

# MEDICAL MEWS Volume 29, Number 5 WWW.militarymedical.com May 2022

# Sunnier days are here

LRMC provides skin cancer screenings

By John Ciccarelli Landstuhl Regional Medical Center

One in five Americans will develop skin cancer by the age of 70, making it is the most common cancer in the U.S. To help raise awareness of protecting and preventing skin cancer, Landstuhl Regional Medical Center's (LRMC) Dermatology Clinic provided free skin cancer screenings for 240 DOD civilians, retirees, and dependents during May as part of Skin Cancer Awareness Month.

While the clinic regularly screens and treats Service Members, DOD civilians, retirees and family members often rely on space-available care for the clinic, making early detection complicated.

"These patients typically have the highest skin cancer burden in our community and need to be seen by a dermatologist," said U.S. Air Force Maj. Shannon Buck, officer in charge at the LRMC Dermatology Clinic. "Getting in to see a dermatologist at the MTF or on the economy can be challenging due to access. We want to reach as many patients as possible."

Judy Srey, a military spouse who said her family has a history of the skin cancer melanoma, participated in the screenings. She said that everyone should have these medical resources to help identify potential warning signs.

"This is a great opportunity for people who have concerns and don't have access to a provider here in Germany," she said. "My family has had melanoma in the past, and I want to make sure that I don't have to go through the treatment they did."

During the screenings, LRMC dermatologists discussed the proper use of sunscreen, sun avoidance, skin cancer types, and how to conduct checks at home. The U.S. Food and Drug Administration (FDA) recommends the use of broad-spectrum sunscreen with an SPF of 15 or higher, even on cloudy days. It also encourages wearing clothing to cover skin exposed to the sun, such as long-sleeve shirts, pants, sunglasses, and broad-brim hats. If you can, limit your time in the sun, especially between 10 a.m. and 2 p.m., when the sun's rays are the most intense.

The LRMC Dermatology Clinic provides care to diagnose and treat all forms of inflammatory and neoplastic conditions of the skin, hair, and nails. The clinic provides consultative services to the U.S. European Command area.



Photo courtesy of Lee Whitford

Staff Sgt. Judson Heard, a Soldier assigned to the Fort Bragg Soldier Recovery Unit, North Carolina, catches a wave at Carolina Beach on July 29 during an adaptive surfing event.

# **Rebuilding lives** How adaptive recovery helps soldiers with an uncertain future

By D.P. Taylor Army Recovery Care Program

ARLINGTON, Va. — Few understand the struggle of a Soldier beset by an injury or illness. Ripped from the military world they knew, they face an uncertain future. These Soldiers often wonder where to turn to for support and guidance.

And that's where adaptive recovery comes in.

There are 14 Soldier Recovery Units (SRUs) spread across the nation. They serve as the new home of those Soldiers who have complex medical conditions and must recover before returning to service or preparing for a new life in the civilian world.

A big part of what these SRUs offer are adaptive recovery programs that work directly with Soldiers to refocus their lives.

"Adaptive recovery is key because it focuses on sports, moderate intensity activities, and therapeutic activities," Amanda Miller, Adaptive Reconditioning Branch Chief at the Army Recovery Care Program, said. "That is to

help Soldiers recover and heal, not just physically, but mentally and emotionally."

Every Soldier has a different journey when they come through an SRU. Their injuries may be physical or psychological — or, in some cases, a combination of the two.

Either way, Soldiers need their own individual recovery plans, which is what the AR program focuses on.

"It depends on the condition they are currently in, what their goals are, and if they are planning to go to veteran status or return to duty," Miller said.

#### Physical therapists drive the experience

The AR staff includes a variety of team members, each with their own specific role. The physical therapist serves as the program lead, and they are responsible for developing programming for the Soldier, as well as conducting physical evaluations and reevaluations every 120 days on each Soldier.

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# Navy dentist honored as 2022 Navy Hero of Military Medicine

By André Sobocinski

U.S. Navy Bureau of Medicine and Surgery

Medical Power begins with people on optimized platforms operating as cohesive teams demonstrating high reliability performance.

This is the very foundation of Navy Medicine. And few people illustrate this better than Lt. Cmdr. Daniel Hammer.

Through his work as a Navy dentist, maxillofacial surgical oncologist, reconstructive surgeon, and clinicianleader, Hammer has made significant contributions in shaping the future of maxillofacial restorative surgery and restoration.

