

the LEGACY

Landstuhl Regional Medical Center

October 2022

Vol. 3, No. 17



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Focus on suicide during Sept. pg. 5

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Events and Training Calendar

Oct. 3: German Unity Day

Oct. 4: Civilian Awards Ceremony, Heaton, 11:30 a.m.

Oct. 5: Annual Training, Heaton, 7:30 a.m.

Oct. 6: Hospital Newcomers Orientation, Heaton, 8 a.m.

Oct. 7: Class B Day

Oct. 10: Columbus Day

Oct. 11: IPAP Graduation, Heaton, noon

Oct. 11: Skills Fair, Heaton

Oct. 12: TeamSTEPPS, Heaton

Oct. 12: Wave of Light Ceremony, Chapel, 7 p.m.

Oct. 14: Hispanic Heritage Month observance, Heaton, noon

Oct. 14: Military Awards Ceremony, Heaton, noon

Oct. 18: MHS Genesis training, Heaton, 11 a.m.

Oct. 19: Annual Training, Heaton, 7:30 a.m.

Oct. 19: Awards Ceremony, Baumholder AHC

Oct. 20: Hospital Newcomers Orientation, Heaton, 8 a.m.

Oct. 21: LPMC LegacyFest, Ramstein Town Center, 5 p.m.

Oct. 24-25: ASBP Blood Drive, Heaton

Oct. 26: Commander's Town Hall, Heaton, noon

Oct. 28: LPMC Polo Shirt Day

Oct. 28: Spooktacular, CYS center, 5 p.m.

Oct. 31: 🎃🎃🎃

the LEGACY

LANDSTUHL REGIONAL MEDICAL CENTER
October 2022 • Vol. 3, No. 17

Commander: Col. Andrew L. Landers

Command Sgt. Maj. Omar Mascarenas

Public Affairs Chief / Editor: Marcy Sanchez

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 @LRMC_Landstuhl

Landstuhl Regional Medical Center

presents the first-ever
LRMC LegacyFest

-Traditional German volksfest
-German band
-Traditional German food & beverages

Includes:
Entry
1x Meal
1x Beverage
(Additional beverages available for purchase)

Individual - \$25
Table (10 people) - \$250

Traditional "Tracht"
Encouraged

Oct. 20, 2022
5 - 11 p.m.
Ramstein Town Center



Fall-elujah!



Col. Andrew L. Landers

Commander

Landstuhl Regional Medical Center

Army Col. Andrew Landers, commander, LPMC, encourages a participant during the Courageous Olympics Suicide Awareness Fitness Competition, at the Landstuhl Physical Fitness Center, Sept. 9.

It's Fall, Y'all! Whether you're looking forward to pumpkin spice lattes or Thanksgiving feasts, the weather is cooling, and leaves are changing. What else needs to change? If you've been in Germany more than a year, you know where I'm going with this: summer tires. Von O bis O, or From O to O (October to Ostern, [Easter]), isn't just another Army acronym, it's a reminder in Germany to ensure you have winter, or all-season, tires on your vehicle to comply with German law. Not only is it the legal thing to do, it's for you and your passengers' safety, as roads get quite slippery with the German weather, particularly when we hit freezing temperatures.

Fall also means the start of the flu season. Our Public Health Nursing team will host various opportunities for both the flu vaccine and latest (bivalent) COVID-19 booster, so let's get vaccinated. Remember, the bivalent booster is optional however, flu vaccines are mandatory. [Dates can be found here.](#)

I know the entire organization is working hard, preparing for holiday schedules, MHS Genesis training and all the organizational transformations we've underwent recently, I appreciate the hard work the everyone is doing and your commitment to improve our organization, overall improving the patient

care we deliver to our Joint Warfighter and their families. We also have a TJC survey in the next few months, so pay attention to section huddles, identify safety risks and challenges, and ensure you ask the question if you don't know the answer.

While working hard has its rewards, we also need to enjoy our time off. We'll be hosting the first-ever [LegacyFest, Sept. 20](#), a traditional German-style volksfest with music, food and drinks. I encourage you to enjoy the event and get to know fellow LPMC and KMC teammates. It's Oktoberfest – LPMC style, [get tickets here](#). Our awesome SFRG is also hosting our annual Spooktacular event, Oct. 28. The event will have several activities, including trunk or treat, costume contest, a zombie run and carnival games. Historically we've hosted haunted houses, this year we will have a Haunted Woods trail leading trick or treaters through nuclear waste zones, clown-infested parties, a haunted graveyard, and more! It'll be a fang-tastic night!

