



The Heartbeat

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

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'Choice is Yours' made permanent

GLWACH Commander
deems program will
run until further notice

By Carl Norman
GLWACH Marketing

Looking to improve Fort Leonard Wood's long-term access-to-care situation, General Leonard Wood Army Community Hospital officials announced that "The Choice is Yours" program has been extended until further notice.

In July, GLWACH officials extended the program to Sept. 1. However, as interest in the program grew, they decided to make the program a somewhat permanent tool in the GLWACH health-care arsenal and extend it indefinitely.

The Choice is Yours" has been run-

ning since June 1. So far, more than 2,300 people have changed their primary care manager from a GLWACH provider to one in the TRICARE network.

"We're breaking new ground with this program," said Col. Judy Ruiz, GLWACH commander. "We've never done this before on Fort Leonard Wood, and I've heard nothing but great things from those who have taken advantage of this opportunity.

"Our beneficiaries deserve the best possible health care, and offering them a chance to see a doctor that's closer to home who provides great continuity of care is a win-win for everyone."

Under "The Choice is Yours," all TRICARE Prime beneficiaries have the option of selecting a civilian TRICARE network provider to serve as their primary care manager. This means beneficiaries living in Rolla, Lebanon,

Richland, St. Robert, Waynesville and other communities can select a PCM in their local town instead of having to travel to Fort Leonard Wood and compete with active-duty military members for acute, routine and wellness appointments.

And the really great news is beneficiaries choosing this option remain covered under TRICARE Prime, Ruiz said. Nothing in the appointment-making process changes other than the office you call. All other processes, including referrals for specialized care, remain the same.

"Changing your PCM to a civilian provider doesn't mean you leave the military health care system," said Donna Ichord, GLWACH Managed Care Division chief. "You can have your prescriptions filled at the GLWACH pharmacy and get your lab and radiol-

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GLWACH gears up for flu season

By Carl Norman
GLWACH Marketing

Fall is approaching quickly and the cold and flu season is already here so General Leonard Wood Army Community Hospital is gearing up for its annual influenza immunization program.

As the H1N1 virus has developed this year, GLWACH has expanded its program to include one seasonal immunization and an H1N1 vaccine. So, everyone should be prepared to receive two flu shots this season.

"The programs will start when we receive the vac-



Everyone should get two flu shots this season, one for seasonal flu and one for H1N1. (Photo by Carl Norman)

cines," said Maj. Tammy Mayer, GLWACH Preventive Medicine Division chief. "The

seasonal immunization program started Sept. 15 while the H1N1 immunizations

should start in late October or early November."

The Post Immunization Team has scheduled dates and times for Soldiers in Training and active-duty Soldiers to get their annual flu immunizations, Mayer said. Defense Department officials require 90 percent of active duty service members receive their immunizations by Dec. 1.

"Active duty Soldiers who miss the unit-scheduled immunization can receive their vaccination at the Hospital Immunization Clinic or at the 43rd Immunization station,"

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From the mouths of babes...

Since school has recently started back in session, teachers can hear the dardest things. Here are a few examples:

I was working with a small group of 4th grade students creating word lists for their writers' notebooks. One list was titled "Scary October Words." I asked a girl to give me a scary word to write on the list to which she replied, "report cards!"
Mary Slavin ~ Stuart, FL

I was a middle school teacher before retirement. One day I had students at the board working problems. One of the young ladies was an exceptional student who happened to be a blonde. For some reason I told her that she was using a piece of left handed chalk. Without turning around or saying anything, she put the chalk in the tray, picked up another piece of chalk, and continued with her problem.
David Gurley

I work as a secretary at an elementary school. During the second week of school a student in Mrs. Maemura's first grade class was sent to the office after having a bathroom accident -- Number 2. I bent down and softly asked her if she had diarrhea. She looked up at me and said, "No. I have Mrs. Maemura."



At Math time, I told the kids that we were going to talk about even and odd. One boy yelled out, "I know that story. It's in the Bible!" After I quit laughing, I said, "I think you mean Adam and Eve."

Chris Minch ~ Stuart, FL

As an introduction to a new book, I was introducing my 6th graders to new vocabulary words. I read a list of new words the students would add to their list, and after I said, "Number 6. Rhododendron" one boy started asking his table mates where "Dendron" was. The kids could not understand what he was asking, so he asked me "where the road to Dendron was." After collecting myself, I told him that rhododendron was one word. I still think he is looking for Dendron.

