



Reminder:

Monday, Nov. 14 is Organizational Day (See page 13 for flier.).

Thursday, Nov. 24 is Thanksgiving (See page 11 Anuenue Cafe Menu flier.).

PRESIDENTIAL PROCLAMATION-VETERANS DAY, 2011.

An excerpt reads, “On Veterans Day, we pay tribute to our veterans, to the fallen, and to their families. To honor their contributions to our Nation, let us strive with renewed determination to keep the promises we have made to all who have answered our country’s call. As we fulfill our obligations to them, we keep faith with the patriots who have risked their lives to preserve our Union, and with the ideals of service and sacrifice upon which our Republic was founded.” Read the full message at the following link. <https://forums.army.mil/SECURE/Community-Browser.aspx?id=1606846&lang=en-US>

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Perioperative Nurse Week recognizes OR nurses fundamental roles



Members of the Hawaii Chapter of AORN meet with Hawaii’s governor, Neil Abercrombie to sign a proclamation recognizing Perioperative Nurse Week.

(L-R) Maj. Charles Fisher, Army Nurse Corps; Capt. Alex Perez, Army Nurse Corps; Karen Scott, TAMC perioperative nurse; Capt. Kenneth Ahorrio, Army Nurse Corps; Hawaii Governor Neil Abercrombie; Christine Why, TAMC perioperative nurse; and University of Hawaii Nursing student Nick Wilson. (Courtesy Photo)

Stephanie Bryant
TAMC Public Affairs

Perioperative Nurse Week is November 7-13. According to Association of periOperative Registered Nurses, perioperative nurse week is a time to celebrate and recognize the contribution of perioperative nurses in ensuring safe patient care.

The observance originated as a one-day observation called Operating Room, or OR, Nurse Day in 1979. Since then it has evolved into Perioperative Nurse Week to more accurately

reflect the fundamental roles that perioperative nurses have.

Maj. Cheryl Rivera, operating room nurse officer-in-charge, TAMC, said perioperative nurses are different from floor nurses because they have to know a little bit about all the different specialties to work in the OR and their daily duties can vary a lot from day-to-day. Rivera added that the OR nurse plays a vital role in the OR because their patients are under anesthesia.

Continued on Page 2

Continued from Cover Page

“Perioperative nurses are advocates for patients who are asleep,” Rivera said. “Patients who go to the operating room are under anesthesia and, therefore, cannot speak for themselves. We are the eyes for that patient.”

Christine Why, perioperative nurse, Department of Surgery, TAMC, compared the OR staff to that of an orchestra.

“We work with a team that is similar to an orchestra,” Why said. “The circulating (perioperative) nurse is the conductor who brings everyone together on behalf of the patient. They are the coordinator from the time the patient enters the operating room until the time they leave it.”

“We are with patients during a very important time in their life,” Why added. “A surgery is a very real event ... Part of the reason we have Perioperative Nurse Week is to let communities across the U.S. know that the role of a perioperative nurse is focused on patient safety.”

Why explained that perioperative nurses are true advocates for safe patient care in the OR.

She said many of the TAMC perioperative nurses hold positions in the Hawaii Chapter of the AORN. The AORN provides education and standards for perioperative nurses. They put out recommended practices, which is the basis for forming policies and procedures in the operating room.

Why was very proud to explain that TAMC is on the cutting edge of performance and safety practices. One new practice that perioperative nurses and TAMC OR staff participate in is an OR Huddle.

“There is a Huddle for every patient where we verify the patient’s information prior to surgery,” Why said. “It is another step toward patient safety and eliminating opportunity for errors.”

In honor of Perioperative Nurse Week, TAMC perioperative nurses and members of the Hawaii Chapter of AORN, met with Governor Neil Abercrombie when he signed a proclamation for the observance. Hawaii is one of 15 states that made the effort to get a proclamation signed.

“We believe in what we are doing and we love being (perioperative nurses),” Why said.

