



# The Heartbeat

Published monthly for the staff and patients of  
General Leonard Wood Army Community Hospital

January 2009

## Ruiz twins make AMEDD history

By Carl Norman  
GLWACH Marketing

On March 20, 1960, two identical twin girls were born seven minutes apart in New York's Saint Catherine hospital. Mom is Carmen Lydia Isales-Diaz, a New York school system teacher's aide. Dad is Graciano Ruiz Mendoza, a factory foreman who also sold jewelry and clothing on the side. Both migrated from Puerto Rico, searching for greater opportunities and quality of life.

On that March day, Judith, affectionately called Judy, was born first; Yolanda, nicknamed Yolie, followed. The two grew up in the big city, graduated from Miguel Melendez Munoz High

School and went on to pursue bachelor's degrees in nursing.

Although unaware at that time, history anxiously awaited their arrival as senior Army Nurse Corps nurses. On Aug. 18, 2008, now Col. Judith Ruiz took command of General Leonard Wood Army Community Hospital at Fort Leonard Wood, Mo. With now Col. Yolanda Ruiz-Isales already at the helm at Lyster Army Health Clinic and United States Army Aeromedical Center at Fort Rucker, Ala., the sisters marked their place in the annals of time, credited as being the first set of twins to sit as active Army Military Treatment Facility commanders, according to Army Nurse Corps historical records.

"As a commander, the opportunity to directly influence leadership teams to achieve organizational success is most rewarding," said Yolie. "My greatest challenge, in nursing and in command, is to ensure effective communication occurs.

"Misinformation is far too common and always has the potential to hinder the team's ability to build trusting relationships. Regardless of the size of your facility, simple and complex issues are only resolved through effective communication."

"We are both commanding for the

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## 2009's first delivery

Maj. Gen. Gregg Martin, Maneuver Support Center and Fort Leonard Wood commanding general, (left), congratulates Sgt. Rudolph and Nagisa Richard on the birth of their daughter, Riona Skyla, on Jan. 1. Little riona is the first baby born at General Leonard Wood Army Community Hospital in 2009. She arrived at 7:35 p.m. New Year's Day, weighing 7 pounds, 14 ounces. She was 20 1/2 inches long. To commemorate the event, the new parents received a hand-made quilt from the Gone to Pieces Quilters Guild and a \$100 gift certificate from the Army and Air Force Exchange Service. (Photo by Carl Norman)

## GLWACH hosts town hall meeting

General Leonard Wood Army Community Hospital officials will host a medical town hall meeting Feb. 10 at Abrams Theater.

This meeting will discuss only those issues pertaining to GLWACH. It will be conducted in two sessions: 4-5:30 p.m. and 6-7:30 p.m. and is open to everyone eligible for care at GLWACH.

The agenda includes updates on key issues and initiatives for 2009. Following that, GLWACH experts will field questions from those attending.

Anyone who has an issue they'd like discussed at the town hall meeting is encouraged to log a comment on the GLWACH Commander's blog located at [http://glwach.amedd.army.mil/CDR-Blog/BLOG\\_POSTS.htm](http://glwach.amedd.army.mil/CDR-Blog/BLOG_POSTS.htm). All comments will be reviewed for appropriateness and feasibility.

Please understand that some issues may be rooted in regulatory requirements or federal law that GLWACH does not control. However, all voices will be heard through the Commander's blog.

For more information, call (573) 596-9632.

# IMD begins new inprocessing system

General Leonard Wood Army Community Hospital's Information Management Division has established a new computer-automated process for Soldiers and civilian employees checking into the division.

As of Feb. 3, all GLWACH staff members who would normally use a MEDDAC Form 1076 for IMD systems access must now use the new IMD In-Processing form. This form can easily be accessed through the Helpdesk icon on any computer desktop via an authorized user logged in or a PC located in the IMD Customer Support area.

The new automated form will allow customers one-stop-shopping to request access to all of the following systems:

- ◆ Network
- ◆ E-mail
- ◆ Web Systems

- ◆ CHCS/AHLTA
- ◆ DMLSS
- ◆ App Extender
- ◆ RAD Viewer.