April Bynum ~ Jonesboro, AR

I was wearing a long, colorful skirt made out of that broomstick material when I was trying to explain the word "brag" to my First Graders. I was pretending to brag about being the fastest runner in the whole class. I was going on and on when a little boy raised his hand and said, "You can't run fast wearing that curtain!"

Chris Minch ~ Stuart, FL

When we were discussing who spoke English and who spoke Spanish, Kristopher piped up and said he just talks regular.

Maureen Best ~ Orlando, FL

I teach preschool, 2 year olds. When I was pregnant with my third child, I saw no reason to tell my class because they were so young.

As the year was coming to an end, I grew quite large. One of my little darlings came up to me and said, "Miss Ilene, your belly is getting very fat!"

I asked this little boy if he'd like to know why, and he said yes. I told him I had a baby in my tummy. He walked away, saying nothing.

The next day, this happy, never cry child pitched a fit when his mother tried to leave. She pulled him aside and they talked for a few minutes, and the little boy calmed down, and the mom was grinning from ear to ear.

I asked what happened and she said, "Adam thought you might eat him, you've already eaten a baby."

I.Kendig ~ GA

The Heartbeat

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Online service offers info, appointments

By Carl Norman
GLWACH Marketing

Looking to improve health care access, General Leonard Wood Army Community Hospital is encouraging everyone to register on TRICARE Online, a Web-based tool that allows registered users to access information and make primary care appointments online.

TRICARE Online is a resource available to everyone eligible to receive care at General Leonard Wood Army Community Hospital, said Col. Judy Ruiz, General Leonard Wood Army Community Hospital commander. Beneficiaries whose primary care provider is not at GLWACH can access the information on TRICARE Online, but they cannot make appointments at GLWACH.

The Web site www.TRICAREOnline.com provides a wealth of information. You can:

- ◆ Schedule appointments
- ◆ View military treatment facility directions, maps, contact information and clinic hours
- ◆ View information about TRICARE programs such as dental and pharmacy services
- ◆ Use the "Quick Links" on the right side of the screen to navigate to other areas

Internet product available to everyone eligible to receive care at General Leonard Wood Army Community Hospital

◆ Access health information under the top menu item "General Health"

◆ Access benefits information under the top menu item "Services and Benefits."

"We've made the vast majority of our primary care appointments available on this Web-based system," Ruiz said. "Acute appointments, for problems that have developed or gotten worse in the last 48 hours, are released as early as 3 a.m. each day," Ruiz said.

All other appointments can be booked up to 28 days in advance.

"Now if you or a family member wakes up in the middle of the night not feeling well, you can go to your computer and log on to TRICARE Online and see what appointments are available immediately. If no appointments are available, check again tomorrow because new appointments are released every day."

TRICARE Online only books primary care appointments

with an individual's primary care manager or a provider assigned to his or her team. It doesn't cross book into other clinics. For that service, or to book specialty clinic appointments, call the GLWACH appointment line at 1-866-299-4234. That service opens at 7 a.m.

To register, visit www.TRICAREOnline.com, read the Online Privacy and Security Policy and click "I agree." Then, click "Register Now on TOL" in the upper right corner of the page and click OK on the following screen.

From there follow the directions and complete the registration fields. Select Region 19 – West for the TRICARE Location and General Leonard Wood Army Community Hospital as the MTF.

Once registered, people can start the appointment-making process from their beneficiary home page or by clicking on the "Book Appointment" link in the top right corner of the

page. From there, select a "Visit Reason" from the drop down menu.

"I suggest clicking on 'New Problem/non urgent,'" said Donna Ichord, GLWACH's Managed Care Division chief. "If you click on the 'New Problem/urgent' button, the computer will think the appointment is for an emergency and GLWACH primary care providers do not see urgent cases, they're handled through the emergency room.

"Same-day acute appointments should be booked by using the 'New Problem/non-urgent' button."

After you've made your selection, all the appointments your primary care manager has available will be displayed, as well as the available self-referral appointments. From there, select the one that best fits your schedule.

People can call 1-800-600-9332 or (210) 767-5250 if they're having problems accessing or navigating the site. For questions about TRICARE programs call 1-800-538-9552.

