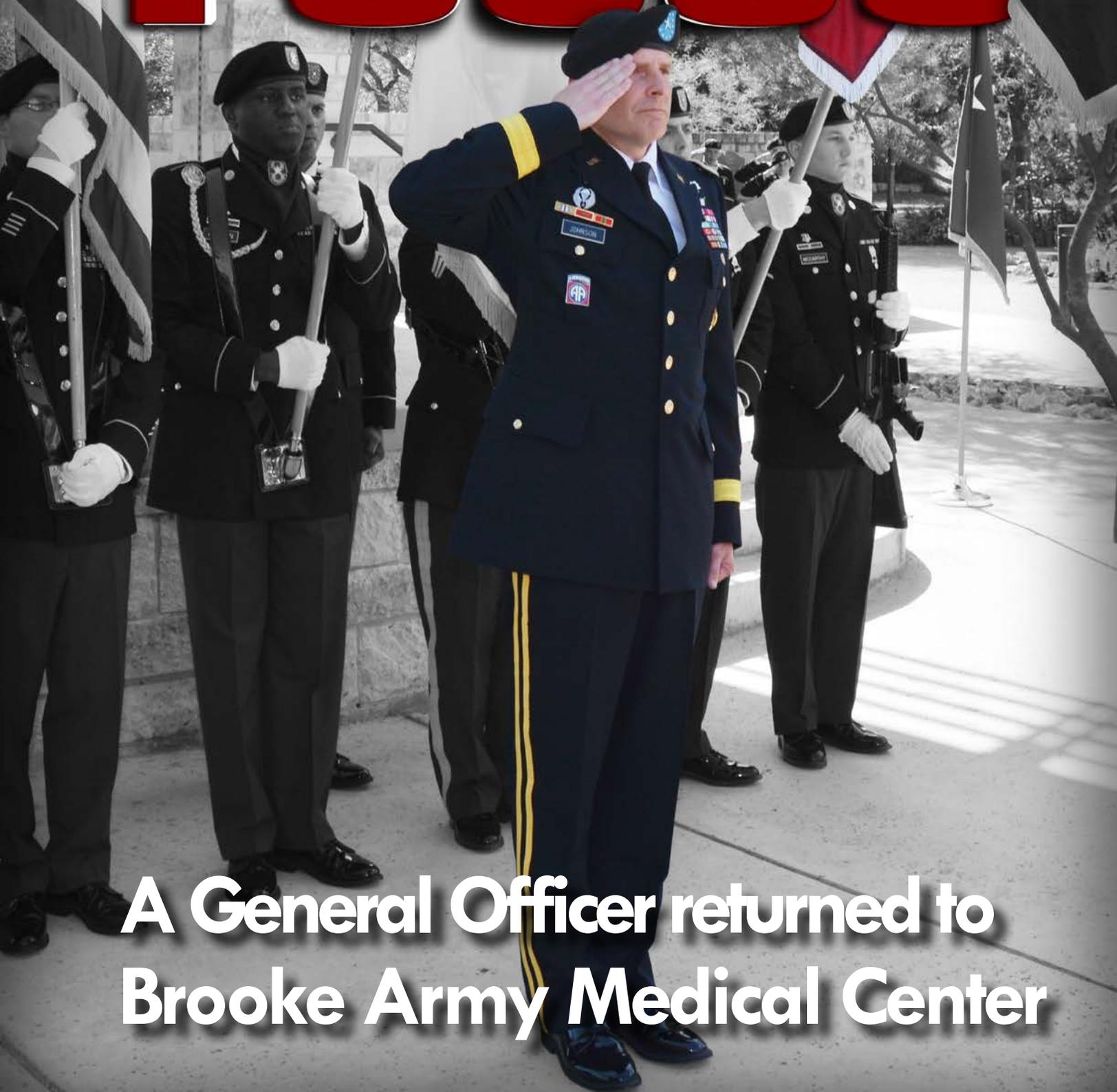


JULY 2016

BROOKE ARMY MEDICAL CENTER

FOCUS



**A General Officer returned to
Brooke Army Medical Center**

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BAMC FOCUS

JULY 2016

BG Jeffrey Johnson
Commander

CSM Albert Crews
Command Sergeant Major

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Editor

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Deadline for submission is six business days before the first of the month. We reserve the right to edit submissions selected for publication.