On May 5, 2022, Rear Adm. Bruce Gillingham, Navy Surgeon General and Chief, Bureau of Medicine and Surgery (BUMED), presented Lt. Cmdr. Daniel Hammer with the 2022 Navy Hero of Military Medicine (HMM) Award. In his introduction,

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Rear Adm. Gillingham commended Lt. Cmdr. Hammer's work in improving patient outcomes.

Under Lt. Cmdr. Hammer's leadership, Navy Medicine Readiness and Training Command (NMRTC) San Diego is shaping the future of Maxillofacial Restorative Surgery and Rehabilitation," said Gillingham. "Through Hammer's innovative care and collaborative efforts, he was able to develop new clinical pathways leveraging cutting-edge technology that has both reduced recovery time and dramatically improved the lives of service members treated, their families and the readiness of the units they serve.'

HMM is an annual awards banquet hosted by the Henry M. Jackson Foundation for the Advancement of Military Medicine, Inc. (HJF). The event was started in 2011 to recognize the outstanding contributions by military leaders and medical professionals who have distinguished themselves through the "excellence and dedication in enhancing the lives and health of our nation's wounded, ill and injured service members." Hammer was one eight honorees at this year's event.

In his acceptance, Hammer credited his leadership, his team, his family and the "energy and perspective he gets working in collaboration with other dedicated professionals" at NMRTC San Diego. You could say that teamwork and service has long been a driving force for Hammer, even before obtaining his commission.

Throughout college he excelled on sports teams and enjoyed the dynamic of teammates working together to achieve a shared goal. When he began exploring dentistry as a profession he sought this same dynamic. A solo dental practice had no appeal to Hammer.

When looking how I could finance my dental education the mission and multidisciplinary treatment philosophy of military dentistry strongly resonated with me," said Hammer.

He chose the Navy to actualize these goals, but also as a tribute to his grandfather who served as one of the Fighting SeaBees in World War II and helped to rebuild Pearl Harbor after the attack. Since June 2011, when he first obtained his commission, Lt. Cmdr. Hammer has kept his grandfather's Bluejacket Manual handy as a reminder of service to others.

Following residency training in oral and maxillofacial surgery at the Walter Reed National Military Medical Center (WRNMMC), Hammer began caring for numerous wounded warriors who suffered grievous injuries in Afghanistan. These experiences proved seminal, and sparked his passion to advance maxillofacial reconstructive techniques to enhance patient outcomes.



Photographs in collage taken by Geoff Chesman and André Sobocinski Lt. Cmdr. Daniel Hammer accepts the 2022 Navy Hero of Military Medicine Award, May 5, 2022 at the Heroes of Military Medicine Award Ceremony. Top right photograph: Lt. Cmdr. Daniel Hammer is flanked by Rear Adm. Bruce Gillingham, Navy Surgeon General, and Dr. Joseph Caravalho, Jr., President and CEO of the Henry Jackson Foundation.

as an Assistant Dental Officer at the 2nd Dental Battalion in Camp Lejeune, N.C., Dental Division Officer and Oral Surgeon aboard USS Abraham Lincoln (CVN 72), Staff Surgeon at Naval Medical Center Portsmouth, Virginia, and completed fellowship training in Oral, Head and Neck Oncologic and Microvascular Reconstructive Surgery at John Peter Smith Hospital in Fort Worth, Texas. He received board certification in Oral and Maxillofacial Surgery in 2019, and was the first U.S. military oral and maxillofacial surgeon to obtain additional certification in Added Qualification in Head and Neck Oncology and Reconstructive Surgery from the American Board of Oral and Maxillofacial Surgery.

When Hammer reported to the NMRTC San Diego in July 2020 he established the Maxillofacial Surgery Platform. In less than four months of being founded, this platform performed the first immediate jaw reconstruction with 3D printed teeth in the Department of Defense and the State of California. This was only the third time this procedure had been performed in the United States. Today, Hammer's platform remains one of the few places in the United States that offers specialized knowledge, experience, coordinated multidisciplinary patient-centered care, and this innovated technology.

"Our platform comprising over 100 team members from 10 departments, has the mission to be the global leader Military Medicine Awards please see in the development and delivery of www.hjf.org/hmm.

