

At the 2011 Department of Defense/Veterans Affairs Annual Suicide Prevention Conference, Dr. Jonathan Woodson, Assistant Secretary of Defense for Health Affairs said a key to preventing suicide is reducing the stigma associated with mental health care.

“We have to change the attitudes that all too often keep people from getting the right care at the right time,” Woodson said.

He stressed that seeking mental health care is a sign of strength, not a sign of weakness adding that, “getting help is what real warriors do.”

The Department of Defense takes the issue of suicide very seriously and is actively working to reduce the number of suicides. To learn more about suicide and how to prevent it take a look at the resources available to you.

Immediate assistance is available through the National Suicide Prevention Lifeline at 800-273-TALK (8255), service members and veterans choose 1.

VISION

Madigan Healthcare System creates the premier military healthcare organization through a culture of teamwork, caring, compassion, diffusion of innovation and exceptional outcomes. Madigan is the best place to provide and receive care, to teach and learn clinical medicine and to conduct bench-to-bedside research.

MISSION

Madigan Healthcare System provides world-class military medicine and compassionate, innovative, academic health care for Warriors and Warrior Families past, present and future.

VALUES

- Compassion
- Quality
- Teamwork
- Innovation

STRATEGIC OBJECTIVES

- Readiness
- Population Health
- Patient-Centered Focus
- Quality Workforce
- Education and Research
- Community Partnerships
- Resource Management

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MADIGAN HEALTHCARE SYSTEM: “VALUES-BASED, STANDARDS-DRIVEN...ALWAYS”

Madigan staff commemorate tenth anniversary of Sept. 11 terror attacks

By Tawny M. Dotson
Editor

Madigan Healthcare System staff members marked the tenth anniversary of 9-11 with a ceremony on Sept. 9 at Madigan’s pond that featured a guest speaker who was a first responder, elementary school children and an opportunity for all in attendance to reflect on the events of the terror attacks.

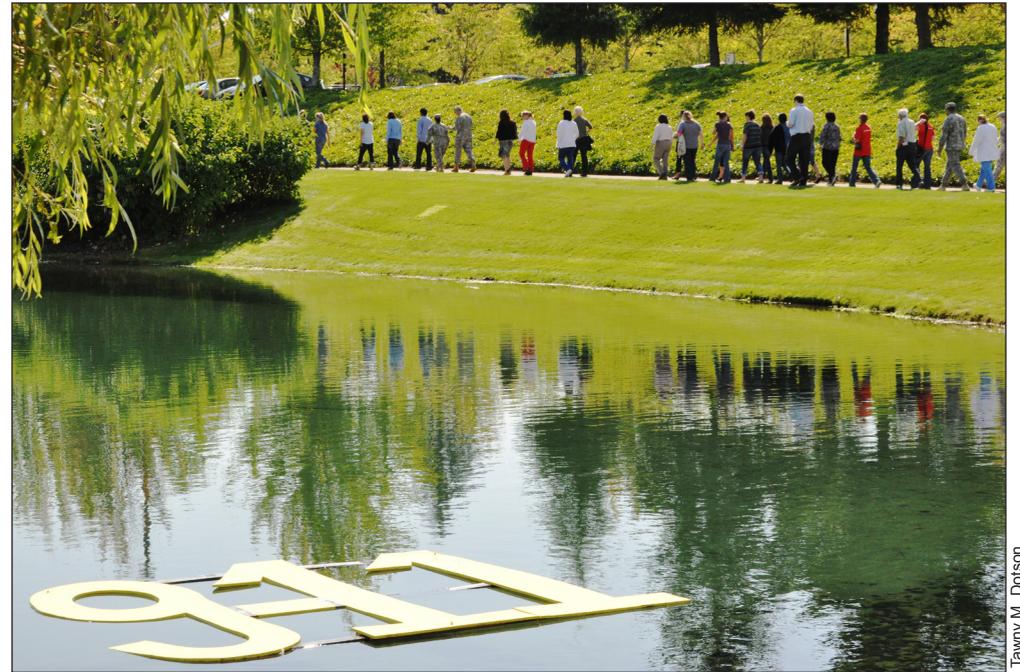
More than 145 students from Evergreen Elementary School were in the crowd at the 9-11 ceremony hosted by Lt. Col. Ralph Deatherage, commander of Madigan’s Troop Battalion.

He opened the ceremony by sharing his thoughts on how our nation has changed in the past ten years.

“On that day our country and a generation of Americans changed forever,” said Deatherage.

He pointed out that for the first time our current military wars are being fought by all volunteers.

“Over the past decade more than two million service members have served in a combat zone,” said Deatherage. “The 9-11 generation has upheld the



Tawny M. Dotson

Madigan Healthcare System staff and 145 students from Evergreen Elementary School at Joint Base Lewis-McChord walk a lap around Madigan’s pond to reflect on the events of 9-11, which occurred ten years ago this weekend. The walk was the final event in Madigan’s 9-11 Remembrance Ceremony held Friday. Sgt. 1st Class Marlon Zambrano was the guest speaking during the event. Zambrano, a native of New York, was working at a medical clinic in New York on 9-11 and volunteered the rescue skills he learned as a Marine at Ground Zero for three days following the terrorist attacks.

virtues of service, sacrifice and selflessness that have always been the backbone of our nation’s strength.”
Please see 9-11, PAGE 6

Madigan team takes home base championship

By Tawny M. Dotson
Editor

It has been said that winners do not become champions when they win an event, but rather in the time they spend preparing for it.