For access, customers must make sure they have:

- ◆ AKO e-mail
- ◆ CAC ID card (for new cards, go to the ID section in Building 470; civilians must already have a SF-50 and AKO e-mail)
- ◆ HIPAA training complete
- ◆ Know their supervisor's name, where they will be working and what their job will be

To request access:

- ◆ Open the Help Desk icon and select New User Account Request. (Preferably the supervisor)
- ◆ Follow the Prompts.
- ◆ The CAC ID and Name will auto-fill; the customer must enter the appropriate information into each of the other fields, enter NA if the field is

not applicable.

◆ Select the Systems Access required (Network, E-mail, Web Systems, etc...) Enter additional information for the selections as needed.

◆ Click the button to Read and Acknowledge MEDDAC Form 1076 and complete the form. (The In-Processing Request Form cannot be saved until this is complete)

◆ Save your request. Click on Ok for the ActiveX Controls Warning Notice (to allow e-mail notifications); click on send for the E-mail MEDDAC Authorization Notice (to send e-mail notifications); click OK on the Request Successfully Logged Notice

◆ An e-mail will be sent to the selected supervisor. Once the supervisor approves and updates it, the request will be placed in the queue for the selected requests.

◆ The supervisor needs to

click on the link in the e-mail to open the waiting requests page. To do this, select the appropriate button to open the Approval Authorization Page; review the information the requester entered and make changes as needed; review the System Selection(s) and ensure the correct ones are selected and information provided.

◆ Select Approved or Not Approved.

◆ Click on the Save your Approval button. After the supervisor approval, the request is complete and is sent to the appropriate IMD entities for action and approval.

When those requests have been completed, an e-mail will be sent to the customer and supervisor informing them of the actions taken.

For more information, call 596-9025.

They say laughter is the best medicine. With that said, here's a prescription that's just what the doctor ordered.

I was sitting in the waiting room of the hospital after my wife had gone into labour and the nurse walked out and said to the man sitting next to me, "Congratulations sir, you're the new father of twins!"

The man replied, "How about that, I work for the Doublemint Chewing

*Laugh  
a  
little*

Gum Company." The man then followed the woman to his wife's room.

About an hour later, the same nurse entered the waiting room and announced that Mr. Smith's wife has just had triplets.

Mr. Smith stood up and said, "Well, how do ya like that, I work for the 3M Company."

The gentleman that was sitting next to me then got up and started to leave. When I asked him why he was leaving, he remarked, "I think I need a breath of fresh air. I work for 7-UP."

## The Heartbeat

The Heartbeat is an authorized publication for members of the Department of Defense, and staff and patients of General Leonard Wood Army Community Hospital. Contents of The Heartbeat are not necessarily the official view of, or endorsed by, the U.S. Government or the Department of the Army. The editorial content of this publication is the responsibility of the GLWACH Public Affairs Officer.

Everything published in The Heartbeat is done so without regard to individual race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation, or any other non-merit factor. The deadline for submissions is the 15th of the month prior to publication. Send submissions to Carl.Norman@amedd.army.mil.

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Deputy Commander for Clinical Services: Lt. Col. John Lowery  
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# TRICARE Reserve select rates drop

**FALLS CHURCH, Va.** – National Guard and Reserve families rang in the New Year with exceptional savings on their health care coverage.

Monthly premiums for TRICARE Reserve Select member coverage officially dropped by 42 percent Jan. 1 from \$81 to \$47.51. TRS member-and-family coverage dropped 29 percent, from \$253 to \$180.17.

In response to the 2009 National Defense Authorization Act, section 704, TRICARE officials analyzed Reserve Select costs from 2006 and 2007 and adjusted TRS premium rates for 2009.

“TRS premiums are billed a month in advance, so members started seeing reductions in early December 2008” said Army Maj. Gen. Elder Granger, TRICARE Management Activity deputy director. “This is good timing considering these challenging economic times.”

“TRS offers an opportunity for our members and families to have comprehensive, affordable health care cover-



age,” said Col. Marty Wong, head of the joint family program for the National Guard Bureau. “This is great news.”

Granger also noted the benefits of purchasing coverage in the new health plan open to qualified members of the Selected Reserve.

