



TRAINING OUR CHILDREN

1st Sgt. Natasha Looper Tripler Army Medical Center

Working together, twelve members from Fisher House and Tripler Army Medical Center spent weekends June 4 to July 23 introducing military children to the SeaPerch Underwater Remotely Operated Vehicle (ROV) Program and Science Technology Engineering Mathematics (STEM) initiative.

SeaPerch is an innovative underwater robotics program that trains mentors to help students build an underwater remotely operated vehicle in an out-of-school setting. The program is geared to middle school aged children with teachers being the mentors in after school programs.

“Children build the ROV from a kit comprised of low-cost, easily accessible parts. Not only does the program teach leadership skills, but provides a curriculum that teaches basic engineering and science concepts with a marine engineering theme, said

Ailsa Jackson, Family Readiness assistant, TAMC.

“I attended a SeaPerch briefing by the United States Pacific Command/J14 Military Child Education Division at the Aliamanu Military Reservation Youth Center. I then went to First Sgt. Natasha Looper, TAMC Delta Company, and Fisher House Direc-

tor, Theresa Johnson. Between sponsorship dollars and Fisher House support the program was free,” she said.

Thinking outside the box proved successful, exceeding expectations. Mentors from TAMC and the Fisher House geared the program to include students from first to twelfth grade and current resi-



With Sgt. Short's assistance, Sergio Nevarez installs a fuse into the underwater vehicle's remote control. (photo courtesy Tripler Fisher House)

dent Fisher House children – a new twist to the program and the first time attempted since its inception. Another first was the participation of Military Service members and DoD Civilians as mentors.

”By using military members and DoD civilians as mentors, we have created a model to be used for all military services and military children worldwide,” Jackson said.

“The program began with mentors receiving over 10 hours of training, to include building the ROV and testing it in a pool. From there the children were separated into five groups of 3 to 4 with each group having diversity between all the grade levels,” said Looper.

After receiving a journal to document the experience, the groups were provided a deadline for completion of the ROV. Each group was named and the ROVs painted.

“The Fisher House provided rooms for group meetings each weekend and placed the sessions on our Facebook page for everyone to view the weekly progress. This was especially important to those children who departed the Fisher House during the program,” Johnson said.

During a Sergeant Audie Murphy Club-sponsored end-of-program ceremony,

the ROVs were put to the test, competing through two obstacle courses. Jackson presented each child a certificate of participation signed by Dr. Jean Silvernail, the USPACOM/J14 Military Child Education Division director and Col. Jacqueline Chando, the TAMC troop commander.

“The pilot was such a success. We briefed Ms. Susan

Nelson, director and founder of the SeaPerch Program on July, 27 when she visited Hawaii. The program is expected to continue with a grant from SeaPerch for a Phase II, which will allow the children to design their own ROV or add cameras to their already assembled Underwater Remotely Operated Vehicle,” Jackson said.



Sgt. William Short, Delta Company training room, TAMC, assists Rebecca Verghese as she solders the remote control for the underwater vehicle known as ROV. (photo courtesy Tripler Fisher House)

The F*O*C*U*S Program

FOCUS presents Deployment Club for Military Youth:



Deployments affect both the service member and the family as routines and roles are disrupted. Children may experience challenges before, during and after a parent's deployment.

The FOCUS Program

FOCUS (Families OverComing Under Stress) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports parents to help manage the challenges of military life. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Center for Child Traumatic Stress and Children's Hospital Boston/Harvard Medical School.



FOCUS

Deployment Club!

For school-aged children (Ages 5-12)

In This Four Part Workshop Your Child Will Learn:

- Skills to cope with separation from a deployed parent
- Strategies for thinking before acting
- To develop emotional awareness & regulation
- Stress reduction techniques
- Tools for the challenges of living in a military family

PLUS they will:

- Meet and share with other children who are going through similar experiences
- Create a hands-on "toolbox" to send to or save for their deployed parent.

Thursdays, September 8th-29th
3:30 to 5:00 PM

Location:
Kalakaua Community Center -Schofield Barracks
2535 Waianae Uka, Wahiawa HI 96786

To register: Call or e-mail by September 1, 2011
808-257-7774 / Hawaii@focusproject.org

www.focusproject.org

FOCUS Hawaii

Revised: November 25, 2010



Warrior Ohana Medical Home
91-1010 Shangrila Street, Suite 100
Kapolei, Hi 96707-2102
(808) 433-5401/5402

Now accepting enrollment for families of Active Duty Service Members!!

The Warrior Ohana Medical home is a patient centered community based primary care clinic located in Kapolei Southwest of Kapolei High school.

Clinic hours of operation: 8:00 am – 4:30 pm M-F, closed federal holidays

Services include: full scope family medicine, behavioral health, pharmacy, lab, immunizations (includes walk in immunizations)

To enroll visit your nearest TRICARE Service Center M-F 7:30 am – 4:30 pm. TRICARE Service Centers are located at:

Tripler AMC, 1st Floor Oceanside Entrance, Room 1C007
Schofield Barracks, AHC, Bldg 676, Room 217
NMCL Pearl Harbor (Makalapa), Bldg 1514
Hickam AFB, 755 Scott Circle, Room A238

For information regarding enrollment please call: 1-888-874-9378.