In the ensuing years Hammer served comprehensive maxillofacial restoration of our patients with unprecedented outcomes and treatment times," explained Hammer. "We think beyond reconstruction and seek to comprehensively restore our patients throughout the entire rehabilitative continuum of care."

Hammer is honored, humbled and feels validated for being recognized for his work and collaborative efforts. But as he states the mission to ensure our warfighters get optimal care and "back to the fight" continues.

"I am honored by the scope of the award, humbled by the word 'hero' in its title and validated by the recognition of our team's relentlessness pursuit to shape the future of maxillofacial restorative surgery and deliver unprecedented care to our warfighters to get them back to the fight."

For more information about Lt. Cmdr. Daniel Hammer and his work at NMRTC San Diego please see:

• Immediate Jaw Reconstruction with 3D-Printed Teeth - www.dvidshub.net/ video/812010/immediate-jaw-recon struction-with-3d-printed-teeth

 NMCSD Surgeons Perform DOD's, Calif.'s First Ever Immediate Jaw Reconstruction with 3D-printed Teeth www.dvidshub.net/news/383704/ nmcsd-surgeons-perform-dods-califsfirst-ever-immediate-jaw-reconstruc tion-with-3d-printed-teeth

For more on the HJF's Heroes of

### Military Medical News • May 2022 • Page 3 www.militarymedical.com **Occupational Therapists ensure empowerment of everyone**

**By Douglas Stutz** Naval Hospital Bremerton/Navy Medicine Readiness and Training Command Bremerton

What happens when holistic healthcare is combined with empowering education?

With April designated as Occupation Therapy Month, merging those two concepts helps describe OT and this year's theme of 'empowering everyday living.

Occupational Therapists readily assert they are the answer to many a patient's hopes for normalcy in regaining their independence, strength, reduce pain and regain range of motion and function.

They help patients overcome such health and wellness concerns as orthopedic recovery, geriatric rehabilitation, and stroke management. Even just being able to go fishing or play with grandkids.

"We help remediate injuries and overcome injuries in all walks of life. We help a person engage in activities of daily living, such as grooming, hygiene, and just life in general, by improving their strength, providing adaptive equipment, and/or implementing alternative methods to achieve their goals," said Ms. Teri Nyblom, NHB certified occupational therapist assis-

OT is different from Occupational Health, the discipline which ensures there's a safe and healthful work environment for all Navy and DoD personnel. OT is also distinctive from Physical Therapy, which primarily focuses on rehabilitating impairment/ disabilities and promoting a patient's physical mobility, movement and functional ability. OT and PT do overlap in that both focus on injury recovery and using education to help patients achieve their goal.

"PT gets a person up and walking, strengthens muscles and helps overcome an injury. But OT helps someone regain their ability to be independent. Say someone had a stroke. We would teach them how to dress, bathe, or be able to eat on their own again," Nyblom said.

"Our overall goal is to increase functional performance in a holistic manner," added Lt. Cmdr. Joseph Kidd, NHB PT/OT department head, occupational therapist and certified hand therapist. "We primarily see post-operative patients and those with chronic wearand-tear type conditions."

The most common injuries seen at NHB's OT clinic tend to be associated with the wrist, hand and forearm, such as arthritis, tendonitis, osteoarthritis issues, along with lacerated tendons, fractures, carpal tunnel syndrome, and lateral epicondylitis and medial epicondylitis – commonly referred to as tennis elbow and golfers elbow.

"As an example, someone with arthritis on their upper extremities, there's



Official Navy photo by Douglas H Stutz, NHB/NMRTC Bremerton public affairs officer

Ms. Teri Nyblom, certified occupational therapist assistant at Naval Hospital Bremerton works on range of motion exercises for fracture rehabilitation with Culinary Specialist Submarines 2nd Class Elisha Schmidt of Commander, Submarine Squadron 17. Occupational Therapists like Nyblom provide support to their patients by helping them overcome such health and wellness concerns as orthopedic surgery recovery, geriatric rehabilitation, and stroke management by ensuring their patients – much like Schmidt - can regain independence and strength, reduce pain and regain range of motion and function.

and stretching for lost range of motion. We do a lot of education, especially if it's rheumatoid arthritis [which causes pain, swelling, stiffness and loss of joint function] or osteoarthritis [considered most common arthritis form, due to loss of protective cartilage to cushion bones]. Each are treated differently. Education is the biggest piece, such as going over when to strengthen and not to strengthen," Kidd stressed.