October has a heap of observances, but I believe one condition which affects a large percentage of the population is breast cancer. October is Breast Cancer Awareness Month, and the condition affects one in eight

American women. If you or someone you know is fighting breast cancer or a survivor, or even if you don't know anyone in that category, join others in wearing pink throughout the month to show your support. Remember that women 40-44 have the option to start screening every year and women 45-54 should get theirs annually.

October is also Domestic Violence Awareness Month. In the past few years, cases worldwide surged as isolation and the stressors of the pandemic took their toll on some home environments. No matter what the situation is, there are resources to support victims. Family violence is a threat to the health, welfare and safety of Soldiers and Family members, and it severely degrades warfighter readiness. The Army Family Advocacy Program helps strengthen Army Families, enhancing resiliency and relationship skills, improving quality of life. Please reach out to our Child & Family Behavioral Health Service (06371-9464-6311) for information on their programs and to support those who need it.

I'm grateful for the opportunity to lead this organization and appreciate the work and contributions you do each day. Thank you.



Kerry Dixon, Certified Nurse-Midwife (CNM) at Landstuhl Regional Medical Center, examines Molly Glandom during labor. LRM currently has six CNMs, experts in normal, physiologic birth and leaders in emphasizing holistic and wellness-oriented care.

By John Ciccarelli

Public Affairs Specialist
Landstuhl Regional Medical Center

Landstuhl Regional Medical Center (LRMC) is celebrating midwives during National Midwifery Week (Oct. 2-8), which was created by the American College of Nurse-Midwives (ACNM) to recognize midwives and midwife-led care.

During National Midwifery Week, LRM is hosting the following events:

- Meet the Midwives tables outside Dining Facility at LRM from 11 a.m. - 1 p.m., Oct. 4.
- Birth Story Share at the Brit Bar on Ramstein Air Base from 5 p.m. - 7 p.m., Oct. 5.
- Complimentary gift bags for all newborns delivered by midwives at the LRM Labor and Delivery Unit from Oct. 2-8.

Certified Nurse-Midwives (CNMs) are independent, licensed healthcare providers who are experts in normal, physiologic birth. LRM currently has six midwives on

staff. LRM midwives have a combined 95 years of experience and have delivered over 6,000 babies, assisting service members and their families from Europe, Africa, and the Middle East.

"CNMs provide primary care services, annual exams and reproductive care such as prescribing contraception and treating some gynecologic concerns," said Air Force Maj. Brittany Hannigan, chief of midwifery services, OB/GYN Clinic. "We are known for attending births, but we also educate patients about pregnancy, nutrition, parenting and newborn care."

While midwives focus on OB care, they can also provide well-women exams, gynecologic, family planning and menopausal care.

A CNM is a registered nurse who has also completed either a master's or doctoral degree at an accredited nurse-midwives

program and passed ACNM's national certification exam. ACNM is the professional association that represents CNMs and certified midwives (CMs) in the United States.

"CNMs are leaders in providing and emphasizing holistic and wellness-oriented care," said Air Force Maj. Stephanie Shivers, officer in charge, OB/GYN Clinic, LRM. "We are proud to honor their excellent patient care as a critical part of the LRM Labor and Delivery Unit."

There are approximately 7,750 board-certified midwives in the United States, according to the U.S. Bureau of Labor Statistics. About 100 are active-duty midwives. The National Center for Health Statistics notes that the percentage of births attended by midwives has increased every year since 1989.

LRMC celebrates National Midwifery Week

LRMC staff limelight military suicide throughout September

By Marcy Sanchez

Chief, Public Affairs
Landstuhl Regional Medical Center

Landstuhl Regional Medical Center staff participate in the 12-mile "From Darkness to Light" walk as part of Suicide Awareness Month at LRM, Sept. 1.

Watch more:



Suicide rates among U.S. active-duty Service Members increased by 41.4% from 2015 to 2020; Since 2001, more than 114,000 Veterans have died by suicide; 518 Service Members died by suicide in 2021.

These are just three of nearly two dozen grim statistics which lined the halls of Landstuhl Regional Medical Center in September, aiming to bring awareness to suicide and mental health. As the Department of Defense's only Level II Trauma Center overseas, LRM is one of the first stops for psychiatric evaluations of deployed Soldiers throughout Europe, Africa and the Middle East.