OUR COMMITMENT



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Brigadier General, U.S. Army
Commanding General



BROOKE ARMY MEDICAL CENTER



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Team BAMC,

The Fourth of July, or Independence Day, is a federal holiday that celebrates the adoption of the Declaration of Independence on July 4, 1776. A small group of patriots banded together to begin an experiment in democracy that few predicted would become the greatest Nation on earth. In the years since, American patriots have selflessly and courageously defended our freedoms. America's birthday is made all the more poignant by your continued service. Thank you for your dedication and sacrifice.

As we celebrate the Fourth of July with family and friends, I encourage you to keep safety first in all of your activities. The holiday celebrations often take place with parades, barbeques and other festivities to include a spectacular display of fireworks. On this occasion, be mindful of the safety risks and consider risk management to help keep you and your loved ones safe.

Leaders will conduct safety briefings for all personnel. Review associated risks such as grill safety, obeying firework laws, food safety, don't drink and drive, motorcycle safety, water safety, and heat injury prevention. For more information, contact the BAMC Safety Office or visit: <https://safety.army.mil/>.

Another important safety measure is to be aware of your surroundings. Sexual assault can happen anywhere. If you are unsure or uneasy in any situation, leave the area and let somebody know. Use the buddy system. Stay alert and report anything suspicious to local authorities.

I wish everyone a fun and relaxing Independence Day holiday. Practice good safety and enjoy your weekend!

JEFFREY J. JOHNSON
Brigadier General, U.S. Army
Commanding General



86-year-old veteran receives nation's highest civilian honor

By Elaine Sanchez
BAMC Public Affairs

An 86-year-old Korean War veteran was awarded the nation's highest civilian honor in a bedside ceremony at San Antonio Military Medical Center here June 5.

Retired Staff Sgt. Jose Diaz-Rivas received the Congressional Gold Medal for his contributions alongside the Soldiers of the 65th Infantry Regiment "Borinqueneers," a Puerto Rican U.S. Army unit that fought in nine of 10 campaigns during the Korean War.

"Not many people receive this medal; I feel very proud" said Diaz-Rivas, as he accepted the medal surrounded by family, friends and BAMC staff.

The 65th Infantry Regiment stood up in 1899 and served in World War I and World War II, but it was during the Korean War that they made their mark in extensive combat. While instrumental in many operations, one of their most significant achievements took place in early 1951, during Operation Thunderbolt. Ordered to seize two hills held by the Chinese 149th Division, the Soldiers charged with bayonets fixed to their rifles and forced the Chinese troops to vacate, paving the way for the Eighth Army to recapture Seoul.

Diaz-Rivas, a Puerto Rican native who enlisted at age 16, describes his unit as a "fierce" group. He recalled how they would sing their regimental song as they marched into battle. From his bed, he began to softly sing the hymn he learned more than 65 years ago: "Arriba muchachos vamos a zarpar; a lejanas tierras vamos a pelear." (Get up boys, we are shipping out; to far-away lands we must go and fight.)

"The Americans would say, those Puerto Ricans are crazy. They are going to fight and they are singing; they are happy," he



Brooke Army Medical Center Commander Army Col. Jeffrey Johnson presents the Congressional Gold Medal to retired Staff Sgt. Jose Diaz-Rivas for his service with the 65th Infantry Regiment as Diaz-Rivas' wife and family look on. (Photo by Michael Bueno)

said with a laugh. "They didn't understand that singing gave us courage."

Their courage and sacrifice is reflected in the number of honors they garnered. For the Korean War alone, the regiment earned more than 2,700 Purple Hearts, 600 Bronze Stars, 250 Silver Stars, nine Distinguished Service Crosses and one Medal of Honor.

The unit now adds a Congressional Gold Medal to its roster, joining recipients such as George Washington and Dr. Martin Luther King Jr. and groups such as the American Red Cross and the Tuskegee Airmen. The Congressional Gold Medal and Presidential Medal of Freedom are the highest civilian awards in the U.S., awarded to people or groups with achievements that have a lasting impact on American history and culture.

Diaz-Rivas originally had hoped to accept the medal alongside his fellow Soldiers at the U.S. Capitol on April 13, but



Retired Staff Sgt. Jose Diaz-Rivas received a Commendation Medal from President Lyndon B. Johnson for rescuing and transporting wounded Soldiers behind enemy lines during the Vietnam War. (Courtesy Photo)

was unable to attend the ceremony due to his declining health. However, his family and caregivers decided a medal in the mail would not suffice, and Brooke Army Medical Center Commander Col. Jeffrey Johnson agreed.