Kidd and Nylon acknowledge that their biggest challenge at times is getting a patient to buy in to the crucial importance of education in the process and realize their own improvement in health and wellness is based as much on their own self as is it on OT support.

"It's takes effort on any patient's behalf," Nyblom said. "We can give them the tools, but someone condition is just not going to get fixed by us when they come in for an appointment."

"There are usually no instant fixes. Take lateral epicondylitis of the elbow. People with that specific condition come in and say, "my elbow is hurting." The first thing we tell them to do is wear a wrist brace. They wonder, why am I wearing a wrist brace if my elbow is hurting? It goes back to education and letting them know that which might take 15 minutes, but they

protective bracing used, strengthening the muscles and tendons involved are did it. They start to gain back some of controlled by the extension of the wrist so we have to immobilize the wrist and not the elbow to make an impact," explained Kidd.

"A lot of OT is actually tapping into a patient's motivation," Kidd continued. A patient usually doesn't come in and say, "I want a little more motion or a little more strength." They're not that mechanistic. But they will state that they want to play with their grandkids. Or if active duty, will say they got to be able to get back to doing pushups and pull-ups. Whatever their goal might be that's driving their motivation, everything else will follow. We can find a way to get them where they want to be."

For Kidd, a Saginaw, Michigan native, his background with a bachelor's degree in psychology, dovetailed perfectly into his chosen career in OT for approximately 12 years.

"I found I could help others and use the skills I already had. When I joined we were doing a lot of post-blast and battle injury care at Naval Medical Center San Diego. When someone was that badly injured, just brushing their teeth was a big goal. Or overcoming a hurdle like putting their socks on,

their control over their life. That's our commitment. OT is helping people to regain their control after they lost it," said Kidd.

Nyblom was drawn to become an occupational therapist from her days as a para-educator in Puyallup school district working with special needs children.

"We would take the kids to OT once a week. It was my favorite part of the week. The kids loved it. They would come in scared and walk out smiling, ear-to-ear. I wanted to do that. I have since worked with seniors, industrial rehabilitation, in-home, and other settings with acute care. Being here is my favorite. I get to serve those who serve our country. This is my way of giving back and saying thanks," Nyblom said.



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# • **Recovery** (Continued from front page)

A PT assistant provides support to the physical therapist. They do a lot of the work to help run AR programs.

Amber Strittmatter, PT assistant at the Walter Reed National Military Medical Center SRU in Maryland, said she is responsible for running the group exercise classes, such as the cardiovascular class or strength-training class. She also runs less-intense classes like stretching and yoga, or even non-physical classes like playing games or community reintegration.

"[Soldiers] come into this environment where they don't know anybody and have been diagnosed with illnesses that are life-changing to them," she continued. "Adaptive reconditioning and adaptive sports are a way to meet other service members and also reintegrate with society.'

Sgt. 1st Class Cheryl Mancill, who has spent her time recovering at the Fort Hood SRU in Texas after a motorcycle accident left her in a wheelchair, knows first-hand the importance of physical therapists and the personal touch they provide. Her PT, Corina Fleeman, introduced her to aquatics. One day, after Mancill was frustrated in the shallow end, Fleeman encouraged her to go deeper.

"It was like I was walking on the moon," Mancill said. "There was no impact. I could move in ways in the water that I couldn't move otherwise. It was a night and day difference. My range of motion in the water is so much better than out of the water. It was like gravity had no bearing.'

She is highly appreciative of the patient work Fleeman and others like her do.

"They are amazing," she said. "We all have something that needs [fixing], so we're all treated accordingly [at the SRU]. It's not just, 'hey, you're just another Soldier.' And I love it. If I don't know what I need, they try to figure it out."

#### The power of recreational therapy

There are also recreational therapists who help Soldiers get back on their feet at the SRU, and Jenn Trantin is one of them. At Walter Reed, she schedules, coordinates and implements some of the adaptive reconditioning activities and events. She's the point of contact on archery, hiking, horseback riding, rowing, power-lifting, and many of the DoD Warrior Games sports. She'll even lead non-sports activities like tabletop games and art classes.