This year’s Joint Base-Lewis McChord Intramural Softball League Co-Ed Division Champions, the Madigan Flatliners, will agree with that. After playing together consistently for two years in both on- and off-base leagues the Madigan Healthcare System team claimed their second base championship Sept. 1.

This year’s team officially formed after try-outs in April, but many of them have been playing together since last season. The coach credits their time playing together with making them an even better team this year.

“I think our cohesion was our greatest strength. We all know each other and know how we play,” said Staff Sgt. Zane Speegle, this year’s head coach.

The 16-member team began practicing in May committing around 4 hours a week



Courtesy Photo

The championship winning Flatliners are pictured at their championship game Sept. 1. They are starting in the back row (L to R) Alexander Stillman, Kim Stillman, Phil Hart, Second Lt. Christine Rizzon, Spc. Albert Hutchins, Staff Sgt. Zane Speegle, Steve Brown and Shawn Kramer. In the second row, (L to R) Pfc. Jon Hageman, Jessica Garmon, McKenna Coppedge, Spc. Jerome Jordan and Roseanne Speegle. In the front is Sgt. Katy Potokar.

through the championship in September. They finished the regular season with eight wins and one loss heading into the
Please see CHAMPS, PAGE 6

Fruits and veggies: More matters month

Evelyn Elshaw
Outpatient Nutrition Clinic

You may have heard the recommendation to make half of your plate fruits and vegetables at each meal. This is known as the healthy plate method of meal planning.

There are many reasons why eating plenty of fruits and vegetables is good advice.

Fruits and vegetables are convenient, low in calories and protect our bodies from diseases. September is Fruits and Veggies-More Matters Month.

Plentiful produce is available right now, so try incorporating some of these delicious, nutritious foods into your daily diet.

Eating dark green leafy vegetables has been shown to inhibit the growth of breast, skin, lung and stomach cancers.

Fruits and vegetables high in vitamin C like blueberries, strawberries and oranges provide lots of antioxidants to help our bodies destroy free radical damage from toxins, pollution and stress.

Fruits and vegetables are also a great source of fiber which helps us control blood sugar and decrease cholesterol. Further, if you are trying to lose weight, eating a plant based diet is a good first step in part because fiber in fruits and vegetables helps you feel full longer.

Low calories provide another benefit. Consider that three ounces of broiled beef top sirloin (about the size of a deck of cards) provides 160 calories, while an eight ounce cup of cooked broccoli provides only 52 calories. That half plate of fruits and veggies can really help you feel full with fewer calories!

If flavor is a concern, try vegetables prepared in new ways. Grandma may have boiled the veggies into mush, but grilling or roasting vegetables produces a very different taste.

You may like a vegetable raw when you don't enjoy it cooked, or vice versa. Try marinades or toss with a little olive oil, garlic and lemon juice or flavored vinegar, then grill or roast until tender.

Keep vegetables and fruits cut up in the refrigerator so they are ready for a quick snack.

Make a veggie dip by adding ranch dressing mix to plain Greek yogurt. We receive many benefits from eating more fruits and vegetables and there is a wide variety of options to choose from.

For more tips, ideas and recipes visit www.fruitsandveggiesmorematters.org and www.choosemyplate.gov.



Madigan study strives to predict musculoskeletal injuries in Soldiers

By Carrie Bernard
Media Relations Officer

Madigan researchers are currently testing the flexibility and coordination of 1,500 Joint Base Lewis-McChord Soldiers as part of a study targeted at predicting musculoskeletal injuries.

The Military Power, Performance and Prevention study, known as MP3, mirrors performance testing presently conducted by many professional and college athletic teams designed to help decrease the risk of injuries in athletes.

"The focus of this study is to attempt to understand how we can predict the injuries, or at least who is more susceptible to get an injury," said Maj. Dan Rhon, Madigan Physical Medicine and Rehabilitation Service Clinic and local MP3 study administrator.

This information is valuable as the military loses around \$550 million each year in direct patient care costs for non-combat musculoskeletal injuries alone, said Rhon, who is board certified in orthopaedic

physical therapy (disorders and injuries of the musculoskeletal system). These injuries impact 900,000 service members each year – approximately 25 million limited duty days.

While the protocol for treatment of these issues varies greatly among injury type and body part, by getting in front of the injuries the study team hopes to improve readiness by keeping the Soldier "athletes" healthy and available for deployments.

MP3 testing started on JBLM this summer.

To kick things off, participating Soldiers, who were healthy and free from injuries that would prevent them from normal activities, and physical or regular training, began performing a series of physical tests in base fitness centers.

"There are multiple stations that look at balance, power, strength, coordination, flexibility, as well as some subjective questionnaires that ask about things like previous injuries," said Rhon. "It takes a little over an hour to put one Soldier through all the tests, but we can usually do 30 or 40 at one time."

In addition to these baseline tests, participants are also

asked to take a monthly survey outlining new injuries or any reason they may have sought health care since their initial entrance into the study.

