

THE INNOVATOR

Optimizing Combat Casualty Care



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Trumbo retires after nearly 40 years of federal service



Gerri Trumbo is presented with a Certificate of Retirement and a Certificate of Appreciation Jan. 26 by Martin Dahlman, Chief Information Management Div.

By Glen Gueller
Records/Knowledge Manager

Ms. Trumbo's library career began in Cleveland, Ohio, her birthplace. Right after high school, Gerri and her best friend went downtown to apply for jobs. She was looking for a career in television, as she was, in her words, a "Drama Queen" in high school, and wished to continue her path to ultimate stardom.

Gerri's friend wanted to stop at the Cleveland Public Library to put in an

application. She wanted Gerri to apply with her so they could work together. So, although Gerri did not feel she belonged in a library, she signed up.

Gerri's friend did not get hired. Gerri, however, was offered a position as a circulation clerk. Her TV job fell through, so she accepted the circulation position. Gerri worked in circulation for about four months, but was challenged in hearing the patrons with all their questions. Management called Gerri upstairs and said, "You are a very

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CDR's Corner



Col. (Dr.) Shawn C. Nessen
Commander, USAISR

"Optimizing Combat Casualty Care"

ISR Team,

On February 2, BAMC and the ISR co-hosted the Army Nurse Corps 117th birthday celebration. Since 1901, the Army Nurse Corps has been an integral part of the Army Medical Department. Army nurses have deployed to war zones since World War I to the most current overseas contingencies in Iraq and Afghanistan and have helped save thousands of lives. This year's theme recognizes the importance Army nurses have in our warfighting efforts: "Keeping You in the Fight Since 1901." Army nurses do their part to ensure that our Soldiers are ready for the battlefield as well as taking care of their families back home.

At the ISR, nurses contribute to patient care in the Burn Center to research in the laboratories. They live up to the Army Nurse Corps mission every day: "To provide responsive, innovative, and evidence-based nursing care integrated on the Army Medicine Team to enhance readiness, preserve life and function, and promote health and wellness for all those entrusted to our care." I am very proud of the great



Capt. Cleveland Bryant, Col. (Dr.) Shawn Nessen, and Sgt. Maj. William "Dave" Poist, far right, with Spc. Fabian Quattlebaum, Sgt. Jonathan Hendrix, Staff Sgt. Luis Sanchez and Maj. Amy Field after being presented with Certificates of Achievement for their outstanding support of the USAISR Fall Festival.

work that our nurses do every day. As a trauma surgeon and the husband of a nurse, I know firsthand that it takes someone who cares and is compassionate to do this job day in and day out.

I want to thank not only all of the Army nurses, but all nurses who give so much to our society every day. Your selfless dedication and service is much appreciated.



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Col. (Dr.) Shawn Nessen
Commander

Sgt. Maj. William "Dave" Poist Jr.
Sergeant Major

Steven Galvan, D.B.A.
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Deadline for submission is five days before the first of the month. We reserve the right to edit submissions selected for publication.

SGM Says



Sgt. Maj. William "Dave" Poist Jr.
USAISR Sergeant Major

Greetings ISR Family! Here we are in the month of February. This year is going by as fast as it came in. January was a busy month for us and the tempo is not slowing down. A lot is going on and there a lot of upcoming events. It's good to see the ISR Soldiers and NCOs involved in almost every aspect of the Institute's day-to-day business.

We have an outstanding NCO corps and it shows with the caliber of junior Soldiers that are being mentored. Our promotion rate and reenlistments are evidence of what we produce here. Keep up the great work at all levels, your outstanding work is not going unnoticed.

February marks some significant occasions for us. First of all, February is African American History Month. It's a time for us to honor and reflect on the contributions and accomplishments of African Americans in all areas of American history. February is also known as the month of love as we observe St. Valentine's Day on the 14th. And don't forget about your health this month as February is also American Heart Month and National Cancer Prevention Month. These occasions are only a few in countless of observations and celebrations during the month of February.