“TRS has only been around since 2005,” he said. “Now is one of the best times in the short history of TRS to sign up and start receiving health-care benefits.

The TRS program was greatly streamlined in October 2007. Since then, the number of members has more than doubled.

“TRS covered about 35,000 National Guard and Reserve members and families in late 2007,” said Granger. “Now we have more than 80,000.”

TRS delivers coverage similar to TRICARE Standard and Extra to qualified members who purchase the coverage and pay monthly

premiums. TRS also features continuously open enrollment.

To qualify, candidates must be members of the Selected Reserve and cannot be enrolled in or eligible for the Federal Employee Health Benefits program. For instance, National Guard or Reserve Soldiers are not eligible to purchase TRS if their spouses have family plans under FEHB and the members are covered under FEHB.

Once the services establish a member’s qualifications, the member can go to the TRICARE Reserve Select page

at <http://www.tricare.mil/trs> and follow the instructions to purchase coverage through the Guard and Reserve Web portal found on the page.

The direct link to the Guard and Reserve portal is <https://www.dmdc.osd.mil/ap/pj/trs/index.jsp>.

For more information about TRS visit the TRICARE Web site at <http://www.tricare.mil/trs>.

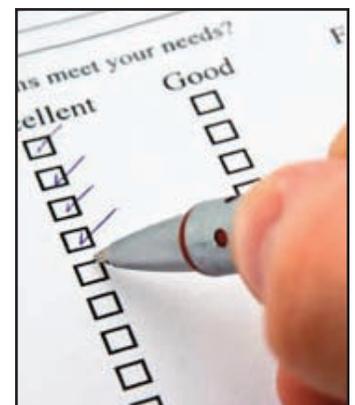
## Health needs assessment coming soon

General Leonard Wood Army Community Hospital’s Preventive Medicine Division is launching a Community Health Needs Assessment and asks for everyone’s input.

The health needs assessment asks for information on things ranging from what people feel their most important personal and community health problems are to what educational opportunities they’d like to help deal with them. The assessments will be available soon via the GLWACH Web site and unit commanders. You may also receive one through the postal service.

“The Community Health Resource Center works throughout our community to provide a wide range of preventive health and health education services,” said Bruce Russell, Preventive Medicine Division administrative officer. “To plan for the future and better serve our beneficiaries, we’re asking that everyone take a few minutes to fill out the short questionnaire when it arrives. Your input is critically important to allowing us to address your concerns and provide the services you need and desire.”

For more information, call (573) 329 -8504.



# Tips for post-deployment health

**By Carlla Jones**

U.S. Army Center for Health Promotion and Preventive Medicine

It's not uncommon for Soldiers to report health concerns after deployment.

According to the Armed Forces Health Surveillance Center, during post-deployment reassessment, 39 percent of active-duty Soldiers reported they had health concerns (not a wound or injury) and 29 percent reported that their health was worse than before deployment ("Medical Surveillance Monthly Report," July 2008).

Many Soldiers experience minor, temporary changes in their health after returning from a deployment. These short-term changes are mostly due to reintegrating into home and family life, deployment travel and jet lag, and getting used to a different schedule and diet.

Soldiers may also feel tired, have a change in appetite, or experience sore or

achy muscles. These effects should be temporary and decrease as the days go by. If that doesn't happen, or if they get worse, Soldiers should see a health care provider.

It's important to be aware of your health after returning home. Most illnesses related to deployment occur while troops are still in theater. However, some diseases and other medical conditions may not cause noticeable symptoms until several months after Soldiers arrive at their home station.

Almost all symptoms will show up within the first six months after returning from deployment. If you experience any of the following symptoms in the first few weeks or months after returning home, you should get medical care as soon as possible:

- ◆ Fever
- ◆ Muscle or joint pain
- ◆ Stomach or bowel problems
- ◆ Swollen glands

- ◆ Skin problems
- ◆ Excessive tiredness
- ◆ Emotional problems
- ◆ Difficulty sleeping
- ◆ Shortness of breath
- ◆ Weight loss

It's very important to tell your health care provider that you were deployed and to where. The earlier that tests are done to determine what's causing the symptoms, the sooner the correct diagnosis can be made and treatment can begin.

