



MEDICAL MINUTE

Vol. 2, No. 4

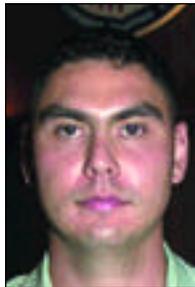
Serving the members of Tripler Army Medical Center and Pacific Regional Medical Command

April 2001

PRMC honors soldiers of year

Staff Sgt. Michelle J. Rowan
Editor

After two intense days of competition, a medical equipment repairer and a wardmaster from Tripler Army Medical Center walked away with the titles of Pacific Regional Medical Command Soldier and NCO of the Year March 30.



Keane

Spc. Anthony Keane of the Department of Logistic's Healthcare Equipment Management Branch and Staff Sgt. Thomas Perkins of the Department of Nursing emerged victorious from the competition, which included an Army Physical Fitness Test, in-ranks inspection, about 15 hands-on tests, written test and oral board.

"This competition was definitely a challenge," said Keane, a six-year Army veteran. "But that's why I wanted to participate in these competitions — for a different challenge."



Perkins

Perkins, who is wardmaster of 6C2, agreed that the competition was challenging, but said he had another reason for participating in the competitions.

"I wanted to encourage other soldiers to get involved and participate in the competitions," he said. "This is an excellent opportunity for all soldiers."

Although only two soldiers could come out on top of the PRMC competition, Command Sgt. Maj. Steven Burton said the competition had no losers, and each participant

See **COMPETITION**, page 6



Staff Sgt. Michelle J. Rowan

Earning the badge

Capt. Karen Magnet of the Department of Clinical Investigations' Biochemistry Section, evaluates an "injured" soldier during Expert Field Medical Badge testing at Schofield Barracks March 28.

While more than 40 Tripler Army Medical Center soldiers participated in the testing, only two walked away from the week of testing with the coveted badge. After finishing the final event of the testing, a 12-mile road march, 1st Lt. Michelle Ripka and Sgt. Chieu Ly Figueroa received the badge March 30. For more on the EFMB testing, see page 7.

FEEDBACK

A place to voice your opinion
If you were to recommend an activity or place to visit while in Hawaii, what would you suggest?



Spc. Travis Campbell, Dept. of Pathology and Area Lab Services — "I would recommend Manoa Falls. It's a beautiful hike and some good PT. Hooah!"

Darla Schertz, Military Personnel Division— "I would recommend Kualoa Ranch, the Polynesian Cultural Center and Ko Olina."



Capt. (Dr.) Arthur L. Johnson, Clinical Support Division — "I would recommend the City of Refuge Christian Church. Everyone needs God in their life."

Spc. Jennifer Mooe, Dept. of Pathology and Area Lab Services — "I would recommend Shark's Cove. It's the best place to find shells, especially cowry shells."



Spc. Karen Singer, Dept. of Pathology and Area Lab Services— "I would recommend Hanauma Bay because it is excellent for family snorkeling. It has an abundant variety of beautiful sealife."

"Lights, Camera, JCAHO ..."

Organization adds new standards

Lt. Col. Suzan Denny
Director of Surgical Nursing

The 2001 JCAHO Hospital Accreditation Standards added many new standards to address pain management for patients in the clinics and hospital. All the Functional Management Teams (FMT) have incorporated the changes by updating TAMC policies and procedures, developing documentation tools, and establishing audits to monitor the progress. The following is a summary of events and activities that have been accomplished to improve TAMC pain management:

- * A Pain Management PAT met to review TAMC pain standards.
- * TAMC PAM 40-32 was reviewed with input from MEDCOM and JCAHO pain experts.
- * TAMC Patient Rights were updated to include pain management rights.
- * Medical Records Reviews were performed by the MRRC (JAN-Surgery, FEB-Pediatrics, MAR- Family Practice) using new audit tools.
- * Pain Management Records Review tools for inpatient and outpatient were sent

out to all Product Lines and FMT's for internal monitoring and review.

* Patient Perception Survey for pain management was initiated on the Surgical Wards. Survey will be expanded to all the Product Lines over the next month.

* An Accession Log was developed to assist in tracking the activity and policy changes at Tripler that have been implemented to meet the new standards.

The new pain management standards are listed below and can be found on the TAMC Intranet under the JCAHO icon. POC for the JCAHO Pain Management Standards implementation at TAMC is Lt. Col. Suzan Denny, Director, Surgical Nursing, 433-5107.