Trantin has seen the power of recreational therapy in the lives of Soldiers first-hand. She was struck by one Soldier





Photo courtesy of Maj. Eva I. Owen Maj. Eva I. Owen, a Soldier assigned to the Fort Hood Soldier Recovery Unit, Texas, took part in a therapeutic horseback riding program on June 28 at a facility located in McGregor, Texas.

who had a lower body amputation and "was in a dark place after his procedure," she said.

"He really didn't think he would be able to do anything ever again or be able to enjoy life," she said. "He kept saying, 'I can't do that, I don't have a leg.' But as a recreational therapist, you can't tell me you can't do something. Because my whole job is to provide those adaptations to help people see the light."

Gradually, the Soldier started participating in whitewater rafting trips, a walking group and even archery. And as he opened himself up, everything changed for him, Trantin said.

"It brought such a new light into his life — he even said so himself," she said. "Now he knew the things he could do to live life to the fullest."

#### Helping soldiers achieve their goals

The goals of an individual Soldier have a huge impact on what the AR program looks like for that Soldier. If the goal is to rehabilitate physically after an injury, the program will include physical training and possible adaptive sports based on the Soldier's interests. If it's a behavioral health condition, the program might focus on socializing through activities like board games or animal therapy.

There are big events Soldiers can work toward as part of their recovery process that helps motivate them to strive for greatness. The annual Army Trials competition allows Soldiers to vie for a spot on Team Army to compete in the annual DoD Warrior Games, a paralympic-like



Photo courtesy of Dean Bissey and Andy Masullo

Army Recovery Care Program Soldier Sgt. Maj. Scott Shultz, who is assigned to the Fort Bragg Soldier Recovery Unit, N.C., participated in a performance with fellow recovering Soldiers and the 82nd Airborne Division Band and Chorus in the spring of 2021. Soldiers assigned to the SRU learn to play musical instruments in an eight-week class offered by the adaptive reconditioning program.

competition between the sister services. There's also a Battle of the Bands competition in the fall where SRUs compete against each other.

Dr. Katherine Bentley, Adaptive Reconditioning Action Officer at ARCP and a former physical therapist at an SRU, said the unique challenge SRUs face is that they see a wide breadth of diagnoses compared to a traditional clinical environment. And that's where the "adaptive" part of AR comes in — they must tailor customized programs to help each Soldier achieve their unique goals. "It used to be one-size-fits-all,"

Bentley said. "But now we've really tried to make our program very specific to Soldiers. The PT works with each Soldier to figure out their goals and how we can help them achieve their goals."

So one Soldier could be in great physical shape and just needs some work to return to duty, while another is looking to retire from the military and start a new life as a civilian. Whatever the situation, the SRU staff will find some kind of program to help that Soldier.

'People just think of adaptive sports when they think of adaptive recovery, but we like people to think of reconditioning as part of it," she said.

She recalled a diet and wellness program at one SRU years ago. A Soldier was there for gastrointestinal issues, and they worked with him to educate him on what exercises would work best for him besides the typical push-ups or running

— which is all a lot of Soldiers know.

"It's not just sports, but a lifelong fitness type of thing," Bentley said. "We also worked with him on his diet and how to cook and eat healthy. We had a competition where all the Soldiers in the group got to utilize their skills to cook a healthy meal, and they competed in teams."

#### Refocusing a soldier's mind

Col. Lyle Ourada left the Walter Reed SRU late last year, almost two years after coming there in February 2020 to deal with a disease in his lungs. It's easy for a Soldier to feel out of sorts at the beginning.

"All these thoughts are going through your head," Ourada said. "You're kind of like, 'OK, what do I do? What am I supposed to do?""

So he jumped into adaptive sports and exercise. He participated in tennis, archery, and air rifle, but really got hooked on rowing to the point that he hopes to compete in the DoD Warrior Games this fall.

Ourada credits adaptive recovery with helping him on his journey.

"It was an opportunity to put medical stuff behind me — to not have to worry about it," he said, noting that he was impressed with how far the staff goes to help Soldiers, even making a special leg for one Soldier so she could snowboard.

"For the Soldiers that are coming here, whether they're missing a limb or have some other concern, they can still show you how to do a sport," he said.