So, as you can see, it's another busy month as well as the shortest month

Personnel Inspection

Sgt. Maj. William "Dave" Poist holds a monthly Personnel Inspection to allow senior NCOs the opportunity to inspect USAISR troops.

More inspection photos on Page 5



of the year. Before you know it we'll be well into March and spring. I just want to let everyone know that I am very proud of the work that you do for our service members and their families. Your work is impressive and well-

known throughout the combat casualty care world. I see young Soldiers and NCO in all areas of our mission and that's what makes our work impressive. Keep up the good work!

Company Notes



Company Commander
Capt. Cleveland S. Bryant Jr.

One Team.
One Purpose!
Conserving the
Fighting Strength!

First Sgt. and I would like to congratulate the following personnel for their achievements and accomplishments. First of all, congratulations to Sgt. David Watson for graduating from the Advanced Leader Course. We would also like to congratulate the following personnel who graduated from the Basic Leader Course—Spc.



Soldier of the Month
Spc. Chelsea Hornback



Sgt. Jamar Daniels inspects Spc. Chelsea Hornback Jan. 23 before she enters the Soldier of the Month board.

Ray Cristo and Spc. Stephanie Travieso. We had four reenlistments and two promotions in January. Congratulations to Sgt. Raymond Calzada who was promoted to his current rank and for also reenlisting. The other Soldier who was promoted to Specialist was Spc. Arthur Shidler. Our other three NCOs who reenlisted this month are Staff Sgt. Elizabeth Watson, Sgt. Joanna Bernardo, and Sgt. Robert Sadowski. Lastly, we would like to congratulate our Soldier of the Month: Spc. Chelsea Hornback. We are very proud of your achievements and accomplishments. Keep up the good work.

Upcoming events in the month of February are the USAISR NCO/SOY Competition February 12-14.

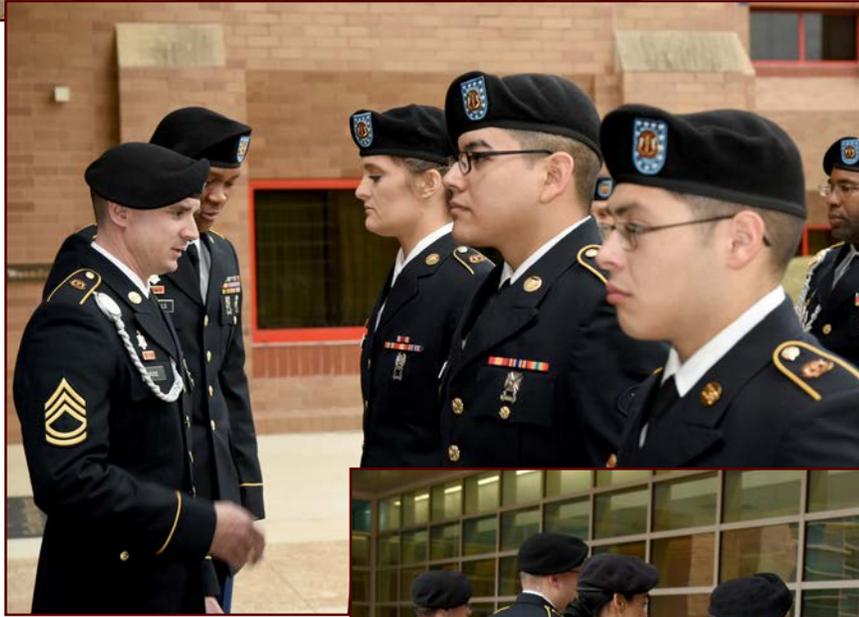
Remain vigilant, be creative, be productive and stay focused on the mission you support here at the ISR. We as the Company Command team encourage you all to continue the great and innovative work you endeavor here every day. Once again, remember that your work and ideas from this or-

ganization are critical to the advancement of medicine and science globally. You are the tip of the spear of medical innovation and progress. Continue to be the torch of this noble cause.