Standard RI.1.2.8 — *Patients have the right to appropriate assessment and management of pain.*

Standard PE.1.4 — *Pain is assessed in all patients.*

Standard TX 3.3 — *Policies and procedures support safe medication prescription or ordering.*

Standard TX 5.4 — *The patient is monitored during the post procedure period.*

PF 3.4 — *Patients are educated about pain and managing pain as part of treatment, as appropriate.*

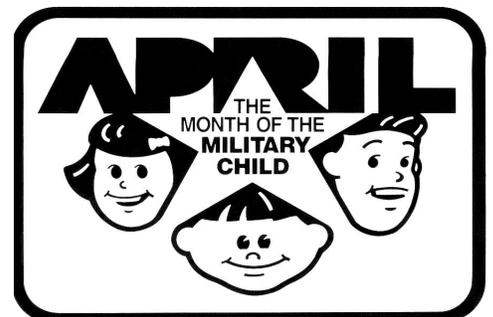
CC 6.1 — *The discharge process provides for continuing care based upon the patient's assessed needs at the time of discharge.*

CSM's Handshake of Concern



April

"Pain Management"



Medical Minute

<http://www.tamc.amedd.army.mil>

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Thrift savings plan to open to military

Jim Garamone

American Forces Press Service

Servicemembers can begin to sign up for the Thrift Savings Plan beginning Oct. 9, DoD officials said.

The Thrift Savings Plan is a retirement and investment plan that has been available to civilian government workers since 1987. Congress extended the plan to include service members in 2000.

"It's in addition to your regular retirement," said Army Lt. Col. Tom Emswiler, a tax expert with DoD's Office of Military Compensation. "It's an optional program."

The open season for signing up will run from Oct. 9 to Dec. 8. Deductions start in January 2002. In 2002, service members can contribute up to 7 percent of

their basic pay. The maximum amount servicemembers can contribute from basic pay will change. The current limit of 7 percent of basic pay will rise to 10 percent by 2005 and become unlimited in 2006.

"You can contribute from 1 percent to 100 percent of your special pays, incentives and bonuses into the thrift plan," Emswiler said.

The total amount generally cannot exceed \$10,500 for the year. Contributions from pay earned in a combat zone do not count against the \$10,500 ceiling. Combat zone contributions are subject to a different limitation, however, 25% of pay or \$35,000, whichever is less.

Servicemembers will be able to start,

change or reallocate their TSP contributions during two open seasons held each year. These are November to January and May to July.

"Because bonuses are hard to predict, if you are already participating in the plan and contributing from basic pay and you receive, for example, a re-enlistment bonus, you can elect to contribute at any time," Emswiler said.

Contributions to the plan come from "pre-tax" dollars. Servicemembers pay no federal or state income taxes on contributions or earnings until they're withdrawn.

The services will have teams visiting members to explain the program. Until then, see the thrift plan's uniformed services page at www.tsp.gov/uniserv/index.html for more information.

USARPAC, TAMC prepare for Asia-Pacific conference

TAMC Public Affairs Office

The New Zealand Army and the U. S. Army Pacific Command (USARPAC) are co-hosting the 11th Asia-Pacific Military Medicine Conference in Auckland, New Zealand, from May 6-11 at the Sky City Hotel Conference Center.

Military medical officers from more than 30 Asia Pacific countries are invited to participate in this, the 11th in a series of military medical meetings which began in 1990. Previous conferences have been held in Singapore, two in Bangkok, Jakarta, Kuala Lumpur, New Delhi, Sydney, Auckland and two in Honolulu.

"The Asia Pacific Military Medicine Conference is a unique opportunity for military and civilian medical colleagues to dialogue about a wide spectrum of experiences of mutual interest involving the delivery of healthcare by military personnel in the Pacific," said Col. (Dr.) Dale Vincent, a member of the USARPAC Scientific Programme Committee, and chief of the Department of Medicine, Tripler Army Medical Center. "No other conference brings a similar group of countries and healthcare professionals together."

The primary theme for this conference is "Health Support in Operations Other than War." Other topics include emerging infectious diseases in the Pacific, disaster relief and humanitarian assistance, and telemedicine.

"We are really excited to be co-hosting this year's conference on what will be a very interesting and topical theme," said Col. (Dr.) Anne Campbell, New Zealand's senior medical officer at the conference. "From a New Zealand perspective, we are heavily involved in peace keeping operations in the region at present

with East Timor and Bougainville, and our work with following the tidal wave disaster in Papua New Guinea in 1998 make this year's theme particularly relevant from our perspective."

Principal speakers scheduled to address the conference include: Major General Nancy Adams, USARPAC surgeon and commander, Tripler Army Medical Center and the Pacific Regional Medical Command, and Col. (Dr.) Anne Campbell,

New Zealand's senior medical officer at the conference.

The continuing series of Asia-Pacific Military Medicine Conferences provides a forum for military medical professionals in the Asia-Pacific and Indian Ocean region to learn and work together in providing the best healthcare possible to members of their respective militaries. The exchange of information, through multiple venues,

increases knowledge and understanding of medical professionals focusing on relevant military medical issues and topics in comprehensive health services, clinical research, education and prevention. Topics will be presented in lecture form, small group sessions and poster board presentations.

In addition to representatives from the co-hosts, New Zealand and the U.S., military medical personnel from the following countries are scheduled to attend the conference: Australia, Bangladesh, Brunei, Cambodia, Canada, Federated States of Micronesia, France, India, Japan, Kiribati, Madagascar, Malaysia, Maldives, Mauritius, Mongolia, Nepal, Papua New Guinea, Palau, People's Republic of China, Philippines, Republic of Marshall Islands, Russia, Samoa, Singapore, Solomon Islands, South Korea, Sri Lanka, Thailand, Tonga, Vanuatu and Vietnam.