# **Veteran applauds prosthetics unit for excellent services**

By Alpha Kamara - Command Communications Walter Reed National Military Medical Center

Retired U.S. Army Staff Sgt. Earl Granville is a strong veteran. He served the military for nine years and participated in three combat missions - Bosnia, Iraq and Afghanistan. He lost his leg in Afghanistan in 2008.

Granville's twin brother, who also served in the military, committed suicide. The loss of his leg and the death of his brother were tremendous blows to Granville, but his combat-tested resolve kept him from giving up.

For more than a decade, Granville has been making the four-hour drive from his home near Philadelphia to Walter Reed National Military Medical Center. During his treatment visits, he undergoes rigorous sessions of physical therapy and has regular maintenance performed on his prosthetic limbs by the staff of WRNMMC's Department of Rehabilitation. When necessary, the devices are completely replaced. He said he has regained a great deal of strength and confidence due to the service he receives, which is especially important to him as a veteran involved in the work of helping and supporting other veterans.

#### Motivation and life in the Army

Granville was motivated by his late brother to join the Army. He was initially drawn to the military because he needed money to pay for college. But the attacks of September 11, 2001, caused a change in his plans. He ended up staying in the military for nine additional years. "We were at Fort Benning Fort Benning training when the 9/11 attack occurred. Then I realized this was not about me anymore. It is now for country."

Granville said his sole focus was on serving his nation to the best of his ability. "I followed my passion and served my country. I was not worried with the politics or the rights and wrongs of being there or not. But serving and working with people I loved and getting to experience the culture of the locals was a unique practice for me and I enjoyed every bit of it," he added.

#### WRNMMC prosthetics support

Granville said he keeps coming back to WRNMMC because of the incredible relationship he has with the staff. "I am here today to change my prosthetics, which I have been using for some time now. The support I get from the staff is tremen-



Photo by Alpha Kamara

Earl Granville, a retired Army National Guard staff sergeant, discusses fixing his artificial limb with Tyler Cook, a prosthetist at Walter Reed National Military Medical Center (WRNMMC), in WRNMMC in Bethesda, Maryland, Apr. 23, 2022. Granville lost his leg in a combat mission abroad. He is one of many veterans that receive prosthetic support and maintenance from WRNMMC's prosthetics unit.

[involves] trial and error, especially the unit to share my feelings or make are stronger than their disabilities. in making artificial limbs for you. appointments to come for prosthet-They might be tight or short. But ics replacement or maintenance. It's [disabled] situation should not define the staff here are patient enough to adjust them anytime. They also give us hope to put the past behind us," he said.

Tiler Cook is a prosthetist who works in the WRNMMC prosthetics unit, which provides artificial limbs and bracing for active duty members, veterans, and their dependents. Cook said his role often requires a "jack of all trades" mentality. "You can be a nurse on one hand, other times a mechanic or an artist. The goal is to serve the patient. That's what makes us unique and the flagship in military medicine."

Cook said working in the unit gives him the joy and fulfilment to support military members and veterans who have gone through tough situations.

"We are providing a functioning way of life for these heroes. Walking, running and doing the things they love with their legs brings joy and fulfilment to their lives. This is what we do every day to give our clients satisfaction, which creates a bond between us and them."

Granville agrees. "I can always dous. Sometimes being an amputee send a text or call directly staff of

simple and easy."

#### **Disability is not inability**

Granville, who is also active in communities." helping disabled veterans, is a motivational speaker who talks about diversity and the challenges of living with a disability. He organizes events that bring veterans together through Prosthetics-Orthotics, and more on 'Operation Enduring Warriors' because he wants them to know they earl.granville@org.

"I want them to know their current who they are," he said. "They are strong and should use their power positively for the benefit of their

Learn more about WRNMMC prosthetics and orthotics services at the following link: walterreed.tricare. mil/Health-Services/Specialty-Care/ Granville's charity work on www.



For more information go to attends.com/veterans or call 1-833-215-6486

### Page 6 • May 2022 • Military Medical News CIVILIAN MEDICAL OPPORTUNITIES Army civilian fitness program thriving at Presidio of Monterey

#### **By Winifred Brown** U.S. Army Garrison Presidio of Monterey

PRESIDIO OF MONTEREY, Calif. — The Army's Civilian Fitness and Health Promotion Program is going strong at the Presidio of Monterey.