The cost of decades of war not only affects deployed Soldiers, Airmen, Sailors, Marines and Guardians, but also takes a considerable toll on their families.

For 1st Lt. Stephanie Birge, the statistics are too real to overlook and too personal to forgo. After losing friends and fellow Soldiers to suicide, Birge believes there's more work to be done.

"(Suicide prevention) is something I'm passionate about. Although we can never eradicate suicide, we can do something to help change the culture across the whole military community, so people feel comfortable saying I need help, I need support," said Birge, a staff nurse at LRM's Emergency Department. "Quite often, those individuals feel as if they're burdening the rest of the world and they shouldn't because it's just life, and life is hard."

At 16, Birge experienced the loss of her best friend. Years later following a deployment, a fellow Soldier took their own life, a loss which took the unit by surprise, Birge described.

To combat the longtime stigma of mental

health, staff organized various events throughout September, depicting loss as a moment which can happen at any time. On Sept. 1, over a dozen staff members trekked 12 miles as part of a [Darkness to Light Walk](#), some carrying a 22-pound rucksack, symbolizing the 22 Veterans who lose their battle to suicide every day. On Sept. 9, LRM's Inpatient Behavioral Health Ward partnered with a host nation functional fitness gym to host the first-ever [Courageous Olympics](#), a fitness competition highlighting physical activity as a means of coping with mental health issues. In mid-September, a weeklong Suicide Prevention Resource Bingo was held, encouraging participants to locate six local resources for suicide intervention. Lastly on Sept. 23, an [interactive observance](#) realized the statistics as individuals, with a powerful message from the Army Substance Abuse Program.

"It's good that (mental health) is being talked about more," said 2nd Lt. Ryan Washington, a staff nurse at LRM's Medical, Surgical, Pediatrics Inpatient Unit. "Even when I first joined (the Army), one of the Soldiers I was in (initial training) with committed suicide, so I've experienced the issue, as I know others have as well, from the beginning of my career."

While mental illness is only one factor contributing to increased suicide risk, events focused on preventive measures and remaining resilient over contributing issues.

"(Efforts) like (the 12-mile walk) where you can socialize in groups, leaders talking about (suicide), welcoming Soldiers to talk with them about their issues, bringing awareness to talking about it, it's making (suicide) a prevalent issue," said Washington, who also participated

in the 12-mile walk.

According to the Centers for Disease Control and Prevention, healthy coping and problem-solving skills and feeling connected to one's school, community or social institution are effective in protecting individuals against suicide risk.

"Some people find (physical activity) as a stress reliever, it helps a lot," added Washington. "You feel much better after a workout, you can process things a little bit better. It's a positive reinforcement tool for sure."

"Statistics, studies and research shows socialization as a really good protective factor against suicide," said Birge, who led this year's campaign. "We're hoping at some point if someone out here was having (suicidal ideations), they realize they have a huge support system they may not have known ever existed. If you have good leadership, if you feel like you are part of a team, people might not follow through with (suicide) because they don't want to let down their team."

Although suicide is a leading cause of death among all Americans, uniformed personnel are often separated from familiar support systems, increasing reliance for such support on peers, leaders and resources.

"Not everyone's family is (overseas) with (Service Members) and so you can't just drive down the street to mom and dad's house, you can't just go get your sister or your best friend to talk with. Sometimes you're stuck, but we want them to know they're not stuck," said Birge. "We want people to know where to go (for support). We're all here."

RHCE redesignates to Medical Readiness Command, Europe



Brig. Gen. Clinton Murray and Command Sgt. Maj. Omar Mascarenas case the colors of Regional Health Command Europe, and uncse the new colors for the Medical Readiness Command, Europe on Sept. 30 near Landstuhl, Germany.

Watch the entire event:



By Kirk Frady
Director, Public Affairs
Medical Readiness Command, Europe

SEMBACH, Germany– The U.S. Army is modernizing medical care to provide sustained expeditionary, tailored, medical forces to support the Army against any adversary in joint, multi-domain, high-intensity battlefields of the future and through the next pandemic.

One way Army Medicine is doing that is by redesignating its four existing region health commands as Medical Readiness Commands.