"We need to be able to determine which Soldiers become injured during the following year," said Rhon. "What we will do is look for patterns and similarities in those who get injured compared to those who don't."

For example, if a Soldier who later injured their ankle scored significantly different on certain baseline tests than those who did not, factors could be drawn from that information that could be used to predict injury.

"... the ultimate goal is to find a way to prevent injuries before they exits," said Lt. Col. Deydre Teyhen, director of the Center for Physical Therapy Research and chairwoman of the Graduate School Research Council at the Army Medical Department Center and School at Fort Sam Houston. "The MP3 screening tool is designed to identify those at highest risk for injury so we can do just that."

In the future, testers hope to classify different risk stratification where Soldiers may be identified in different categories.

Various interventions would then be targeted to the Soldier based on the nature and level of the risk.

Rhon envisions a day when every Soldier would go through this screening procedure as part of processing into their new unit.

"Commanders could then have a good idea as to the injury risk that is prevalent in their unit, and potentially even modify or adjust physical training to address these issues," he said. "In the long run it may help us better manage this tremendous problem we have, and improve manpower for commanders and overall health for individual Soldiers."

Participants for the study have already been identified.

For more information contact Rhon at (253) 968-0780, or email him at daniel.rhon@us.army.mil.



Dr. Kyle Kiesel monitors a Soldier as he maneuvers through one of the tests of the musculoskeletal study being conducted at Madigan Healthcare System. During the yearlong study participating soldiers will be monitored for physical injuries. Comparing test results with those injuries will hopefully help to identify risks for future injuries, and allow the Army to work to prevent them in future soldiers.

Tom Bradbury Jr.

Flu shots are now available at Madigan

Courtesy report

Seasonal Influenza (the flu) is a contagious respiratory illness caused by influenza viruses.

The flu can cause mild to severe illness, and at times can lead to death. Flu symptoms spread person-to-person through coughing, sneezing and personal contact.

In the United States, influenza results in over 25 million reported cases, over 150,000 hospitalizations due to serious complications, and over 30,000 deaths annually.

It's recommended that all beneficiaries get vaccinated. Strains of influenza change each year, so previous influenza vaccinations will not protect a person against this year's virus. Getting vaccinated every year is the best way to prevent the flu, but you can also take steps to stop the spread of the flu daily.

Wash your hands with warm soap and water and use a hand sanitizer if you are unable to wash your hands. You should avoid contact with your nose and mouth if you're sneezing. Stay home if you're sick and avoid contact with others who may have the flu.

The flu vaccine is very safe, and does not contain any live virus, so you cannot get the "flu" from the vaccination. However, people allergic to

eggs should not receive the vaccine. The Advisory Committee on Immunization Practices recommends that women who are beyond the first trimester of pregnancy during the influenza season be vaccinated. Pregnant women can receive further guidance from their primary care provider.

Two forms of influenza vaccine are distributed in the U.S., and both are covered by TRICARE:

The flu shot is an injectable, inactivated vaccine that contains a killed virus and can be used in all age groups six months and older.

Flu mist is an intranasal spray made with live, weakened influenza viruses; limited to use in people who are between the ages of 2 and 49 years, and who are not pregnant at the time they receive the vaccination.

Madigan Healthcare System will conduct a Flu Shot Drive, for all beneficiaries, on Oct. 3 through Oct. 21.

Flu vaccinations are also available at no cost to beneficiaries from any TRICARE-authorized provider or at one of the participating pharmacies. To find a participating pharmacy, call 1-877-363-1303, or go to <http://www.expressscripts.com/TRICARE/pharmacy/>

For more information about Seasonal Influenza, visit: <http://www.cdc.gov/flu/about/season/>.

Time for kids' and parents' flu shots

By Shari Lopatin
TriWest Healthcare Alliance

It's that time of year again, and your kids are throwing a fit about getting the flu shot.

But perhaps, if they see mom or dad doing it too, they may go more willingly.

Did you know, nine out of 10 healthy people who get a flu shot, don't get the flu?

That's according to the Centers for Disease Control and Prevention.

If getting a flu shot is important enough for your kids, it's

just as important for you.

Step up and lead by example.

• Go for your flu shot when you take your kids for theirs.

• Offer to get your shot first. It will help to relax your kids.

• If fun or colorful bandages are available, ask to wear one alongside your children.

• Finish the flu shot appointment with a treat, such as a trip to the park or a healthy fruit smoothie.

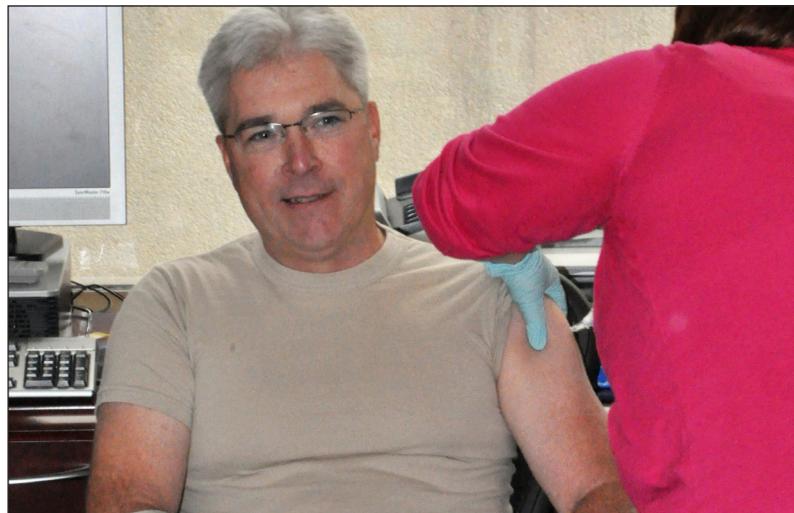
In order to keep you healthy, TRICARE covers all vaccinations recommended by the Centers for Disease Control and Prevention.

