



The Heartbeat

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

August 2010

GLWACH welcomes new commander

By Kerstin Lopez
GUIDON staff

During an early morning ceremony July 30, the General Leonard Wood Army Community Hospital bid farewell to one commander and welcomed another.

Col. Paul Kondrat relinquished command to Col. Kirk Eggleston during a change-of-command ceremony at the Maneuver Support Center of Excellence Plaza. Kondrat temporarily took command of the hospital in June and said his short time at Fort Leonard Wood has had an impact on him and he was grateful to serve here.

"I never felt like the new guy or an outsider and it made my job a lot easier," Kondrat said. "A mentor of mine once said 'make a difference wherever you go no matter how long or how short your time is with them.' I hope I made a difference at Fort Leonard Wood; you have certainly made a difference in my life."

Maj. Gen. Philip Volpe, Western Regional Medical

Command commander, said it was an honor to witness the change-of-command of two absolutely outstanding Army leaders. He thanked Kondrat for taking charge on such short notice and welcomed Eggleston as the new incoming commander.

"Nothing I say can speak highly enough about Colonel Paul Kondrat," Volpe said. "Paul, thank you ... you have served magnificently during the past two months as the acting commander of the General Leonard Wood Army Community Hospital.

"Without hesitation and during a time of urgent need, you set aside your responsibilities as the regional nurse executive and temporarily separated from your family, relocated to Fort Leonard Wood and stepped up to the plate and took command during a tumultuous time. It is the example you displayed of selfless service, professionalism, commitment and leadership, which makes our Army great."

Volpe said he was confident in Eggleston's com-
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Maj. Gen. Philip Volpe, Western Regional Medical Command Commander (center left) passes the hospital guidon to Col Kirk Eggleston (center right) during the change of command ceremony July 30. (Photo by Kirsten Lopez)

TOL access gets more user friendly

By Tammy Warner
GLWACH Access-to-Care Manager

One of the most frequently asked for and anxiously awaited enhancements to TRICARE Online went live June 30.

TRICARE Online's Booking Appointments for Minors capability now allows

parents to do just that -- book appointments for their minor children without having to set up a separate account for each one.

In the past, TRICARE Online required a separate account and password for every member of the family. With this new capability coming to life, that re-

quirement is no more.

With the Booking Appointments for Minors capability, military sponsors will automatically have appointment-making access for all minor children in their family. Spouses will have appointment-making access for only the minor chil-

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A little something to make you smile

Butcher shop thoughts

A lady goes into the butcher shop and as she is walking around the store, she spies a beef tongue in the butcher's counter. The lady asks, "What in the world is that?"

"Beef tongue," replies the butcher!

The lady gives a little involuntary shudder, "Ewww! Gross! No way would I put anything in my mouth that came out of an animal's mouth!"

The butcher nods sympathetically while peeking into the woman's shopping cart, "I see you're buying a dozen eggs!"

See the psychoanalyst

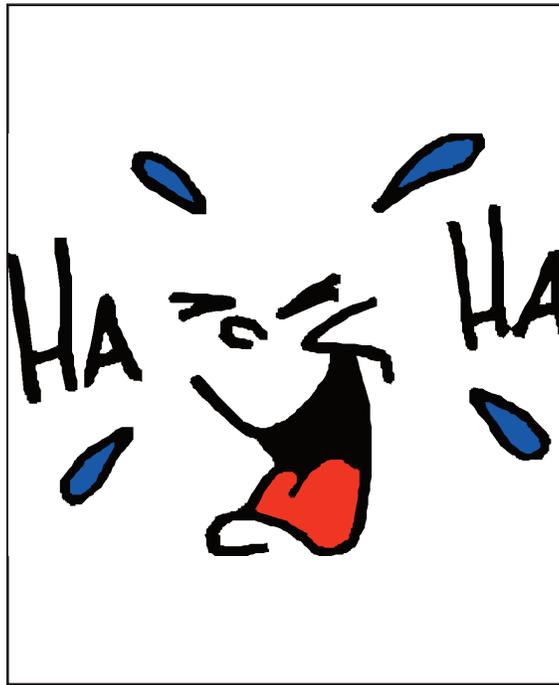
A man walked into a bar and ordered a glass of white wine. He took a sip of the wine, then tossed the remainder into the bartender's face. Before the bartender could recover from the surprise, the man began weeping.

