



Tripler Army Medical Center's Department of Radiology is celebrating October as Breast Cancer Awareness Month by offering walk-in mammograms to all eligible beneficiaries.

Beginning Oct. 5, and continuing each Wednesday throughout the month on Oct. 12, 19 and 26, the walk-in clinic for mammograms will be held from 8 a.m. to noon.

"The only requirements for these well-women exams are that the females are eligible for care (enrolled population), they are over 40 years of age, it has been 11 months or more since their last screening and they show no symptoms (no new lump or bump)," said Col. Anthony Allen, chief, Department of Radiology.

"Women who get annual mammograms are less likely to die of breast cancer than women who do not," said Dr. Michael Click, chief, Women's Imaging. All the major health organizations in the United States agree that all women should get a mammogram every year after they reach 40 years of age.

Currently both TAMC

Breast Cancer Awareness Month



and the Schofield Barracks Health Clinic have self-referral programs for those women 40 and over who are patients of the Internal Medicine or Family Practice clinics. They can walk into Radiology and schedule their own mammography appointment whenever they are in the hospital, or by calling the TAMC appointment line at 433-2778; dial options 8 and 5.

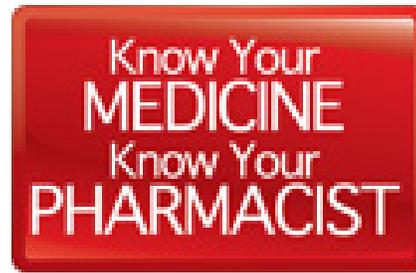
"We already offer self-referral for appointments, but want to go that one step further this October by providing the walk-in mammography service. We want to reach out to as many of our patients as possible to ensure they receive this vital service when it is needed most – each and every year after 40," Allen said.

Breast cancer is the second leading cause of cancer deaths in women after lung cancer. Thanks to the improvements in early detection methods, patient awareness, and im-

proved treatment, millions of women are surviving breast cancer today. Since the program began in 1985, mammography rates have more than doubled for women age 50 and older and breast cancer deaths have declined. If all women age 40 and older took advantage of early detection methods - mammography plus clinical breast examinations - breast cancer death rates would drop much further. Another important point to remember is women over the age of 65 are less likely to get mammograms when compared to younger women, even though breast cancer risk increases with age.



National Pharmacy Month



American Pharmacists Month

In honor of National Pharmacy Month in October, the Department of Pharmacy at Tripler Army Medical Center will be hosting two events at the TAMC main Outpatient Pharmacy to assist patients with their medications.

From Oct. 3rd to 7th, the Department of Pharmacy will be hosting “Brown Bag” or medication counseling sessions during which patients are encouraged to bring their medications from home to the TAMC Outpatient Pharmacy’s Refill waiting area. There, a booth will be set up where several clinical pharmacists will review and discuss patients’ current medications with them and will answer any questions patients might have regarding their medications. Private appointments can be scheduled with a pharmacist by calling 433-2694.

From Oct. 18th to 20th, the Department of Pharmacy will be hosting a Medication Turn-In event. On those three days, patients