It is not unusual for Soldiers to experience difficulties when readjusting to their home duty station. There are a number of strategies you can use to stay healthy during this time:

Eat regularly. Make healthy food choices. Stay away from high-fat, high-sugar foods.

Get plenty of exercise.

Don't let medical problems go untreated. Keep regular appointments with your health care provider. Keep up with preventive medicine screenings.

Make sure you get a good night's sleep.

Balance the amount of time you spend at work, with friends and with your family.

Make time to relax. Take time to do activities you enjoy.

Remember to pay attention to your health after you return home from deployment. If you have any health concerns, contact your health care provider, the chaplain or your chain of command. They are all excellent sources of information that can help you and your family.

For more information about health after deployment, review these USACHPPM products:

[http://chppm-www.apgea.army.mil/deployment/Guides/Redeployment\\_Tri-Fold/Service\\_Members\\_and\\_Their\\_Families\\_5May06.pdf](http://chppm-www.apgea.army.mil/deployment/Guides/Redeployment_Tri-Fold/Service_Members_and_Their_Families_5May06.pdf)

<http://chppm-www.apgea.army.mil/DEPLOYMENT/GTA%2008-05-062.PDF>



## Rescue training

James Bonkowske, General Leonard Wood Army Community Hospital safety officer, shows Fort Leonard Wood firefighters how to properly lower a hydraulic elevator during recent elevator rescue training exercises. GLWACH's multi-story facility provided firefighter plenty of hands-on experience in elevator rescue procedures and allows them to be properly prepared should the need arise. (Photo by Carl Norman)

# CID issues computer scam warning

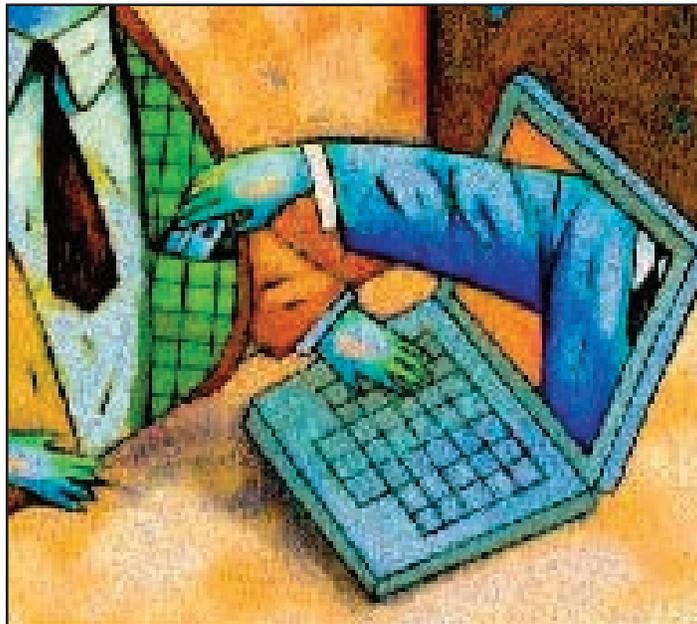
United States Army Criminal Investigation Command officials recently issued a Criminal Intelligence Bulletin warning of a potential scam targeting military members.

The Command Intelligence Operations Center received word from the Defense Threat Reduction Agency regarding a Web site targeting Army service members, claiming to offer low-cost personal computers, laptops and online educational resources. The Web site, [www.armyedcenter.com](http://www.armyedcenter.com), offers computers with preloaded training software as a bundle package.

According to the Web site, access to career training in Microsoft Office, Web Design, and Graphic Arts can be obtained by utilizing their service. The Web site also has testimonials by supposed Army Soldiers.

The online application form to purchase computers and software requires the Soldier to submit Personally Identifiable Information -- i.e. Social Security Number, date of birth -- and specific military information -- i.e. enlistment date, estimated time of separation, unit of assignment. Soldiers are also required to provide official documentation, such as a Leave and Earning Statement, to verify that they are active or retired Enlisted Soldiers.