"We're excited about the benefits TRICARE Online offers and hope everyone will take advantage of it as well," Ruiz said.

TRICARE Online Registration Tips

- 1) Visit www.TRICAREOnline.com
- 2) Read the Online Privacy and Security Policy and click "I agree"
- 3) Click "Register Now on TOL" in the upper right corner of the page and click OK on the following screen.
- 4) From there follow the directions and complete the registration fields.
- 5) Select Region 19 – West for the TRICARE Location
- 6) Select General Leonard Wood Army Community Hospital as the MTF.
- 7) Once registered, start the appointment-making process from the beneficiary home page or by clicking on the "Book Appointment" link in the top right corner of the page.
- 8) Select a "Visit Reason" from the drop down menu.
- 9) Call 1-800-600-9332 for help

October focuses on women's health

By Carl Norman
GLWACH Marketing

They chauffeur their children to school and soccer practice and nurse scrapped knees and wounded hearts back to health. They're lawyers, doctors, nurses and administrators and do about any other job on the planet that may need done.

But despite the varied roles they play, nearly 34 percent of women in the United States have health problems like hypertension, according to the Centers for Disease Control and Prevention.

Additionally, about 70 percent of them do not engage in regular leisure-time physical activity, and 35 percent are obese.

The CDC also said that of women 40 years old and older, only 67 percent have had a mammogram in the past 2 years, meaning roughly one-in-three do not have a current mammogram. And only 78 percent of women 18 years and older have had a Pap smear within the past 3 years, indicating that nearly one-quarter of this female population isn't current in this area.

"Women play many roles in life, but taking care of themselves often isn't one of them," said Maureen Logan, General Leonard Wood Army Community Hospital Outcomes Manager.

That's why GLWACH is dedicating all of October as Women's Health Month. A ceremony kicking off the month's activities is set for 10 a.m. Oct. 5 in the hospital's main lobby and will feature a cake cutting, educational materials and the opportunity to meet and speak with GLWACH staff members.

There will also be educational tables set up in the main lobby every day and a basket give away at 1 p.m. every Friday. You can register for the basket giveaways by filling out a ticket at the table and placing it in the basket provided.

CDC experts said women and men have many of the same health problems, but they can affect women differently. For example, women and men show different symptoms of heart dis-

Monthly Schedule

Oct. 5: Women's Health Month Kick Off, 10 a.m., main lobby

Oct. 8: Heart Healthy Nutrition class, 9 - 10 a.m.; Exercises to help your heart, 11 a.m. - noon

Oct. 15: National Mammography Day, come have cake with us in the lobby, 1 p.m.

Oct. 16: Learn how to do a self breast exam: 9 - 10 a.m.; Self care class, 10 - 11:30 a.m.

Oct. 23: Self care class, 9:30 - 11 a.m.; Learn relaxation techniques, 11 a.m. - noon

Oct 30: Come learn to eat healthfully, 1 - 2 p.m.; Exercises to stay healthy, 2 - 3 p.m.

ease.

Additionally, some diseases or conditions are more common in women, such as osteoarthritis, obesity and depression. And some conditions, such as menopause and pregnancy, are unique to women.

"Many times women neglect their own health so they can focus on keeping their partners and children healthy," Logan said. "What we want women realize is they need to take care of themselves first."

Planning pregnancies and seeing their health care provider regularly while pregnant is critical, she said. So is having regular mammograms and getting regular checkups and screenings.

"Doing these small things can prevent large problems later in life, or at least detect them earlier," Logan said. "Early detection is important for treating breast, cervical, uterine and ovarian cancer."

During October, GLWACH will focus on four main areas of women's health, one each week of the month. Here are the classes and activities on the schedule:

Heart Health Week (Oct. 4 - 10):

— Heart Healthy Nutrition class from 9 - 10 a.m. Oct. 8 in the MEDDAC Classroom located on the first floor. This class will provide healthy eating

tips.

— Class to demonstrate exercises that are good to help your heart healthy. This will happen from 11 a.m. to noon Oct. 8 in the MEDDAC Classroom.

Breast Health Week (Oct. 11 - 17)

— Celebrate National Mammography Day. Everyone's invited to come have cake with us in the lobby at 1 p.m. Oct. 15.

— Class where ladies can learn how to do a self breast exam. This happens from 9 - 10 a.m. Oct. 16 in the Nursing Conference Room on the fourth floor.