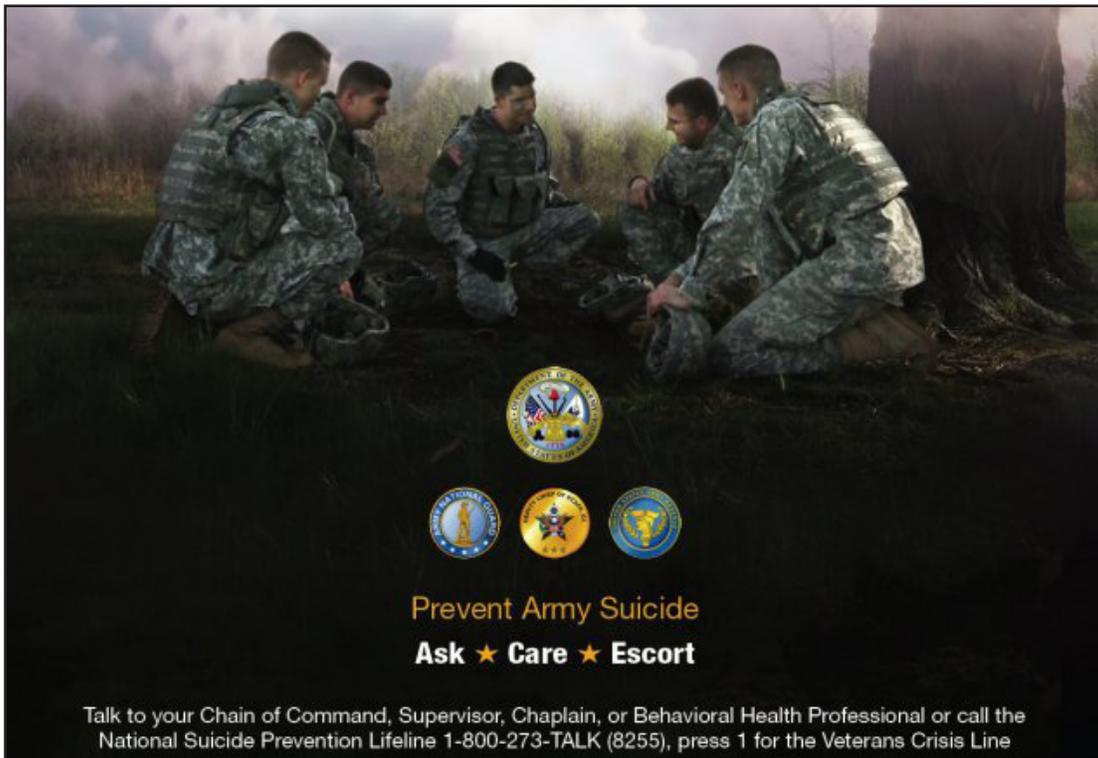
are encouraged to bring in any old, expired, discontinued or unwanted medications to the Outpatient Pharmacy’s Refill Window for screening and disposal. Due to laws and regulations, only regular prescription medications may be turned into the pharmacy. Controlled substances, used or unused syringes, Coumadin (warfarin), lancets, needles, or test strips will not be accepted. Pharmacy personnel will screen the medications patients bring for turn-in to ensure no laws or regulations are violated. If patients have any medications that cannot be accepted at the pharmacy, pharmacy personnel will return them to patients and provide information regarding their safe and legal disposal.



Don’t wait until a hospital visit or emergency is needed to discover the errors in registration to be seen. It is never too early to register family member not in the Deers registration and Tri Care systems.

<http://www.tricare.mil/mybenefit/home/overview/Enrollment>

Suicide Prevention Lifeline is: 1-800-273-TALK



Shoulder to Shoulder: Finding Strength and Hope Together

Chaplain Thought of the Week: Turn on the Light

Kelly Rinehart
Chap. (Capt.)
Chaplain Clinician, TAMC



“Coincidences are miracles in which God chooses to remain anonymous.” Author Unknown

Reflection:

It is amazing the differences a little light can make in a dark room. I have noticed recently that I am ESPECIALLY sensitive to this phenomena during just about the time I try to turn my head off at night. Even my closed eye lids seem brighter when I am sleepy and there is still a light on! Light changes the way everything looks. A little ray of sunshine is so welcome during dark times, during cold times. And for a child at night it can be the difference between a monster under the bed and a favorite toy boat.

Light, certainly enables one to have a different perspective. It enables us to see things we may not have seen otherwise. I can't help but think there are times in our lives when we are not quite as alone as

we thought, or quite as in danger as we thought. During these times most, God may be working miracles. Sometimes all we need is a lightened perspective to see that the God of the invisible, can be visible in our lives.

Prayer:

If you would like to be removed from the TAMC Chaplain Thought for the Day, please email Kaleinani Kauai, kaleinani.kauai@amedd.army.mil and write unsubscribe in the subject line. Thank you.

DPW Sewer Line Project

The installation Department of Public works will be repairing a main sewer line along Krukowski Road beginning on 3 October 2011 and lasting until 3 April 2012.



This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Krukowski Road between 0900-1500 Monday-Friday between the dates listed. Prior to 0900 and after 1500 normal traffic lanes will be open.

This line has been a problem for some time and it's repair is required to prevent a major line failure.

Shaken and Baken: Seizures and Pregnancy

Tripler Army Medical Center is an approved provider of nursing by the Army Nurse Corps, an accredited approver by the American Nurse Credentialing Center's COA.

- By: 1LT Sandra Rodich;
OB/GYN Nursing Course
- DATE: October 6, 2011
- 1200 hrs
- 10th Floor Conference Rm
- PRESENTER HAS NO VESTED INTEREST IN THIS TOPIC
- AWARD PERIOD:
- September 13, 2011 – September 13, 2013



TBI/PTSD SPOUSE SUPPORT GROUP

- TAMC CONCUSSION CLINIC 9TH FLOOR CONFERENCE ROOM
- MEETINGS TO BE ARRANGED
- UNDERSTAND EFFECTS OF TBI/PTSD AND WHAT YOU CAN DO FOR YOURSELF , THE SERVICE MEMBER AND YOUR FAMILY
- GAIN SUPPORT AND KNOWLEDGE FROM OTHER GROUP MEMBERS WITH SIMILAR CHALLENGES
- HAVE FUN AND MEET NEW PEOPLE

