



NBA Laker Blake makes special visit

Terrance Bandy

TAMC Public Affairs

Meeting a NBA player is often a highlight for many fans of the game, but to play a game of “PIG” with him was the highlight of a few Soldiers assigned to the Tripler Army Medical Center’s Warrior Transition Battalion. Steve Blake, Las Angeles Laker point guard visited members of the unit as part of a NBA Day geared to promote healing by interacting with the Warriors in Transition (WT) Soldiers and their family members. The event held on Schofield Barrack Martinez Gym allowed over Nike shooting coach Larry Davis, Greg Dundon of DRD Player Development, and 30 guests to have the time with the NBA star player.

Blake started off the meet and great with his personal appreciation of all members of the armed forces and the sacrifices they have chosen to make during the continued efforts to secure freedom. Later he shot around with able



Defending NBA guard Steve Blake, Staff Sgt. Forrest Two Crow enjoys a playful shoot around during the WTB NBA day sponsored by the unit Family Readiness Group (photo by Sgt. Terrance Bandy, TAMC Public Affairs)

members the unit. The follow the leader game of “PIG” was the first icebreaker for the athlete and participants. Just like the basketball has allowed so many people in the past to open up new relationships, the players soon reached loud cheers for made shots and joyful despair for missed jump shots and tricky layups.

“I volunteer to meet the brave Soldiers that sacrifice their lives for us, just to spend time with them”, Blake

shared. “The fact these Soldiers took on the sacrifice to fight for our country and were hurt while doing it says a lot about the reality of what is going on. I am so thankful for coming here,” he went on to say. “I always look forward to making new friend, and I’m blessed to be here”

This team generously donated their time and talents to afford the WT’s and their families a day of fun and interaction, said WTB

Resiliency Support Assistant Gigi Williams. “These types of events are vital and essential to the WTs and family members to “IMUA” (move forward) with the assistance of the Chain of Command and Community support” added Williams. Blake was a part of youth basketball camp scheduled for island school aged children located at Maryknoll School in Honolulu.

Leaving the court the party of Soldiers and special guest enjoyed lunch with other staff and WT in the Soldier Family Assistance Center. The time allowed all involved to talk to Blake and guest met with laughs and picture.



Starting the day of Steve Blake addresses Soldiers and family member of the Schofield Barrack Warrior Transition Battalion, sharing his desire to show Soldiers and family members his support and gratitude. (photo by Sgt. Terrance Bandy, TAMC Public Affairs)



The Schofield Barracks Warrior Transition Battalion surrounds NBA guard Steve Blake during a meet and greet NBA day sponsored by the unit FRG. (photo by Sgt. Terrance Bandy)

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 the opening of the Keiki Waiting Room at the Warrior Ohana Medical Home primary care clinic, located at Barbers Point.

Open from 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 (808) 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



WELCOME HOME!



Pictured (not in order)

COL Sarah Lentz-Kapua, 3 ½ months, 601st Area Supp Med Co

COL Richard Nichols, 6 months, Iraq – Dental Cmd

LTC Ricardo Burgos, 6 months, 86th CSH

LTC Elizabeth Hersch, 6 months, 546th Area Support Med Co

LTC Robert Oh, 3 months, 2-7 CAV, 4BCT, 1CD

MAJ Robert Bejnarowicz, 7 months, 332d Expeditionary MED GRP

MAJ Karl Kisch, 6 months, 547th Med Co – Area Support

CPT Jamill Matthews, 6 months, 86th CSH

CPT Adam Sokolowski, 6 months, 62nd MED BDE

SSG Jeffrey Wells, 6 months, Joint TF Guantanamo Bay

SGT Rebecca Hansen, 1 year, 383 MD PSYCHIATRIC

SPC Vicki Mason, 7 months, 115th MED FIELD HOSP

*not pictured:

*COL Richard Kynion, 5 months, 601st ASMC

*COL Theresa Sullivan, 1 year, 62nd MED BDE

*LTC Brett Henson, 6 months, Iraq – Dental Cmd

*LTC Jane Gross, 7 months, US Forces - Iraq

*LTC Jonathan Leong, 12 months, 4/64 AR Tank

*LTC Mitchell Ramsey, 3 months, 115th Field Hosp

*LTC Scottie Roofe, 6 months, 53d Med Det (Head & Neck Team)

