

TRIPLER 360



TAMC, BSA partner to help students explore medical careers

Story and Photo by
Stephanie Bryant
TAMC Public Affairs



Lt. Col. Lozay Foots, director, Medicine Nursing Services, Tripler Army Medical Center, addresses high school students from Moanalua High School, Jan. 19, in the school's library. Students, grade 9-12, were invited to be a part of Hawaii's first Medical Explorers Post, which is a program designed to bring real-world medical and health career experiences to young men and women on island. The post is result of a partnership between TAMC and the Boy Scouts of America.

REMINDERS

Patient Safety Stand Down Day is Feb. 17.

TAMC National Prayer Breakfast is Feb. 28 at 6:30 a.m. in the 10th floor conference room. For flier see page 7.

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TRIPLER ARMY MEDICAL CENTER — The first Medical Explorer Post on Oahu held its initial organizational meeting, here, Jan. 28.

Tripler Army Medical Center has partnered with the Boy Scouts of America using a Learning for Life Health Career Exploring program to bring real-world medical and health career experiences to young men and women on island.

Lt. Col. Lozay Foots, director, Medicine Nursing Services, TAMC, is the principal advisor for Post 1948. He said two high schools near TAMC were chosen to test out the program; Radford and Moanalua High Schools.

Foots and two representatives from BSA, Ryan Blangiardi and Keao Miller, went to both high schools and spoke with students about what the program has to offer.

“(The post mission) is about helping them explore their career paths and choices,” Foots said. “We want to put them in and provide them (medical and health) activities so they can see that they can aspire to be whatever they want to be.”

Participating students elected a student committee of leaders that will help the Adult Leader Explorers manage the post.

More than 40 students attended the meeting and Foots, who was a Boy Scout during his youth, said he has about a dozen members of Tripler's staff have volunteered to act as Adult Leader Explorers.

One of those volunteers is Lt. Col. Todd Briere, chief, Patient Administration Division, TAMC.

“(The post is an) excellent opportunity for these students to participate in,” said Briere, who also was a Boy Scout in his youth. “Explorer scouts make deci-

sions on what they want to explore and we (volunteers) just guide them (along the way).”

Briere said when people initially think of PAD, paperwork and medical records come to mind, but he hopes the department will be able to offer more.

“In combat, (PAD) deals with movement of patients and evacuation for patients,” Briere said. “We hope to organize some (two-man carry and litter, or collapsible stretcher,) training and possibly an obstacle course for the students.”

Foots agreed and said the explorer leaders hope to “encapsulate the hospital environment” for the students. The post

REPLY TO
ATTENTION OF

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

MCHK-SF

02 February 2012

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Presidents' Day Safety Message

1. By combining the recognition of the birthdays of Presidents Washington and Lincoln in 1968, Congress set aside the third Monday in February to be celebrated as Presidents' Day. Effective in 1971, we now celebrate a single holiday to honor all U.S. Presidents.
2. As you and your families participate in the many activities over this long weekend break, please reflect upon Article II of the Constitution, which outlines the office of the President and empowers their many specific responsibilities. The President is not only the head of our nation, but is also the Commander-in-Chief of all our Armed Forces. The President's strength in leadership over the years has protected the democracy, freedom, and prosperity that are cherished in this country. You, who serve with distinction and courage in order to guard and protect this way of life, exemplify this leadership.
3. To help make this a safe holiday weekend for you and your family, here are a few safety tips:
 - a. Drinking and driving do not mix.
 - b. Always use your seat belts. It is the law.
 - c. Use the buddy system when swimming or hiking, and know your abilities.
 - d. Stay aware of the weather conditions and additional hazards they create.
4. I ask that you continue to be proactive in safety to guard and protect against accidents to you, your family and friends. To all of our staff and families, I extend my best wishes for a safe, healthy and enjoyable holiday weekend.

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

KEITH W. GALLAGHER
Brigadier General, USA
Commanding

DISTRIBUTION: A

Garrison addresses lack of participation for reveille, retreat

U.S. Army Garrison-Hawaii
Public Affairs
News Release

WHEELER ARMY AIRFIELD — Ceremonies play a big part in the military lifestyle and are a part of its history and traditions.

For Soldiers, the day starts and ends with a flag ceremony: reveille and retreat.

Reveille, which is played at 6:30 a.m. in Hawaii, is when the flag is hoisted and the bugle sounds, signifying the beginning of the duty day.

Retreat, which signifies the end of the duty day, is when the bugle gets played again and the flag is lowered, folded and put away. At Army-Hawaii installations, retreat plays at 5 p.m., except on Thursdays, when it occurs at 3 p.m. for family time.