"I'm sorry," he said. "I'm really sorry. I keep doing that to bartenders. I can't tell you how embarrassing it is to have a compulsion like this."

Far from being angry, the bartender was sympathetic. Before long, he was suggesting that the man see an analyst about his problem.

"I happen to have the name of a psychoanalyst," the bartender said. "My brother and my wife have both been treated by him, and they say he's as good as they get."

The man wrote down the name of the doctor, thanked the bartender, and left. The bartender smiled, knowing he'd done a good deed for a fellow



human being.

Six months later, the man was back. "Did you do what I suggested?" the bartender asked, once again serving the man a glass of white wine.

"I certainly did," the man said. "I've been seeing the psychoanalyst twice a week." He took a sip of the wine. Then he threw the remainder into the bartender's face.

The flustered bartender wiped his face with a towel.

"That doctor doesn't seem to be doing you any good," he sputtered.

"On the contrary," the man claimed, "he's done me a world of good."

"Huh? But you threw the wine in my face again!" the bartender exclaimed.

"Yes," the man replied. "But it doesn't embarrass me anymore!"

A game show two-part question

Bob had finally made it to the last round of the \$50,000 Question. The night before the big question, he told the host MC that he desired a question on American History.

The big night arrived. Bob made his way on stage in front of the studio and TV audience. He had become the talk of the week. He was the best guest this show had ever seen. The MC stepped up to the mike.

"Bob, you have chosen American History as your final question. You know that if you correctly answer this question, you will walk away \$50,000 dollars richer. Are you ready?"

Bob nodded with a cocky confidence -- the crowd went nuts. He hadn't missed a question all week.

"Bob, yours is a two-part question. As you know, you may answer either part first. As a rule, the second half of the question is always easier. Which part would you like to take a stab at first?"

Bob was becoming more noticeably nervous. He couldn't believe it, but he was not sure, but American History was his easiest subject, and he played it safe.

"I'll try the easier part first."

The MC nodded approvingly. "Here we go Bob. I will ask you the second half first, then the first half."

The audience grew silent with anticipation.

"Bob, here is your question: And in what year did it happen?"

The Heartbeat

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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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Country singer visits WTU Soldiers

By Carl Norman
GLWACH Marketing

Country music superstar Rodney Atkins visited General Leonard Wood Army Community Hospital Aug. 1 to thank the Soldiers in the Warrior Transition Unit for their service and sacrifice to our country.

Atkins, who's famous for No. 1 singles "These are my People," and "Cleaning this Gun (Come on in Boy)," stopped by on his way to a concert date at the Ozark Empire Fair in Springfield, Mo. He spent nearly two hours signing autographs, taking photos and talking with the nearly 100 Wounded Warriors, their family members and WTU cadre who gathered in the hospital's MEDDAC Classroom.

"Freedom is a word that's thrown around too loosely," Atkins said. "I'm honored to be invited to come here.

"These guys sign up to enlist, and I sign autographs. This is my way of saying 'thank you' for allowing me to do what I do."

Visits from celebrities like Atkins is not only a morale booster for the WTU Soldiers, but is somewhat therapeutic, according to Staff Sgt. Andrew Schwartz, a WTU cadre and former Wounded Warrior.

"It really brings your spirits up when you realize how much people outside the military care and appreciate what you do," he said. "After an event like this



Brian Gowan, tour manager (left), takes photos of country music star Rodney Atkins, a Wounded Warrior and his family during his stop at General Leonard Wood Army Community Hospital Aug. 1. (Photo by Carl Norman)

you'll see a whole different look on the Soldiers' faces and get better performance from them which, overall, helps them heal."

And according to Brian Gowan, Atkins' tour manager, that therapeutic value goes both ways.

"It was important for us to come here today," Gowan said. "Last year Rodney was on the road 300 days, but that

doesn't come close to what these guys go through. These are truly incredible people."

The Fort Leonard Wood Warrior Transition Unit's mission is to provide command and control, primary care and medical management for all Warriors in Transition, to establish conditions for healing and promote their timely return to the force or transition to civilian life.

GLWACH sends immunization reminder

By Shawn Matherly
Internal Medicine Clinic

As children head back to school, August is the perfect time to remind everyone about vaccinations.