That includes the flu shot or nasal mist.

Just make sure you're receiving your vaccinations from a TRICARE-authorized provider.

And remember, you can get all your vaccines now through the local Express Scripts Pharmacies supporting your TRICARE benefit too!

To learn where you can go for your flu shot, or for more information on TRICARE coverage, visit www.triwest.com/flu. Madigan Healthcare System's flu hotline is (253) 968-4744.



Jay Ebbeson

Col. R. Neal David, deputy commander for administration, receives his annual flu shot during the staff flu drive for Madigan Healthcare System in September. Many Madigan employees took advantage of Army Public Health Nursing's efforts to provide flu shots for employees in their workcenters. Madigan's goal is to ensure 90 percent of hospital staff are immunized before Dec. 1.

Time to get your flu shot!

All patients age nine and up can receive their flu vaccine at the Tax Center across from Letterman Auditorium.

Flu Shots Available
October 3-21, 2011
Weekdays: 8:00 a.m. - 3:00 p.m.
Closed on weekends

Madigan Flu Hotline
253-968-4744



madigan
Healthcare System

Judge Advocate's Ethics Corner: Government ethics and former Madigan employees

By Lt. Col. Greg Mathers
Madigan Healthcare System

As the new Center Judge Advocate and Command Ethics Counselor, I welcome the opportunity to present a monthly article covering various government ethics topics facing the command.

As I put out in every New Employee Orientation, the Secretary of the Army expects all military and civilian personnel to recognize ethics issues and act to prevent violations in our daily work.

Ethics issues in the workplace are a lot more common than one would think.

A recent survey reveals over 52 percent of federal employees have witnessed conduct in their workplace that is questionable or violated the Government Rules of Ethics. That is a high percentage, and therefore it is imperative we all remain vigilant.

Recently I noted something about the Madigan Healthcare System that caught my attention: There are a significant number of folks who worked here before still interacting with the

hospital and staff in various capacities.

I suppose it is a good thing when former employees enjoy visiting their former workplace; however there are definitely some ethics pitfalls that must be avoided when interacting with them.

Under the Joint Ethics Regulation, former employees of the Federal Government are still held to a duty to comply with certain post-government employment rules of ethics. One of the primary rules on point places a "lifetime ban" on representing any non-government entity back to the Federal Government on any matter which the former employee worked on in a personal and substantial capacity.

That sounds like a mouthful, but really the rule is quite simple.

For example, if I were employed previously at Madigan in the Department of Widgets, and my official duties required me to develop strategies to better produce widgets at the hospital, then after retiring and gaining employment at Private Widget Company, Inc., I could not come back into the hospital and speak with, meet with, or write to members of my former depart-

ment concerning the services offered by my new company that could help them meet their goals.

This would cause a violation of the lifetime ban, as I would be speaking on behalf of a non-federal entity, about matters previously under my official purview.

The purpose of this rule is to prevent former federal employees from taking improper advantage of their former official positions to further personal interests, interests of outside entities, or to improperly impact government business after departing service.

Put plainly, the rule is designed to prevent cronyism and carries criminal penalties for violations.

So, the next time you see former employees walking around the hospital, go ahead and greet them warmly.

However, if conversations stray into topics they should not be trying to influence you on, gently remind them of the "lifetime ban" and direct them to my office for any needed clarification.

Mathers is the Madigan Healthcare System Center Judge Advocate and Command Ethics Counselor. His office is located in Bldg. 9040B and he can be reached at 968-1525.

MAILBAG

Dear Col. Homas,

I was extremely pleased to see that Lt. Col. Scott Steele was awarded the "A" Proficiency designator. I can personally attest to his outstanding performance and dedication.

In Mar. 2006, I underwent an exploratory surgery. Dr. Steele was departing to take his boards, and then on to deployment the day after my surgery.

In addition to studying for his boards, he spent a lot of time researching my disease and then insisted on performing my surgery.

The pressure he was feeling about boards and deployment never once showed in his demeanor.

I told him it was OK for him to pass me to an associate so he could study and pack, but he refused to leave me and stood by my side as long as he could.

I truly believe that Dr. Steele saved my life that day. In addition to his surgical acumen, he displayed compassion and heart-felt caring.

He was honest and eager to answer my questions quickly. Dr. Steele's performance was stellar and his dedication to patients is exemplary.

Linda

Base, Madigan begin passport to wellness program Oct. 3

By Tawny M. Dotson
Editor

Beginning Oct. 3, Joint Base Lewis-McChord ID card holders can take part in a get fit and healthy program by joining the "Passport to

THE MOUNTAINEER

Since 1948

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Contents in this publication are not necessarily the official views of, or endorsed by, the Department of Defense, Department of the Army and Madigan Healthcare System.