— Self-care class from 10 - 11:30 a.m. Oct. 16. This class teaches basic self care techniques. At the end of the class participants will receive a self-care medication card which allows them to obtain over-the-counter medications from the GLWACH pharmacy.

Cancer Awareness Week (Oct. 18 - 24)

— Everyone's invited to participate in a self care class from 9:30 - 11 a.m. Oct. 23 in the Nursing Conference Room on the fourth floor. This will teach people basic self-care techniques. At the end of the class participants will receive a self-care medication card which allows them to obtain over-the-counter medications from the GLWACH pharmacy.

— Learn relaxation techniques from 11 a.m. - noon Oct. 23 in the Nursing Conference Room on the fourth floor. This class offers tips on how to relax to better cope with daily life.

Nutrition Week (Oct. 25 - 31)

— Class to learn to eat healthfully from 1 - 2 p.m. Oct. 30 in the MEDDAC Classroom. This class provides you with healthy eating tips.

— Class on exercises to stay healthy from 2 - 3 p.m. Oct. 30 in the MEDDAC Classroom.

"Ladies, are you up-to-date on all your exams and screenings?" Logan asked. "If not, come to the main lobby and let us do your health check list and get you up to date. It could literally be a life saver."

To pre-register for any of the classes, call (573) 329-1901.

GLWACH updates sick call Oct 1

By Carl Norman
GLWACH Marketing

Starting Oct. 1, Soldiers reporting to sick call at General Leonard Wood Army Community Hospital will see procedure changes that add flexibility to the process and increase available appointments for everyone.

The changes call for two dedicated providers to see only sick call patients with new illnesses or problems from 7:40 – 11:40 a.m. every day. This frees other providers to see normally scheduled patients, said Lt. Col. Kirsten Bautista, GLWACH Primary Care and Community Medicine Division chief. Soldiers needing things like medication refills, re-evaluations, profile renewals and other routine issues can now have appointments scheduled from 1 – 3:40 p.m. each day.

“This will add additional appointments for other beneficiaries,” Bautista said.

Two dedicated providers will see only sick call patients with new illnesses or problems from 7:40 – 11:40 a.m. every day.

“Additionally, fewer Soldiers will have to report for non-acute issues because they’ll have the flexibility of making an appointment that fits their schedule. This will increase the system’s efficiency while decreasing the Soldiers waiting time to get care.”

Under the old system, active-duty service members reported to sick-call for both new and chronic medical issues, Bautista said. That proved to be an inefficient system.

“The purpose of sick call is for Soldiers to be seen for new problems; however, because the hospital has been short of appointments, they’re presenting with routine and chronic condi-

tions,” she said. “Due to the ‘first-come, first-served’ nature of sick call, this sometimes allowed them to be seen ahead of Soldiers who have new illnesses.”

The new system has fenced routine appointments for active-duty service members so they can book appointments for medication refills, re-evaluations, profile renewals and other routine issues in an afternoon slot, Bautista said. Those appointments can be booked up to seven days in advance so Soldiers can plan their appointment around their schedule. Meanwhile, the morning appointments will address new illnesses and injuries.

“With the new system,

Soldiers who have a new illness or injury will not have to wait while Soldiers with routine issues are being seen,” Bautista said. “And, Soldiers with routine issues can plan ahead for appointments.”

The new system comes because GLWACH has more providers on staff now than in the past, Bautista said. The two providers now slated for sick-call will treat active-duty Soldiers only.

“This will free up appointments with other primary care managers who will no longer see sick call patients,” she said.

Soldiers who have a primary care manager other than one of the two dedicated sick-call providers should continue calling the GLWACH appointment line to schedule routine appointments with their PCM. This provides a greater continuity of care. The fenced slots are also available as an option.

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ogy procedures done here as well.”

She said TRICARE Prime beneficiaries can also get specialty and inpatient care at GLWACH, on a space available basis.

“Our list of TRICARE network providers is growing all the time,” she said. “Changing primary care managers to a civilian provider is easy, and with our TRICARE network family of providers growing every day, beneficiaries will have many to choose from.”

While active duty military members are required to be treated at GLWACH, this new health care option is open to active duty family members,

“We’ve never done this before on Fort Leonard Wood, and I’ve heard nothing but great things from those who have taken advantage of this opportunity.”