Immunization against common childhood illnesses have eradicated smallpox and polio and decreased the number of cases of measles,

diphtheria, pertussis, rubella and other childhood diseases. As you may have read or heard recently, the number of cases of pertussis is on the rise in certain areas of the country, which further illustrates the point of making sure that your vaccinations are up to date.

Although it's more common to hear about vaccinations for

children, there are vaccinations that are important for adults as well. It's important for adults to receive the annual flu vaccine.

This can help prevent influenza from spreading not only in your household but in your community as well. There is also a Shingles vaccine for patients that are 60 years old and older.

Vaccinations start at birth and continue throughout our lifetime. It's important to follow the Centers for Disease Control guidelines for the vaccinations.

If your child is off schedule, get the needed vaccinations as soon as possible. If you have any questions, call the Allergy/Immunization Clinic at 596-1768.

Army focuses on managing pain

WASHINGTON (Army News Service) -- The Army's health care system may soon see changes in how Soldiers are treated for pain, according to a report the Army's surgeon general released June 21 that recommends 109 changes.

The Pain Management Task Force's final report, which Lt. Gen. Eric B. Schoomaker initiated in August 2009, addresses the lack of a comprehensive pain-management strategy across the Army. It also suggests alternative treatments to medication such as acupuncture, meditation, biofeedback and yoga. Also noted in the report is the fact that pain management has changed very little since the discovery of morphine in 1805.

Schoomaker explained that with the increasing numbers of Soldiers returning from combat with severe wounds, reports of medication abuse and suicides with pain as a possible factor are troubling.

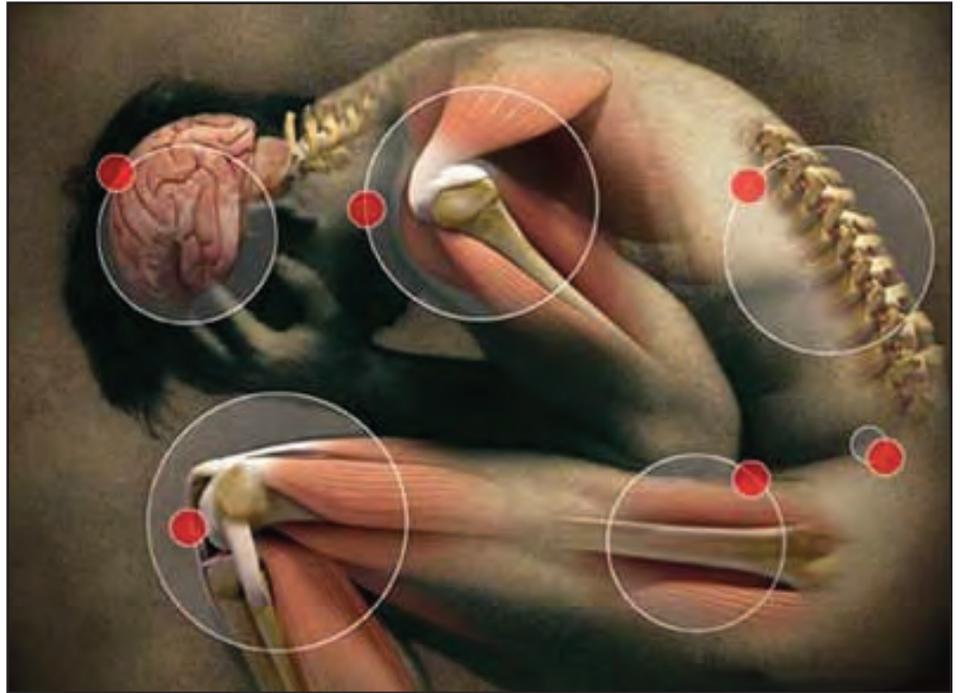
"While these issues might not be directly related to pain management, I felt a thorough evaluation and assessment of current pain-management practice was indicated," Schoomaker said.

He said part of the problem is that severely injured Soldiers, like those in Warrior Transition Units, are often prescribed multiple medications and sometimes seen by several different doctors which can cause inconsistencies in care. But he maintained that this is not just an Army problem - it's a problem throughout the U.S. health care system.

"This is a nationwide problem...we've got a culture of 'a pill for every ill,'" agreed Brig. Gen. Richard W. Thomas, assistant Army surgeon general.