NCO donates bone marrow to save life

Staff Sgt. Michelle J. Rowan
Editor

If you had the opportunity to save the life of someone you may not even know, would you do it? One Tripler Army Medical Center soldier recently did just that, but not in a way you might expect from a medical professional stand point.

Master Sgt. Kimberly Garcia, senior clinical NCO of Tripler's Department of Obstetrics and Gynecology, donated bone marrow last November to a man she had never met who was suffering from leukemia on the Mainland.

The 17-year Army veteran's life-saving experience began back in 1998 when she registered with the C.W. Bill Young/ Department of Defense Marrow Donor Program while stationed at Fort Bragg, N.C.

"Registering was the first step," said Garcia, who added she never thought she would actually be a match for anyone.

To her surprise though, Garcia received a call last summer notifying her that she was a possible match and would need to complete more blood testing. After the additional tests, however, Garcia was told another match had been identified to be the donor.

"I was willing to do whatever was required of me. I took my part of being in the program seriously," said Garcia, who left Fort Bragg for Hawaii a few months after the testing. Less than two weeks after her arrival last October, the bone marrow donor center again came calling. This time, Garcia was desperately needed to donate bone marrow after the previously identified donor backed out at the last minute.

"The recipient had already undergone radiation therapy in preparation for the transplant so he had no immune system left," she said. "He could have died within a very short time."

While the donor center originally wanted Garcia to immediately fly to the East Coast where the recipient was located, coordination was made with a local bone marrow donor center in Honolulu to complete the donation process at St. Francis Medical Center on Oahu.

Without hesitation, Garcia completed the necessary paperwork and additional medical exams such as a thorough physical, chest X-ray and blood tests. Then it



Staff Sgt. Michelle J. Rowan

Master Sgt. Kimberly Garcia, senior clinical NCO for the Department of Obstetrics and Gynecology, discusses upcoming issues with a soldier.

was time for the most critical part of the donation process, the actual removal of bone marrow.

"I was put under general anesthesia so there was no pain or discomfort during the procedure," she said. "Even afterwards all I felt was slight bruising in the areas the marrow was withdrawn, which lasted a few weeks."

Once the marrow was removed, a donor center employee transported the vital substance to the Mainland where medical personnel were awaiting its arrival.

Despite the slight discomfort from the procedure, Garcia said there would be no question on doing it again if there was a need.

"When somebody calls out to you for help, your obligated in your heart to provide that help," said the licensed practical nurse. "I'm a firm believer that we are all put on this earth for a purpose. Sometimes we have to give something back, instead of just taking and taking."

Although the national bone marrow donor center keeps donor and recipient names confidential for at least a year after

the transplant, Garcia said she has received letters from the recipient's family in addition to updates on the man's condition from the bone marrow donor center. She said one letter written by the recipient's wife while he was undergoing the transplant was especially moving.

"The day before I was scheduled to go in to have the bone marrow removed, my father-in-law passed away. Somehow word got back to the recipient's family, and they sent me their condolences," Garcia said. "They said I was an angel from God. Well, I know that's not true. It was a very touching and emotional letter."

Garcia said she plans to keep in touch with the recipient, and is very interested in his recovery. She also said she did not donate bone marrow for any type of recognition or publicity. In fact, she was first opposed to letting her story get out, but was encouraged by several coworkers to share the experience in hopes of getting others involved in the bone marrow registry.

"I just did what I thought was right," she said.

For information on how to get involved in the DoD program, check out www.dod-marrow.org or call (800)627-7693.

news briefs

AER campaign runs through

April 19 — This year's Army Emergency Relief campaign, "Helping the Army Take Care of Its Own," runs through April 19.

Voluntary contributions will be accepted from the Army Community. Contributions are important to individuals with emergency needs. AER Keypersons will be contacting Soldiers throughout Tripler. Retirees will receive a request for support by mail. Monetary donations are accepted at any time.



For more information, call the listed Keypersons below:

Primary Project Officer — 1st Lt. Anita J. Britt — 433-5095

Asst. Project Officer — Staff Sgt. Javier Noriega — 433-6052

Co. A Keyperson — Staff Sgt. Robert Marquez — 433-9133

Co. B Keyperson — Staff Sgt. Linwood Russell — 433-9135

Co. C Keyperson — Staff Sgt. Lisa Hightower — 433-8350.

VA holds clothing drive

— The Department of Veterans Affairs is conducting a homeless veterans clothing drive. Those who wish to donate men's and women's clothing and footwear may drop the items off at VA headquarters in Tripler's E-Wing, Room 1B100. The office is open from 8 a.m. to 3 p.m. Monday through Friday. Small toiletries such as shampoo and small to medium-sized traveling bags will also be accepted. Items should not be new.

For more information, call Allan Kellogg at 433-0500.

Activity Fund gives NCOs opportunity to promote spirit

— The TAMC NCO Activity Fund affords NCOs assigned to Tripler a unique opportunity to show their commitment to promoting the Tripler Ohana spirit. Organized by NCO leadership in 1990, the fund is a registered private non-profit organization operating under applicable DoD and Army regulations with the approval of

Tripler's commanding general.