The Regional Health Command Europe, headquartered at Sembach, Germany, was redesignated as Medical Readiness Command, Europe during a ceremony near Landstuhl Regional Medical Center on September 30. The event was hosted by Maj. Gen. Dennis P. LeMaster, Deputy Commanding General (Support) U.S. Army Medical Command and the 19th Chief, U.S. Army Medical Service Corps.

"Today's redesignation ceremony marks our compliance with NDAA, which redirects MEDCOM's focus and priority onto the readiness of our Soldiers and medical forces," said LeMaster. "We will provide trained and ready forces that are prepared to deploy today and fight tonight."

In accordance with the 2017 National Defense Authorization Act, the Army, along with the other branches of military service, transferred administrative control of their fixed medical facilities to the DOD Defense Health Agency. The newly minted Medical



The Regional Health Command Europe, headquartered at Sembach, Germany, was redesignated as Medical Readiness Command, Europe during a ceremony near Landstuhl Regional Medical Center on September 30. The event was hosted by Maj. Gen. Dennis P. LeMaster, Deputy Commanding General (Support) U.S. Army Medical Command and the 19th Chief, U.S. Army Medical Service Corps.

Readiness Commands, which remain with the Army, are essential to carrying out the MEDCOM readiness mission of sustaining a trained and ready medical force and a

Command and we are the receiving Role 4 medical facility for all casualties coming out of AFRICOM, CENTCOM and EUCOM and that is a significant lift. There aren't that many Army units in the world that have that many lifts at the same time, and it's incredibly impressive."

The newly redesignated Medical Readiness Command, Europe will provide regionally ready, globally responsive medical forces, health service support, and force health protection to conserve the fighting strength of the Army. Additionally, it will provide command and control to Medical Department Activities, Medical Centers, Dental Health Commands, Public Health Commands, and Soldier Recovery Units.

As part of the reform and restructure of Army Medicine, the four existing Regional Health Commands are being restructured to better support Army readiness.

medically ready force.

"It really is a historical event for us to recognize our past and celebrate what we're doing as we move forward into the future," said Brig. Gen. Clinton K. Murray, commanding general of Medical Readiness Command, Europe. "Here in Europe, we are the only fully forward deployed medical readiness command in the Army Medical

DENTAC-RP

Staff save volunteer during event



CAMP HUMPHREYS, Republic of Korea – Lt. Col. Min Kim, Philadelphia, Pennsylvania native and pediatric dentist, checks the jaw alignment of Seth Kennebeck, during a dental exam. (U.S. Army photo by Cpl. Seung Ho Park)

By John Ciccarelli

Public Affairs Specialist
Landstuhl Regional Medical Center

Dental Health Activity Rhineland-Pfalz (DENTAC-RP) staff members responded to a medical emergency during a health fair at Vogelweh Elementary School on Sept. 12.

Pediatric dentists, Army Lt. Col. Min Kim and Army Maj. Daniel Snow, were providing dental screening to students with fellow DENTAC-RP dental assistant, Halel Fleming, when a volunteer at the event began to seize up and choke, causing an immediate reaction from the dental staff.

"The moment was intense, the individual stopped breathing and fell to the ground choking. We immediately followed our life-saving training and began to perform alternating

choke-prevention techniques," said Kim, a native of Seoul.

With limited tools, the team positioned the patient to prevent further complications while providing sternal rubs and keeping her airway clear, despite her jaw clamping shut. Once paramedics arrived, the patient was stabilized and transported to a hospital.

"There were times during the event where the (individual) was struggling to breathe. We just tried to do everything we could to keep (the individual) breathing until emergency medical services arrived," said Snow, native of Newbury Park, CA. "Tragedy can strike at any time – you always need to be ready

and willing to provide aid. The best way to respond to a situation like this is to stay calm and think clearly."

Lt. Col. James Giesen, commander of DENTAC-RP, said he is extremely proud of the dental team and how their quick reaction prevented a potentially fatal situation.

"We never know when we will be tested, either in our workplace or in our communities. Our team worked together, assumed responder roles, and rendered life-saving aid until EMS could arrive. They were in the right place at the right time," said Giesen.