The service/product costs approximately \$3,500, paid over a two year period. The only authorized method of payment is by allotment from the Soldier's pay. Ac-



tive duty status qualifies the Soldier for no money down and easy payment options. The Web site also claims to have the capability to rebuild a Soldier's bad credit with "a low cost student loan" (05 Jan 09, [www.armyedcenter.com](http://www.armyedcenter.com)).

"This Web site illustrates the extent individuals will go to potentially defraud Soldiers," a Command Intelligence Operation Center analyst said. "While this site's intent may be to assist financially unstable Soldiers, the potential to manipulate such Soldiers further into debt is significant."

The analyst said the cost of the training service and computer or laptop through the Web site is approximately \$3,500.00 to be paid \$143.00 each month, over two years by automatic allotment, ensuring the company receives their payments. The Web site ad-

vertises the computers in such a way to attract Soldiers (i.e. Desktop computers: Predator, Terminator, Warrior, Stealth, and Laptop Computers: Sniper II & III).

"The computers are otherwise 'no-name' and are worth roughly \$500, by comparison to other computers with similar components," the CIOC analyst said. "The potential profit for the company over the 24 months is approximately \$3,000 at the expense of the Soldier."

The company has the potential to offer the Soldier a \$500 product, while charging an interest rate of approximately 340 percent, the analyst said. The Web site's training courses include, but are not limited to: Microsoft Work Applications (PowerPoint, Excel, Outlook, Access, etc), Windows Vista, and Photoshop.

Training opportunities obtained at [tercom are already available to all active Soldiers, retired Soldiers and DA civilians at no cost from Army e-learning. The Web site does not readily identify any apparent correlation to the U.S. Army.](http://www.armyedcen-</a></p>
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Furthermore, the Web site does not include a disclaimer stating the PII provided by the Soldier would not be sold to other agencies, leaving Soldiers vulnerable to other various marketing schemes and solicitations. The PII and military information provided could also be collected in an effort to assess a unit's strength by providing sensitive Operational Security to nefarious individual or organizations.

Other companies, such as Blue Hippo, have used this same marketing tactic to defraud the general U.S. population, the CIOC analyst said. The Blue Hippo scam is currently undergoing court ordered refunds to individuals promised low-cost computers as a means to rebuild bad credit.

"Although there is no proven evidence that [www.armyedcenter.com](http://www.armyedcenter.com) is not a legitimate company earnestly intended to offer Soldiers educational opportunities and an avenue to repair bad credit, there are similarities to the illegitimate marketing tactics of Blue Hippo," the analyst said.

For more information, call Kim Marie Humphrey, Criminal Intelligence Specialist, at (703) 806-2159, e-mail: [kim.marie.humphrey@conu.s.army.mil](mailto:kim.marie.humphrey@conu.s.army.mil)

# IMD offers tips to master Office 2007

**By Kathy Wild**

Information Management Division

If you're still struggling to master the new Office 2007 products after upgrading from Office 2003, Microsoft has good news for you.

Microsoft has a Web site called Office Online that offers free training courses on many of their software products. In all, there are more than 150 courses available.

The courses are interactive and many appear as movies where an instructor leads the student through the selected topic. It's the next best thing to actually being in the classroom!

Beginners should start with the course titled, "Beginner's Training for Office 2007." This provides a great overall in-

roduction to the new Office 2007.

The knowledge gained through this training can save hours of frustration when using the new Office products by helping to eliminate the "trial-and-error" method of learning what we are all so guilty of when new software comes along. To go directly to the "Beginner's Training for Office 2007," type <http://office.microsoft.com/en-us/training/HA102705621033.aspx?pid=CL100788241033> into the address bar in Internet Explorer and press enter.

Free training is available on these software products on Office Online:

- ◆ Access 2007
- ◆ Excel 2007
- ◆ Office 2007
- ◆ Office Communicator 2007
- ◆ OneNote 2007

- ◆ Outlook 2007
- ◆ PowerPoint 2007
- ◆ Project 2007
- ◆ Publisher 2007
- ◆ SharePoint 2007
- ◆ Visio 2007
- ◆ Word

Training isn't the only thing that Office Online offers. Through the "Home Page," a wealth of knowledge and tools are available for Microsoft Office 2007. From "Help and How-Tos" to "Clip Art and Templates," you will find everything here that you were ever looking for, plus much more. All you need do to begin your excursion into Office Online is to type <http://office.microsoft.com/en-us/FX102855291033.aspx> into the address bar in Internet Explorer and press enter.

