

## Worth a thousand words ...

Terrance Bandy

TAMC Public Affairs

What do art, emotions and cancer all have to do with one another? The Tripler Army Medical Center and communities around the

world have found a way to help you understand. Each year for the past five years, the TAMC Oncology Team has invited individuals diagnosed with cancer, their family members, friends, caregivers and health care providers to share their cancer journeys through art and narrative form. The Oncology on Canvas Program continues to provide those affected by cancer the opportunity to express the life-affirming changes that give their journey meaning.

Last month, Linda Albritton, a clinical work flow analyst in TAMC's Clinical Informatics Branch, received unique recognition by having the artwork she created during last year's Oncology on Canvas, chosen to be published in an annual nation-wide collaboration.



Linda was diagnosed with ovarian cancer in December 2008 and received treatment for the following six months. Her physical and mental recovery continues as she currently trains for her first marathon. Linda recounts her

fight with cancer as life transforming, though still plagued by neuropathy, minor physical deficits and weight gain, all manifestations of her chemotherapy.

She went on to say that chemotherapy was extremely debilitating and her recovery unexpectedly slow and often demoralizing. To combat these effects, she resumed her Aikido (Japanese martial art) practice in the winter of 2010.

*KOAN OF RECOVERY: Now "well", but physically encumbered by a body no longer strong, pain-free or easily taken for granted. Now back to 'normal' but emotionally unable to accept with complacency my life and relationships as I once saw them. The question presents itself anew, "Who am I really?"*

*illustration by: Linda D. Albritton, Ovarian Cancer Survivor, Tripler Army Medical Center*

This has helped her regain flexibility and confidence.

Reflecting on her bout with cancer she said “each person is unique in how they react to treatment, each person’s experience—either with chemo and/or radiation—will have a different impact physically and emotionally. No one can tell you what will happen next.”

Although Linda did not receive her treatment at TAMC, she was an employee here with the Department of Nursing at the time. “Support from Dr. Patricia Nishimoto, and the nurse directors and staff, whom I worked with then, helped me get through the days,” Linda said.

With the first day of a cancer diagnosis begins one of life’s most profound journeys. Yet with the Oncology on Canvas Art Competition and Exhibition, a means is provided for everyone affected by cancer—those who have been diagnosed with

cancer, their health-care providers, family members, friends and caregivers—an opportunity to express the life-affirming changes that give that journey meaning and a way to share their cancer journey through art.

“Within everyone you know best what you’re going through, and sometimes you can’t communicate through speaking

because it’s inside of you. To be honest, expressing your feelings through art is probably one of the healthiest ways to deal with what you’re going through.”

Dr. Patricia Nishimoto has been the program’s driving force for the past three years. With over 200 participants in the workshop last year, this year’s event,

scheduled for this Friday, July 22, 4 to 8 p.m. and Saturday, July 23, 9 a.m. to 3 p.m. is expected to be a rousing success.

Located in the 10th floor conference room, Oceanside, and with an open invitation to staff, families, patients, and anyone’s whose life that has ever been touch by cancer or who just wants to view hope.



## Oncology On Canvas

If your life has been touched by cancer, come share what your cancer means to you as you express your journey through words and art.

22 July (4-8 pm) & 23 July  
(9am-3pm)

**Tripler AMC**

**10<sup>th</sup> Floor, Oceanside**

**All patients, families and staff  
invited!**

**Free art materials and  
refreshments.**

**Tell your cancer story  
with paint, crayons,  
collage and other art  
media.**

Questions? Call “Dr. Pat” (Oncology Nurse) @ 433-4087

## Virtual Reality on Display

At last month's AUSA Medical Symposium, the Army Surgeon General, Lt. Gen. Eric Schoomaker, assisted by Spc. Kashonna Nelson, non-commissioned in charge, Tripler Army Medical Center's Research Psychology Department, explores the programs of Virtual Reality. Later in the day, Maj. Melba Stetz, Chief, Research Psychology, assists Pacific Regional Medical Command and Tripler Army Medical Center Commander, Brig. Gen. Keith Gallagher as he too gives Virtual Reality a try. Demonstrations of the PRMC's Virtual Reality Programs were specifically requested for the MEDCOM exhibit. The system, and one on biofeedback use sensors to capture physiological responses which help the clinician get an immediate/corroborative reading of the level of intensity perceived by the client during the session at the same time the programs help participants modify their stress reactions and relax.



## Construction Underway

In TAMC's continuing efforts to provide our patients the utmost level of service and state of the art facilities we will be repairing/renovating the 4th Floor Corridors in Wings A, F, G, &H including the bridges. Construction is scheduled to begin mid to late May. The renovation project will be done in phases and is expected to take approximately ten months.

To minimize inconvenience to patients and staff work will be performed after hours when feasible. During this time every effort will be made to maintain access to all 4th floor areas. We apologize in advance for any inconvenience this may cause and thank you for your patience and understanding. Contact Facility Management Branch 433-7921 for more information.