Chaplain Thought of the Week: You are not here by accident

F. Wayne Garcia
Chap. (Maj.)
Chaplain Clinician



Reflection:

Max Lucado in his devotional book, “Grace for the Moment,” writes about God’s purpose for our lives. He says that people are looking for a purpose for their lives, but too often they are looking in the wrong places. He says people look for purpose in a career, in possessions, in wealth, in sports, etc. Rick Warren in his book, “The Purpose Driven Life,” says our purpose in life must begin with God. Let me illustrate this. Last night my wife and I had our weekly Bible study in our home with a number of our friends. We talked about our purpose in life. We started with each person creating a drawing of something significant in their life. We then exchanged drawings and had another person try and describe the drawing and its meaning. It was obvious that the other person did not know what the drawing meant. We then handed the drawings back to their owners and creators and had each person explain the meaning of his/her drawing. Each person was able to explain their drawing with accuracy. Why? Because each person was the creator of their own drawing and they knew the meaning

of the drawing. We had to go to the creator of the drawing in order to know why it was created. God created you and knew you even before you were in your mother’s womb. He created you for a purpose. You are not here by accident. You are here on purpose and for a purpose. If you want to know your purpose in life, you must start with God! Max Lucado says if we don’t acknowledge God, we will end up like flotsam on the sea. Flotsam is the wreckage of a ship that floats on the top of the sea. It is all that is left of a ship that got off course.

Prayer:

Oh God since you created me, help me to seek you for my purpose in life. Allow me to know your purpose for my life and give me the courage to live out that purpose so that my life will end up safely in the harbor.

Note: Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours, a Chaplain may be contacted through the Information Desk at 433-6661. Pastoral care includes assistance with religious, personal, marriage and family problems.

Chapels are located on D-Wing, 3rd floor.

Soldiers' Angels honor Wounded Warriors with gift of technology



Theresa Johnson (right), Soldiers' Angels volunteer, stands with Pfc. James Hunt, forward observer, Troop C, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, Nov. 8. Soldiers' Angels will honor veterans by donating laptops to service members wounded in combat currently recovering at military treatment facilities across the country. (Photo by Stephanie Rush, TAMC Public Affairs)

*Soldiers' Angels
Press Release*

HONOLULU — To honor Wounded Warriors, Soldiers' Angels will host Veterans Day celebrations at military treatment facilities across the country, on or around Nov. 11.

From the Walter Reed National Military Medical Center in Bethesda, Md., to the Naval Medical Center in San Diego, and other military medical centers around the country, Soldiers' Angels, a non-profit organization, will present service members wounded in combat with free laptops.

Theresa Johnson, a volunteer with the Hawaii chapter of Soldiers' Angels, presented Pfc. James Hunt with a laptop of his very own at the Fisher House, Tripler Army Medical Center, Nov. 8.

Hunt is a forward observer, assigned to Troop C, 3rd Squadron, 4th Cavalry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, out of Schofield Barracks. The unit is scheduled to return from its 12-month deployment to the Nangarhar Province, Afghanistan, in April 2012.

"I plan to use the computer to stay in touch with my unit downrange, take online classes to further my

career and for day-to-day socializing," Hunt said.

Laptops were also handed out to combat-wounded Marines from Marine Corps Base Hawaii-Kaneohe Bay.

Formed in 2003, Soldiers' Angels is a non-profit organization that supports deployed service members, veterans and their families. Some of their programs include care packages and letters; first responder packs, support, and laptop computers to wounded service members who are receiving treatment at American military hospitals; memorial trees and support for the families of service members who have died in the service of their country.

Soldiers' Angels also operates programs such as Heroes and Horses, S.A.V.E (Support A Veteran's Employment) and Operation Harmony, a program supporting returning veterans.

The organization was founded by Patti Patton-Bader, grand niece to Gen. George Patton, after her son wrote home from Iraq expressing his concern that some Soldiers did not receive any mail or support from home.

(Editor's Note: Additional content provided by Tripler Army Medical Center Public Affairs.)