## DOD, VA partner for easier disability evals

**FALLS CHURCH, Va.** – Department of Defense and Department of Veterans Affairs officials are working together to expand a pilot program that simplifies the current disability evaluation process for wounded, injured and ill service members.

The Disability Evaluation System pilot program aims at assisting wounded service members obtain faster access to TRICARE and other health care and VA benefits by developing a single medical examination that both DoD and VA providers will use with a single-source disability evaluation done by VA and accepted by DoD.

The pilot, implemented in November 2007 in the National Capitol Region, is slated to expand to 19 additional installations through June 1, 2009.

Currently, a wounded warrior's branch of service evaluates the member for conditions that may make him or her unfit for duty. This evaluation initiates the medical examination board process.

Following separation or retirement from service, the member is again evaluated by the VA for disability and com-

Under the pilot, only one  
evaluation is necessary  
after a member is referred  
for a service medical eval-  
uation board.

ensation. The pilot process streamlines and makes more transparent both processes through concurrent rather than sequential processing, more information for the member during the process, and comprehensive information regarding entitlements from both agencies at the time of the separation.

Under the pilot, only one evaluation is necessary after a member is referred for a service medical evaluation board. The single evaluation also helps service members get comprehensive information about their benefits, including TRICARE.

The pilot is a result of the President's Commission on Care for America's Re-

turning Wounded Warriors. The goal is to simplify health care and treatment for injured service members and veterans and deliver benefits as quickly as possible.

The pilot was initially tested at three Military Treatment Facilities in the National Capitol Region – Malcolm Grow Medical Center at Andrews Air Force Base, Md., Walter Reed Army Medical Center in Washington, D.C., and National Naval Medical Center in Bethesda, Md.

Since the pilot program began, the VA indicates more than 700 service members have participated. To collect and evaluate data from other geographic regions, 19 more installations have been added to the study, including Fort Carson, Colo., Naval Medical Center San Diego, Calif., and Elmendorf Air Force Base, Alaska.

For more information about how TRICARE works for medically retired service members, visit <http://www.tricare.mil>.

For more information about VA benefits, visit <http://www.vba.va.gov/VBA>.

## TWINS, from Page 1

first time and are privileged and humbled at the opportunity to serve," said Judy. "To be entrusted with the health of our nation's sons and daughters at a time of war is indeed, to date, our greatest honor as American Soldiers."

As twins, Judy and Yolie said they are, as expected, very much alike in many ways, but there are some subtle differences.

"We are both passionate, and equally committed to our family and career," Yolie said. "Judy, for many years, was the more social of the two. Now, most would agree that I am more of an extrovert than she."

Yolie said a healthy balanced life style is a priority for her so she makes time to take care of her physical, emotional and spiritual needs.

Judy agrees that commitment to family and career are a must, but emphasizes that not even identical twins are exactly alike.

"I am more prone to stray away from maintaining balance and can get caught up in more work than play," Judy said.

In looking back on their teen years, the Ruiz twins reflected on some of the, well, let's just call them adventures, that only twins can have.

"When we were about 14 years old, a young teen was attracted to Yolie and openly shared his affection," Judy said. "Yolie was not interested and avoided him at all cost. Since Yolie didn't like him at all, I agreed to go on a date with him to get him off her back. He never realized I wasn't Yolie, and the relationship never blossomed anyway."

That sort of thing echoed through their lives, and still does today to include the time when the Army's Human Resource Command disposed of one of their official Department of the Army photos, thinking it was a duplicate. But the situation that truly rings of identical twins happened on a vacation in Puerto Rico.