“Lokahi ka ‘ohana i ka hale o ke ola pono.”

The family is united in the house of good health.

To make an appointment or for any questions, family members or their sponsors may call the clinic front desk: (808) 433-5401/5402.



Tripler Army Medicine Center is pleased to announce there will be a grand opening of the Keiki Waiting Room at the Warrior Ohana Medical Home primary care clinic, located at Barbers Point at 9:30 a.m., Aug. 15. **Opened Monday to Friday, 8 a.m. to 12 p.m.**, the addition of the Armed Services YMCA Sponsored Children’s Waiting Room is made available to better serve our patient. To schedule reservations call 624-5645.



**“WOMEN’S EQUALITY DAY”
CELEBRATING WOMEN’S RIGHT
WHEN: 25 AUGUST 2011, 1:30 pm
WHERE: KYSER AUDITORIUM**

GUEST SPEAKER:

Brigadier General Martha N. Wong,
Hawaii Army National Guard
Mobility Assistant to the Director
for Logistics, Engineering and
Security Assistance, J-4
United States Pacific Command





Stephen Siller Tunnel To Towers Run – Pearl Harbor Follow in the footsteps of a Hero

Event Date: 11 September 2011

Location: Ford Island Bridge 5K Run

Start Time: 7 a.m.

Register at :

www.active.com/running/honolulu-hi/stephen-siller-tunnel-to-towers-run-pearl-harbor-2011

Open to the public

****All volunteers and participants must register online.**

The Tunnel To Towers Foundation continues to follow Stephen's footsteps to do good for those in need. Honoring his heroic life and death, the lives of his 342 firefighter brothers, all who perished on 9/11 and those Service Members who continue to fight.

Run, Jog or Walk in memory of those who gave their all...

Proceeds will benefit The Stephen Siller Foundation, USA Cares Hawaii Chapter and the Tripler Fisher House



INTRODUCING THE NEW
WARRIOR OHANA
MEDICAL HOME



Now ENROLLING!



Conveniently located off post, where you and your families live
Appointments when you want them, including the same day
Personal healthcare team where you are an **Active**, decision-making partner
Lab and Pharmacy services on site
E-Communication with your team
Open to family members of active duty

We are located at :

91-1010 Shangrila Street, Suite 100
 Kapolei, Hawaii 96707-2102
 (808) 433-5401/5402



Surgical exchange program brings doctors to TAMC

By Jan Clark
TAMC Public Affairs

TRIPLER ARMY MEDICAL CENTER-As part of the Bilateral Surgical Exchange Program, doctors from the Bangladesh Army visited Tripler Army Medical Center, July 26-29, for the continued opportunity of sharing knowledge with doctors here.

Col. Enamul Kabir and Lt. Col. Tauhidul Islam, both assigned to the Combined Military Hospital (CMH), Bogra, a Bangladeshi Army Hospital, spoke of their good fortune at being able to spend additional time with Navy Cmdr. David Healy, staff Otorhinolaryngology, TAMC.

“Last year Cmdr. Healy came to Bangladesh with his team as part of the Sight, Sound and Smiles mission and we, Lt. Col. Islam and I, were able to work with him,” said Kabir, a plastic surgeon at CMH. “He had a very successful program. We did many operations together. Then he invited us here as part of the return program, for a further exchange of knowledge and ideas.”

Islam, an Otorhinolaryngology surgeon, echoed Kabir’s words.

“Cmdr Healy, with his team, has come to Bangladesh and performed many surgeries. We have been able to exchange our knowledge in the surgical handicrafts and foster our professional knowledge. Our being fortunate to come here to foster that proficiency and knowledge enables us to return home and impart what we have shared with our fellow countrymen,” Islam said.

The Sight, Sound and Smiles mission is a Pacific Command’s (PACOM) funded mission through the Asian Pacific Regional Initiative, to strengthen relationships between the United States military and various nations in the re-

gion. TAMC sends specialized surgical teams to Southeast Asia and the Pacific Region; to include Sri Lanka, Nepal, Malaysia and Cambodia.

Because in many parts of Southeast Asia and the Pacific health care access is limited or too expensive, impoverished families are unable to obtain the care they need. As a result, there is a large demand for many types of specialized services.

The purpose of the Sight, Sound and Smiles missions is to answer those demands by performing sight and hearing restorative surgeries, as well as cleft, lip and palate repairs and other ear, nose and throat plastic surgeries to the local civilian populations in conjunction with host national medical establishments.

“The surgical exchange is an opportunity that we have taken to bring some of the surgeons that we have worked with, conducted surgeries within the past, to TAMC,” said Healy. “Here we can continue to learn from each other and gain new surgical experiences while continuing to foster the bonds that have made these missions that we do such a rich experience for everybody involved.”