Johnson, BAMC Command Sgt. Maj. Albert Crews and other leaders gathered on a Sunday afternoon to honor Diaz-Rivas' contributions.

"We honor you and thank you for your sacrifice," the commander said as he presented the medal to Diaz-Rivas.

For his personal courage in the Korean War, Diaz-Rivas was awarded a Combat Infantryman Badge and a Korean Service Medal with two Bronze Stars. He later joined the Air Force and fought in the Vietnam War, for which he received a Commendation Medal from President Lyndon B. Johnson for rescuing and transporting wounded Soldiers behind enemy lines. He retired from the military in 1971 with 21 years of service. The father of four recently celebrated his 58th wedding anniversary.

"My father is very proud of his medal," said his daughter, Ivonne Diaz-Navedo. "But we are proud of all of his contributions. It's a complete life he's lived."

U.S. Senator Marco Rubio praised Diaz-Rivas' unit during a Senate Floor Speech on April 13. "It is my hope that the more than 1,000 Borinqueneer veterans living throughout the United States, as well as the family members of those fallen, departed, and missing in action, will know at last that their service has received the ultimate tribute from a grateful nation," he said.

BAMC one of several hospitals participating in emergency airway study

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center is one of more than 25 hospitals from five countries to participate in the National Emergency Airway Registry.

NEAR is a multi-center, prospective emergency medicine led registry. Its primary goal is to document the airway management experience of clinicians in the emergency department setting.

"Our involvement with this sort of cohort puts us on the map in terms of our standing in the community and our standing as a facility," said Air Force Col. Mark Antonacci, chief of the Department of Emergency Medicine at BAMC.

The study is based at the Department of Emergency Medicine, Brigham and Women's Hospital, in Boston, Massachusetts, in conjunction with the Harvard Affiliated Emergency Medicine Residency. The principal investigator for the project is Dr. Ron Walls.

The initial reason for the study, which began in the 90s, was because most of what medical science knew about airway management and intubation was based on anesthesia literature.

Intubation is the placement of a flexible plastic tube into the windpipe to maintain an open airway or to serve as a conduit through which to administer certain drugs.

"Anesthesiologists intubate patients before surgical procedures but that experience doesn't necessarily reflect what



Army National Guard Sgt. Bobby Steward (left), a medic, assists Capt. Nicole Foster, a physician assistant, as she intubates an airway on a training mannequin at Camp Dodge in Johnston, Iowa, Feb. 10. (Photo by Spc. Michael Germundson, 115th Mobile Public Affairs Detachment)

happens in the emergency department when patients are intubated," said Army Capt. Michael April, an emergency medicine resident at BAMC.

"It's a very different setting with very different patients. The goal of the registry was to start accumulating a database to increase our knowledge about emergency medicine intubation."

The airway is a high priority for almost all of our patients, explained Antonacci.

"The NEAR registry is a cohort of large medical centers across the United States and four other countries all putting data into this central repository so that we can use the data to advance the care of our patients with regards to airway maneuvers," Antonacci said.

"It also gives us a chance to compare ourselves to other medical centers and see where we stand."

The data includes how many attempts it took to achieve the

intubation, the patient's vital signs during the procedure, the reason for the intubation, if there were complications and the experience level of the person performing the intubation.

"It's basically the who, what, when, where and how of the procedure that we did," Antonacci said.

BAMC emergency room personnel perform about 20 intubations a month.

"Our participation in NEAR allows us in the emergency department to have more visibility on how we are performing and look at ways we can improve," April said. "The other more far reaching goal is that we can use this to help initiate better ways to train our providers, that extends to physicians as well as combat medics who are often in a situation where they have to clear an airway."

There are plans to expand the registry to more than 40 facilities in the future.

New 24/7 staff gym takes shape in BAMC

By Elaine Sanchez
BAMC Public Affairs

A 24/7 fitness center for staff looking to shape up or unwind officially opened for business in Brooke Army Medical Center June 21.

Maj. Gen. Joseph Carvalho Jr., BAMC Commander Brig. Gen. Jeffrey Johnson, and BAMC Command Sgt. Maj. Albert Crews cut the ribbon to mark the opening of the new badge-access-only gym. The gym, located in the atrium near the Garden entrance, features a variety of cardiovascular equipment and 305 pounds of free weights, with more equipment on the way.

“We’re excited to offer our staff a safe, convenient area to focus on fitness,” Johnson said.

The project was years in the making, the commander noted. In 2011, resiliency group members asked former commander, then-Brig. Gen. Carvalho, if a fitness area could be created solely for staff.