The NCO Activity Fund advocates NCO unity, fellowship, leadership and family spirit with the goal of promoting esprit de corps within the organization. The fund is involved in the support of various social events such as the Enlisted Hail and Farewells, Organizational Day, Keiki Christmas Parties and Enlisted Dining In/Out activities.

For more information about the fund or how to join, call Master Sgt. Glenroy Christie at 433-6048.

Lab to host open house

— Tripler Army Medical Center's Department of Pathology and Area Lab Services will sponsor National Medical Laboratory Week with an "Open House" in the Donor Center, Room 2A207, April 18, from 1 to 3 p.m. Poster Boards highlighting various lab procedures will be on display and a power point presentation will be shown during the open house. Light refreshments will be served.

National Medical Laboratory Week 2001 will be celebrated from April 15-21. This year's theme is "Laboratory Professionals: Solving Today's Medical Mysteries."



National Medical Laboratory Week is a time set aside to recognize approximately 265,000 medical laboratory professionals and 15,000 board-certified pathologists who perform and interpret medical laboratory tests. NMLW recognizes the vital role these professionals play in every aspect of healthcare.

For more information, call the Donor Center at 433-6195.

Medical Specialist Corps celebrates anniversary

— The Army Medical Specialist Corps (SP) will celebrate its 54th Anniversary of service April 16.

The history of the occupational therapists, physical therapists and dietitians began during World War I where women served as civilian employees of the medical program. Congress passed a law

Dec. 22, 1942, which authorized dietitians and physical therapists to receive military status with military rank in the Medical Department for the duration of the war.

April 16, 1947, President Truman signed Public Law 80-36 that established the Women's Medical Specialist Corps, and on Dec. 5, 1947, Maj. Emma Vogel was appointed the first Chief.



On Aug. 9, 1955, Public Law 84-294 authorized the commissioning of male medical specialists which necessitated a change in the Corps' name and insignia. The Corps was renamed the Army Medical Specialist Corps. On Feb. 4, 1992, physician assistants were commissioned and joined the corps contributing to the SP's success in providing top quality healthcare.

Lung association hosts walk

— The American Lung Association of Hawaii's Walk to Fight Asthma is scheduled for April 29 at 8 a.m. in Downtown Honolulu. A two-mile walk around the Civic Center and State Capitol is planned. There is a registration fee of \$25 that includes give aways and post-walk refreshments.

The association's mission is to prevent lung disease and promote lung health. For more information and a registration form, please call 537-5966, extension 311.

Walk raises money for arthritis research

— Castle Medical Center and the Arthritis Foundation are sponsoring "A Joint Walk," a fundraiser that benefits the Arthritis Foundation to further research and development of this disease. The event is scheduled to take place inside the Windward Mall at 8 a.m. May 6. There is a pledge of \$15 minimum for the event that is to honor those who have had joint replacement surgery.

For more information and to receive an application form, please call 942-3636.

COMPETITION: TAMC troops take titles

Continued from page 1

was a winner for just making it as far as they did.

“They were very strong competition,” said Perkins of the other three participants in the NCO of the Year competition.

The other participants of the competition were Spc. Joshua M. Levesque and Staff Sgt. Gregory D. Adams who represented the Pacific Regional Veterinary Command. Sgt. LaDonna O. Jenkins represented the Pacific Regional Dental Command. Staff Sgt. Howard W. Palmer represented the U.S. Medical Activity Japan.

Despite the victory, the winning pair couldn't rest just yet. Each had to immediately begin preparing for another competition where they would face off against the top soldiers of the U.S. Army Medical Command. Not even a week after winning the PRMC titles, Keane and Perkins left Tripler April 4 for Fort Sam Houston, Texas, for the MEDCOM Soldier and NCO of the Year competition, which took place April 6-9.

Check out next month's edition of the *Medical Minute* to see how Keane and Perkins did at the MEDCOM competition.



A grader evaluates Staff Sgt. Gregory Adams on movements with a guidon March 29 during the Soldier and NCO of the Year competition.



Photos by Staff Sgt. Michelle J. Rowan

Staff Sgt. Howard Palmer of the U.S. Medical Activity, Japan, sets up a M18A1 Claymore Mine during the hands-on portion of the competition. In addition to hands-on tasks, the competitors also completed an in-ranks inspection, oral board and written test.



A competitor plots a point during a map reading test. About 15 individual tasks composed the hands-on portion of the Soldier and NCO of the Year competition.



An injured soldier waits for further medical assistance on the EMT lane.



Photos by Staff Sgt. Michelle J. Rowan

Capt. Karen Magnet checks for a pulse while testing on the CPR lane. Other EFMB tasks included a litter obstacle course and medical evacuation lane.

EFMB: TAMC soldiers go after badge

Staff Sgt. Michelle J. Rowan
Editor

After months of preparation and an exhausting week of testing both their bodies and minds, two Tripler Army Medical Center soldiers left Schofield Barracks March 30 with the Expert Field Medical Badge.