Col. Judy Ruiz
GLWACH Commander

retirees and their families as well as TRICARE Plus beneficiaries.

GLWACH’s TRICARE Service Center staff is ready to assist those want-

ing to change PCMs. People can either stop by Building 470, Room 2222 from 7:30 a.m. – 4:30 p.m., Monday – Friday, call 1-888-TRIWEST (1-888-874-9378), or visit www.triwest.com for more information.

“With the ‘Choice is Yours,’ campaign, we’re making health care more convenient for families and reducing some of the stress many already feel,” Ruiz said. “I believe the civilian community health care system will satisfy your family’s needs and expectations and help us truly make a difference, one patient at a time.”

For more information, call (573) 596-0425.

Pharmacists: Your medication advocate

In the last quarter century, pharmacists have expanded their role in health care delivery systems.

What used to be a profession focused solely on preparing and dispensing medications to patients has evolved to a profession where pharmacists provide a range of patient-oriented services to maximize the medication's effectiveness. These include clinical services with emphasis on diabetes, hypertension, cholesterol, anticoagulation, pain management and asthma as well as pharmacotherapy consultation with patients and their providers.

Pharmacists practice in a wide range of settings – community pharmacies, hospitals, long-term care facilities, the pharmaceutical industry, mail service, managed care, academia and government (Department of Defense, Department of Veterans Affairs, Indian Health Service and Public Health Service). After six years of college largely focused on medications and how they work, pharmacists are truly medication experts.

This extensive training makes the pharmacist the most knowledgeable health care professional when it comes to medicines and their use. In today's world, medicines have greater power to heal and improve the quality of life for millions of Americans.

But medicines can also do serious harm if not taken correctly. The most expensive medication is the one that doesn't work.

To help make sure that doesn't happen and to make the most of medication, people should choose their pharmacist as carefully as they choose their physician. Why? A patient needs to choose a pharmacist they feel at ease with, to discuss their health and



Pharmacists at General Leonard Wood Army Community Hospital's Main Pharmacy discuss medication information with beneficiaries picking up prescriptions. (Photo by Carl Norman)

medications. Their pharmacist should also be someone that takes the necessary time to make sure the patient's health is their primary focus.

Pharmacists who know their patients and have their medication profiles will be aware of possible harmful drug interactions or allergies to certain drugs. The pharmacist can also discuss possible side effects like what foods, drinks or activities should be avoided while on a medication; what you should do if you miss a dose; and a wide range of other helpful information.

The pharmacist is a key health care professional in helping people achieve the best results from their medications.

General Leonard Wood Army Community Hospital's pharmacy employs 17 pharmacists and 32 technicians.

This pharmacy staff dispenses 1,200 to 1,800 prescriptions per day in the outpatient pharmacies, 600 per day in the refill pharmacy, 300 per day in the inpatient pharmacy and 1,500 per day at the Consolidated Troop Medical Clinic pharmacy. We are here to help our patients and provide the best pharmacy service possible. We are looking forward to building a partnership with you, for your good health.

(Courtesy of the General Leonard Wood Army Community Hospital Pharmacy Division)

What pharmacy does what?

Here's a few tips to help you decide what services each of the General Leonard Wood Army Community Hospital pharmacies provides:

At the Main Outpatient Pharmacy, beneficiaries can: Submit and pickup GLWACH-provider prescrip-

tions and wait for their medications. This pharmacy no longer accepts hand-written prescriptions from providers outside GLWACH, including faxed prescriptions. Pick up called-in refill prescriptions. Receive health promotion medications.

Hours: 7:30 a.m. – 5:30 p.m., Monday-Friday; closed weekends and holidays.

At the PX Branch Pharmacy, beneficiaries can:

Submit and pick up hand-written prescriptions from providers outside GLWACH, including faxed prescriptions. This is now the only GLWACH pharmacy providing this service. Submit and pick up prescriptions from GLWACH providers. Pick up called-in refill prescriptions. Receive health promotion medications.

Hours 8 a.m. - 6 p.m., Monday - Friday, closed weekends and holidays.

GLWACH, health dept partner for H1N1 vaccine

By Carl Norman
GLWACH Marketing

The H1N1 virus has spread around the world this year and the Pulaski County Health Department and General Leonard Wood Army Community Hospital are partnering to offer a vaccine, when available, to combat the illness.

