

COMMUNITY CORNER

November time to give thanks, also time to honor Warrior Care Month

By Col. William Clark
GARRISON COMMANDER

Happy early Thanksgiving to all! I hope you enjoy the day – and don't forget Fort Riley will host traditional meals at Devil's Den and Canigny dining facilities on Custer Hill from 11 a.m. to 3 p.m. on Thanksgiving.

Last week, I wrote a little more in depth about Thanksgiving. In that article, I mentioned how grateful I am to have a good majority of our Fort Riley Soldiers home. I'm also grateful we have an Army that takes care of its Soldiers – stateside or deployed.

November is Warrior Care

Month. While we often reflect on the service of our veterans in the month of November because of Veterans Day, the Army also chooses this month as a time to reflect on the care we provide to our warfighters.

According to the Warrior Transition Command, Warrior Care Month highlights the significance of keeping Soldiers healthy and safe and taking care of them when they become wounded, ill or injured.

"Healing the Mind, Body



Col. Clark

and Spirit: Unlocking Unlimited Potential" is the theme for this year's observance. This theme reflects the Army's more holistic approach to warrior care. Care is no longer about fixing issues; it's about preventing them, too. While medicine is always a part of care, now, acupuncture, massage and yoga are, too. Warrior care is about building resilience and ensuring our Soldiers are fit – mind, body and spirit.

The Army continues to improve the way it cares for its men and women in uniform, and Fort Riley has been at the forefront of that. Currently, we are in the process of constructing a brand new state-of-the-art hospital for our service

members and their families. This 550,000-square-foot facility will be energy efficient and modern to meet the needs of our patients. I just participated in a topping off ceremony last week that marked the completion of steel work on the building. A grand opening is being planned for the spring 2014.

For information on current services provided by Irwin Army Community Hospital, visit <http://iach.amedd.army.mil> or call 785-239-7000.

Last year, Fort Riley opened a comprehensive Resiliency Campus on Custer Hill, with the Resiliency Learning Center, Building 7285, at its core. It provides Soldiers, Families, civilians and retirees the

classes and guidance needed to achieve the five pillars of the Army's Comprehensive Soldier Fitness program, which are social, emotional, physical, spiritual and Family.

For more on the resiliency campus and services provided, call 785-239-9435.

Providing the highest quality care and support to our Soldiers is a priority the Army, and we at Fort Riley, take seriously. And while it is the Army's responsibility to care for our Soldiers, we also take time this month to thank all of the volunteers who take time out of their schedules to help us accomplish that mission. Whether through Army Community Service programs or

with the American Red Cross, we appreciate all you do to help us provide the best care possible for our Soldiers.

Similarly, to Family members who help care for ill, injured or wounded Soldiers – or who even just help maintain our Soldiers' resiliency – we thank you, too.

For more information on warrior care, visit www.wtc.army.mil. For news related to Warrior Care Month, visit www.army.mil/warriorcare-news.

If you would like to comment on this article or suggest a topic for the Community Corner, email ri.le.post.newspaper@comus.army.mil.



Melony Gabbart | 1st INF. DIV. POST

Pvt. Bryan Morris, 541st CSSB, 1st Sustainment Brigade, donates blood during the American Red Cross Quarterly Blood Drive Nov. 16 at Building 675 near IACH.

Blood drive falls short of goal at new venue

By Melony Gabbart
1ST INF. DIV. POST

With the change of location from the Army Community Service building, Building 7264, to a clam shell by Irwin Army Community Hospital, Building 675, and snow flurries, Fort Riley's quarterly American Red Cross blood drive Nov. 16 and 17 fell short of the goal.

The American Red Cross collected more than 50 pints of blood toward its 94-pint goal.

Each donor provides one pint. And one pint of blood is enough to help as many as three people. Most recipients don't usually need a whole unit of blood; only one of the components. So, if the blood is divided into components – platelets, plasma and red blood cells, it has the potential to aid more people, said Ruth Wolfe, supervisor for blood drives.

Pvt. Bryan Morris, a blood donor, and Soldier with 541st Combat Sustainment Support Battalion, 1st Sustainment Brigade, 1st Infantry Division, said he read about the potential to help multiple people and that that was one of the reasons he decided to donate. Morris also said, while he had never needed to receive blood, this was his fifth time to donate.

"I felt like helping some people out," he said.

The phlebotomist working with Morris, Cathy Broz, pointed out the actual time

it takes to draw blood is only seven to 10 minutes.

Wolfe added it is actually beneficial to the donors to give. Donating helps get rid of extra iron and can prevent a heart attack or stroke, she said. "It's kind of like changing your car's oil," Wolfe added.

Wolfe suggested drinking Gatorade or Smart Water to increase electrolytes before donating to "plump up veins," She also suggested not exercising during the day of the donation.

After donating, the Red Cross offers juice and snacks.

The next drive will take place on Feb. 14 and 15 in Building 675. Those wishing to donate may sign up anytime at www.redcrossblood.org.

Primary Care chief recounts 9/11 experience

By Shandi Pase
1ST INF. DIV. POST

More than 10 years after the attacks of 9/11, Maj. Jennifer Glidewell is able to speak about what she witnessed first-hand at the Pentagon.

During this month's Junction City-Geary County Military Affairs Council breakfast Nov. 17, Glidewell recounted the events of that September day.

Billowing smoke from the opposite side of the Pentagon was the first thing Glidewell saw as she emerged from the doors of the DiLorenzo Tri-care Health Clinic into the Pentagon's central courtyard.

At the time, Glidewell was a young Army captain who had been selected in 2000 to serve as the training officer and acute care clinic officer in charge in the nation's capitol. In this position, she had many medics under her supervision.

On the morning of the attacks on the Pentagon and World Trade Center in New York City, Glidewell had been teaching a class and leading a group from one area to another when the news flashed of the second plane hitting the

World Trade Center.

Almost immediately, she thought the crashes in New York weren't accidents, but terrorist attacks instead crossed Glidewell's mind. The thought of the Pentagon being the next target wasn't something she considered at the time, Glidewell said.

"Something terrible has happened. You've got to get out," yelled a lieutenant colonel whose name Glidewell still can't remember.

She said the meaning was clear in the tone of his voice. She only remembers portions of what happened in the following minutes.

"Our memory takes snippets we need and gets rid of snippets we don't," Glidewell said.

Operating as if the incident was a drill, Glidewell immediately took action making sure no one entered the clinic, she said.

As Glidewell and one of her medics heard there was a patient in the courtyard, the medical staff saw the smoke emerging from the building confirming it was not a drill.

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Shandi Pase | 1st INF. DIV. POST

Maj. Jennifer Glidewell, chief, Department of Primary Care and Community Medicine, IACH, right, talks to Junction City and Geary County officials about her experience on 9/11 during the Junction City-Geary County Military Affairs Council breakfast Nov. 17 at the Geary County Convention Center.

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