(left to right) Lt. Col. Tauhidul Islam and Col. Enamul Kabir look on as Navy Cmdr. David Healy demonstrates an ear examination on a fellow Tripler staff member as part of the Bilateral Surgical Exchange Program July 26.



*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*



As of August 1st, the Red Cross office at Tripler will be ****closed on Mondays and possibly Thursdays (Thursdays being manned only by volunteers).**

****On the closed days help can be reached at the Schofield Barracks SAF office at 655-4927.**

<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.

Chaplain Thought of the Week: *Forgiveness*

Chap. (LTC) Jon. N. Hollenbeck
Senior Clinician TAMC



At the moment of Ghandi's assassination by an Indian political extremist, it was said that he instinctively threw up his hand in the Hindu gesture of forgiveness.

The Mahatma once said that, "The weak can never forgive. Forgiveness is an attribute of the strong." I believe we all intuitively know this to be true. In fact, I believe nothing comes much harder. I was watching a news story the other day about a woman who invited the man who killed her teenage son, after his prison

sentence was completed, to live next to her in a duplex she rented.

This resulted after many years of struggling with her own faith and spending time with the perpetrator in prison. She came to understand she couldn't be truly free unless she forgave the man who robbed her of the joy of her life. That's pretty gutsy.



Particular behaviors and activities to report via iWATCH are:

- * People drawing or measuring important buildings
- * People asking questions about military movements
- * Vehicles left in no parking zones/vehicles without registration or license plates
- * Suspicious packages left unattended or out of place
- * People asking questions about law enforcement, security forces, security measures, or sensitive information
- * People in restricted areas where they are not supposed to be

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

Volunteers Needed!

Virtual Reality Displays for the Presentation of Stimulus Cues for
Nicotine Use: Panoramic Videography and Flat-Screen Images Study

We are looking for volunteers who smoke more than 10 cigarettes per day to participate in a study to evaluate the use of virtual reality presentations in the development of the urge to smoke.

- The purpose of this study is to evaluate the use of virtual reality to present brief video scenes that may produce the desire to smoke.
- You would complete several paper and pencil questionnaires and then experience presentations of situations that may create the desire to smoke.
- Requires a single visit lasting about 2 hours.

This study is sponsored by the Department of Psychology
Tripler Army Medical Center
Dr. Raymond A. Folen, Principal Investigator

Please call MAJ Stetz at (808) 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.



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

808-433-6148, or visit us online: 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.

DATES AND LOCATION

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)

Pregnancy Post partum Physical Training Program



Are you an active duty pregnant soldier or a soldier within the 180 day post partum period and assigned to TAMC, Fort Shafter, Pearl Harbor, Camp Smith or Hickam?

If so, you are eligible to participate in the PPPT program educational classes! The classes cover common pregnancy and postpartum related issues such as birthing, prenatal testing, contraception, breastfeeding, birth plans, newborn care, career planning, car seat safety, appropriate exercises while pregnant and during the postpartum period, the blues, nutrition, community services and resources and more! The education classes are full day (0700-1600) classes and have been scheduled for the following days with their respective locations:

9 August 2011, Chapel
31 August 2011, 10th floor conference room
3 October 2011, Chapel
4 October 2011, Chapel
9 November 2011, 10th floor conference room
8 November 2011, Chapel

If you have any questions about the classes, please contact Army Public Health Nursing at 433-6834.



Oncology on Canvas Art Shows



1 - 5 August 2011 (8am - 4pm)

Tripler Army Medical Center
Medical Library, 11th Floor

(It is a library - so remember to whisper when you go to view the work) @

And

22 - 30 August 2011 (9am - 3pm weekdays only)

Honolulu Hale (City Hall on King Street)

There will be a reception for the artists and their guests on Tuesday, 23 August (8 - 9pm). There will be a short program at 5pm at the reception. Network from Tripler AMC, Keeser, Queen's and Keptelani will be exhibited at this show.



**Do you have an extra
1 1/2 hours on
Sunday, Aug. 7th?**



**If you do, please come and volunteer to
Feed the Homeless near Seoul Station**



**Meeting place is Seoul
Subway Station Exit 13 at
1545**



**Donations of bananas and
bread with red beans are
appreciated**



**POC for volunteer is MAJ Yates,
010-4772-5934 and SPC Min,
010-5872-9007**





YOUNG ROK ORPHANAGE VOLUNTEERING



Update: 20 JUL 2011

30 JUL 2011 (SAT) @1300
MEET@ the corner of old GATE# 20

*For this coming volunteer opportunity, we will be going to **JAMWON SWIMMING POOL, PICNIC AFTER SWIMMING**

*10-15 Kids will come from **YOUNG ROK Orphanage**

*Your **PARTICIPATION** and **DONATIONS** will be greatly appreciated.



*If you want to bring some food and games, feel free to bring it for the picnic.

***3,000 won for children, 5,000 won for adults** for the swimming pool

POC: SSG CANALES (010-5516-3955) SGT HENRIQUEZ (010-5891-8569)