"We had our purse stolen with our military IDs inside," Yolie said. "When the local police found it, they called us to the station. They couldn't figure out how we could look exactly alike, both be lieutenants in the Armed Forces and



Identical twins Col. Judy Ruiz, left, and Col. Yolanda Ruiz-Isales pose for a family photo. The are credited for being the first set of twins to be sitting Military Treatment Facility commanders. (Courtesy photo)

have the same last name and Social Security numbers that are only five digits off."

Throughout all their "adventures" in life, Judy and Yolie know one thing is above all others — family. Their father passing away in September 2005 further emphasized that fact.

"For Judy and I, putting mom first every day is priceless," Yolie said. "From our perspective, other than our love for mom, nothing seems more important than the bond that exists between us. We depend on each other to balance taking care of mom and the demand placed on us as senior leaders in the Army. We could not do what we do without each other."

While family is the main ingredient of many required for a successful life and career, the twins said respecting others' talents and ambitions is a close second.

"I've been surrounded with great people and I attribute my success to the leaders, peers and subordinates I have worked with throughout my career," Yolie said. "A product of great mentors, I learned the importance of investing

time in coaching and developing followers who can lead themselves."

She said for the most part, people come to work with the genuine desire to do well; however, when you build a climate of trust and respect, it encourages individuals to always do their best."

Judy whole heartedly agrees.

"This type of investment in human capital pays great dividends," she said. "When the system fails, or someone falls short, we do not lose confidence, we put our trust in God and great things happen."

In looking at the prospect of making history and the notoriety that is sure to follow, Judy and Yolie still remain firmly focused on the task at hand.

"Taking care of our own is still the focus of Army Medicine," Judy said. "As valued members of the Army Medical Department whether at home, deployed, a nurse at the bedside, a staff officer at the Office of The Surgeon General or the Commander of a Medical Treatment Facility, we are charged to support, sustain and deploy a healthy force.

"The unique mix of challenges, injuries, stresses, and strains on the men and women of the armed forces with repeated and extended deployments makes this so much more pressing or more important than ever before."

"It would be very difficult for our deployed service members to focus on the task at hand if we didn't do our jobs," Yolie said. "Supporting their families and redeploying Soldiers to their homes safely establishes credibility in Americans. Without it, we would be challenged to secure this nations global posture and America's future and make a positive difference in the world."

So with maintaining the health and wellness of thousands of Soldiers and their families hanging in the balance, Judy and Yolie continue charting their course through history. Only time will tell where they go from here. But one thing is certain... it all began on March 20, 1960, when two identical twin girls were born seven minutes apart in New York's Saint Catherine hospital.

## Community Health Resource Center Classes

Below is the General Leonard Wood Army Community Hospital Community Health Resource Center Class Calendar for Jan. 21 – Feb. 28, 2009.

All classes are conducted in the CHRC, Suite 124, Building 2080 unless otherwise noted. Sign up for classes by calling (573) 329-1901 or (573) 329-1935. Sign up for tobacco cessation classes by calling 1-866-299-4234, or call the CHRC for more information. Sign up for the Post-deployment Spiritual Wellness class by calling (573) 596-1678.

Classes offered are:

— Asthma Awareness: Discuss the causes, signs, symptoms and aggravating factors of asthma. Adults and children, 9 years old and older, who have asthma are encouraged to attend. Class dates:

◆Feb 4, 9 – 11 a.m.

◆Feb. 18, 9 – 11 a.m.

— Breastfeeding: Learn how to properly nourish and care for your child while breastfeeding. Class dates:

◆Jan. 28, 9-11 a.m.

◆Feb. 25, 9 – 11 a.m.

— Breathing Techniques: Learn techniques to help you breathe more efficiently when in labor. Class dates:

◆Feb 2, 2-4 p.m.

◆Feb. 9, 2 – 4 p.m.

◆Feb. 23, 2 – 4 p.m.