Lt. Col. Min Kim and Maj. Daniel Snow, Dental Health Activity Rhineland-Pfalz (DENTAC-RP) pediatric dentists performing a full mouth dental rehabilitation operation at Landstuhl Regional Medical Center, Sept. 30. (Courtesy Photo)

LRMC to host remembrance for pregnancy and infant loss

By Marcy Sanchez

Chief, Public Affairs
Landstuhl Regional Medical Center

Landstuhl Regional Medical Center is slated to host an observance in honor of National Pregnancy and Infant Loss Remembrance Day, Oct. 12.

The observance aims to recognize parents and families who have experienced pregnancy loss or infant death and guests who wish to support grieving efforts associated with loss.

Pregnancy and Infant Loss includes miscarriage, stillbirth or death of a newborn. Traditionally, the observance is held on Oct. 15, and a candle is lit for each loss at 7 p.m. around the world symbolizing a wave of light in remembrance.

"It's something that we hold for families who experienced a perinatal or infant loss or anyone who wants to remember those that have passed," said Army Cpt. Samantha McCardle-Willcox, a nurse at LRMC's Labor, Delivery, Recovery and Postpartum Unit. "Some nurses commemorate the observance because they've taken care of these families. I have taken care of these patients personally, so to be able to give back to their memory I think it's quite an honor."

McCardle-Willcox, who is leading the observance efforts, believes nurses' roles impact bereaved families beyond coping with grief and loss by helping them remember their

children.

"I'm a stranger to these patients and it's probably one of the most vulnerable and intimate experiences these families go through. To be a small part of it and to do anything at all that can help is a privilege," said McCardle-Willcox.

With a small team of bereavement-trained nurses, staff members help grieving families by encouraging them to create memories with their child.

"Bereavement is not something everyone has experience with day in and day out so we train staff so they feel prepared and can give adequate care to these families," explains McCardle-Willcox. "We labor our patients daily, but bereavement care is different. Not just the physical nursing care but also helping them cope through the loss."

Strategies for remembrance include allowing the family time to bond with their child, dressing the child, family photographs, molds of hands and feet, and snipping a lock of hair, all of which the bereavement team includes in a memento box to be presented to the family later.

For McCardle-Willcox, providing any type of comfort to families during loss means taking care of military families in a different way.

"Being in women's health, I really take pride in caring for my military peers and spouses. That connection is even more unique to me when experiencing something like loss because we start as strangers, but quickly we

Infant & Pregnancy Loss
Remembrance Ceremony

WAVE OF LIGHT

Landstuhl Regional Medical Center
October 12th, 2022 at 7:00 p.m.
LRMC Chapel

see these families as our own," said McCardle-Willcox.

According to studies by the American College of Obstetricians and Gynecologists, 10-25 percent of all clinically recognized pregnancies end in miscarriage (under 20 weeks of gestation) with risks intensifying depending on several factors. The annual observance not only remembers the losses but aims to raise awareness of those who have suffered such a loss as well.

The observance will be broadcast live over LRMC's social media, allowing viewers to join in the ceremony and virtually include their baby's name to have staff members light candles in remembrance of their loss.

DATING CAN BE SCARY BUT YOU SHOULDN'T FEAR YOUR BOO!!

U.S. Army Sgt. Scott Luurtsema

SHARP Victim Advocate

A strong bond between you and your partner is what everyone wants in life. The military adopted the program called "Strong Bonds" for a variety of relationships and the difficulties that come with dating or even being married to a military member. Strong Bonds is a program headed by chaplains and offer a variety of classes that allow a soldier to gain practical and useful information that is nationally recognized. There are classes for Single soldiers where a Soldier will learn to examine priorities, manage choosing patterns and learn to evaluate a relationship's potential for long-term success.

Single Soldiers Programs aren't all that is offered in the [Strong Bonds Program](#). Chaplains have classes for Couples as well. We all know that the military has stressors that civilians haven't had to deal with, long term deployments and frequent relocating are just a few obstacles that come with the territory of being in a relationship with a military member. In small groups, couple will learn to bond with their peers and participate in communication and relationship-building skills.

Finally, there are the Strong Bond events for families. The constant relocating and absence of parents would and could be tough on any child or family. Chaplains provide events for families in small groups or one-on-one activities to learn how to maintain closeness

during frequent relocation, long separations, and repeated reunions. All of these events are held away from post and the military life and usually encompasses a weekend of learning with some downtime to enjoy with your peers, if you are single, or significant others, if you are married, or even your family.