"As a physician, the hardest thing to deal with is patients with chronic pain," said Col. Jonathan H. Jaffin, director of health policy and services, Army office of the surgeon general. "So many of us went into medicine to relieve suffering, and chronic pain is frustrating because we want to relieve that pain."

The task force visited 28 military, Vet-



erans Affairs and civilian medical centers between October 2009 and January 2010 to observe treatment capabilities and best practices. Schoomaker said his goal is to form a pain-management strategy that is holistic, multidisciplinary and puts Soldiers' quality of life first.

"This is an opportunity to change medical care and the way we take care of patients," noted Thomas.

Schoomaker stressed that Army practices have always been in compliance with America's medical regulations, but he thinks the Army can do better.

"Everything we do in the Army, even managing a toothache, is all in compliance with national standards...what we want to do is set the bar higher," Schoomaker explained.

Schoomaker's higher standards include offering treatment alternatives that might not yet be prescribed in the average doctor's office, but which patients are already seeking out on their own, such as acupuncture. He said the Army has looked at research on the effectiveness of complementary techniques, and he would like to see them integrated into traditional medical treat-

ment.

"Programs such as biofeedback and yoga have been subjected to scientific randomized trials and have been proven to be effective," Schoomaker said.

Biofeedback involves measuring body signals -- such as temperature, heart rate, muscle tension and brain waves - - to help patients with relaxation techniques and pain reduction.

Schoomaker said he is hopeful that Soldiers will be receptive to alternative methods of care once they see that the treatments work.

"Seeing success is the best way to convince people of the usefulness and the need for other approaches," agreed Jaffin.

The 109 recommendations are divided into four areas: to provide tools and infrastructure that support pain management, build a full spectrum of best practices, focus on Soldiers and families, and synchronize a pain awareness, education and intervention culture.

Schoomaker said the recommendations that can be put into policy under his authority will be implemented in the coming months.

Control stress before it controls you

By Lisa Young

U.S. Army Public Health
Command (Provisional)

Warfare today means a military functioning in a war in which forces are stretched thin.

For active-duty Soldiers who are deployed, the continual stress of patrols, searches, training and the usual tedium of soldiering requires troops to manage their stress levels in a challenging situation. For family members, life brings another set of stress-inducing trials.

Stress can be very useful. Stress causes energy-pumping hormones to be released into the bloodstream, preparing the body to act in times of danger.

However, many of the activities that cause stress in today's world do not require a physical response. Unfortunately, your body does not know that.

The resulting muscle tension, increased heart rate and intensified stress hormone levels can eventually produce body aches, headaches, digestive problems, sleep disturbances and fatigue. If ignored, chronic stress can affect a person's physical health and steal his/her most precious resource -- energy.

How can managing stress help maintain energy and prevent physical pain? Having the ability to cope with



the overwhelming demands for our time and attention is essential. If chronic stress is a factor in reduced energy or uncomfortable physical symptoms, try one or more of these suggestions.

Stress-reduction techniques: Participating in therapeutic massage, progressive muscle relaxation, listening to music, relaxed breathing and mediation can relax muscles, clear away information overload and reduce anxiety. These techniques have the added physical benefits of reducing heart rate, blood pressure and tension.

Attitude: Having a positive outlook on life and not taking things personally can reduce

stress. Let go of the things that you cannot change.

Priorities: Setting limits and putting yourself in control of how you spend your time is a good first step. Finding the balance among career obligations, family events, social activities and personal time is vital. Planning ahead helps avoid last-minute stressors.

Exercise: Maintaining an exercise routine with aerobic activities and stretching can increase endorphins and relieve tight muscles, helping to reduce stress. The aerobic exercise should be vigorous, frequent and last at least 30 minutes. Participating in outdoor activities with friends is a fun way to keep fit and build supportive relation-

ships.

Water: Staying properly hydrated is essential. Since the body is mostly composed of water, it serves to carry oxygen, nutrients and glucose to cells providing energy, cushioning joints and fortifying muscles. Dehydration can leave a person mentally and physically drained.

Sleep: Getting adequate rest and maintaining regular sleeping patterns are required. Most people need a minimum of eight hours of sleep every day to sustain a high energy level.

Chronic stress robs, drains, taxes and sickens individuals if left unresolved. By participating in activities that work together to reduce stress, life's problems can be viewed more realistically, and a person will feel more in control of managing them.