1st Lt. Michelle Ripka, a staff nurse, and Sgt. Chieu Fy Figueroa, a medical specialist with the Emergency Medical Services Section, survived the six days of testing to take home the coveted badge.

Since 1965, the EFMB has been given to soldiers for recognition of exceptional competence and outstanding performance by field medical personnel.

In order to earn the badge, soldiers had to complete about 10 different lanes including a litter obstacle course, communications lane, emergency medical treatment lane and medical evacuation lane.

Although more than 40 Tripler soldiers began the testing cycle March 25, the number was cut in half after the first day. Day and night land navigation put an early end to about 20 of the soldiers' quests for the badge.

Then, over the course of the next few days, that number dwindled even further until only Ripka and Figueroa remained heading into the last two events: a written test and a 12-mile road march.

"This was the toughest thing I've done so far in the military," said Ripka, who said the badge lived up to her expectations as one of the hardest badges to earn in the Army. "There are so many rumors about how tough it is. I just wanted to see if I could do it."

Figueroa agreed about the difficulty of the testing, and even said she had her doubts about making it through the week.

"With so many people not making it, I kept thinking to myself, 'when is it going to be my turn to pack it up and go home,'" she said.

Despite her worries, Figueroa made it through thanks to a little encouragement from fellow soldiers.

"We tried to keep each other motivated, and at night we'd study together," said Figueroa, who added that other Tripler soldiers even came out and helped motivate her during the road march.

The EFMB testing is conducted by the



EFMB staff members help Sgt. Chieu Fy Figueroa with her equipment after she finished the 12-mile road march.

25th Infantry Division (Light) and usually held annually. Soldiers interested in going out for the next EFMB testing cycle should contact their company's training NCO for dates and information on training activities.

First Medical Assistant Program class graduates

Margaret Tippy

TAMC Public Affairs Officer

Nine out of 10 Medical Assistant Program graduates proudly walked forward to Lt. Col. (Dr.) Terry Walters, commander of Schofield Barracks Health Clinic, and received a plaque from her outlining their accomplishments March 2. They are the first graduating class since the program's inception Sept. 15, 2000.

Ada Velazquez was on the Mainland with her family and unable to attend. The other nine women shared with their families and friends their pleasure and joy of completing the course which lasted six months and required each student to volunteer 760 clinical hours and rotate through multiple clinics. The program initially began with 15 volunteers.

The 10 volunteers who graduated – all Red Cross trained – worked at the clinics more than 9,000 hours, Walter said, which amounts to \$120,000 worth of work. The program is run in conjunction with the Schofield Barrack's American Red Cross Office and Karen Rose, station coordinator, attended the graduation to congratulate the women.

"It's a win-win situation," Walters said smiling. "The students received the training and the clinics and our patients received extra care. ... Medical assistants are like the oil that makes the machine work.

"They are a large part of the human face of the healthcare delivery system and do the work of comforting and reassuring patients," Walters said.

The demand for medical assistants is mushrooming, according to Walters. They are the only allied health professionals specifically trained to work in ambulatory settings such as a doctor's office or clinic. Medical assistants are multi-skilled staff members who are capable of performing administrative and clinical procedures.

"I think it's a really good program," said Shelley Nobriga, medical technician who works in Schofield's Phlebotomy Section. "I think they learned a lot. It gave them a feel as to whether they wanted to go into the medical field."

Students rotated through Schofield's Family Practice Clinic, Troop Medical Clinic, the Acute Care Clinic, Laboratory,



Margaret Tippy

Eight of the 10 Medical Assistant Program graduates gather as a group for a final time after receiving their diplomas at the Schofield Barracks Health Clinic.

Radiology, Orthopedics, and the Patient Administration Division.

In all areas they were supervised one on one as they were trained in front office procedures, vital signs and patient assessment, phlebotomy, crutch fitting, sterile procedure set up, and other skills.

Capt. Mark R. Reinhardt, the program coordinator, told family members "to be proud of what these students had accomplished through the cooperation of Schofield Barracks Clinics, Tripler Army Medical Center and the community."

The women were all active-duty spouses except one military retiree's spouse.

The students had a surprise for two of the program officers. Brandi Adams and Colleen Kadish presented Reinhardt and Maj. Richard Caldwell, the program director, with plaques thanking them for all their hard work.

Adams, who completed 811 hours, said, "she jumped at the chance to go through the course. I had started college to become a nurse. Now I want to take the test to become a certified pharmacy technician, and I'm still volunteering in Pharmacy to gain more knowledge." Kadish, the program Honor Graduate, completed 761 hours, while being a full-time mom to sons Cody, 11, and Jacob, 8. She is married to Staff Sgt. Robben Kadish, 2nd Battalion, 25th Aviation Regiment. All three were on hand to congratulate her. "I have the best Mom in the world," Cody said grinning.

"I really liked the Acute Care Clinic rotation," Kadish said. "There were so many different people coming through to receive health care."

Eloise Trinta who completed 775 hours must not have had time to breathe in the last six months of training. She works more than 30 hours a week at Schofield's Post Exchange Extra and is raising four children with her husband Ret. 1st Sgt. Melvin Trinta.