The military isn't perfect, and neither is every relationship. There are tools and programs that are provided to try and give you the best chance of overcoming your fears - to start a relationship - to get married - to have a family, regardless of the hardships that may arise. You shouldn't be afraid to take the chance of meeting someone when you have programs like Strong Bonds to help you before and during your relationships.

Courageous Olympics

The Inpatient Behavioral Health Clinic sponsored a Suicide Awareness Fitness Competition, Sept. 9, aiming to raise awareness of mental health healing and promote physical fitness as a healthy alternative to cope with related symptoms.

Suicide Awareness Fitness Competition



Watch footage of the event:



Hill Top Cafe / Warrior Restaurant

October Menu

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<div>LUNCH</div> <div>Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes</div> <div>DINNER</div> <div>Eggplant Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes</div>	<div>LUNCH</div> <div>Szechwan Chicken Breaded Cod Pasta Provencal, SOUP: Hearty Tomato</div> <div>DINNER</div> <div>Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice</div>	<div>LUNCH</div> <div>Shrimp Jambalaya Beef Curry Vegetarian Lasagna, SOUP: Herbed Tomato & Lentil</div> <div>DINNER</div> <div>Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes</div>	<div>LUNCH</div> <div>Garlic Butter Cod Caribbean Chicken Pasta Primavera SOUP: Chicken Tortilla</div> <div>DINNER</div> <div>Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice</div>	<div>LUNCH</div> <div>Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone</div> <div>DINNER</div> <div>Tortellini Alfredo Rosemary Cod Noodles Jefferson</div>	<div>LUNCH</div> <div>Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers Soup: Red Thai Chicken Curry</div> <div>DINNER</div> <div>Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower</div>	<div>LUNCH</div> <div>Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Mashed Potatoes</div> <div>DINNER</div> <div>Broccoli Cheese & Rice Casserole Battered Pollock, Broccoli Oven Browned Potatoes</div>
<div>LUNCH</div> <div>Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese</div> <div>DINNER</div> <div>Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice</div>	<div>LUNCH</div> <div>Creole Cod Chicken Adobo Italian Broccoli Pasta SOUP: Broccoli Cheese</div> <div>DINNER</div> <div>3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes</div>	<div>LUNCH</div> <div>Rotisserie Chicken Beef Carne Asada Vegetarian Chili SOUP: Chicken Tortilla</div> <div>DINNER</div> <div>Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables</div>	<div>LUNCH</div> <div>Latin Cod Teriyaki Chicken Three Bean Tacos SOUP: Spicy Black Bean</div> <div>DINNER</div> <div>Paella Stuffed Peppers Honey Chipotle Chicken Roasted Carrots, Rice</div>	<div>LUNCH</div> <div>Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice SOUP: Cream of Cauliflower</div> <div>DINNER</div> <div>Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes</div>	<div>LUNCH</div> <div>Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry SOUP: Chicken</div> <div>DINNER</div> <div>Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice</div>	<div>LUNCH</div> <div>Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes</div> <div>DINNER</div> <div>Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables</div>