Addressing chronic stress daily can help provide energy and restore perspective to keep going when life feels overwhelming. Behavioral health professionals, counselors and chaplains are great resources and can help adopt the stress-management techniques that will work best for each individual.

Resources specifically related to stress and military members are available at the Deployment Health Clinical Center, Combat/Operational **S t r e s s**, http://www.pdhealth.mil/op_stress.asp.

Help is available

Anyone struggling with stress or who has loved ones struggling with stress or stress-related problems or issues can

call the General Leonard Wood Army Community Hospital Behavioral Medicine Clinic at (573) 596-0522.

GLWACH clears air on eye services

By Capt. Thomas Schell
Eyes, Ears, Nose and Throat
Service Chief

Vision and eye health are essential medical readiness components. As such, General Leonard Wood Army Community Hospital's eye clinic stands ready to make Soldiers receive the best eye care possible.

Among the many necessary services GLWACH provides, there are a few that aren't considered medically necessary. Two of these are contact lens prescriptions and laser eye surgery.

Contact lens services are limited to renewing prescriptions and doing initial fittings for contact lenses certain ocular diseases and condition require, only.

Fitting a Soldier into a different brand of contact lenses than their current pair requires a minimum of one follow-up visit. These are done at the provider's discretion, based on appointment availability and difficulty of the fit.

Under no circumstances will an initial fitting be performed on a Soldier who has never worn contact lenses; however, the Soldier may take a copy of his or her eye exam to a civilian doctor for an initial fitting, if they so chose.

Please be aware that there are certain risks with wearing contact lenses, especially if they're not worn according to the prescribed wearing schedule. These risks are substantially greater in a field environment.

Consequently, Army regulations prohibit Soldiers from wearing contact lenses during basic training, field exercises, gas chamber exercises, deployments or combat. See DA-PAM 40-506, the Army Vision Conservation and Readiness Program, for more information.

For many Soldiers, a better option is to get refractive surgery through the Warfighter Refractive Surgery Program. This offers Soldiers access to corrective laser eye surgery and provides commanders with an important

medical resource to enhance Soldier Readiness. Currently, GLWACH's eye clinic offers this service, but there are certain requirements that have to be met. These include:

1) Company Commander approval (for applicants 0-3 and below) or commanding officer (O-5 or above) approval for Soldiers 0-4 and above.

2) At least 18 months remaining on active duty at the time of surgery or in conjunction with an executed reenlistment action.

3) No adverse personnel actions pending.

4) Ability to meet all pre-operative and post-operative appointments.

Finally, please keep in mind that neither of these services is medically necessary and are therefore considered privileges, not rights. These may be discontinued at any time for various reasons, which may include limited staffing or resources.

For more information, stop by or call the EENT Clinic at 596-0048.

Acute Care Clinic open training holidays

By Carl Norman
GLWACH Marketing

Call 1-866-299-4234 to book
appointments

Looking to increase health care access and ease the emergency room's patient load, General Leonard Wood Army Community Hospital's Acute Care Clinic will open for patient visits on training holidays.

For the Sept. 3 Labor Day training holiday, beneficiaries needing health care can book appointments in the Acute Care Clinic rather than having to go to the emergency room for acute care issues.

Acute care is defined as a medical problem, such as a cold, flu or similar ailment,

that is new and has been present for less than 48 hours, or an existing problem that has worsened within that same time frame. It does not include medication renewals.

Beneficiaries should call the GLWACH Appointment Line at 1-866-299-4234 to schedule their appointment. GLWACH's Acute Care Clinic is normally open for patient visits from 11 a.m. – 8 p.m., Monday – Friday. It will now be open the same hours on training holidays and will remain closed for patient visits on all federal holidays.

The clinic is located in the hall across from Radiology, next to the Internal Medicine Clinic. Clinic providers see acute care patients, 2 years old and older, said Lt. Col. Kirsten Bautista, GLWACH Primary Care and Community Medicine Division chief.

As with all things, the Acute Care Clinic comes with a few simple rules.

"It's not a walk-in clinic," Bautista said. "Providers will see patients booked through the GLWACH appointment line only."

The Acute Care Clinic

opening on training holidays will be more convenient and accommodating for everyone, according to Tammy Warner, GLWACH Access to Care Manager.

"We're opening this clinic for people who may have issues on training holidays that are not emergent but require a visit that day," Warner said. "Having the Acute Care Clinic open will provide our beneficiaries with another avenue for care and decrease the number of non-urgent patients seeking care in the emergency room. It's a win-win for everyone."