— Cholesterol Control: Understand the pitfalls of shopping, cooking and eating for a low-cholesterol diet. Cardiovascular disease risk factors such as poor fitness, smoking and obesity are also discussed. Class dates:

◆Feb. 9, 1:30 – 3, GLWACH MED-DAC Classroom

◆Feb. 23, 1:30 – 3 p.m., GLWACH MEDDAC Classroom

— Diabetes Management: Learn about treatment, complications and how to prevent them, exercise, and self-care for diabetes. The dietician will instruct patients on how to follow a diabetic diet. Class dates:

◆Feb. 6, 8 a.m. – noon

◆Feb. 20, 8 a.m. – noon

— Early Pregnancy and Pets in Pregnancy: Learn what to expect in the first six months of your pregnancy as well as how to introduce your pet to your newborn. Class date:

◆Feb. 3, 8:45 – 10:45 a.m.

— Glucometer Education: Patients will be given instructions and a demonstration on how to properly use a Glucometer. Class dates:

◆Jan. 29, 12:30 – 2 p.m.

◆Feb. 2, 9:30 – 11 a.m.

◆Feb. 5, 12:30 – 2 p.m.

◆Feb. 6, 1 – 2:30 p.m.

◆Feb. 9, 9:30 – 11 a.m.

◆Feb. 12, 12:30 – 2 p.m.

◆Feb. 19, 12:30 – 2 p.m.

◆Feb. 20, 1 – 2:30 p.m.

◆Feb. 23, 9:30 – 11 a.m.

◆Feb. 26, 12:30 – 2 p.m.

— High Blood Pressure/Hypertension: Discuss the causes, treatment and steps taken to beat high blood pressure. Class dates:

◆Jan. 27, 9 - 10:30 a.m.

◆Feb. 3, 9 – 10:30 a.m.

◆Feb. 10, 9 – 10:30 a.m.

◆Feb. 24, 9 – 10:30 a.m.

— Infant Care: Parents-to-be learn how to properly bathe and care for their new baby, to include diapering. Class date:

◆Feb. 11, 9 – 11 a.m.

— Infant CPR: New and expectant parents, baby sitters and other care givers learn how to properly resuscitate a baby if its heart should stop beating. Class dates:

◆Jan. 27, 5:30 – 7:30 p.m.

— Legal Issues & Pregnancy: Learn about profiles and related issues military members face when pregnant. Class date:

◆Feb. 20, 1 – 2 p.m., JAG office, Building 315

— Nutritious Weigh: Learn about low-fat eating, weight management techniques, cooking methods and dietary trends. Learn how you can lose pounds safely, the importance of ex-

ercise and reading food labels, and weight management theories. Class date:

◆Feb. 2, 1:30 – 3 p.m. in the MED-DAC Classroom at GLWACH

— Pregnancy/Post Partum Physical Training: Mandated by the U.S. Army Center for Health Promotion and Preventive Medicine, this class is a standardized physical training program that is mandatory for all post partum Soldiers Army wide. Class dates:

◆Jan. 27, 7:30 – 8:30 a.m.

◆Feb. 3, 7:30 – 8:30 a.m.

◆Feb. 10, 7:30 – 8:30 a.m.

◆Feb. 17, 7:30 – 8:30 a.m.

◆Feb. 24, 7:30 – 8:30 a.m.

— Self-Care Intervention Program: Learn how to avoid illness and pursue wellness; learn the importance of healthy habits, how to treat common illness at home, and how to use medications. Participants will receive a pharmacy card to receive non-prescription medication through the pharmacy. Class dates:

◆Jan. 28, 1 – 3 p.m.

◆Feb. 4, 1-3 p.m.

◆Feb. 11, 1 – 3 p.m.

◆Feb. 18, 1 – 3 p.m.

◆Feb. 25, 1 – 3 p.m.

— Sleep Remedies: Learn how to improve sleep hygiene practices and exercises to help people relax and go to sleep easier.... Class date:

◆Feb. 27, 9 – 11 a.m.

— Tobacco Cessation Class: Discuss tobacco use, skills to quit and coping strategies to remain tobacco free. Class date:

◆Feb. 17, 9 – 11 a.m.

— Tobacco Cessation Support Group: Provides an opportunity for peer support and discussion on stopping tobacco use and remaining tobacco free. No medications are prescribed at this meeting. Meeting dates:

◆Jan. 27, 3 – 4 p.m.

◆Feb. 3, 4 – 4 p.m.

◆Feb. 10, 3 – 4 p.m.

◆Feb. 24, 3 – 4 p.m.