# Public Health Nursing Evening Clinic Pilot Program



**MAY 18 & 25  
JUNE 22 & 29  
JULY 20 & 27**

**Clinic will remain open until 2100.  
Patients will be seen by appointment only**

**Patients must complete Part I of PHA Assessment (via AKO)  
prior to coming to their appointment.**

**POC: SGT Allison Lindsay  
NCOIC Army Public Health Nursing  
433-1464**

**PURPOSE: To better accommodate soldiers working "swing" shift and night shift hours,  
as well as those who cannot leave their place of duty during the day to come to their appointment.**

## *Chaplain Thought of the Week: Missed opportunities*

**Chap. (Maj.) Ibraheem A. Raheem  
Chaplain Clinician TAMC  
Tri-Service Addiction Recovery Facility**

Right now, you may be saying another day of work doing the same stuff on a different day. However, within each day, there is the potential and possibility for discovering great opportunities. When we start wishing that life were more, we are unable to see the abundance of them that exist among the dullness hard word of our everyday lives.

Opportunity may exist in the words of a troubled friend, co-worker or family member. It may exist in a few extra moments of selfless service. Other opportunities may exist in an experience

***Quote: "Opportunity is missed by most people because it is dressed in overalls, and looks like work."  
-Thomas A. Edison***

we share with patients. Look and listen carefully for your opportunity to learn or give of what you already have.

Sometimes we fail to see the best opportunities because of our tendencies to allow distractions from our routines or our reluctance to put in the extra effort. In doing so we fail to realize that within these very routines or challenges lie many, many life changing opportunities for the taking. Do not miss your opportunity today.

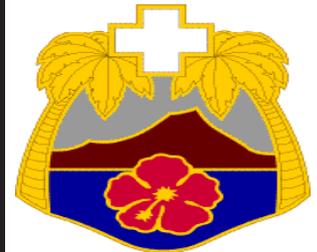
## Mass School Physicals 2011

The Department of Pediatrics will be conducting school physicals as follows:

- Date: Saturdays on August 6
- Walk-in basis only
- Time: 9 a.m. to 2 p.m.
- Location: Pediatrics Clinic



*If you have something - a story, a photo, an idea - for TRIPLER 360, send it to jan.clark@us.army.mil or terrance.bandy@us.army.mil*



<http://freedomcare.com/>

The Freedom Care team specializes in combat PTSD, addiction, PTSD/addiction dual diagnosis, general psychiatric diagnoses, and woman's issues, including military sexual trauma and eating disorders.

Inpatient, residential, and partial hospital programs also welcome military spouses and children; in addition, we offer a specialized inpatient program developed exclusively for military youth.



AMR Youth Sports is in need of five coaches for teams, ages 9-14. Contact Scott Stenstrom at 836-1923 /497-9196 for more information.



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**HONOLULU, HI 96859**

**DATES:**  
**CAMP I: AUGUST 6<sup>TH</sup> AND 13<sup>TH</sup>**  
**2<sup>ND</sup> - 5<sup>TH</sup> GRADERS (8YRS-12YRS)**  
**CAMP II: AUGUST 20<sup>TH</sup> AND 27<sup>TH</sup>**  
**7<sup>TH</sup> - 12<sup>TH</sup> GRADERS (13YRS-18YRS)**

**TIMER:**  
**9AM TO 3PM**



**Stop Flu  
at School  
consent  
forms due  
9/9/2011**

Vaccination is a child's best protection against influenza (flu). The Department of Health will conduct its annual school-based flu vaccination program, Protect Hawaii's Keiki: Stop Flu at School, this fall. All students, kindergarten through eighth grade, attending participating schools statewide are able to receive a free flu vaccination at school. Visit [http://flu.hawaii.gov/SFAS\\_schedule.html](http://flu.hawaii.gov/SFAS_schedule.html) for the list of participating schools and their clinic dates.

Consent forms and additional information about the Stop Flu at School program will be distributed through participating schools in August.

Participating is easy! Just read the information packet, choose the type of flu vaccine (nasal spray or shot) that you want your child to receive, complete the appropriate consent form, sign, date, and return the consent form to your child's teacher by September 9, 2011.

For more information about the Stop Flu at School program, visit <http://flu.hawaii.gov/SFAS.html> or call 2-1-1.

# Volunteers Needed



**I am on active duty status or a DOD beneficiary.  
I am 18 – 65 years old.  
I am overweight.  
I am able to exercise on a stationary bicycle.**

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

## **Purpose of the Study**

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

## **Length of Participation**

- The exercise phase of the program is 4 months.

## **What is involved?**

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

## **Benefits**

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

**Principal Investigator:** MAJ Melba C. Stetz, Department of Psychology

**Call 433-1651 for more information**

# The Need for Blood Never Takes a Vacation

**Michelle Lele**  
*TAMC, ASBP Blood Donor Recruiter*

Summer is here, and the Armed Services Blood Program wants to remind you that we still need you! A decline in blood donations is typical during the summer as donors become busy with seasonal activities and sometimes overlook donating blood. The summer heat doesn't stop the need for the blood, the Tripler Blood Donor Center, Hawaii, is asking everyone who is eligible to donate to giving blood before going away.