“I was approached on many fronts,” said Carvalho, who is now the Joint Staff Surgeon. “It was clearly a high-interest need for the staff.”

The popular suggestion remained on the table for five years, Johnson said, gaining even more traction as the Performance Triad of activity, sleep and nutrition became ingrained in Army culture.

“It was strange for us to talk about fitness and the Triad, but not execute it here,” Johnson said. “But that is going to change today.”

Carvalho said he was excited to see a popular staff suggestion brought to fruition years later. “I think this gym is going to be a highly prized asset,” he said. “I’m proud of the BAMC team and very happy that the gym is now open.”

The ribbon cutting was followed by an equipment demonstration, mini-health fair and healthy snacks within the atrium.

Capt. Jacqueline Just stayed after to try out the equipment and to get her heart rate up.



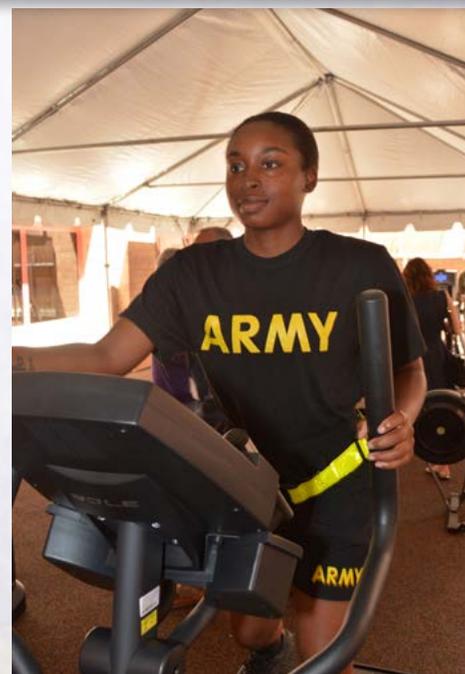
Brig. Gen. Jeffrey Johnson, Maj. Gen. Joseph Carvalho Jr., and BAMC Command Sgt. Maj. Albert Crews cut the ribbon to officially open the new fitness center at Brooke Army Medical Center, June 21. (Photo by Robert Shields)

“I wanted a gym here for the longest time. I’m ecstatic,” she said, while using an aerobic step. “No one has any excuses now to not work out.”

While the gym is ready for action, there’s much more to come, noted Spc. Marcus Quickley, a gym committee member. The committee welcomes both equipment and class suggestions to improve the space. “The more input we get the more progress we’ll make. Before long, we’ll have a fully functional Performance Triad-based gym.”

The committee also is seeking volunteers to teach classes such as yoga, Body-Pump and kickboxing.

Along with new equipment, the gym will soon have a new name. The grand opening included a “Name the New Gym” contest. The winner will be announced on the web soon.



Pfc Christiana Smiley tries out an elliptical machine in the new fitness center at Brooke Army Medical Center, June 21. (Photo by Robert Shields)

Flag Day Army Birthday Celebration



Brooke Army Medical Center Troop Command Soldiers perform retreat June 14 in celebration of Flag Day and the Army's 241st Birthday.

(Photos by Elaine Sanchez)



BAMC Troop Command Soldiers line up in formation June 14 for a special retreat ceremony in celebration of Flag Day and the Army's 241st Birthday.



Brooke Army Medical Center Commander Col. Jeffrey Johnson salutes the flag during a special retreat ceremony June 14 in celebration of Flag Day and the Army's 241st Birthday. Johnson was promoted to brigadier general June 21.



Brooke Army Medical Center Troop Command Soldiers fold the flag after a special retreat ceremony June 14 in celebration of Flag Day and the Army's 241st Birthday.

BAMC commander promoted to brigadier general



Maj. Gen. Joseph Carvalho Jr. administers the oath of office to Brig. Gen. Jeffrey Johnson during a promotion ceremony June 21 at the Warrior and Family Support Center Amphitheater. (Photo by Robert Shields)

By Lori Newman
BAMC Public Affairs

Brooke Army Medical Center once again has a general officer in command. The last general officer to command BAMC was in 2013.

BAMC Commander Col. Jeffrey Johnson was promoted to the rank of brigadier general June 21 during a ceremony at the Warrior and Family Support Center Amphitheater.

Maj. Gen. Joseph Carvalho Jr., Joint Staff Surgeon at the Pentagon and former BAMC commander, was the presiding officer for the ceremony.

“It’s a great day for the Johnsons and a great day for Army Medicine,” Carvalho said.