The program started in 2021 and aims to improve employee well-being and productivity by allowing full-time civilians to take up to three hours of administrative leave a week to work out. The program is flexible with workout times and exercise types, and many say that has been the key to their success with the program.

Charles Lyons, a service specialist at Army Community Service, said he started in November 2021, and the program's flexibility allows him to work exercise into his schedule instead of having to cancel on days when he has a conflict with this usual workout time.

The result is more exercise and increased productivity, said Lyons, who typically exercises by going for a walk or strengthening his core with suspension training. "It breaks up your day and it takes you out of your norm to make you feel really comfortable with the way your day is going," Lyons said. "If you're stressed out in the morning, you're just, 'I can't wait to work out.' Then once you work out, you get those endorphins going and then, next thing you know, bam, 'I feel good,' and you're ready to keep

going." Likewise, Bishoy Saleh, a budget analyst for USAG PoM, said the program's flexibility helps him pursue a higher quality of life and increased wellness. He mixes up his workouts with jogging, swimming, weight training, walking and biking.

"I appreciate the Army's guidance and encouragement for civilian employees to engage in fitness and physical activities throughout working days," Saleh said.

The program is life changing, Saleh said, and he recommends it to all his coworkers. "The program does increase productivity and work output," he said.

Katilynn Snow, head of the installation's Employment Readiness Program, said she began taking advantage of the fitness program soon after she started her job in February, and so far appreciates not only its flexibility, but the mental clarity she receives at work after a workout.

Snow spends her fitness hour POLICY doing High Intensity Interval FITNESS Training, or HIIT, and ultimately, SEP2021.p her family benefits from her ability to work out during the day as

well, she said.

"Doing it three times a week [at work] gives me that extra hour in the evening to spend time with my family instead of working out in the garage and then coming in and trying to rush through our evening routine," Snow said.

Although the program is Armywide, a USAG PoM command policy governs how employees at PoM may use the program.

According to the policy, employees may use only one hour at a time and no more than 80 hours in a calendar year. They cannot not use their hour at the start or end of the duty day, but they may use the hour at any other time. Supervisors must approve workout schedules, however, and mission needs come first.

The one hour of workout time includes traveling to and from the exercise site as well as showering. Participants, however, can schedule their hour of exercise in conjunction with their lunch hour, ultimately giving them up to two hours to work out and return to work.

Also, as long as the exercise maintains or improves fitness levels or body conditioning, participants have nearly endless possibilities. Suitable activities may include those that address cardiovascular and aerobic endurance, flexibility, muscular strength, and body composition, according to the policy.

To sign up, employees and supervisors must execute an annual written program participation agreement that coincides with the performance appraisal period.

Employees must self-certify that they are not aware of any medical conditions or limitations that would put them at risk of injury or illness while participating in the program. Supervisors then submit the medical clearance forms to the California Medical Detachment Wellness Center for review prior to final approval.

In addition, the program allows part-time employees to participate by adjusting their allowable leave to correspond with the number of hours they work per pay period. For example, three hours is 7.5% of 40 hours, so to determine the alloweable time, the employee would multiply 7.5% by the number of hours worked. Employees who are teleworking are eligible to participate as well. For more details and the full policy, visit home.army. mil/monterey/application/ files/1516/3182/9054/CMD POLICY\_41\_DHR\_CIV\_ FITNESS\_Annexes\_A\_\_B\_ SEP2021.pdf. Scroll to the end



