: Chicken Tortilla  DINNER Spinach Lasagna 5 Spice Chicken Breast	LUNCH Savory Baked Chicken German Pork Gulasch Vegetarian Chickpea Curry  SOUP: Lentil Vegetable  DINNER Roasted Jerked Turkey Stuffed Pollock	LUNCH Beef Stifado Rosemary Baked Cod Homemade Vegetarian Lentil Chili  SOUP: Tomato Florentine  DINNER Garlic Roasted Chicken Quarters Smothered Pork Chops	LUNCH Yankee Pot Roast Chicken Tetrzinni Green Beans Mashed Potatoes  DINNER Diablo Chicken Breast Lemon Baked Catfish
LUNCH Salisbury Steak Honey Ginger Chicken Breast Fried Cabbage Franconia Potatoes  DINNER BBQ Beef Cubes Seasoned Chicken Quarters	LUNCH Garlic Butter Cod Pork Adobo Red Beans & Brown Rice  SOUP: Red Thai Chicken Curry  DINNER Beef Fajita Garlic Herbed Chicken Breast	LUNCH Beef Pot Roast Rosemary Chicken Quarters Vegetarian Lasagna  SOUP: Cream of Vegetable  DINNER Creole Pollock Turkey Curry	LUNCH Asian Ginger Cod Sweet & Sour Pork Chops Vegetarian Indian Korma  SOUP: Chicken Tortilla  DINNER Beef Lasagne Italian Baked Chicken Breast	LUNCH Beef Porcupines Chicken Primavera Vegetarian Zucchini Pancakes  SOUP: Minestrone  DINNER Linguine Con Salsiccia Fish Loaf	LUNCH Beef Bulgogi Herb Baked Cod Vegetable Curry & Rice  SOUP: White Chicken Chili  DINNER Spicy Baked Fish Chicken & Rice Casserole	LUNCH 5 Spice Chicken Breast Beef Stew California Blend Vegetables Buttered Egg Noodles  DINNER Citrus Baked Pollock Honey Glazed Ham
LUNCH Pineapple baked chicken quarters Beef Brisket Cauliflower, Mashed Potatoes  DINNER Spaghetti & Meatballs Mexican Chicken Breast	LUNCH Buffalo Chicken Quarters Herbed Baked Cod Vegetarian Hopping John  SOUP: Chicken Gumbo  DINNER BBQ Pork Loin Turkey Chili					

The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.  
 Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.  
 Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French toast  
 Weekdays: Breakfast: 6 - 8:30 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4:30 - 6 p.m.  
 Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4 - 6 p.m.  
 \*\*Menu is subject to change.

# the spotlight

ONE TEAM. ONE PURPOSE.  
Selfless Service.



1st Lt. Katherine Berry, Clinical Staff Nurse at Landstuhl Regional Medical Center (LRMC) checks for diagnostics during a Nurse Skill Fair at LRMC on Jan. 28. The Nurse Skill Fair provides LRMC health care professionals first-hand experiences in case of medical emergencies. (U.S. Army photo by John Ciccarella)



Army First Sgt. Maria Ferotti, relinquished responsibility of Company B, Troop Command to Army First Sgt. Daniel Crowfoot, during a change of responsibility ceremony, Jan 13. Company B, or Bravo Company, provides company-level mission command, logistical and operational support to eight sections in the hospital, including headquarters elements. (U.S. Army photo by William Beach)



Heath Woolstenhulme (front row, second from right), Sheila Woolstenhulme (front row, third from right) and Master Sgt. Chun H. Kim (front row, center), join members of the Order of Military Medical Merit (O2M3) after being inducted into the prestigious organization, Jan. 28. The Order of Military Medical Merit is a unique, private organization recognizing excellence and promoting fellowship and esprit de corps among Army Medical Department personnel. (U.S. Army photo by William Beach)