“I’m here purposely to talk about a great American, and someone reminded me I should also talk about her spouse, Jeff Johnson,” he joked.

“Not only do I think the world of Jeff and Paula, but I love the men and women who have dedicated themselves to the military medical missions here in San Antonio.”

Carvalho highlighted many of Johnson’s past military assignments, saying he first met Johnson at Womack Army Medical Center in 2003.

“He was a calm collected lieutenant colonel at the time responsible for one of the busiest family medicine programs in the Army inventory,” Carvalho said. “I was impressed then and I have remained impressed ever since.”

Carvalho also praised John-

son’s wife, Paula, saying, “She is an incredible individual with a heart of gold and an unbridled passion for our Soldiers and families.”

Johnson’s family including his wife, his parents Dorothy and Jack Johnson, sister Joy Myers, and his daughter Elizabeth Smart and her children all took part in the pinning ceremony and presentation of general officer items.

The ceremony also included special touches such as the delivery of gifts to Johnson’s family by Sgt. Robyn Rothwell and her horse Junior. The inclusion of the horse in the ceremony and the period costume worn by Rothwell provided a link to the Army’s past.

“I first want to thank my God for the undeserving blessings He brings to my life,” Johnson said. “My relationship with Him provides me with focus and wisdom through His word, humbling of my spirit through worship and the ability to strengthen others through His reflected presence.”

Johnson thanked several people who helped guide him throughout his career.

“Year after year I was exposed to just the right mix of leaders who added to the mold and for this I am forever thankful,” Johnson said.

He thanked his wife for always standing by his side and his parents and sister and brother-in-law for their steadfast support.

“There is no one who has added more color to my life than you and your family,” Johnson told his daughter Elizabeth. “You pro-

vide me with insight to another side of the military and to the human side of life.”

Johnson also thanked Carvalho for presiding over the ceremony saying, “You have been a consistent example of the balance needed to weigh clinical judgment with operational impact all the while demonstrating compassion.”

“I wish you both the very best in your tenure here in what I trust will be your best assignment ever,” Carvalho said. “The Army got it right by selecting Jeff for promotion to the general officers’ ranks and I’m very happy to see that he is given the reigns here at BAMC.”



Col. Jeffrey Johnson’s wife Paula and his parents Dorothy and Jack Johnson place the rank of brigadier general on his uniform jacket June 21 during a promotion ceremony at the Warrior and Family Support Center Amphitheater as Maj. Gen. Joseph Carvalho Jr. looks on. (Photo by Robert Shields)



Sgt. Robyn Rothwell and her horse, Junior, took part in the promotion ceremony June 21 delivering gifts to the Johnson family at the Warrior and Family Support Center Amphitheater. The inclusion of the horse in the ceremony and the period costume worn by Rothwell provide a link to the Army’s past. (Photo by Robert Shields)



Brooke Army Medical Center Commander Brig. Gen. Jeffrey Johnson and Command Sgt. Maj. Albert Crews unfurl the general officer flag during the promotion ceremony June 21 at the Warrior and Family Support Center Amphitheater. (Photo by Robert Shields)

42nd Army surgeon general lauds medical graduates

By Elaine Sanchez
BAMC Public Affairs

The 42nd Army surgeon general had high praise for the nearly 250 medical and allied health graduates being honored at the San Antonio Uniformed Services Health Education Consortium awards and graduation ceremony June 10 in downtown San Antonio.

"I extend to you my sincere and deepest thanks to all of our graduates for your service and commitment to defend the nation and congratulations on your accomplishments," retired Lt. Gen. Eric Schoomaker told a packed audience in the Lila Cockrell Theatre. "I cannot be but excited for you as you become leaders in the finest and most highly respected system of health and healthcare system in America and the world."

SAUSHEC is the organization responsible for military graduate medical and allied health education in San Antonio. It comprises training sites at Brooke Army Medical Center and Wilford Hall Ambulatory Surgical Center, and maintains a close partnership with the University of Texas Health Science Center at San Antonio. The consortium was created to promote teaching, patient care, research and military



Air Force Lt. Col. Erik Weitzel is presented the Gold Headed Cane by retired Lt. Gen. Eric Schoomaker, BAMC Commander Col. Jeffrey Johnson, Col. Rachel Lefebvre, and Dr. Woodson "Scott" Jones, dean, San Antonio Uniformed Services Health Education Consortium, during the SAUSHEC awards and graduation ceremony in downtown San Antonio, June 10. (Photo by Senior Airman Krystal Wright)

readiness.