For information about The Mountaineer or to submit a story idea, contact Madigan Healthcare System Strategic Communication Office's The Mountaineer Acting Editor Tawny M. Dotson at 253-968-3729, or tawny.m.dotson@us.army.mil. Circulation: 2,000

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Wellness."

The program is a combined venture of the McChord Field Health and Wellness Center, the Health Promotion and Wellness Service/Army Wellness Center, and JBLM Morale, Welfare, and Recreation.

"The promotion ties the five Pillars of Wellness: physical, emotional, social, spiritual, and family together," said Dr. Teresa Bruder, of Madigan Healthcare System. "The three entities are sponsoring this to get people moving and also allow them to see what is offered for them at Madigan and JBLM."

The opportunity will increase awareness of health programs, classes, agencies and activities at JBLM.

To begin the journey, stop by the Health Promotion and Wellness Centers to register and pick up a "Passport to Wellness."

The passports are available at the McChord Field HAWC (Building 726, Fitness Center Annex) and Health Promotion and Wellness Service in

Wilson Gym (Building 11596, currently located at JBLM North).

Starting in December the program will move back to Jensen Gym when renovations are complete.

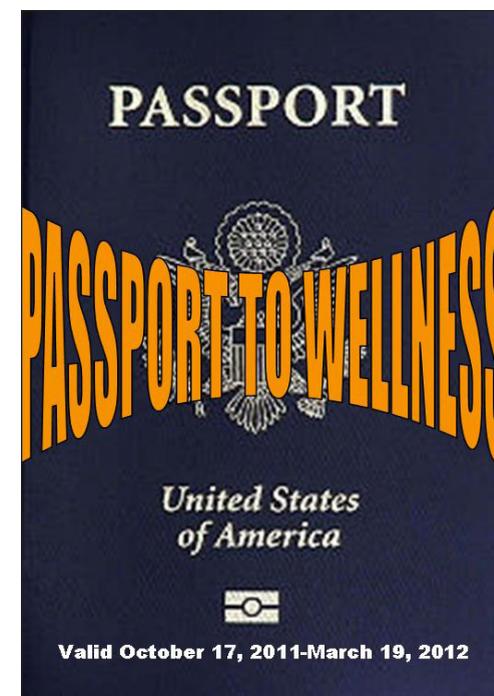
The program requires each participant to visit or participate in a class, program or activity to receive a stamp after participation.

A complete list of the more than 40 locations participants can visit is available at www.jblmmwr.com.

After stamps are collected, participants are eligible to pick up various prizes. 10 stamps on a passport will garner an insulated lunch bag, 20 stamps can be turned in for a coffee cup with built in spoon, and 40 stamps are worth a computer bag and entry into the grand prize raffle.

The grand prizes have been donated by MWR and include: one night at Whistler, B.C., one night at Vancouver, B.C., passes to the "Hands on Children's Museum" in Olympia, free triathlon registrations and a weekend cabin on American Lake.

The promotion will run from Oct. 3



through March of 2012. At any time during the promotion, prizes can be redeemed at the wellness centers.

For more information please visit www.jblmmwr.com.

OUT OF THE FIRE, BACK INTO THE FIGHT



Clinic move improves access to care

By Suzanne Ovel

Warrior Transition Battalion Public Affairs

A recent move from the basement of the medical mall to the eighth floor of the nursing tower at Madigan Army Medical Center allows the Warrior Transition Clinic to better coordinate with nurse case managers and to offer more space to care for Soldiers, said Tina Dorner, the clinical nurse officer in charge.

The 12-person clinic opened operations at its new location Aug. 15, increasing in size by nearly four times, replacing their 1100 square feet in the old clinic with 4500 square feet of space.

“Our Soldiers deserve to not be in a box, and we were kind of in a box... they deserve the golden standard,” said Dorner.

In the old clinic space, Soldiers found it difficult to maneuver wheelchairs and staff couldn’t get a gurney into the clinic. In addition, it allowed for only a one-bed sick call treatment room, which on busy days caused sick call patients to overflow into practitioner rooms, at times delaying scheduled appointments, said Dorner. The new space has a two-bedroom treatment room, and the practitioner rooms are large enough for Soldiers in wheelchairs to easily get around.

The clinic move required a reshuffling of several hospital sections, to include credentialing and graduate medical education.

“It’s just been an amazing example of teamwork just hospital-wide,” said Col. Frank Wood, the WTC’s officer in charge.

The move to the eighth floor, just on the other side of the Warrior Transition Battalion’s nurse case managers, also allows for better communication between the nurses who coordinate care for Warriors and the clinic staff who serve as the Warriors’ first stop for any medical needs, said Dorner.

“Just in terms of the busyness and

complexity of their care, it helps us out a lot... if (nurse case managers) are right there, things can be (coordinated) sooner,” said Wood.

And the clinic is busy, with primary care managers seeing patients every 30 minutes, and averaging a caseload of 100 to 150 Soldiers each. PCMs and nurses are paired up by companies to provide better continuity of care for Soldiers.

The new clinic also offers more space for embedded staff, including two behavioral health providers who can prescribe behavioral health medication, and an in-house pharmacist who monitors medical management and shares new medicinal literature with WTC providers.