The vaccine is scheduled to be released in multiple shipments with even distribution across the United States and Missouri, said Maj. Tammy Mayer, GLWACH Preventive Medicine Division.

The Post Immunization Team will orchestrate the H1N1 vaccination process for military members in the same fashion as the seasonal influenza program, Mayer said. Units will be scheduled and vaccinations will begin as soon as vaccine arrives.

The Pulaski County Health Department and the GLWACH Preventive Medicine Division have partnered to ensure all beneficiaries receive the H1N1 vaccination. Mayer said the program is based on when the vaccine arrives and established priorities from the Centers for Disease Control and Department of Health and Human Services.

"The shipments are expected to arrive at least

weekly; however, there are no published dates," Mayer said. "No shortages are anticipated, however, there may be delays."

The amount of the vaccine received in the initial shipments is the key factor in developing a plan to best protect Pulaski County residents as well as the military beneficiaries, said Donna Brashear, Pulaski County Health Department director.

"The Fort Wood community is an extension of the local community with their children attending local schools and day care centers," Brashear said. "The Pulaski County population consists of approximately 65 percent military beneficiaries who interact daily with the local communities."

The H1N1 vaccine plan will be executed in phases as the vaccine arrives. The initial shipment should arrive around mid October -- if all manufactures are on time and receive FDA approval, Mayer said.

The initial shipment will be focused on the highest priorities established from the CDC and State Health Department to include pregnant women; people who live with or care for children younger than 6 months of age; and healthcare and emergency services personnel.

The second shipment will be focused on children 6 months to 14 years old; adolescents and young adults, 15 to 24 years old; people, age 25 to 64 years, who are at higher risk for novel H1N1 because of chronic health disorders or compromised immune systems.

The third and fourth shipments should be open to all individuals desiring H1N1 vaccination.

Currently, the Pulaski County Health Department, in conjunction with the Preventive Medicine Division, is coordinating with local schools for vaccination sites, Mayer said. The plan is to establish vaccination sites jointly from 2 – 6 p.m. on specified days at each major school district, like Waynesville, Dixon, Crocker and Richland for example.

The Pulaski County Health Department is also generating a letter to be sent home for parents to give consent for their child to receive the vaccine during school hours.

To receive the vaccination, pregnant women can go to St. John's Clinics in St. Robert or Richland; Central Ozark Medical Center of Richland; Dixon Family Practice; Pulaski County Medical Center in Waynesville; or the General Leonard Wood Army Commu-

nity Hospital OB Clinic

Health Care workers will receive their vaccinations through their employer. Pulaski County Ambulance District and Local Emergency Services (fire and police) will coordinate with Pulaski County Health Department to schedule vaccinations, Mayer said.

GLWACH Health Care workers and Fort Leonard Wood Emergency Services (Fire) workers will be coordinated through the Occupational Health Clinic. Active Duty Emergency Services workers will be coordinated through the Post Immunization Team.

At this time, only children younger than 10 years old will require the second dose of H1N1 vaccine.

Mayer reminds everyone that good hand hygiene, coughing into your sleeve or elbow and not your hand, and keeping distance from sick people are some important steps people can take to stay healthy during the coming flu season.

For more information on the H1N1 flu, visit: the Centers for Disease Control (CDC) Web site -- H1N1 Flu (Swine Flu) at <http://www.cdc.gov/h1n1flu>, or visit the GLWACH Web site at <http://glwach.amedd.army.mil/> and click on "GLWACH H1N1 Virus Info/Links"

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Mayer said.

DOD civilian employees are authorized to receive the influenza vaccination via the Occupational Health Clinic. The clinic is located in the Missouri Technical Park on Replacement Ave and will be open for walk-ins from 1 – 4 p.m. Oct. 7, 8, 14, 15, 21 and 22.

As for the H1N1 vaccine, Mayer said the

vaccine is tentatively scheduled to be released for use in late October to early November. More information will be published at a later date regarding H1N1 vaccine processes.

"There is no projected shortage of vaccine," Mayer said. "However, the amount needed to vaccinate the entire population will not be available all at once."

She said the vaccine is scheduled for multiple shipments with even distribution across the United States and Missouri. After the initial shipments, weekly shipments are schedule until all vaccinations have been completed.

For more information, visit the Centers for Disease Control Web site or call (573) 329-8504.