The ceremony marked the culmination of years of postgraduate training for Air

Force, Army, Navy and civilian practitioners. This year, along with Schoomaker, Dr. Woodson "Scott" Jones, dean of

The following individuals were honored with research and merit awards:

- Animal/Basic Science Research: Air Force Maj. Adam Willis, neurology;
- Fellow Clinical Research: Army Maj. Aaron R. Farmer, infectious disease;
- Resident Primary Care Research: Air Force Capt. Antonia Helbling, emergency medicine;
- Resident Surgical Research: Army Maj. Katherine M. Bedigrew, orthopaedics;
- Performance Improvement Project: Air Force Capt. John C. Hunninghake, internal medicine;
- Major John Gillespie Award (Outstanding Intern): Air Force Capt. Andrew T. Patterson, transitional year;
- Major David S. Berry Award (Outstanding Resident): Air Force Maj. Brit J. Long, emergency medicine;
- Col. Donald M. Null Award (Outstanding Fellow): Army Maj. Ian M. Ward, rheumatology;
- Graduate Allied Health Education Award (Outstanding Educator): Dr. Gail Deyle, manual physical therapy;
- Lt. Gen. PK Carlton Award (Outstanding Faculty): Air Force Maj. Benjamin D. Morrow, nephrology;
- Outstanding Program Coordinator Award: Nancy Montgomery, neurology; and
- COL John D. Roscelli Award (Outstanding Program Director): Dr. Jay Higgs, rheumatology.

SAUSHEC, Col. Jeffrey Johnson, BAMC commander, and Air Force Col. Rachel Lefebvre, 59th Medical Wing vice commander, were on hand to present certificates to the 246 graduates: 196 physicians and 50 graduate allied health professionals.

The former surgeon general lauded the education programs that foster excellence in military medicine.

“I am absolutely convinced that we would not still be defending the nation through repeated deployments while advancing care for casualties from the point of injury or illness on an austere battlefield or humanitarian crisis to our medical centers and community hospitals back home were it not for our robust graduate health and allied health education programs,” Schoemaker said. “These programs attract the very best young doctors, nurses, dentists, administrators, chaplains ... and they retain our best mid-career faculty.”

The 41-year Army officer also praised the “remarkable degree of cooperation and coordination of care across the continuum of care from active duty into veteran status.”

“You begin the next phase of your military medical careers in a Military Health System so far beyond what I experienced when I came into this elite team that I am amazed and humbled,” he said. “Above all else in the years ahead, know that you are caring for a remarkable military family who at their core shares your values of loyalty, duty, respect, selfless service, honor, integrity and personal courage.”

During the awards ceremony, Air Force Lt. Col. Erik Weitzel, otolaryngology, was named the recipient of the Gold Headed Cane. This prestigious award recognizes excellence in patient care, teaching, clinical research and operational medicine.



Lt. Col. Lee Freeman, Brooke Army Medical Center Troop Command commander, presents Army Capt. Matthew Reggio an Army Achievement Medal June 17 for his heroic actions to help save a man's life at the Rambler Fitness Center on Joint Base San Antonio-Randolph. Also pictured are Reggio's wife, Air Force Maj. Kathryn Reggio and Command Sgt. Maj. Roderick Batiste. (Courtesy Photo)

BAMC Soldier helps save man at JBSA-Randolph gym

By Lori Newman
BAMC Public Affairs

When working out at the gym the last thing on your mind is using your medical training to help save someone's life, but that's exactly what happened to one BAMC Soldier recently.

Army Capt. Matthew Reggio, a student registered nurse anesthetist who works at Brooke Army Medical Center, was about two miles into his run at the Rambler Fitness Center on Joint Base San Antonio-Randolph when he heard someone behind him yelling for help. He turned to find a woman standing over a man who had collapsed to the floor.

At first, we thought he was having a seizure but soon realized he was in cardiac arrest, Reggio said. “He didn't have a pulse.”

They started doing chest compressions until someone brought the gym's automated external

defibrillator.

“Once the AED came we put that on him and it called for a shock,” he said. “We had to shock him twice and continued doing CPR until emergency medical services got there.”

“Emergency medical personnel had to shock him four more times, but he actually woke up at that point,” Reggio said. “We could see him raising his hands and talking.”

After the excitement, Reggio realized the woman who helped the man was his wife's commander, Air Force Col. Dana James, the commander of the JBSA-Randolph Clinic.