**You are cordially invited
to the grand opening of our
Emergency Waiting Room**

On

Monday, 21 November, 1030

**Emergency Department Entrance
3rd Floor, H Wing (Across from IMC)**



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>



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, PACIFIC REGIONAL MEDICAL COMMAND
1 JARRETT WHITE ROAD
TRIPLER AMC, HAWAII 96859-5000

MCHK-SF

19 October 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Veterans Day Safety Message

1. Initially called Armistice Day, November 11th was set aside by Congress to honor the veterans of World War I. In 1938, Congress replaced the word Armistice with Veterans to honor all our armed service members who once served our nation. During this holiday, take the time to honor our Soldiers and their Families for their enduring sacrifices and service to our country.
2. On Veterans Day, let us all remember the sacrifices made by our veterans by not overlooking the life and freedom represented in the red poppy flowers distributed by our veterans. The red petals represent the color of the blood that stained the battlefield called Flanders Field in Belgium during World War I. The yellow and black center represents the mud and desolation they faced. The green stem represents the forest and fields where generations of men have died to make the land free. The stem itself symbolizes the courage of the fallen soldiers.
3. I am proud of the dedication you have shown by serving our nation and the sacrifices many of you are undergoing by being away from family, friends and home. With the same willingness to serve as our veterans, you continue to provide peace, freedom and a safer place for people around the world. You can take pride in the fact that you will long be remembered and honored.
4. Join me in promoting safety this holiday weekend. Accidents and injuries can result in suffering, loss, and compromise our readiness capability. Be proactive, think safety and plan to ensure a safe holiday weekend. Remember, holiday weekends intensify the potential for vehicle accidents. If you drink, don't drive. There is no excuse for drunk driving. Call "TheCAB" at 422-2222 and be sure you have "TheCAB" card with you for a safe ride home.
5. As we reflect on and enjoy this Veterans Day, please remember to have safety as part of your plans. Be aware of the hazards and injuries associated with driving, swimming, diving, hiking and other recreational activities. **Have a Safe Veterans Day!**

A handwritten signature in black ink, appearing to read "Keith W. Gallagher".

KEITH W. GALLAGHER
Brigadier General, USA
Commanding

DISTRIBUTION: A

Tripler Snapshots



Nurses from 5C2 Medical Oncology participated in the 2011 Making Strides Against Breast Cancer 5-mile walk, Oct. 29. Their individual team named “MedOnc Ohana” raised more than \$1,000 in support of the American Cancer Society. Overall, \$136,537.71 was raised in support of this great cause. (L-R): Sgt. 1st Class Zella Gilkey, 1st Lt. Daryl Delima, 2nd Lt. Andrea Jurgilanis, 2nd Lt. Rebecca Milligan, and Capt. Allison Ferro. (Courtesy Photo)



Maj. (P) Melba Stetz (center), Chief of Research Psychology, briefs the Secretary of the Army, Honorable John McHugh, on her videogame-based relaxation and biofeedback study during the October 2011 Association of U.S. Army Conference in Washington, D.C. (Courtesy Photo)



Brig. Gen. Keith Gallagher (left), commander, Pacific Regional Medical Command and Tripler Army Medical Center, and Col. Glenda Lock (right), deputy commander for nursing, TAMC, are pictured with four TAMC Staff who were recommended for recognition. Alfred Botacion (2nd from left), was recognized for his 5-year anniversary of federal service. First Lt. Anna Rooney (3rd from left) and 2nd Lt. Erika Rosales (2nd from right) are exceptional nurses who go above and beyond what is required of them on each call. First Lt. Marjorie Schroeder was recognized for her unsurpassed dedication during the Care Team Component roll-out of the Patient Caring Touch System. All four are nurses in the Telemetry 6C2 Ward. (Photo by Stephanie Bryant, TAMC Public Affairs)



Staff Sgt. Ryan Soto, Spc. Josh Johnson, and Pvt. 1st Class Aaron Cool, Warrior Transition Battalion, were recognized and honored at the University of Hawaii football game Nov. 5, as part of Military Appreciation Night. (Photo courtesy of 25th Infantry Division)

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road through April 3, 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 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. 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.