"I really like the lab and phlebotomy," Trinta said smiling, "and I am continuing to volunteer in the Lab until we leave. It was a real challenge but I was ready and able to go in there and learn."

Trinta plans to apply for a position when the family relocates to Texas. "As a patient, I always wondered what kind of training these people needed to perform clinical skills. Now, I'm trained with those skills," she said.

Besides Velazquez, who volunteered 764 hours, Adams, Kadish and Trinta, the following students also graduated: Rita Brenes, 804 hours; Rayann Carter, 770 hours; Mercedes Navarro, 766 hours; Tuesday Partida, 760 hours; Brunilda Suarez volunteered 881 hours; and Cheryl Tyler, 764 hours.

The second Medical Assistant Program class is scheduled to begin in the August/September timeframe, said Karen Rose, station coordinator. The American Red Cross – Schofield Barracks will begin the application process beginning in May. The plan is to train 10 new students. For more information, Rose may be reached at 655-4927.

May is also the time to apply for the Dental Assistant Program which is similar to the Medical Assistant Program with an emphasis on dental procedures, Rose said.

April designated as OT Month

Capt. Laura Duesler
Schofield Barracks Occupational Therapy Clinic

The American Occupational Therapy Association has designated April as National Occupational Therapy Month.

Occupational Therapy is a healthcare profession that helps people whose lives have been affected by illness or injury. Occupational therapists are currently stationed at both Tripler Army Medical Center and Schofield Barracks Health Clinic. People who can benefit from occupational therapy range from the tiniest of newborn infants to senior citizens.

The historical roots of occupational therapy in America date back to the early twentieth century to rehabilitate soldiers following World War I. It was found that "purposeful occupations" such as crafts helped patients recover more quickly from injuries and illness, both physical and mental. This was how occupational therapy derived its name.

There are 76 occupational therapists and more than 100 occupational therapy assistants in the U.S. Army today. Occupational therapy personnel are contributing tremendously in the area of health promotion, disease and injury prevention and wellness programs for soldiers and their families. Research in ergonomics and biomechanics are helping to improve soldier readiness and performance, design better, safer equipment and training for the Army.

Occupational therapists help injured workers and soldiers return to the job following traumatic injuries through splinting and graded rehabilitation programs. Some common work-related conditions that can benefit from occupational therapy are hand and wrist problems such as carpal tunnel syndrome and tendonitis.

Older people have a variety of health problems that can be helped by occupational therapy. For example, arthritis, strokes and Parkinson's disease can affect the ability to carry out many activities of daily living such as dressing and eating. But occupational therapy can teach new ways or provide ingenious equipment to help carry out these tasks. The goal is to make the older person as independent and as safe as possible.

More than one fourth of the occupational therapists in the U.S. work in the school system of America, where they help children pursue the "occupations" of learning, playing and growing.

To learn how occupational therapy can help you, visit the 'consumer' section of the American Occupational Therapy Association's web site at www.aota.org or call Tripler's Occupational Therapy Clinic, 433-5232.



Photos by Suzan Holl

CLOSE ENCOUNTERS OF THE SMALL KIND

A group of preschoolers from the Trinity Lutheran Preschool in Wahiawa invaded Schofield Barracks Health Clinics' Acute Care Clinic March 16 for a tour of the facility. Above, Maj. Richard Caldwell, the ACC's head nurse, asks the students to show him the size of their hearts.

Stabilization eases school turbulence

Joe Burlas
Army News Service

Soldiers with family members entering their senior year of high school may be able to stay an extra year at their current duty stations.

The U.S. Total Army Personnel Command sent implementing instructions for the initiative to the field via official message April 3.

Stabilizing Army families with high school seniors to reduce turbulence was among the top recommendations of an Army Community and Family Support Center Education Summit held last July.

"This is about the Army taking some of the burden off Army families' shoulders," said Col. Jeffrey Redmann, deputy director of PERSCOM's Enlisted Personnel Management Directorate. "Kids want to go to the senior prom and graduate with the friends they've made over time. Army service shouldn't mean sacrifice for Army families. We're doing the right thing here."

Soldiers with a family member due

to graduate high school in 2002 can initiate a request for stabilization by submitting a DA Form 4187 listing the family member's name and social security number. The family member must be enrolled in DEERS. A letter from the high school stating when the family member is projected to graduate must be attached to the 4187.

Soldiers stationed overseas must state on the form that they will extend their foreign-service tour to meet the stabilization requirement.

Enlisted soldiers must also list any scheduled training, such as schooling or temporary duty enroute, on the 4187. Officers with scheduled training should contact their branch assignment officer to reschedule that training.

The application suspense for soldiers with youth who will be seniors next fall is May 30. Beyond the 2001-2 school year, the suspense will be 12 months prior to the start of the youth's senior school year.

For more information, see <http://perscomnd04.army.mil/milpermsgs.nsf>.