“I've done this numerous times inside the hospital, but never actually had to do it outside of the hospital,” he said. “It just clicked. I knew exactly what I had to do.”

“I'm glad the gentleman survived,” he concluded.

Lactation Support Group available for new moms

Brooke Army Medical Center will hold the first Lactation Support Group July 8 from noon to 3 p.m.

Robyn Roche-Paull, the author of “Breast Feeding in Combat Boots” will speak. The Pediatric Clinic lactation room will be re-dedicated with a cake cutting ceremony.

Following this event a series of recurrent monthly meetings, hosted by Lactation Consultant Carolyn Lowe, will be held the second and fourth Friday of each month.

“Transition to parenthood can be scary and lonely for anyone, especially for our active duty service members who are separated from their families,” said Army Capt. Arielle J. Dietz, assistant head nurse for Labor and Delivery.

“The creation of the Lactation Support Group is in line with the new Defense Department policy and demonstrates that BAMC is a community of caring. The inception of the Lactation Support Group proves that command knows its value!”

The intention of the Lactation Support Group is to increase the confidence of women whose aim is to breastfeed.

The group approach will promote relationships and empower mothers to achieve their breastfeeding goals.

“Sharing experiences among women undergoing similar life events can assist women in coming to terms with their own experiences and enable them to support each other,” Dietz said.

Group members will be able to identify their needs and set their own agenda within the group. This will promote empowerment, which will enhance self-esteem and encourage them to set and reach their ultimate breastfeeding goals.

“Breastfeeding has numerous health benefits for both mom and baby. It provides a degree of protection against illness and disease for infants which is directly correlated to the duration of time spent breastfeeding,” said Army Capt. Bridget Owens, BAMC dietitian.



Lactation Consultant Carolyn Lowe talks with Bridget Owens about breastfeeding her baby, 16-month-old James Owens during an appointment June 24 at Brooke Army Medical Center. (Photo by Lori Newman)

“Both the World and Health Organization and the American Academy of Pediatrics recommend exclusive breastfeeding for at least the first six months of life,” Lowe said.

Each meeting will include the presentation of a short educational topic followed by mom-to-mom discussion and group support.

Topics will include the importance and instruction of proper latch, pumping, returning to work, sleep and physical activity for new moms.

“In addition, successful breastfeeding may help mothers return to pre-pregnancy weight more quickly which, in conjunction with the performance triad, will promote readiness in our active duty population,” Dietz said.

(Source: Department of Newborn Medicine)

Brooke Army Medical Center will hold the first Lactation Support Group July 8 from noon to 3 p.m. Robyn Roche-Paull, the author of “Breast Feeding in Combat Boots” will speak. The group will meet the second and fourth Friday of each month. Call 210-539-9546 for more information.



Best way to prevent Zika, stop mosquito bites

Not all mosquitoes are the same. Different mosquitoes spread different diseases and bite at different times of the day. The mosquitoes that can spread Zika, dengue and chikungunya viruses are aggressive daytime biters. They can also bite at night, indoors or around the outside of homes.

All travelers returning from an area with Zika should take steps to prevent mosquito bites for three weeks so they do not spread Zika to mosquitoes that could spread the virus to other people.

- Minimize time outside when mosquitoes are active.
- Eliminate standing water (where mosquitoes breed) around your home and business.
- Wear loose long-sleeved shirts and long pants. Mosquitoes can bite through thin or tight clothing.
- Stay in places with air conditioning or use screens that keep mosquitoes outside.
- Use DEET or picaridin insect repellent on exposed skin (face, hands, wrists).
- Treat clothing and gear with permethrin or buy permethrin-treated clothing.

If you have a baby or child

- Follow product label instructions.
- Do not use insect repellents on babies younger than 2 months.
- Dress babies or small children in clothing that covers arms and legs or cover crib, stroller and baby carrier with mosquito netting.
- Do not apply insect repellent to a

child's hands, eyes, mouth or any cuts or irritated skin.

- Spray insect repellents onto your hands and then apply to a child's face.

Use Environmental Protection Agency (EPA) registered insect repellents.

Use repellent when you are outdoors. Use products with active ingredients that are safe and effective.

- Always follow the product label instructions.
- When using sunscreen, put sunscreen on first and insect repellent second.
- It is safe for pregnant or nursing women to use EPA approved repellents when applied according to label instructions.
- To learn more, visit: <http://go.usa.gov/cyAuW>

For Extra Protection Wear Permethrin-treated clothing.