Flu Vaccination Schedule:

<i>Navy Hale Keiki</i>	<i>Nov. 3</i>	<i>8:30-10:30 a.m.</i>	<i>Monday to Friday, 7 a.m.-3:30 p.m.</i>
<i>Solomon Elem</i>	<i>Nov. 3</i>	<i>8 a.m.-1 p.m.</i>	
<i>Hickam Elem</i>	<i>Nov. 15</i>	<i>8:30-11:30 a.m.</i>	<i>TAMC Immunization Clinic</i>
<i>Iroquois Elem</i>	<i>Nov. 15</i>	<i>8 a.m.-12 p.m.</i>	<i>Tuesday, 1-3 p.m.</i>
<i>Wheeler Elem</i>	<i>Nov. 16</i>	<i>8:15-11:15 a.m.</i>	<i>Wednesday and Friday, 9-11:30 a.m.</i>
<i>Mokapu Elem</i>	<i>Nov. 17</i>	<i>8:30 a.m.-12:30 p.m.</i>	
<i>Mokulele Elem</i>	<i>Nov. 17</i>	<i>8 a.m.- 12 p.m.</i>	<i>Schofield Barracks Health Clinic</i>
<i>Shafter Elem</i>	<i>Nov. 18</i>	<i>8-11 a.m.</i>	<i>Monday to Thursday, 7:30-11:30 a.m.</i>
<i>Pear Harbor Kai</i>	<i>Dec. 1</i>	<i>8 a.m.-12 p.m.</i>	<i>Friday, 9011:30 a.m.</i>
<i>Hale Kula Elem</i>	<i>Dec. 2</i>	<i>8 a.m.-1 p.m.</i>	<i>Monday, Wednesday and Friday, 1-3p.m.</i> <i>Tuesday and Thursday, 1-2 p.m.</i>

Beneficiary Locations:

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

Makalapa Clinic
Monday to Friday, 7:30 a.m.-5 p.m.
1st Saturday of each month, 8 a.m.-4:30 p.m.
Headquarters Clinic (Bldg 1750)

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

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



Native American Indian Heritage Month

Service, Honor, Respect
Strengthening our Cultures
and Communities by Embracing Diversity

16 November 2011, 1400
Kyser Auditorium
Tripler Army Medical Center

Sponsored by
C. Co., TAMC





Native American Indian Heritage Month

**Service, Honor, Respect
Strengthening our Cultures
and Communities by Embracing Diversity**

Monthly Schedule of Events

4 Nov - 1100-1430

DFAC Native American Meal

(Anuenue Café)

4 Nov - 1100-1200

Native American Informational Table Setup

(Tripler Oceanside Welcome Desk)

8 Nov - 1100-1200

Native American Informational Table Setup

(Schofield Barracks Health Care Pharmacy)

16 Nov - 1100-1200

Native American Informational Table Setup

(Tripler Mountainside Welcome Desk)

29 Nov - 1100-1200

Native American Informational Table Setup

(Schofield Barracks Health Clinic Pharmacy)

NEW HOURS at the Anuenue Café



MONDAY-FRIDAY STARTING NOVEMBER 7th

Breakfast

Self Serve: 0600-0930

Grill: 0600-0815

Grab and Go: 0700-1030

Lunch

Grill: 1100-1300

Main line: 1100-1330

Self Serve: 1100-1430

Grab and Go: 1100-1300

Dinner

Main line: 1600-1730

Grab and Go: 1730-2230

Night meal: 2230-0200



**Nutrition Care Division
Welcomes TAMC Staff & Families to a
Thanksgiving Meal
Thursday, 24 November 2011, 1100-1330**

\$7.00 per person / \$5.95 for Family Members of E-4 & below

Appetizer

Shrimp Cocktail

Soup

Lobster Bisque

Entrée

Roast Turkey with Giblet Gravy

Prime Rib with Au Jus

Accompaniments

Garlic Mashed Potato

Savory Bread Dressing

Sweet Potato Casserole

Steamed Rice

Assorted Dinner Rolls

Vegetables

Green Bean Casserole

Ginger Glazed Baby Carrots

Desserts

Pumpkin Pie * Apple Pie * Pecan Pie

Grab n Go & Short Order Line Closed

Breakfast will close at 0800

WE NEED YOUR BLOOD TYPE...