To book appointments, call the GLWACH appointment line at 866-299-4234.

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dren they are the custodial parent. The sponsor, however, can grant access to their spouse for any “non-custodial” minor children in the family.

In addition, adult family members can grant access to other adult family members to make appointments for them. For example, a sponsor can grant their spouse the ability to make appointments for them and vice versa.

The process takes three steps:

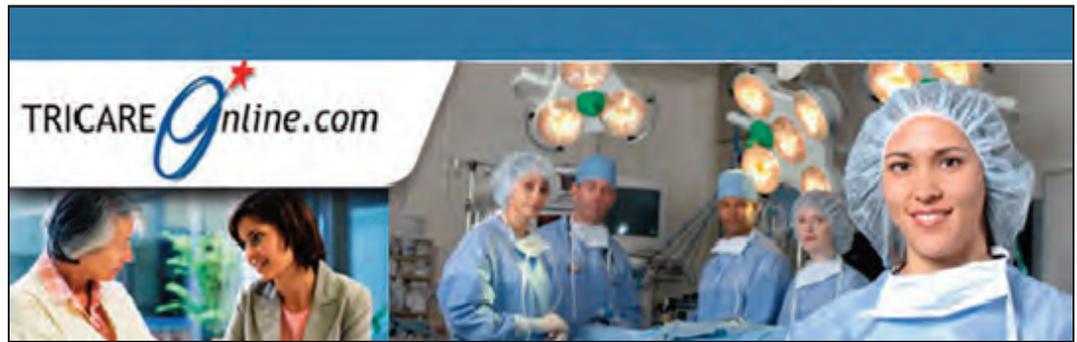
- 1 – registering DS logon for accessing TRICARE Online
- 2 – having adult family members grant access at the Defense Manpower Data Center Web site
- 3 – booking appointments on TRICARE Online

Let’s look at each step in a little more detail.

Registering for DS Logon

If the sponsor has a Common Access Card or DFAS myPay login ID, they may request a DS logon for themselves and eligible family members -- anyone 18 years or older.

They do this by going to the



DS Access Center at <https://myaccess.dmdc.osd.mil/dsaccess/> and selecting “Request a DoD Self-Service Logon.” The Sponsor can get their DS logon account established immediately online. Activation codes will have to be mailed to the spouse or other eligible family members.

You should receive your activation codes in about 5-12 business days. If you haven’t received them in that time, the spouse or sponsor should call the Defense Manpower Data Center Support Center at (800) 477-8227.

Access Granting

Once an adult family member has established their DS logon, they can grant access to other adult family members to make appointments

for them. Visit the DS Access Center which is located at <https://myaccess.dmdc.osd.mil/dsaccess/> to grant this access.

Select Manage My Own Information, Log on Using a CAC or a DS Logon, and then select Health Care Treatment Access Granting. A listing of eligible family members will display.

To grant access to others, check the Health Care Treatment box and enter a beginning date. Leaving the end date blank will grant access indefinitely.

Finally, check the Understanding and Authorization statements box, press the Update Permissions button and you’re ready to log out. Success!

You can modify this access

any time you feel the need.

Booking Appointments on TRICARE Online

After you’ve completed the previous steps, when you log on to TRICARE Online, you’ll see not only yourself on the appointing page but your minor children and any other adult family members that have appointment-making access. Simply select the name of the individual you want to make the appointment for and proceed with making the appointment.

Using TRICARE Online’s Booking Appointments for Minors capability is a lot like following an elaborate recipe: the steps can be tricky, but the result is sweet! If you need assistance, contact the MHS Help Desk at 1-800-600-9332.

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manding abilities and looked forward to what he would bring to the table.

“Today we are very fortunate to welcome Col. Kirk Eggleston and his family to the Fort Leonard Wood community,” Volpe said. “Without a doubt Col. Eggleston is a seasoned leader and has a proven track record.

“We are absolutely thrilled to have him take the helm here at this great facility in this great community. I have full confidence in your abilities to lead this organization and team to greater heights of excellence.”

Eggleston spoke to the guests and

Soldiers about his philosophy and expectations as the new GLWACH commander. He compared the hospital and its staff to a band.