Photo by Winifred Brown

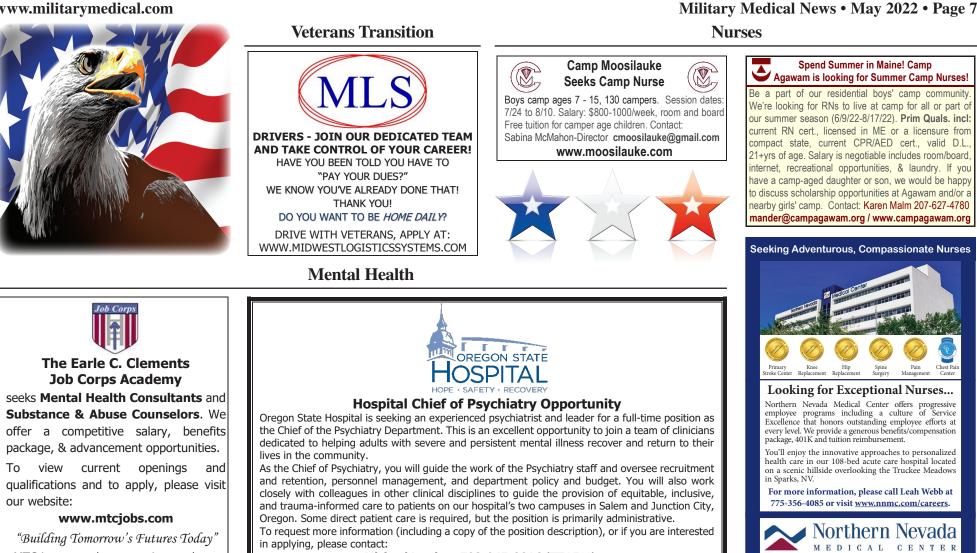
Katilynn Snow, head of the Employment Readiness Program at the Presidio of Monterey, participates in the Army's Civilian Fitness and Health Promotion Program at Ord Military Community, Calif., April 13.



Photo by Winifred Brown

SEP2021.pdf. Scroll to the end to find a printable participation agreement. Bishoy Saleh, a budget analyst for U.S. Army Garrison Presidio of Monterey, participates in the Army's Civilian Fitness and Health Promotion Program at the Price Fitness Center, PoM, Calif., April 12.

www.militarymedical.com



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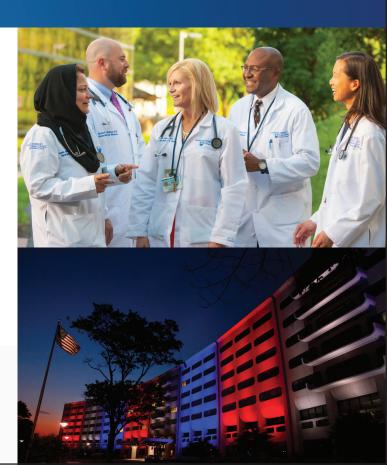
michael.b.lewis@state.or.us. You can also check us out at: www.oshpsychiatry.org

Penn State Health is a multi-hospital health system serving patients and communities across 29 counties in central Pennsylvania. It employs more than 16,800 people systemwide.

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# • Screening (Continued from front page)

"LRMC's goal is to provide high-quality, compassionate, and safe patient care," Buck said. "This not only applies to our active-duty population, but also to civilians, retirees, and dependents. If those individuals' medical needs aren't taken care of, then cloudy, you still need protection. UV the mission and readiness can suffer."

### **Understanding Skin Cancer Risks**

• Unprotected skin can be damaged by the sun's UV rays in as little as 15 minutes.

• Even if the weather is cool and rays, not the temperature, do the damage.

**Physicians** 



Adult/General & Child/Adolescent Psychiatrist – Daytona Beach, FL Primary Care Physician - Daytona Beach, FL

Florida Health Care Plans, a large multi-specialty staff model HMO is seeking a BC/BE, Adult/General Psychiatrist & a Child/Adolescent Psychiatrist and a BC/BE, Internal Medicine/Family Medicine/ Primary Care Physician to join our Daytona Beach facility located in Volusia County. Office hours are flexible, outpatient only, call is 1 in 5 for Psychiatrists and 1 in 4 for Physicians and very limited.

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• Anyone can get skin cancer, but certain behaviors put you at higher risks.

The most common signs of skin cancer are changes on your skin, such as a new growth, a sore that doesn't heal, or a change in a mole. Check your skin Dermatology Clinic at Landstuhl.triregularly for changes and consult with a dermatologist to address any concerns.

For more information on staying safe from sun exposure, visit fda.gov/consumers/consumer-updates/tips-stay-safe-sunsunscreen-sunglasses.

Learn more about the LRMC care.mil/Health-Services/Specialty-Care/ Dermatology.



Photo by John Ciccarelli

centurion

U.S. Air Force Maj. Shannon Buck, a dermatologist at Landstuhl Regional Medical Center (LRMC), provides a skin cancer screening for military spouse Judy Srey on May 3, 2022. The LRMC Dermatology Clinic provided screenings to DOD civilians, retirees, and dependents during the first week in May as part of Skin Cancer Awareness Month.

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#### John Lay, MD

Retired Lt. Col, US Army Florida Statewide Medical Director, Centurion

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