Please Donate!

Tripler Blood Donor Center
Oceanside 2nd floor
Room 2A207
433 - 6148

Donate Blood
A SIMPLE GIFT



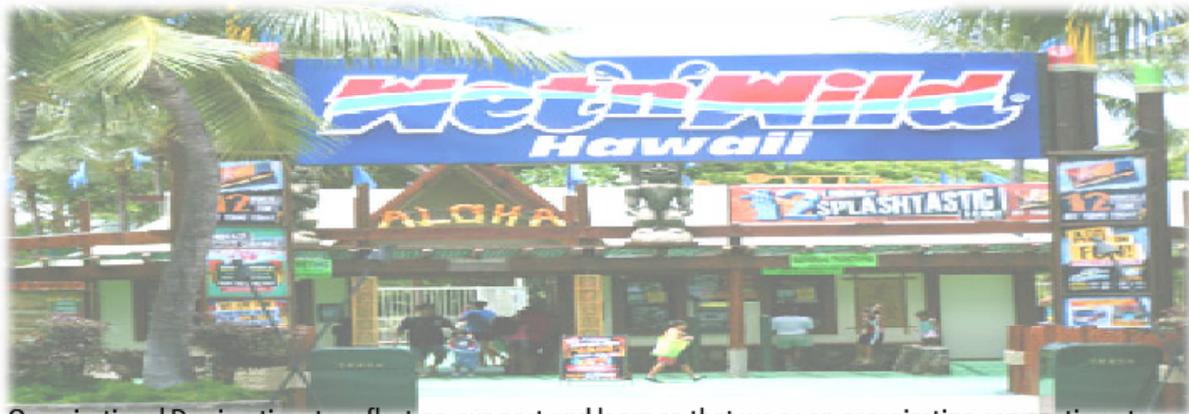
militaryblood.dod.mil





**Tripler Army Medical Center
Organizational Day
14 November 2011
9:30 am - 4:00 pm**

All TAMC Soldiers, Civilians and Family Members are invited to attend the 2011 TAMC Organizational day at Wet'n'Wild water park. Ticket prices are \$12 each (this includes a buffet style lunch). Ticket sales are limited to Tripler Employees and their immediate family members.



Organizational Day is a time to reflect on our past and learn so that we as an organization can continue to improve patient care. All Soldiers and Civilians are welcome and encouraged to attend so please adjust your patient templates for 14 NOV 11 to reflect where you will be; either celebrating our past accomplishments at Wet n Wild or taking care of our Soldiers and Families at Tripler and SBHC.



Tripler Army Medical Center's
Commanding General
Cordially Invites TAMC
Staff and Family to attend the
Tripler Holiday Tree Lighting
Ceremony

29 November 2011 at 1730
TAMC, Oceanside
Entrance

POC: **ILT Rivera at 433-6002**
or **MSG Dubreuil at 433-4853**

Hosted by: Troop Command

SCHOFIELD BARRACKS PEDIATRIC CLINIC NEW HOURS

Starting November 7, 2011

Monday, Wednesday- Friday Clinic Hours: 7:00am – 5:00pm

Tuesday 8:00 am – 5:00pm

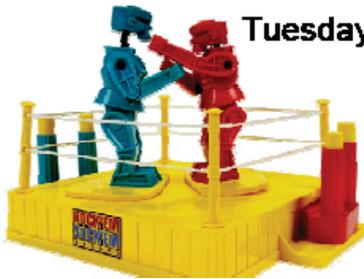
Closed Daily: 12:00pm to 1:00pm

Immunization Hours:

Monday, Wednesday, Thursday, Friday- 8:00 – 11:00am, 1:30- 3:30pm

Tuesdays: 9:00 – 11:00am, 1:30 – 3:30pm

Thursdays No PPD!



Check us out on Facebook



**Like us @
www.facebook.com/APHNHawaii**

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





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 a.m. – 4:30 p.m., Monday-Friday, 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 Monday-Friday 7:30 a.m. – 4:30 p.m. 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.