*MAJ Rachel Cuenca, 7 months, 115th Field Hosp

*MAJ Stephanie Leong, 2 months, 383rd Med Co-Combat Stress Control

*MAJ Benjamin Seeley, 6 months, 31st CSH

*MAJ Erik Stickney, 8 months, 101 CSSupp Command

*MAJ Jefferey Thompson, 6 months, 2D FWD SURG TM

*CPT Joycelyn Constantino, 4 months, Navy Ship USS Cleveland

*CPT Taylor McMurdo, 6 months, 31st CSH

*CPT Scott O'Brien, 6 months, 53d Med Det (Head & Neck Team)

*CPT Robert Parsley, 6 months, 62nd Med Group

*CPT Brian Spence, 6 months, Iraq, Dental Command

*1LT Gilbert Jaramillo, 6 months, 31st CSH

*1LT Margarita Marmolejo, 6 months, Afghanistan

*1LT Rachael Pannell, 6 months, 31st CSH

*SGT Ronnie Cameron, 1 year, CUFA-A

*SPC Tammy Combs, 9 months, 86th CSH

*SPC Kristopher DeLaHoya, 11 months, 53d Med Det (Head & Neck Team)



*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*



**American
Red Cross**

Due to unforeseen circumstances, the Tripler Red Cross office will be manned minimally by volunteers from August 20th to September 26th. For all questions, please email us at tripler@hawaiiredcross.org or call and leave a message at 433-6631. Emails and messages will be checked on a regular basis by volunteers.

<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: A God of Wrath? What about mercy?

Chap. (CPT) Thi Truong
Warrior Transition Battalion

A Korean veteran I met asked me “What do you do?” I told him I am a chaplain. Suddenly, there was a change in his demeanor. You know when someone has a chip on their shoulders and you don’t know why but you feel it... we’ll, he started to drill me at every turn it seemed, telling me the things he didn’t like about the Army.

Well, I thought to myself, he retired in the Army, so the Army must have done something right for him? But, I kept this to myself. He was fishing for something, after testing the waters realizing it was safe to go in... He asked, “chaplain, with a hopeful and yet hesitant voice: “if someone did something bad to women and children during war, could God forgive them?”

It’s one of those moments which finally made sense ... all the cancelled appointments and frus-

tration of being stalled at MEPS, all so I could get him as my driver for this very moment. I gathered myself and said: “Sir, if God could forgive the Apostle Paul, who went killing Christians before he knew Christ, and called himself the chief of sinners, I believe God can forgive you.

There was the Thief on the Cross who asked Jesus, with last dying moments and breath, “Jesus, will you remember me when you come into your Kingdom, and Jesus replied, “Today, you will be with me in Paradise. Talk about a change of events and destiny in the time space continuum for this man! In a twinkling of an eye! If God could forgive these men, he can surely forgive you! He said, no one ever explained it that way before! His eyes got light and a smile formed in his face... You could see and feel the burden, the shame, and the guilt, the heaviness he carried for so many years was taken away!



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

Tripler's Annual Diabetes Awareness Fair

All Diabetic Beneficiaries Are Invited

- Health fair offering diabetes information, free samples, glucose meter checks and prize drawings
- Speakers presenting diabetes updates and information to help you better manage your diabetes
- Your chance to speak with Tripler's diabetes experts to include pharmacists, diabetes educators, physical therapists, dietitians and nurses.
- Special lunch menu designed by Tripler nutrition care department
- Blood pressure monitoring, foot checks, exercise testing and cooking demonstrations

DATE: AUGUST 27, 2011

Time: 10:00AM-2:00PM



Tripler's OCEANSIDE
ENTRANCE

**Hosted By: The Tripler
Diabetes Treatment Team**

Phone: Nutrition Care 808-433-4950

**Check out the TAMC home page for more
information.**

On 27 August, 2011 Tripler Army Medical Center will be hosting a Diabetes Awareness Day. The purpose of the event is to provide education and put our over 2000 diabetic patients in touch with resources that will help them control their blood sugars and improve their long-term health. As part of the goal of improving patient's long-term health, medical professionals taking part in this event will order labs and collect data to support compliance with HEDIS (Health-care Effectiveness Data and Information Set) measures.



Are you a cartoonist willing to provide our Tripler 360 with images that tell a story? If you're interested please contact us at jan.clark@us.army.mil or terrance.bandy@amedd.army.mil or call (808) 433-2809/5785.

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. To interact directly with some of our staff or to get the latest news, visit us here: 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

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.