Thank you all for everything you all do every day. Continually, it is truly an honor serving as your Company Commander and First Sergeant! God Bless you all



Personnel Inspection



Top left and Bottom right photos: Sgt. 1st Class Jehnsen Gomez inspects the USAISR troops on Jan. 5.
Center: Sgt. 1st Class Dustyn Rose inspects Spc. Chelsea Hornback as Sgt. Jamar Daniels looks on.

Injured Marine's Grateful Sister 'Pays it Forward'

By Dr. Steven Galvan
USAISR Public Affairs Officer

"As the sister of a critically injured Marine, it was important for me and all of our family members to be able to give back to the Semper Fi Fund (SFF) the way that they were able to give to us in our time of need during such a tragic time in our lives." That's what Andrea Alires said about a fundraiser that she held in order to donate the contributions to the SFF. Alires held a poker tournament in her hometown of Las Vegas and raised \$14,000 for the non-profit charity organization. To sweeten the pot, the Bob and Renee Parsons Foundation, established by Bob and Renee Parsons—the founders of GoDaddy.com, matched the contributions and Alires was able to donate \$28,000 to the SFF.

According to their website, "the Semper Fi Fund provides urgently needed resources and lifetime support for combat wounded, critically ill and catastrophically injured members of the U.S. Armed Forces and their families."

That was the case for Alires when her brother, Staff Sgt. Marco Alires was among the 15 Marines from the 1st Battalion, 1st Marine Regiment who were injured in a training exercise at Camp Pendleton on Sept. 13, 2017. The injured Marines were taken to University of California San Diego Medical Center where Staff Sgt. Alires' wife, dad, mom, sister and brother-in-law first made contact with a representative from the SFF.

"We met a representative from the Semper Fi Fund at UC San Diego and she brought us food, blankets and books for us to read while we were in the waiting room and that was the best support that we could get as a family in crisis and that's how I heard about the Semper Fi Fund," said Alires.

After a few days at UC San Diego,

Staff Sgt. Alires was transferred to the U.S. Army Institute of Surgical Research Burn Center at Fort Sam Houston, Texas.

"We decided as a family to have Marco transferred to the Army Burn Center in San Antonio because we knew that he'd get the best care in the world there," add Alires.

It was during that time that the Alires family learned that the SFF could assist with travel, accommodation and other expenses accrued from their travels back and forth to San Antonio while Staff Sgt. Alires was in the Burn Intensive Care Unit.

"The Semper Fi Fund representative in San Diego and San Antonio were amazing," Alires said. "We have received tremendous support and that's very important for us as a family."

To "pay it forward," Alires teamed up with her friend, Jason Frederico, who is the president of the Gentlemen's League, a non-profit organization in Las Vegas which has a simple mission—to spread goodwill throughout the community. Together, Alires and

Frederico hosted a poker tournament at the South Point Casino in Las Vegas. More than 110 players entered the tournament including retired service members. Raffles, a silent auction and various fundraising activities were held throughout the day to raise the funds for the SFF. A thank you letter from Staff Sgt. Alires was read during the tournament.

"Poker Players & Sponsors, On behalf of the 1st Battalion 1st Marines, I want to say thank you for supporting the Semper Fi Fund. On Camp Pendleton this September 13th, myself and 14 of my Marines were badly injured during a training exercise that will forever change my life. We were participating in a predeployment, land-based training operation inside an Assault Amphibious Vehicle (AAV). We unknowingly hit a gas line that ignited causing an explosion. We were immediately airlifted to the hospital where five Marines were in critical condition

SFF Continues on Page 7



Staff Sgt. Marco Alires and his sister Andrea Alires.

SFF Continued from Page 6

and the remaining in serious condition. As the senior officer in the vehicle, I am proud all my Marines made it out alive....I am happy to be alive, although I have good days and bad days emotionally and physically. It is my goal to get back to my normal life bass fishing, golfing and watching the Oakland Raiders. I wouldn't be where I am today without my family and friends. The Semper Fi Fund is so important, in relieving the financial burden on injured troops and their families. As a Marine it is uplifting to know there are people in Las Vegas that are going out of their way to support us. God Bless.