Charlie Company, Tripler Army Medical Center



Company Commander

Change of Command

Outgoing Commander: CPT Victor F. Sorano

Incoming Commander: CPT Daniel J. O'Neill

CPT Victor F. Sorano



CPT Daniel J. O'Neill



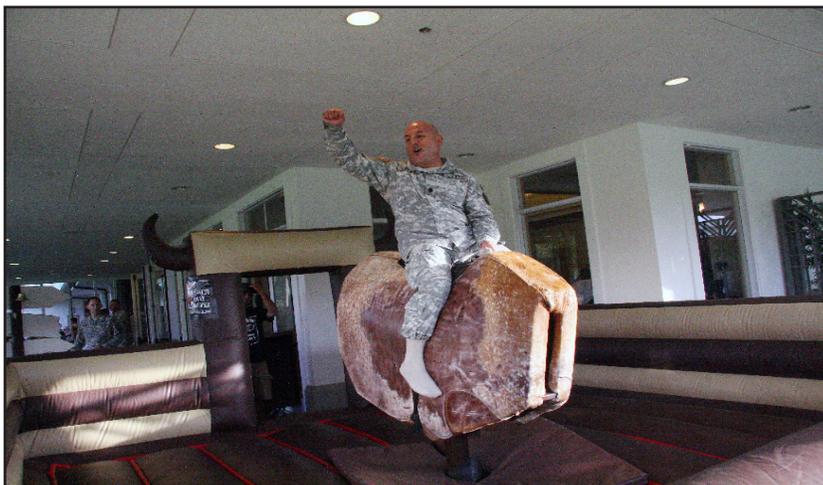
US ARMY HEALTH CLINIC
SCHOFIELD BARRACKS, HAWAII

Date: Friday, 18 November 2011

Location: Schofield Barracks Health Clinic, Soldiers Pavilion

Time: 1300 HRS

"Company Commander is responsible for planning and executing collective training of the company towards full mission readiness in support of the Higher Headquarters combat and peacetime service support and state of emergency missions."



Lt. Col. Jose Chavez, Department of Pathology, rides a mechanical bull at the Right Arm Night at the Hale Ikena on Fort Shafter Nov. 4. Spc. Timothy Blew, Troop Command won the bull riding contest with a ride of 12 seconds. (Photo courtesy of TAMC Public Affairs)



Tripler AMC Public Affairs

If you have something - a story, a photo, an idea for TRIPLER 360, send it to jan.clark@us.army.mil or stephanie.a.bryant1@us.army.mil.



Synergy

Come join our Project Armor prevention group to be empowered by learning decision making skills, cultivating your strengths, and connecting oneself to healthy, drug-free, positive activities.

Where? Schofield ASACS Office~127 Lewis Street, Bldg.647

When? Thursday's from 1:30-2:30pm (Oct.27, Nov.3,10,17, Dec.1,&15)

Who can join? Adolescents from 6th to 8th grade

Who to contact? Ms. Sara Hill at 655-9944 or 655-5080

Each week's activities will include a group discussion, a group activity or team building experience, and reflection of individual successes and challenges.

To find out more about ASACS services, and/or this group, stop by our ASACS office on Schofield or call the ASACS office.

Services provided through ASACS are free, voluntary and confidential.

Hope you can come!



ADOLESCENT DEPLOYMENT

SUPPORT GROUP

AVAILABLE AT WHEELER MIDDLE SCHOOL

Learn interesting ways to manage deployment issues that other adolescents have found helpful. The Deployment Support Group (DSG) will meet weekly at the ASACS office at Wheeler Middle School. We will be meeting during lunch on Thursdays. To find out more information, stop by my office (next to Mr. Koki) or ask any of your teachers to send a message to the ASACS counselor, Mr. Justin Fienhold, via school email.

You may also reach Mr. Justin at WMS at 622-6525 or at the Schofield Barracks ASACS office at 655-9944.

Services provided through ASACS are free,

voluntary and confidential.