Tripler Red Cross honors volunteers

Margaret Tippy

TAMC Public Affairs Officer

"I've got goose bumps all over," Margaret Gilbert said, "and that's for the second time today!" She had just returned from being honored a second time during the American Red Cross Luncheon sponsored by Tripler Army Medical Center Red Cross Office at the Hale Ikena March 15.

Gilbert was honored for her untiring devotion to the Tripler Red Cross as its Flower Committee Chairman, and received a Special Citation for Exceptional Volunteer Service for unselfishly volunteering her time for the last 18 years. She was all smiles and really enjoyed the luncheon celebration.

"We could not do the mission of the medical center without you," said Maj. Gen. Nancy R. Adams, commander of Tripler Army Medical Center. "You unselfishly volunteered more than 36,000 hours this past year which is equivalent to more than \$1 million worth of effort and manpower."

The luncheon was organized by Lizabeth Ann Daley, the Tripler station coordinator, Debra Anderson, the chairman of Volunteers, and Mary Jo

Brostrom, the Youth and Young Adult chair.

Daley had high words of praise for Anderson and all the work and "hats" she has been wearing recently to keep the Red Cross Office going while a search was on for a new station coordinator.

Daley was able to surprise Anderson when the general presented her with a Coin of Excellence. Anderson was also named the Volunteer of the Year – 2000.

Sgt. Reginald Rubin, wardmaster of Tripler's Pediatric Ward, was the guest speaker for the luncheon and thanked all volunteers saying, "You all care a great deal for our patients."

Other awardees who were honored at the luncheon:

Coin of Excellence:

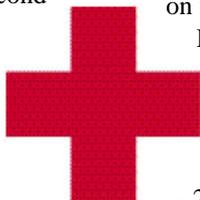
Eloise Monsarrat – volunteered more than 2,000 hours working with Tripler Human Animal Bond Program.

Edith Muench – volunteered more than 2,000 hours working in the Emergency Room as a clerk on Friday and Saturday evenings.

Special Citation for Exceptional

Volunteer Service Award:

Roberta Christensen
Margaret Gilbert
Barbara Graessle
Nancy Lee



Julie McBane

Volunteer of the Year Debra Anderson (right) presents volunteer Amie LaMarr with a volunteer service award during the ceremony.

Thomas Mastin
Arnold Morgado aka "Mr. Aloha"

Outstanding Volunteer Service Award

Ann Clark
Kazuo Kibota
Amie LaMarr
Lois McCartney
Mira Pauh
Josefina Vallesterro

Volunteer of the Year Award 2000

Amanda Pennington



Courtesy photo

Rock, don't shake

April is National Child Abuse Prevention Month. Staff members of Tripler's Joint New Parent Support Program (shown at left during a Shaken Baby Syndrome awareness activity) remind parents to rock their babies, BUT do not shake them. Shaking a baby or child can cause lifelong brain damage, blindness or even death.

When a child is crying, Prevent Child Abuse Hawaii suggests the following:

- * Make sure the keiki is not hungry, too hot or cold and does not have a dirty diaper.
- * Give the child a pacifier.
- * Stop, sit down, take a deep breath and count to 10 slowly.
- * Take the child for a ride in a stroller/car.
- * Play calming music.
- * Call a friend or relative for help.

MINISTRY MOMENT

Spring gives reminder that new life is possible

Chaplain (Capt.) Albert Ghergich
Department of Ministry and Pastoral Care

Spring is the Creator’s message of hope to the world. Spring reminds us that new life is possible; that barren fields can bloom again; that each new day brings infinite surprises and infinite possibilities. Watching leaves return to empty branches of the beautiful, tropical plumeria tree reminds us that miracles do happen even in what appears to be a most hopeless situation. The book of Job captures this message of hope: “If a tree is cut down, there is hope that it will sprout again and grow new branches. Though its roots have grown old in the earth and its stump decays, at the scent of water it may bud and sprout again like a new seedling.”

Perhaps it was springtime when Jesus spoke these words to his followers:

“Look at the birds. They don’t need to plant or harvest or put food in barns because your heavenly Father feeds them. And you are far more valuable to him than they are ...Look at the lilies and how they grow. They don’t work or make their clothing, yet Solomon in all his glory was not dressed as beautifully as they are. And if God cares so wonderfully for flowers that are here today and gone tomorrow, won’t he more surely care for you?”

The message of Spring is all around us. It is in the songs of birds and in the beauty of flowers. Spring is an invitation from the Creator to you to embrace the hope that the future brings. One author writes that, “God goes before us to make all things new — inviting us to the future

that he has both promised and prepared for us. God is not simply in the past. God is in the present and the future leading and drawing us toward newness of life.”