*R/S,
SSgt Alires L. Marco”*

“We’re very proud of the gift. We requested to have \$14,000 specifically for the USAISR Burn Center for the family of any service member who is critically injured and being treated there,” said Alires.

Staff Sgt. Alires is an outpatient going through rehab at the USAISR Burn Center.

“Marco is a very, very strong person and it’s going to take him a very long time to recover, but he’s going to get there and get back to a normal life. That’s a very important thing for us and we wish that for all service member who are in the same situation.”

Top right: Andrea Alires hosted a fundraiser for the Semper Fi Fund in her hometown of Las Vegas. With the help of her friend Jason Frederico, the fundraiser netted \$14,000 which was matched by the Bob and Renee Parson Foundation for a total of \$28,000 donated to the Semper Fi Fund.

Bottom right: Service Members, active duty and retired, were presented with American flags to honor their service and as a token of appreciation for their participation and supporting the fundraiser.



Safety Notes

By Stephanie L. Truss
Health, Safety and Environmental Specialist



Avoiding Slips, Trips, and Falls

It's probably happened to most of us. That momentary lapse of inattention thinking about a personal problem or distracted by an activity that ends in a slip, trip or fall. A stumble down a stairway. A trip over an uneven surface. Slipping on the ice. Yes we can say that could have occurred this year even in San Antonio. Or to hit a little closer to home a potential slip as you walk down the hall and you slip and fall. Due to someone that has spilled water or coffee on the floor that someone spilled and walked on away without cleaning. You spill it. You need to clean it. It can lead to a variety of regrettable events ranging from a simple bruised shin to an extremely serious injury please don't be the cause of a domino effect. It's just one of a variety of conditions and situations that set the stage for slips, trips and falls in the workplace.

According to the U.S. Department of Labor, slips, trips and falls make up the majority of general industry accidents, which account for:

- 15 percent of all accidental deaths per year, the second-leading cause behind motor vehicles
 - Within the USAISR/BHT Slips, Trips and Falls tend to lead the way on our injuries. For the 1st quarter it leads the way taking up 29% of our 7 Injuries that were reported
 - it would lead in the near miss category if those reported that they cleaned up a potential hazard. Thus far we are at 29% on near miss reports for the quarter with so look at this as a potential 29% of increased injuries for a quarter.
- About 25 percent of all reported injury claims per fiscal year
- More than 95 million lost work

In the Spotlight

Spc. Jessica Luna

Job title: 68W- Medic

How long have you worked at the ISR? 5 months

What or who has been an inspiration to you in your work? My family. I strive to give my husband the motivation to achieve his dreams like mine and to show my children that anything is possible if your determined and put in the work.

What is your favorite part of your work? My favorite part of work is being a part of the healing process of our patients.

What is your proudest achievement? Being able to successfully balance my life between being an active duty soldier and going to school full time, with a family.

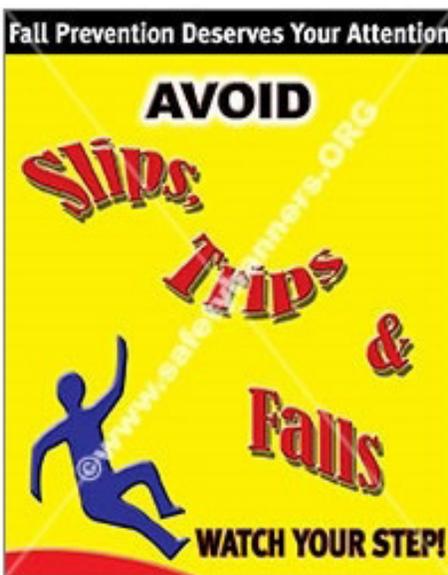
Short- and long-term goals: My short-term goal is to finish my Associate Degree in Nursing. My long-term goal is to obtain my BSN and become a burn or trauma nurse.

Hobbies: I enjoy being outdoors with my family and traveling.