Community Health Resource Center Classes

EDITOR'S NOTE: General Leonard Wood Army Community Hospital's Community Health Resource Center is located in the University of Missouri Technology Park on East 4th Street, right off Replacement Avenue.

For more information or directions, call 329-1901.

All classes are conducted in the CHRC, 197 Replacement Avenue, Suite 144 unless otherwise noted. Sign up for classes by calling 329-1901. Sign up for the Post-deployment Spiritual Wellness class by calling 596-1678.

Below is the General Leonard Wood Army Community Hospital Community Health Resource Center Class Calendar for Sept. 28 – Oct. 31, 2009.

– 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:

◆ Oct. 7, 9 – 11 a.m.

◆ Oct. 21, 9 – 11 a.m.

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

◆ Oct. 28, 9 – 11 a.m.

– Breast Pumping techniques: Class date:

◆ Oct. 23, 9 – 11 a.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 date:

Oct. 26, 1:30 – 3 p.m., MEDDAC Classroom at GLWACH

– Diabetes Journey for Control :

Session 1, Diabetes Overview, explains diabetes, blood glucose and insulin, and resolves some common myths. Class date: Oct. 6, 1 – 3 p.m.

Session 2, Healthy eating, describes relationships between diabetes and food. Class date: Oct. 13, 1 – 3 p.m.

Session 3, Monitoring your blood glucose, discusses blood glucose targets and what makes your blood glucose go up and down. Class date: Oct. 20, 1 – 3 p.m.

Session 4, Complications, explains potential long-term complications. Class date:

Oct. 27, 1 – 3 p.m.

– 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:

◆ Oct. 2, 8 a.m. – noon

◆ Oct. 16, 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:

◆ Oct. 5, 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:

◆ Oct. 2, 1 – 2:30 p.m., Suite H

◆ Oct. 8, 12:30 – 2 p.m., Suite H

◆ Oct. 13, 9:30 – 11 a.m., Suite H

◆ Oct. 15, 12:30 – 2 p.m., Suite H

◆ Oct. 22, 12:30 – 2 p.m., Suite H

◆ Oct. 27, 9:30 – 11 a.m., Suite H

◆ Oct. 29, 12:30 – 2 p.m., Suite H

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

◆ Oct. 8, 9 – 10:30 a.m.

◆ Oct. 15, 9 – 10:30 a.m.

◆ Oct. 22, 9 – 10:30 a.m.

◆ Oct. 29, 9 – 10:30 a.m.

– Humor in the Workplace: Does being at work get you down? Well, try our new class to bring joy, unity and definitely Humor in the Workplace. Class date:

◆ Sept. 30, 3:30 – 4:30 p.m., MEDDAC Classroom at GLWACH

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

◆ Oct. 14, 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 date:

◆ Oct. 26, 5 – 7 p.m.

– Informed Childbirth: Learn techniques to help you breathe more efficiently when in labor. Class dates:

◆ Sept. 28, 2 – 4 p.m.

◆ Oct. 5, 2 – 4 p.m.

◆ Oct. 19, 2 – 4 p.m.

◆ Oct. 26, 2 – 4 p.m.

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

◆ Oct. 5, 1:30 – 3 p.m., MEDDAC Classroom at GLWACH

◆ Oct. 19, 1:30 – 3 p.m., MEDDAC 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 pregnant and post partum Soldiers Army wide. Class dates:

◆ Sept. 29, 7:30 – 8:30 a.m.

◆ Oct. 6, 7:30 – 8:30 a.m.

◆ Oct. 13, 7:30 – 8:30 a.m.

◆ Oct. 20, 7:30 – 8:30 a.m.

◆ Oct. 27, 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:

◆ Sept. 30, 1 – 3 p.m.

◆ Oct. 7, 1 – 3 p.m.

◆ Oct. 14, 1 – 3 p.m.

◆ Oct. 21, 1 – 3 p.m.

◆ Oct. 28, 1 – 3 p.m.

– Sleep Remedies: Can't sleep? Sick of counting sheep? Try our new Sleep Remedies Class to get your zzzz's. Class date:

◆ Oct. 30, 9 – 11 a.m.

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

◆ Sept. 29, 9 – 11 a.m.

◆ Oct. 6, 9 – 11 a.m.

◆ Oct. 20, 9 – 11 a.m.

For more information or to register for classes, call the Community Health Resource Center at (573) 329-1901.