<div>LUNCH</div> <div>Beef Yakisoba Honey Mustard Chicken Vegetable Penne Pasta Broccoli, Mashed Potatoes</div> <div>DINNER</div> <div>Eggplant Parmesan Spaghetti & Meatballs Cauliflower, Buttered Potatoes</div>	<div>LUNCH</div> <div>Szechwan Chicken Breaded Cod Pasta Provencal, SOUP: Hearty Tomato</div> <div>DINNER</div> <div>Vegetable Curry & Rice Beef & Broccoli Stir Fry Curry Cauliflower, Rice</div>	<div>LUNCH</div> <div>Shrimp Jambalaya Beef Curry Vegetarian Lasagna, SOUP: Herbed Tomato & Lentil</div> <div>DINNER</div> <div>Italian Broccoli Pasta Chicken Lasagna Italian Roasted Potatoes</div>	<div>LUNCH</div> <div>Garlic Butter Cod Caribbean Chicken Pasta Primavera SOUP: Chicken Tortilla</div> <div>DINNER</div> <div>Spinach & Mushroom Quiche Beef Fajitas Mixed Vegetables, Spanish Rice</div>	<div>LUNCH</div> <div>Baked Chicken & Noodles Glazed Meat loaf Vegetarian Zucchini Pancakes SOUP: Minestrone</div> <div>DINNER</div> <div>Tortellini Alfredo Rosemary Cod Noodles Jefferson</div>	<div>LUNCH</div> <div>Creole Shrimp & Rice Sukiyaki Beef Paella Stuffed Peppers Soup: Red Thai Chicken Curry</div> <div>DINNER</div> <div>Broccoli Quiche, BBQ Pork Loin Wild Rice, Cauliflower</div>	<div>LUNCH</div> <div>Savory Baked Chicken Honey Glazed Ham, Hopping John Zucchini & Tomatoes, Mashed Potatoes</div> <div>DINNER</div> <div>Broccoli Cheese & Rice Casserole Battered Pollock, Broccoli Oven Browned Potatoes</div>
<div>LUNCH</div> <div>Roasted Turkey Yankee Pot Roast, Vegan Sloppy Joes Asparagus, Macaroni & Cheese</div> <div>DINNER</div> <div>Vegetarian Lasagna Pineapple Chicken Breast Roasted Cauliflower, Rice</div>	<div>LUNCH</div> <div>Creole Cod Chicken Adobo Italian Broccoli Pasta SOUP: Broccoli Cheese</div> <div>DINNER</div> <div>3 Cheese Penne Pasta Braised Pork Chops Italian Vegetables, Potatoes</div>	<div>LUNCH</div> <div>Rotisserie Chicken Beef Carne Asada Vegetarian Chili SOUP: Chicken Tortilla</div> <div>DINNER</div> <div>Black Bean Vegan Chili Sweet & Sour Pork Chops Mixed Vegetables</div>	<div>LUNCH</div> <div>Latin Cod Teriyaki Chicken Three Bean Tacos SOUP: Spicy Black Bean</div> <div>DINNER</div> <div>Paella Stuffed Peppers Honey Chipotle Chicken Roasted Carrots, Rice</div>	<div>LUNCH</div> <div>Greek Lemon Turkey Pasta Beef Stifado Red Beans & Rice SOUP: Cream of Cauliflower</div> <div>DINNER</div> <div>Vegetarian Jambalaya BBQ Chicken Breast Green Beans, Mashed Potatoes</div>	<div>LUNCH</div> <div>Cajun Salmon W/ Pineapple Salsa Sesame Chicken Vegan Lentil Curry SOUP: Chicken</div> <div>DINNER</div> <div>Chickpea Curry Mexican Chicken Breast Roasted Broccoli, Brown Rice</div>	<div>LUNCH</div> <div>Salisbury Steak Chicken Tetrazzini Vegetable Quiche Spinach, Carrots, Mashed Potatoes</div> <div>DINNER</div> <div>Spinach Lasagna Stuffed Pollock White Rice, Mixed Vegetables</div>
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The Hill Top Cafe offers two to three entree options for our guests, as well as starchy and non-starchy sides.
Short Order menu: hamburgers, cheeseburgers, black bean burgers, grilled chicken breast, french fries and sweet potato fries.
Daily Breakfast Bars: MWF: Omelet/Egg Bar T & Th: Pancakes/French toast
Weekdays: Breakfast: 6 - 8:30 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4:30 - 6 p.m.
Weekends and Holidays: Breakfast: 7 - 9 a.m. | Lunch: 11 a.m. - 1:30 p.m. | Dinner: 4 - 6 p.m.
**Menu is subject to change.

the spotlight

ONE TEAM. ONE PURPOSE.
Selfless Service.



Wounded Warriors pose with service members for a group photo on September 8, at Landstuhl Regional Medical Center. LRMCM hosted wounded warriors returning to the hospital to meet and thank current staff members of the medical center where they were treated years earlier. Guests included Brent Whitten and Brett Miller.



Leaders with the Veterans of Foreign Wars of the United States (VFW) toured Landstuhl Regional Medical Center's Emergency Department, Intensive Care Unit and the Fisher House, Sept. 7. Timothy Borland, VFW commander-in-chief, Ryan Gallucci, National Veterans Service (NVS) director, and Robert Wallace, Washington DC VFW executive director, toured the medical facility as they journey across Belgium and Germany speaking to leaders and Service Members, while observing operational and medical capabilities, and quality of life programs overseas.



Watch the entire event:



Landstuhl Regional Medical Center staff and guests participate in the 21st Anniversary 9/11 Memorial Ruck.Run.Walk with Guest Speaker Brett Miller, Iraq War veteran who was treated at LRMCM for injuries from the War on Terror, Sept. 11.