A couple of weeks after the clinic move, the staff continues to iron out some issues—much like moving homes and rearranging items to get the best fit, said Dorner.

“I think we still have challenges in the area of patient flow, and that’s something we’re still working on,” said Wood. He envisions the flow issues being resolved shortly, and has other plans to improve the new clinic space as well.

“Ultimately, what we would like to do with the clinic is to really personalize it and make it the Warriors’ home,” said Wood, who would like to add photo displays and art to the new clinic.



Warrior Transition Clinic staff demonstrate the limited space in the old clinic’s sick call patient room, which also served as a supply area.



Staff Sgt. Ronald Patterson, non-commissioned officer in charge of the Warrior Transition Clinic, fills out paperwork Aug. 25 in the new sick call treatment room.



Former provider Cheryl Hall and Spc. Dustin Garry, the clinic’s medic, demonstrate the difficulty of maneuvering wheelchairs in the old clinic.

Suzanne Ovel

Col. Frank Wood

9-11

CONTINUED FROM PAGE 1

Deatherage then introduced the event's guest speaker Sgt. 1st Class Marlon Zambrano who was a volunteer responder on 9-11.

He was working in a medical center in New York when he saw the news of the attack on the World Trade Center towers.

He ran across the Brooklyn Bridge and spent the next three and a half days serving coffee, water and helping in any way he could.

Zambrano, was trained in rescue skills during his time as a Marine, but what was needed most, was someone to help serve water and drinks as firemen and policemen worked 24-hours a day.

Zambrano recounted his feelings as he saw the destruction at Ground Zero.

"First thing that came to me was hate. I started thinking quickly after that about the missions and I knew I needed to focus on continuing mission," said Zambrano.

Zambrano had recently left the Marines and when his time at Ground Zero was complete and he left to get some rest he was placed on a bus to leave the area and was struck by the number of people along the route holding signs, cheering and offering drinks and food to workers as they left the area.

"When I got on that bus and I saw all the tremendous outpouring of support it made me think I wanted to go back in the service," said Zambrano.

He enlisted in the Army National Guard shortly after and has been proudly serving since.

He is currently on a two-year active duty tour.

Madigan's 9-11 ceremony ended with Deatherage and Zambrano leading a walk around Madigan's pond.

The walk was intended as time to reflect on the events of 9-11.

All the elementary students joined military and civilian personnel from Madigan on the third of a mile walk.



Lt. Col. Ralph Deatherage, on the left, Troop Command commander, and Sgt. 1st Class Marlon Zambrano, Non-Commissioned Officer in Charge of the Presidio of Monterey Health Clinic, lead the way during a walk around Madigan's pond in remembrance of the anniversary of 9-11. The walk was the concluding event during Madigan Health-care System's 9-11 ceremony held Sept. 9.

Tawny M. Dotson

CHAMPS

CONTINUED FROM PAGE 1

September. They finished the regular season with eight wins and one loss heading into the championship tournament.

They were undefeated in their three-game championship tournament to take home the trophy. Shawn Kramer, one of the assistant coaches, thought the season went so smoothly because the team focused on the fundamentals.

"We hit and play responsible ball," said Kramer.

This year's team was coached by Speegle, assisted by Roseanne Speegle, his wife, and Kramer who works at Madigan as a civilian after retiring from the Army.

Also on the team were Second Lt.

Christine Rizzon, Staff Sgt. Gary Paul, Sgt. Katy Potokar, Spc. Albert Hutchins, Spc. Jerome Jordan, Spc. Josh Lane, Pfc. Jon Hageman, McKenna Coppedge, Jessica Garmon, Kim Stillman Michelle White, Steven Brown, and Phil Hart.

Most members of the team either work at or are a dependent of a Madigan employee as stipulated in league rules. The team is already moving on to off-base leagues and is looking forward to next year.

They will hold their tryouts again in April and the season is likely to resume next June. However, anyone interested in playing with them now is welcome to contact Speegle at (253) 968-0486 or Kramer at (253) 968-4808. They welcome new team members year round.



Make an appointment with the TRICARE Appointment line by calling 1-800-404-4506. Or, scan this code and save it to your smart phone!



Need to know more? Scan this code to visit TRICARE Online where you can schedule appointments and research benefits!

MADIGAN HEROES

SEPTEMBER 2011

WWW.MAMC.AMEDD.ARMY.MIL

PAGE 7

Meritorious Service Medal:

Lt. Col. Irene Rosen
Maj. Anne Sterling

Army Achievement Medal:

Staff Sgt. Ryan L. Adams
Sgt. Elam Ortiz
Spc. Robert Larkin

Army Certificate of Achievement:

Staff Sgt. Christopher Kellogg

Commander's Coin:

Maj. Jayne Gibson
Maj. Sherie Johnson
1st Lt. Shannon Barthel
1st Lt. Melinda Bodi
1st Lt. Amanda Peterson
1st Lt. Katherine Tran
2nd Lt. Rebecca Chick
Staff Sgt. Christopher Kellogg
Sgt. Crystal Moreira
Sgt. Scotty Wise
Spc. Jonathan Rivera
Pfc. Skylar Garcia
Joseph Agpaoa
Michelle Beckham
Denise Beegle
Francina Brown
Myrna Brown
Carolyn Clyons
Coreen Easter
Eugene Davis
Melissa Davis
Miranda Deem
Tina Dorner
Johnny Dymont
Teresa Elder
Genalyn Evangelista
Marilyn Grover
Christopher Jones
Annette Kleist
Fuji Jennie Maitrejean
Henry McClain
Sallee Miller
Stacey Mondeck
Sally Moore
Laura Moro
Michael Nathanson
Harmony Nelson
Laura Pierre
Suzette Reyes
Kathy Robinson
Susan Robinson
David Stockton