Favorite book: *My Sisters Keeper*

Favorite movie/TV show: *Pitch Perfect* 1-3 recently but I enjoy anything that is funny

Favorite quote: "Hardships often prepare ordinary people for an extraordinary destiny" -C.S. Lewis



days per year – about 65 percent of all work days lost.

In general, slips and trips occur due to a loss of traction between the shoe and the walking surface or an inadvertent contact with a fixed or moveable object which may lead to a fall. There are a variety of situations that may cause slips, trips and falls.

- Wet or greasy floors
- Dry floors with wood dust or powder
- Uneven walking surfaces
- Polished or freshly waxed floors
- Loose flooring, carpeting or mats
- Transition from one floor type to another
- Missing or uneven floor tiles and bricks
- Damaged or irregular steps; no handrails

Health News

By Maria G. Dominguez, R.N. COHN-S/CM Occupational Health



February equates Heart Month. To take care of your heart, physical activity, smarter nutritional diet choices and mindfulness are three key actions everyone can take, according to Air Force Capt. Regan Steinmann, a Preventive Medicine resident physician at the Uniformed Services University of Health Sciences. She said Airmen need to hone in on “more functional and more impactful” changes that lead to a healthier diet. In the Military Health System (MHS) the top priority is readiness. Taking steps to improve health through measures, such as receiving annual physicals and exercising daily can enhance the readiness of service members and the well-being of their families.

Preventive medicine programs are designed to reduce or eliminate the risk of diseases or injuries that may affect you. While even the best prevention programs can't guarantee against illness, they offer a significant opportunity to improve the quality and length of life.

But that action takes place with you! To take care of your heart, physical activity, smarter nutritional diet

choices and mindfulness are three key actions that everyone can take! Learning things like the guidelines established by the American Heart Association that can make a significant difference in one's heart health and overall well-being. In addition to exercise, diet, not smoking and cholesterol checks, the American Heart Association recommends reducing your blood sugar, practicing portion control, losing weight and monitoring your blood pressure.

Occupational Health will present on Thursday February 21 at 1130 to 1230 “Get the Facts about High Blood Pressure” with information on the new AHA guidelines. Bring your lunch, bring your questions.

And, to all our ISR staff primary prevention takes teamwork through your HR department your insurance carrier, benefits department all the way down to you, the main team player. Remember prevention is one of the best ways to protect your health, comes through a variety of services. These services include vaccines, preventive counseling, and routine health screenings. You don't always know where or how the next health threat will appear, but implementing sound preventive medicine habits, such as staying up-to-date on vaccines, sleeping and eating well, can improve your chances of staying healthy.

To maximize the chance to lead a strong, healthy life, remember the positive impact of preventive services and good health habits – not just this month, but all year-round. Today is a great day to start. Just in time for Heart Month.

- Sloped walking surfaces
- Shoes with wet, muddy, greasy or oily soles- Note sometimes slips, trips and falls can be prevented by careful shoe selections for the workplace.
- Clutter
- Electrical cords or cables
- Open desk or file cabinet drawers
- Damaged ladder steps- All ladders within the workplace that are owned by the USAISR/BHT should be in OSHA regulation, inspected, documented and those assigned and designated for use trained and noted within the Job Hazard Analysis.
- Ramps and gang planks without skid-resistant surfaces
- Metal surfaces – dock plates, construction plates
- Weather hazards – rain, sleet, ice, snow, hail, frost
- Wet leaves or something small as a pine needle

Here are 10 Common Hazards

1. Contaminants on the floor- includes water, oil, and grease.
2. Poor drainage- pipes and drains.
3. Indoor walking surface irregularities- uneven floor surfaces.
4. Outdoor walking surface irregularities- holes, rocks, and debris.
5. Weather conditions:- rain, ice and snow.
6. Poor lighting.
7. Stairs and handrails- check and report any potential wear and tear to Safety and or Facilities.
8. Stepstools and ladders- again if they are owned by the must USAISR/ BHT they must be in OSHA regulation, inspected, documented on the inspection tag and those assigned and designated for use trained and noted within the Job Hazard Analysis.
9. Trip hazards: clutter- includes hoses, wires and cables.
10. Improper use of floor mats and runners- prevent slips, trips, and falls by wearing slip resistant shoes, clean and maintain work space, use barriers or other indicators to prevent others from doing the same.