Permethrin is an insecticide that kills mosquitoes and other insects.

- Use permethrin to treat clothing and gear (boots, pants, socks, tents), or purchase permethrin-treated clothing and gear.
- If treating items yourself, always follow product label instructions.
- Treated clothing remains protective after multiple washings. See product information to find out how long the protection will last.
- Do not apply permethrin solutions directly to skin.

- The permethrin factory-treated Army Combat Uniform (ACU Permethrin) was introduced in October 2012 and protects Soldiers, as part of the DOD Insect Repellent System.

Stop mosquitoes from breeding by eliminating the standing water where they lay eggs.

Check for standing water at least once a week. Empty, turn over or cover anything that can hold water, including:

- Bird baths
- Kiddie pools
- Flower pots & saucers
- Trash cans and lids
- Grill covers
- Watering cans
- Tools
- Pet dishes
- Wheelbarrows
- Tires
- Buckets
- Toys
- Pools and pool covers
- Boat or car covers
- Clean or replace poorly functioning gutters

For additional source(s)/Info: Army Public Health Center (APHC) Zika virus website: <http://phc.amedd.army.mil/topics/discond/diseases/Pages/Zika.aspx>

(Source: Army Public Health Center)

Other Happenings ...

at Brooke Army Medical Center



Clarissa Rodriguez from ZooMagination displays a python during the 5th Annual Fisher House Kindertag event held in the Warrior and Family Support Center's Freedom Park, June 8. (Photo by Robert Shields)

Annual Fisher House Kindertag Event



Brandy Jordan smiles as Donabella the clown hands her a balloon animal at the 5th Annual Fisher House Kindertag event held in the Warrior and Family Support Center's Freedom Park, June 8. (Photo by Robert Shields)

Clarissa Rodriguez from ZooMagination shows the audience a tarantula during the 5th Annual Fisher House Kindertag event held in the Warrior and Family Support Center's Freedom Park, June 8. (Photo by Robert Shields)



Nehemiah Medina plays on the monkey bars during the 5th Annual Fisher House Kindertag event held in the Warrior and Family Support Center's Freedom Park, June 8. (Photo by Robert Shields)





PTSD Awareness Month

Brooke Army Medical Center Clinical Psychology Intern Capt. Dawn K. Mitchell and Social Work Intern 2nd Lt. Randall S. Mills display information on Post Traumatic Stress Disorder in the Medical Mall June 26 for PTSD Awareness Month. (Photo by Robert Shields)



LGBT Pride

Col. Michael Wirt, U.S. Army Institute of Surgical Research commander (right) and Sgt. Maj. James Devine (left) present 1st Sgt. Thadenia Leach a framed copy of the San Antonio Mayor's LGBT Pride proclamation for speaking at the LGBT Pride Month observance June 28 in the Medical Mall. LGBT stands for Lesbian, Gay, Bisexual and Transgender. (Photo by Lori Newman)

Coming up ...

CHAP Talks #2 Coping with Grief & Loss

Grief is a natural and personal experience, exclusive for every mourner and exclusive for each loss. Come learn from our chaplain and one another, proper strategies of surviving the hurt.

When: Friday, 29 July 16
Time: 1130-1230
Where: 4th Floor Auditorium

Present by CH (LTC) Warren Haggray

POC: Department of Ministry and Pastoral Care
(210) 916-1105

CHAPLAIN'S APPRECIATION DAY

Free Ice Cream

Date: 29 July 2016

Time: 1100 –Until Complete

Locations: Entrances to

Market on the Green

Medical Mall



SAN ANTONIO AREA MAP



Brooke Army Medical Center
 JBSA Fort Sam Houston, TX 78234
 (210) 916-4141



Center for the Intrepid
 Bldg 3634
 JBSA Fort Sam Houston, TX 78234
 (210) 916-6100



Moreno Clinic
 Bldg 1179
 JBSA Fort Sam Houston, TX 78234
 (210) 916-4141



McWethy Troop Medical Clinic
 3051 Garden Ave, Bldg 1279
 JBSA Fort Sam Houston, TX 78234
 (210) 916-4141 or (210) 916-4141



Schertz Medical Home
 Horizon Center
 6051 FM 3009, Suite 210
 Schertz, TX 78154
 (210) 916-0055



Taylor Burk Clinic
 Bldg 5026
 Camp Bullis, TX 78257
 (210) 916-3000



Westover Medical Home
 10010 Rogers Crossing
 San Antonio, TX 78251
 (210) 539-0916

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