**CONTACT:
LCDR R. JANE DARNELL-
MILLER 808-433-6405**



Flu Vaccination Schedule:

Barbers Point Elem Oct. 21 8 a.m. to 12 p.m.
Moanalua Middle Oct. 25 8 a.m. to 12 p.m.
Kailua Inter Oct. 28 8:45 a.m. to 12:45 p.m.
Navy Hale Keiki Nov. 3 8:30 to 10:30 a.m.
Solomon Elem Nov. 3 8 a.m. to 1 p.m.
Hickam Elem Nov. 15 8:30 to 11:30 a.m.
Iroquois Elem Nov. 15 8 a.m. to 12 p.m.
Wheeler Elem Nov. 16 8:15 to 11:15 a.m.
Mokapu Elem Nov. 17 8:30 a.m. to 12:30 p.m.
Mokulele Elem Nov. 17 8 a.m. to 12 p.m.
Shafter Elem Nov. 18 8 to 11 a.m.
Pear Harbor Kai Dec. 1 8 a.m. to 12 p.m.
Hale Kula Elem Dec. 2 8 a.m. to 1 p.m.

Schofield Barracks Health Clinic
 Monday to Thursday, 7:30 to 11:30 a.m.
 Friday, 9 to 11:30 a.m.
 Monday, Wednesday and Friday, 1 to 3p.m.
 Tuesday and Thursday, 1 to 2 p.m.

Hickam Immunization Clinic
 Monday and Friday, 8 to 11:45 a.m., 1 to 4 p.m.
 Tuesday and Thursday, 7:30 to 11:45 a.m., 1 to 4p.m.
 Wednesday, 7:30 to 11:45 a.m., 1 to 2 p.m.
 Closed 3rd Thursday of every month

Warrior Ohana Medical Home
 Monday - Friday, 8 a.m. to noon and 1 to 4 p.m.

Exchanges:

Pearl Harbor NEX Oct. 14 9 a.m. to 2 p.m.
Hickam BX Oct. 15 9 a.m. to 2 p.m.
Pearl Harbor NEX Oct. 15 9 a.m. to 2 p.m.
Schofield PX Oct. 22 9 a.m. to 2 p.m.
Fort Shafter Oct. 28 9 a.m. to 2 p.m.
K Bay MCX Oct. 29 9 a.m. to 2 p.m.

Mass Vaccinations at TAMC's Immunization/Allergy Clinic:

General Population	Sept. 9
TAMC Staff/DoD Civilians	Sept. 16
General Population	Sept. 23
TAMC Staff/DoD Civilians	Sept. 30
TAMC Staff/DoD Civilians	Oct. 14
General Population	Oct. 21
TAMC Staff/DoD Civilians	Oct. 28

(These will be all day events, 7:30 a.m. to 3 p.m.)

Beneficiary Locations:

Navy Branch Clinic, Kaneohe Bay
 Monday, Tuesday, Wednesday and Friday,
 7:30 to 11:30 a.m., 1 to 3 p.m.
 Thursday, 7:30 to 11:30 a.m., 1 to 2 p.m.

Makalapa Clinic
 Monday to Friday, 7:30 a.m. to 5 p.m.
 1st Saturday of each month, 8 a.m. to 4:30 p.m.

Headquarters Clinic (Bldg 1750)
 Monday to Friday, 7 a.m. to 3:30 p.m.

TAMC Immunization Clinic
 Tuesday, 1 to 3 p.m.
 Wednesday and Friday, 9 to 11:30 a.m.





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.

**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

ARMY MEDICINE
 Delivering Care. Inspiring Progress.

**iWATCH
ARMY**

iREPORT **iKEEP US SAFE**

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

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

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:

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, LTC Rebekah Sarsfield, Chief Army Public Health Nursing at 433-6834 or SGT Allison Lindsay, NCOIC at 433-1602.



*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*



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.

UPCOMING EVENTS

[Ukulele Workshop](#)
[Weekly Hula Classes](#)

[Join Our Mailing List!](#)



UPCOMING FREE HAWAIIAN CULTURAL CLASSES!

The Office of the Native Hawaiian Liaison, USAG-HI, in partnership with the Island Palm Communities and ACS, welcomes all soldiers and families to participate in *free* Hawaiian cultural classes! This is a fun, unique way to learn about the Hawaiian culture, and meet other Army friends and family members!

UKULELE WORKSHOP @ SCHOFIELD

You don't need any musical experience to attend this workshop! The Beginner's Ukulele is designed for the first timer, or for those who have some experience playing but have not played in some time. Join us for a 5-week workshop (held on Wednesdays) & have fun learning basic cord & strumming techniques with Mr. Steven Cup Choy! An ukulele will be made available for participants, but if you have one, bring it along!