Remember, safety starts with you.



Around the ISR

Top right: Houston Astros baseball players #51 James Hoyt, pitcher; #41 Brad Peacock, pitcher; and #28 J.D. Davis, 3rd base, autograph baseballs for USAISR Burn Center patients Jan. 11.

Center: Burn Center staff pose with Houston Astros baseball players during their visit to the Burn Center Jan. 11.

Bottom right: Col. (Dr.) Booker King welcomes a delegation from the Kyrgyzstan army to the Burn Center for a tour Jan. 31.





30 Years of Service

Col. (Dr.) Shawn Nessen presents Dr. Victor "Vic" Convertino with a certificate in recognition of 30 years of service in the U.S. Government. From 1987-1993 Convertino worked with NASA at the Kennedy Space Center in Florida. From 1993-1998 he was with the USAF Research Laboratory at Brooks AFB in San Antonio. He has been with the USAISR since 1998 where he serves today as the Senior Scientist.

Selected for SLP

Col. (Dr.) Shawn Nessen presents Sheralyn Wright with a command coin for being selected for the AMEDD Civilian Corps Strategic Learning Projects. The program is a short-term learning opportunity for AMEDD civilians to work on special projects in the Corps Chief's office. The SLP provides civilian employees the opportunity to work with the AMEDD Civilian Corps Chief and the staff on strategic projects in support of the Corps mission. The selected employees will learn about the Civilian Corps, see the workings of the Corps Chief's office, gain hands-on experience working on a high level Civilian Corps initiative, and present the project results to flag level, SES, and other stakeholders.



Back When...

Last Month's Answer:



Can you guess who this ISR staff member is? This photo was taken in 1970 before her senior year at Fox Technical High School in San Antonio.



Col. Vina Rajski
Chief Nursing Officer

Submit your photo to PAO for publication in upcoming issues.

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good worker, but we need to take you away from the public sector.” Gerri was placed in Cataloging, and that began her love of the Dewey decimal system!

After marrying George Trumbo, they followed his US Marine Corps career to North Carolina and Arizona. In Yuma, Arizona Gerri worked part-time in the Yuma City-County Library, in all of the various library departments. When Mr. Trumbo completed his Marine Corp career, they returned to Cleveland to live, and Gerri got her job back at Cleveland Public Library, with a twist. Gerri was now the boss of the Cataloging Branch Section. This job was later expanded to include cataloging Fiction and Music (vinyls and sheet music).

On July 4, 1976, Bicentennial Day, the Trumbos left Cleveland for San Antonio. Her son, Justin, was almost three. Gerri received help in finding

a job with the Texas Rehabilitation Commission. The Deaf and Hard-of-Hearing of the Rehabilitation Commission provided Gerri with a counselor who would accompany her to job interviews. Despite her public library

experience and the aid of the Rehabilitation Commission, Gerri still faced the open discrimination of “we don’t hire deaf people.”

Gerri was hired at the library of the University of Texas Health Science Center, San Antonio in June, 1977. She worked with bindery and serials, and was one of the first library personnel to test run data punch cards creating a serials check-in system at UTHSCSA. During that time, she was awarded the State of Texas Handicapped Employee Award.

Gerri felt she was lucky when her counselor found a Library Technician, GS-4, beginning Gerri’s federal career on Fort Sam Houston in September of 1978. The Chief Librarian, Ms. Lora-Frances Davis, told Gerri that her mother had a hearing loss and was in the habit of repeating and writing down things to communicate with her mother. So Gerri was hired.

Gerri worked in the Brooke Army Medical Center Library located at Reid Hall next to the old hospital on main post. In April, 2001 Gerri was offered the job of Library Technician for the Institute of Surgical Research Library. In 2008 Gerri was promoted to Technical Information Specialist for the ISR Library. Gerri is the third person to run the Institute’s Library in 65 years.



George, Gerri and Justin Trumbo