Q-Pins: Certificate and Pin:

Dr. Jenifer Gregory
Ch (Maj.) Phillip Moye

Patient Safety Awards:

Tashani Townsend

Service Awards:

Thomas Rogers 50 years
Charles Oliver 42 years

US Department of Justice Drug Enforcement Agency Administration Recognition:

Tom Pingel
Robert McHaney

JBLM-Commander's Certificate of Appreciation:

Tom Pingel
Sgt. 1st Class Gregory Jones

Redeployed Warriors

On Sept. 22, Madigan Healthcare System recognized staff members who returned from deployment recently.

Those servicemembers are:

Maj. David Adams
Maj. David Ayer
1st Lt. Michelle Burson
Col. Jeff Clemons
Sgt. Christopher Cunanan
Col. Thomas Curry
Col. Robert Enquist
Maj. Britney Frazier
Maj. Adam Nielson
Lt. Col. Jason Friedman
Capt. Stacie Gibson
Col. Kris Peterson
Maj. Justin Shields
Capt. Kristen Wilson

Surgical Techs of the year named

The Department of Anesthesia and Operative Services named the military and civilian surgical technologists of the year. The two winners were selected by the staff members of both DAOS and the Department of Surgery.

This year's winners were Charles Guyton and Spc. LeMario Gillie. Congratulations!

Madigan staff given prestigious scholarship

Please join the Department of Obstetrics and Gynecology in congratulating Lt. Col. (Dr.) Rick Burney, for being awarded the 2011-2012 Clinical Reproductive Scientist Research Training Scholarship.

This prestigious award is designed specifically for physicians in private or academic clinical practice in reproductive medicine, with the goal of providing the tools and research credentials to expand their clinical research skills. Only one applicant per year is selected for this award.