When: Wednesdays, Oct. 5th, 12th, 19th, 26th & Nov 2nd
5:30 pm - 6:30 pm

Where: Army Community Services (2091 Kolekole Ave)

Seats are limited! To register or for more information, contact the Native Hawaiian Liaison Office at (808) 655-9694 or email nhliaison@gmail.com.

WEEKLY HULA CLASSES

Weekly Hula Classes
Mondays @ Schofield;
Tuesdays @ Aliamanu *****NEW!*****

Kumuhula (hula teacher) Ladd Heleloa will present different types of hula: kahiko (ancient) and auwana (modern). Learn some basic hula steps and walk away with a better understanding of the rich tradition of hula in Hawaii. No prior hula experience needed!



Where: Schofield Barracks - Kalakaua Community Center
(2535 Waianae Uka Avenue)

When: Every Monday

Time: Beginners: 5pm - 6pm; Advanced: 6pm - 7 pm

READY, SET, GO! **FREE** TRAINING

PLEASE JOIN US! This RSG! training is to give participants an understanding and appreciation of the unique stressors that military youth and their families may face during a deployment. Participants will gain insight to military culture and the deployment cycle and will be provided with the tools and resources to help build community support networks that help foster resiliency in military youth.



Who

All adults who have children or work with children that are affected by deployment are welcome (DOE, private schools, preschools, day care or after school programs, youth organizations, churches, sports coaches, etc..)

Where

**29th Infantry Brigade
Combat Team**
91-1227 Enterprise Avenue
Bldg. 1898
Kapolei, Hawaii 96707-2150

RSVP by

October 10, 2011

Please email your name, title, school/organization, and phone number to:
omk@ctahr.hawaii.edu or
call: (808) 956-4125

**Seating is limited and light refreshments will be provided.*



When

October 21, 2011
@ 9:00am-Noon

Registration opens @ 8:15



Contact

For inquiries about OMK, please visit our website at www.ctahr.hawaii.edu/4h/OMK

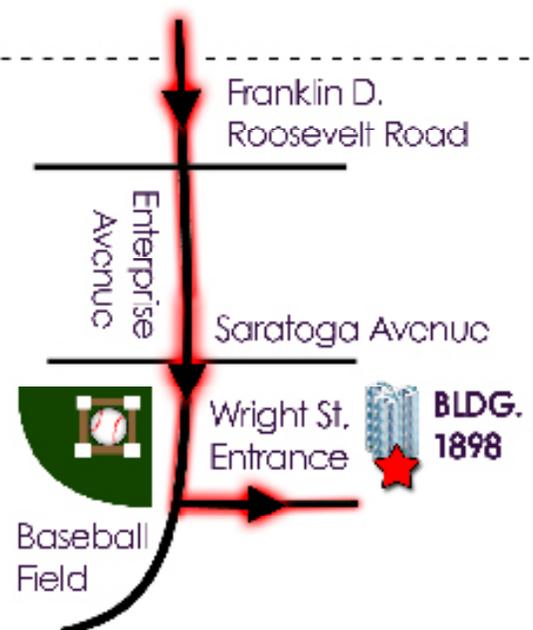
Training Content

Military Culture, Effects of Deployment on Children & Youth, Coping Strategies, Parent Panel, and Resource Tables.

Map Entering Kalaeloa

Directions

1. Take H1 Freeway West towards Kapolei.
2. Take EXIT 2 towards Kapolei/Kalaeloa.
3. Turn left on Makakilo Dr., Makakilo Dr. becomes Fort Barrette Rd.
4. Proceed into Kalaeloa, Fort Barrette Rd. becomes Enterprise Ave.
5. Turn left into Wright Street Entrance



MASTER RESILIENCE TRAINING (MRT) @ The Chapel

Army Community Service (ACS) Hawaii will offer MRT training at Family Night. Spouses, Couples, and Civilians are all welcome to enjoy us as we learn skills that have been shown through research to promote strong relationships, healthy communication, and stress management.

Wednesdays, 5 October - 30 November 1815-1930
Dinner at 1730; childcare provided

What is MRT?

Resilience is not only the ability to bounce back from adversity - but also to GROW and THRIVE from those challenging experiences. We can enhance our resilience, effectiveness, and well being by using skills that build competence and contribute to resilience. MRT classes allow Spouses and Couples to learn those skills and then to apply those skills to their daily life. Learn resilience. Live resilience.

For more information about MRT or to coordinate an MRT event for your organization, contact Dr. Brandi Chew at 808.655.0562