Spring reminds us that:

- Hope is stronger than memory.*
- Salvation is stronger than sin.*
- Forgiveness is stronger than bitterness.*
- Reconciliation is stronger than hatred.*
- Resurrection is stronger than crucifixion.*
- Light is stronger than darkness.*
- Hope IS stronger than memory.*

by Kennon L. Callahan

Chapel Worship Services

Catholic Services:	Daily (M-F)	noon
	Saturday	5 p.m.
	Sunday	11 a.m.
Protestant Services:	Sunday	9 a.m.
For other Religious Groups, call the DMPC at 433-5727.		

the winners’ circle

Re-enlistments

- Sgt. Taunn Flood
- Sgt. 1st Class Rachel Goeckeritz
- Staff Sgt. Bobby Cunningham Jr.
- Staff Sgt. Norma Washington
- Spc. Candice Smith
- Staff Sgt. David Galati
- Spc. Sheldon Phillips
- Master Sgt. Kimberly Martinez
- Sgt. 1st Class David Dissinger
- Sgt. Brian Manley
- Sgt. Michael Austad
- Spc. Christopher Santomo

Promotions

- Sgt. 1st Class Timothy Johnson
- Sgt. 1st Class Michael Paulsen
- Sgt. 1st Class Carmen Vega
- Sgt. Adrian Taylor

Military Awards

- Lt. Col. Dallas Homas — Meritorious Service Medal
- Lt. Col. Michael Yancy — MSM
- Maj. Frederick Rice — MSM
- Capt. John Stich — MSM

Civilian Service Awards

- David Leatherman — 40-year service pin

- Judith Kuhnle — 30-year pin
- Karen Garbacz — 25-year pin
- Anthony Krantz — 25-year pin
- Lynne Ramirez — 25-year pin
- Barbara Drejza — 15-year pin
- Roberta Cole — 15-year pin
- Curtis Fujiyama — 15-year pin
- Yolanda Leblond — 15-year pin
- Cynthia Querubin — 15-year pin
- Geraldine Shimabukuro — 15-year pin
- Julita Yee — 15-year pin

Red Cross Report for March

- Total Volunteer Hours — 2,510
- Adult Volunteer with most hours — Debra Anderson, 184.5 hours
- Young Adult Volunteer with most hours — Jamie Hall, 8 hours
- Teen Volunteer with most hours — Andrew Hoover, 28.5 hours

Expert Field Medical Badge

- 1st Lt. Michelle Ripka
- Sgt. Chieu Ly Figueroa

PRMC Soldier of the Year

- Spc. Anthony Keane

PRMC NCO of the Year

- Staff Sgt. Thomas Perkins

Companies A, B conduct changes of command

TAMC Public Affairs Office

Tripler Army Medical Center Companies A and B both welcomed new commanders in March.

Co. Asaid farewell to Capt. Tracy A. Smith March 9 and welcomed Capt. Mark R. Reinhardt during a change of command ceremony.

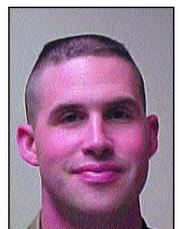
Smith will now attend Phase II of the Officer Advanced Course before heading to Fort Sam Houston, Texas, to be an instructor for the Physical Therapy Assistant Program.

Reinhardt, an Army nurse, came to Co. A from the Acute Care Clinic on Schofield Barracks.

Co. B held its change of command ceremony March 23 with Lt. Gregory E. Punch taking command from Capt. Keith A. McWherter.

McWherter heads to Fort Lee, Va., for the Combined Logistics Captain’s Career Course.

Punch joined Co. B after completing a tour as a medical platoon leader for the 2nd Battalion, 35th Infantry, 25th Infantry Division (Light) at Schofield.



Reinhardt



Punch



Photos by Staff Sgt. Michelle J. Rowan

Tripler's Gary Campbell flies past a 25th Transportation soldier for an easy two points during the first half. The teams battled back and forth into overtime.

Wolfdogs wrap up basketball season

TAMC Public Affairs Office

The Tripler Army Medical Center Wolfdogs closed out the intramural basketball season March 21 with a 58-55 loss to the 25th Transportation Company during the U.S. Army Hawaii's post season tournament.

The Tripler team was tied for first place in the Fort Shafter league with 11 wins and only three losses heading into the tournament.

TAMC put up a fight in what turned out to be their final game of the season. During the 40-minute game, the Wolfdogs matched the 25th basket for basket into overtime.



A TAMC player tries to get a shot past three opponents in the closing minutes of the game.

sports shorts



Women needed for softball

league — Women are needed to form a Schofield Barracks Women's Softball League. The deadline for team participation is April 20. Enough women to fill four to six teams are needed in order to form the league. The league will run May through August.

For team and individual information, call Tara or Scott Page at 581-7654 or e-mail SlowPitchForFun@aol.com

MWR schedules Ford Island

Bridge Run — The Pearl Harbor MWR Athletic Office has scheduled the Ford Island Bridge 10K Run for April 14 at 7 a.m.

The 6.2-mile run will begin at the entrance to the Admiral Bernard "Chick" Clarey Bridge and end at Richardson Field across from Aloha Stadium.

Entry fee, which includes an official t-shirt, is \$25. Last day to enter is April 11.

No race day entries will be taken.

Prizes will be awarded to the top three overall finishers in the male and female military and non-military categories and the first and second place in each age category.

Proceeds from this event will benefit the Navy's Morale, Welfare and Recreation Programs.

For more information, call the Pearl Harbor MWR Office at 473-2494 or 473-2437.