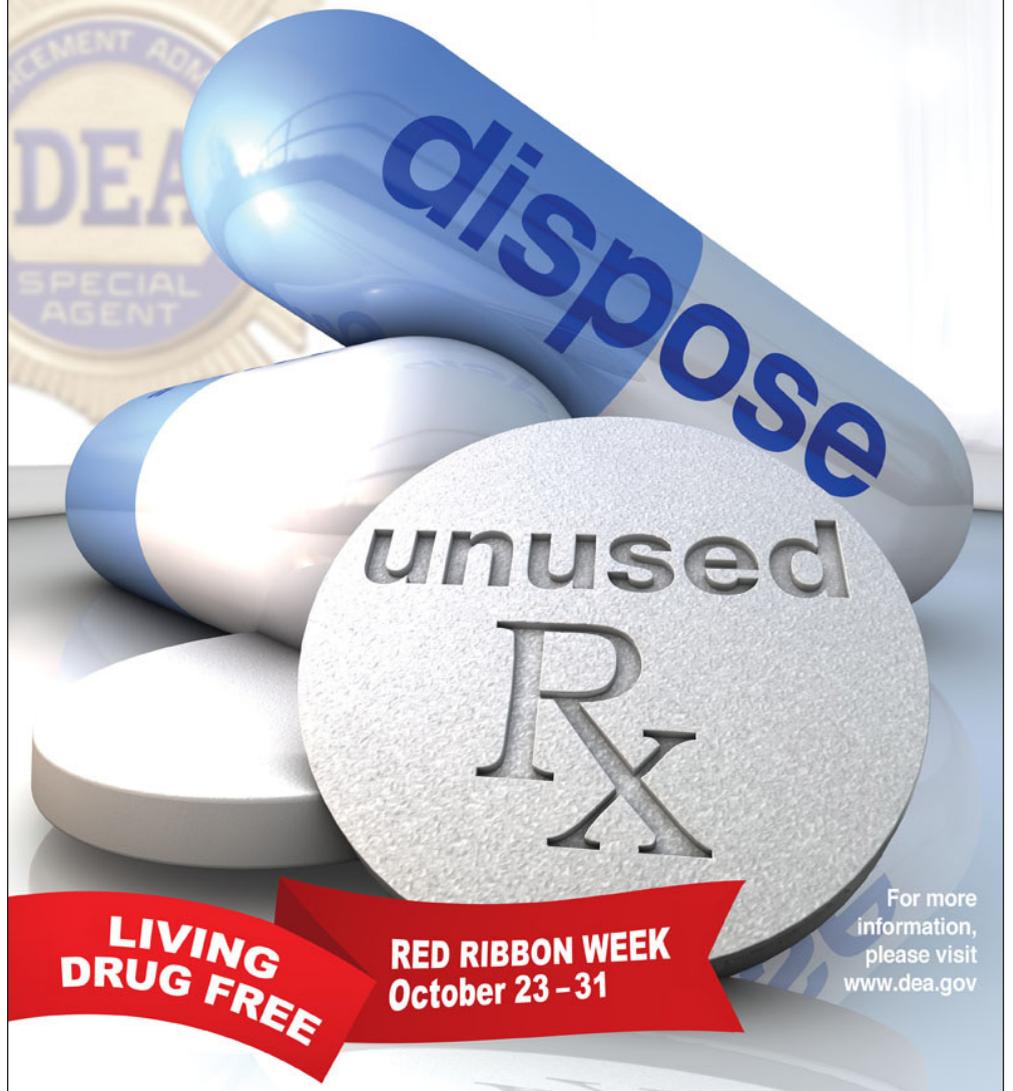
POW/MIA

Staff from Madigan Healthcare System held a POW/MIA Ceremony Sept. 16 in recognition of the annual observance. The event was held on the ground floor of Madigan's Medical Mall.

Wanda Williams

Got Drugs?

Turn in your unused or expired
medication for safe disposal
Saturday, October 29th



LIVING
DRUG FREE

RED RIBBON WEEK
October 23 - 31

For more
information,
please visit
www.dea.gov

Medical Social Work Parenting Resource Class

Are you a new or expecting parent? Unsure of what resources are available to you or where you can turn to for help?

Now there is a place you can go and find answers to your questions and get assistance with any troubles you have been facing.

The new and expecting parent resource class offers helpful information to parents that are expecting a child, are new parents, may have recently moved to the area and need help learning what resources are available to them, or are facing a particular situation and need extra assistance working through it with a knowledgeable individual. This class will be held the second Monday of every month, from 9 to 10 a.m., in the Sakakini Conference room, near the Labor and Delivery ward of the Nursing Tower.

This class is for all parents in need of extra help and education on area resources and information.

Please stop by for an informative session on community resources available to parents and Families and how to connect with appropriate agencies for assistance.

For additional information, please call Medical Social Work at (253)968-2303.

Do you have a good idea?

Would your idea make access to care better? Or streamline work productivity?

An e-mail account has been established that gives you the opportunity to share ideas and communicate with the hospital commander.

Just e-mail to MAMC.Suggestion@amedd.army.mil. All referred e-mails will be addressed.

This is your opportunity to communicate with the commander. For more information, contact Hylie Jan Pressey at HylieJan.Pressey@us.army.mil or call 253-968-3086.

Interested in receiving The Mountaineer via e-mail?

The Mountaineer is available electronically. If you are interested in receiving our monthly newspaper, please e-mail Tawny Dotson at tawny.m.dotson@us.army.mil and let her know the e-mail address to send the latest edition.

For more information, call Dotson at 253-968-3279.

Inpatient Medical Social Work Caregiver Fatigue Prevention

Have you ever felt isolated, frustrated and overwhelmed?

Please take this opportunity while your loved one is an inpatient at Madigan Healthcare System to meet with others to obtain information on coping strategies, stress management and other ways to manage caring for self and a loved one.

This group will meet from 2 to 3 p.m. on the third Thursday of each month, in the 2 South conference room. This group is open to all inpatient Family members of who are caring for a loved one with a chronic health condition.

For additional information, please call Medical Social Work at 253-968-2303.

Mountaineer Editorial Policy

Madigan Healthcare Systems has an officially published policy concerning content published in The Mountaineer. The policy is available on Madigan's Internal SharePoint for staff and on Madigan's Public

TRICARE Announces New Prescription Co-pays

Effective October 1, 2011

Type of Pharmacy	Formulary Drugs	Non-formulary Drugs
Military Pharmacy (up to a 90-day supply)	\$0	Not Applicable
Home Delivery (up to a 90-day supply)	Generic: \$0 Brand Name: \$9	\$25 (unless you establish medical necessity)
Retail Network (up to a 30-day supply)	Generic: \$5 Brand Name: \$12	\$25 (unless you establish medical necessity)
Non-Network (up to a 30-day supply)	Prime Beneficiaries: 50% cost share after point of service deductible has been met. All Others: \$12 or 20% of the total cost, whichever is greater, after the annual deductible is met	Prime Beneficiaries: 50% cost share after point of service deductible has been met. All Others: \$25 or 20% of the total cost, whichever is greater, after the annual deductible is met



For more information contact:

TRICARE Service Center

(877) 363-1303

Express Scripts, Inc.

www.express-scripts.com/TRICARE

website at www.mamc.amedd.army.mil.

If you would like to provide story submissions to The Mountaineer or have a story idea, you can contact Tawny Dotson at 253-968-3279 or e-mail her at tawny.m.dotson@us.army.mil.

Walking group

The Care Provider Support Program is offering a walking group that meets daily, Monday through Friday at 11:30 a.m. and again at noon for a half-hour walk period.

They meet at the Allergy and Immunology Clinic exit on the ground floor of the Medical Mall.

Fibromyalgia education course

The Rheumatology service at Madigan Healthcare System will be holding their monthly Fibromyalgia education course.

It is generally held the third Thursday of each month for one hour and is designed for patients diagnosed with Fibromyalgia. To ensure the course is being held or to register is available by calling TRICARE at 800-404-4506.

The course covers a description of the various Fibromyalgia diseases, coping with myofascial pain and sleep disorders associated with Fibromyalgia. For more information call 253-968-2287.