One in seven people will need a blood transfusion sometime in their life. Blood donations are used every day for service members, veterans and their families around the globe.

Like all the Armed Services Blood Program blood donor centers, the Tripler Blood Donor

Center collects all blood types, but Type O Negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O Negative donors can make the difference between an

bring a mobile team to your location and will work with you to help coordinate, recruit and schedule a successful blood drive.

Illness, accidents and diseases don't take a holiday and neither can blood donations. Tripler Blood Donor Center operates three to four mobile blood drives on different military installation each week. We try to make it most convenient for anyone that wants to donate. Your donation will truly make a lifesaving difference.



*To learn more about the Armed Services Blood Program, to make an appointment or to organize a blood drive, please call*

*808-433-6148, or visit us online: [www.militaryblood.dod.mil](http://www.militaryblood.dod.mil). To interact directly with some of our staff or to get the latest news, visit us here: [www.facebook.com/militaryblood](http://www.facebook.com/militaryblood).*

adequate blood supply and a summer shortage.

Can't donate? That's okay; we can still use your help. Try organizing a blood drive—the Tripler Blood Donor Center will gladly

## DATES AND LOCATION

July 27 SPAWAR (0900-1300) Pearl City  
July 29 Schofield EX (1100-1500)  
Aug 9 NEX (1100-1500)  
Aug 10 205th MI Battalion (1000-1400) Fort Shafter Bldg. 520  
Aug 15 Schofield Health Clinic (1000-1500)  
Aug 16 Camp Smith (0800-1300) Pollock Theater  
Aug 17 TAMC Radiology Department (0900-1300) 3rd FL  
Aug 23 Kunia Tunnel (0830-1500)

Aug 24 Schofield EX (1100-1500)  
Aug 29 UH ROTC Army (0630-0930) 1311 Lower Campus Rd  
Aug 30 Tropics Schofield (1030-1400)  
Aug 31 Kaneohe Bay Chapel (0900-1300)  
Sep 12 UH ROTC Air Force (0630-0930) 1311 Lower Campus Rd  
Sep 13 NEX (1100-1500)

# Shinseki: VA task force improves care of women vets

**Karen Parrish,**  
*American Forces Press Service*

WASHINGTON, July 20, 2011 -- The newly formed VA Task Force on Women Veterans will go a long way in addressing key benefits gaps to female veterans, according to Department of Veterans Affairs Secretary Eric K. Shinseki.

While support for women veterans has improved, "it has not been enough," Shinseki said during the 2011 National Training Summit on Women Veterans held here on July 16, 2011.

The task force's "near-term mission," he said, is to develop -- in coordination with VA's Advisory Committee on Women Veterans, and in conjunction with the Defense Department -- a comprehensive VA action plan that will focus on key issues facing women veterans and the specific actions needed to resolve them.

Those issues include obstetric and gynecological care, childcare, military sexual trauma, homelessness, aging and end-of-life issues, among others, the secretary said.

A draft of the plan is due

to Shinseki on Jan. 1, 2012, and "will set our course for the next four years in everything we do, from planning to programming, to budgeting, to education and training," he said.

The action plan will update and inform VA's approach to women's issues within its health care, benefits, and cemetery administrations, as well as the Women's Advisory Report to Congress, due next July, the secretary said.

"Other changes are in the pipeline, such as our pilot program to provide child care services," he said.

Beginning this summer, Shinseki said, three new drop-in child care pilot programs for women veterans with VA appointments will open in Northport, N.Y., Buffalo, N.Y., and Tacoma, Wash.

Battlefield changes, such as increasingly blurred front lines, has increased VA's attention on women veterans, Shinseki said.

Last month, a 20-year-old Army military policewoman, Spc. Devin Snyder, became the 28th female service-member to die in Afghanistan when her convoy was attacked on a highway in eastern Laghman



province, Shinseki said.

"Wars, with no clear front lines, put Soldiers -- all Soldiers -- at risk as never before, blurring the boundaries between combat and other than combat roles," he said.

In recent years, VA has developed women's primary care programs at their health care facilities across the nation, and has hired program managers and coordinators to manage care for women veterans, the secretary said.

The department also has accelerated its women's health research in biomedical, clinical sciences, rehabilitation, and health services, he said.

Most recently, Shinseki said, the VA launched a women veterans call-in center to directly solicit input into ways the department can improve its services.

"I want women veterans and women serving in uniform to see and know that VA is committed to fulfilling [their] needs," he said.



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**Instructors: Mercy Martin, Jennifer Gerald,  
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**DATE and TIME: ALL LOCATIONS START AT 6PM**

Wheeler CC - July 5th, 19th and 26th

Porter CC - July 6th, 27th / Aug 3rd, 16th

Kalakaua CC - July 7th, 21st / Aug 4th, 11th, 18th, 25<sup>th</sup>

**EVENT LOCATION:**

Wheeler Community Center - Tuesdays

Porter Community Center - Wednesdays

Kalakaua Community Center – Thursdays

**CONTACT INFO:**

If you have any questions please call:

Paul Lancaster 808.354.1496

Brenda Rodriguez 786.339.5997