“What we do in a lot of ways is like a band,” he said. “A band is made up of multiple individuals playing different instruments, different notes and different parts that blend together to make beautiful music like we heard here this morning. That’s very similar to what we do each day. It takes a lot of specific skill sets.”

He said the key to having a successful organization is for each individual to

play their part and do it well, to listen to each other and enjoy what they do.

“If you don’t love what you’re doing, then maybe you should look for something else because we have a great privilege in the medical profession of caring for an outstanding group of individuals,” Eggleston said. “I want you all to take pride in what you do because what we do here is a vital part of our nation’s efforts. Take pride in what you do every day, play your part to the best of your ability, and together we’ll make beautiful music.”

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.

Below is the General Leonard Wood Army Community Hospital Community Health Resource Center Class Calendar for Aug. 24 – Sept. 30, 2010.

-- 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:

◆ Aug. 27, 9 – 11 a.m.

◆ Sept. 10, 9 – 11 a.m.

◆ Sept. 24, 9 – 11 a.m.

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

◆ Sept. 15, 9 – 11 a.m.

-- Breast Pumping techniques: Class dates:

◆ Aug. 25, 9 – 11:30 a.m.

◆ Sept. 22, 9 – 11:30 a.m., Suite H

-- 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:

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

◆ Sept. 27, 1:30 – 3 p.m., MEDDAC Classroom, GLWACH

-- Diabetes Journey for Control :

◆ Session 1, Diabetes Overview, explains diabetes, blood glucose and insulin, and resolves some common myths. Class date: Sept. 7, 1 – 3 p.m.

◆ Session 2, Healthy eating, describes relationships between diabetes and food. Class date: Sept. 14, 1 – 3 p.m.

◆ Session 3, Monitoring your blood glu-

cose, discusses blood glucose targets and what makes your blood glucose go up and down. Class date: Sept. 21, 1 – 3 p.m.

◆ Session 4, Complications, explains potential long-term complications. Class date: Sept. 28, 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 date:

◆ Sept. 17, 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:

◆ Sept. 14, 8:45-10:45 a.m.

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

◆ Sept. 17, 1 – 2:30 p.m., Suite H

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

◆ Sept. 8, 9 – 11:30 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:

◆ Sept. 20, 2 – 4 p.m.

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

◆ Aug. 26, 5:30 – 7:30 p.m., MEDDAC Classroom, GLWACH

◆ Aug. 31, 5:30 – 7:30 p.m., MEDDAC Classroom, GLWACH

◆ Sept. 9, noon – 2 p.m.

◆ Sept. 16, noon – 2 p.m.

◆ Sept. 23, noon – 2 p.m.

◆ Sept. 30, noon – 2 p.m.

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

◆ Sept. 10, 1 – 2 p.m., Judge Advocate General, 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 exercise and reading food labels, and weight management theories. Class date:

◆ Sept. 20, 1:30 – 3 p.m., MEDDAC Classroom, GLWACH

-- Pregnancy/Post Partum Physical Training (clinic book only): 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:

◆ Aug. 31, 7:30 – 8:30 a.m.

◆ Sept. 7, 7:30 – 8:30 a.m.

◆ Sept. 14, 7:30 – 8:30 a.m.

◆ Sept. 21, 7:30 – 8:30 a.m.

◆ Sept. 28, 7:30 – 8:30 a.m.

-- Retiree Health Fair, Nutter Field House: Sept. 11

-- 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:

◆ Aug. 25, 1 – 3 p.m.

◆ Sept. 1, 1 – 3 p.m.

◆ Sept. 8, 1 – 3 p.m.

◆ Sept. 15, 1 – 3 p.m.

◆ Sept. 22, 1 – 3 p.m.

◆ Sept. 29, 1 – 3 p.m.

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

◆ Aug. 30, 11:30 a.m. – 12:30 p.m.

◆ Aug. 31, 11:30 a.m. – 12:30 p.m.

◆ Sept. 7, 11:30 a.m. – 1 p.m.

◆ Sept. 13, 11:30 a.m. – 1 p.m.

◆ Sept. 14, 11:30 a.m. – 12:30 p.m.

◆ Sept. 20, 11:30 a.m. – 12:30 p.m.

◆ Sept. 21, 11:30 a.m. – 12:30 p.m.

◆ Sept. 27, 11:30 a.m. – 12:30 p.m.

◆ Sept. 28, 11:30 a.m. – 12:30 p.m.