During a U.S. Army Garrison-Hawaii Facebook town hall,

Aug. 31, a community member questioned why vehicles are not stopping during reveille and retreat.

Command Sgt. Maj. Robert Williamson, senior enlisted leader, US-AG-HI, who handles inquiries like this one, said the garrison has identified a couple of reasons why that policy is being overlooked.

He explained that the military has evolved to include more civilians and contractors, and leaders should reiterate protocol to make sure it is being adhered to by all personnel.

“The policy clearly states that all vehicle drivers, both military and civilian, will halt their vehicles during reveille and retreat,” Williamson said. “Also, it is important that Soldiers living on post and visiting post need to make sure that their families understand all the policies. Directors and supervisors of civil-

ians need to make sure that their staff are aware of the policies as well.”

According to Appendix C of Army Regulation 600-25, “Salutes, Honors and Visits of Courtesies,” when ceremonies, excluding military funerals, are being conducted, moving vehicles will be brought to a halt, and military passengers and drivers will dismount and render the appropriate courtesy.

Capt. Parris Watson, operations officer, Directorate of Plans, Training, Mobilization and Security; US-AG-HI, said rendering proper honors to the flag is an important part of keeping military tradition and history alive.

“It’s about following good order and discipline,” Watson said. “Bearing honors to the flag is about representing our military values. The

See CEREMONIES on Page 5

Chaplain’s Thought of the Week

Chaplain (Maj.) Ibraheem Raheem
Chaplain Clinician TAMC

“Renewal”

REFLECTION: I know, when we think of a snake we don’t immediately plan to learn a lesson on renewal but the message is loud and clear. We all need renewal. For instance, have you done anything new or different that you might have feared doing in the

past? Have you read something that gives you a new perspective to consider? Have you ever confronted something that may be at odds with some of your deepest-held beliefs? Have you listened to a person

with whom you do not really agree, or considered a newspaper editorial that expressed an opinion that does not sit well with your own? If you answered no to any or all of these questions, it is probably time for some renewal in your life. We need to regularly “shed old skin” in order to grow. We can do this by not assuming that the future will happen exactly the way we experienced the past. For me the most important lessons have come from sources that I least expected because they were completely in contrast to my own preferences. There is wisdom in understanding the simple message of the snake which is letting go of the old so that we can enjoy the new. Peace and blessings.

PRAYER: Dear Lord, may I never cease to have hope in you and to trust in your promise of the future. Fill me with a renewed spirit that I may be willing to let go of the past as I recognize your presence in my life.

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

TAMC acquires equipment from WRAMC



Courtesy Photos



WASHINGTON--(ABOVE) Chief Warrant Officer 4 Keith Griffith, right, chief of the Healthcare Equipment Management Branch, Tripler Army Medical Center, and Robert Lumas, Standardization Program Manager, TAMC, inspect and inventory equipment from Walter Reed Army Medical Center, Jan. 24, before they transfer them to TAMC for use. **(LEFT)** Griffith inventories computers, Jan. 24, at WRAMC in Washington.

Griffith, Lumas and Sgt. Tal Wick, noncommisioned officer, Allergy/Immunology Clinic, TAMC, flew from Honolulu to Washington, Jan. 24, to acquire equipment from WRAMC. Their mission was to verify the viability of equipment to be transferred from the now closed WRAMC to Tripler. The transferring of viable equipment will save hundreds of thousands of dollars as opposed to buying new equipment.

At the final tally, TAMC gained more than \$1.6 million of equipment from WRAMC. This will enable TAMC to use its available funds to acquire additional equipment from the CEEP list to continue to enhance patient care. The gained equipment is scheduled to be shipped to Hawaii in March.

WRAMC officially closed in September 2011 and moved to become what is now The Walter Reed National Military Medical Center.

EXPLORERS

Continued from Page 3

plans take the students to explore Tripler and other military clinics on island to observe a variety of health care providers in their work environments.

The idea for the post came from Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and TAMC, who had started an explorers' post when he was stationed at Fort Campbell, Ky.



"The sky is the limit," Foots said. "The (commanding general's) vision is that (in future years) it will be open to all the high schools on island and that we will eventually be able to partner with all the different medical communities on the island."

The Medical Explorer Post meets the 2nd and 4th Saturday of each month at 10 a.m. in Kyser Auditorium and the application fee is \$10.

CEREMONIES

Continued from Page 2

garrison's policy needs to disseminated down to the lowest level, (to both) military and civilian."

However, the lack of adherence is not just from ignorance of USAG-HI's policy, Williamson said. Technical problems are also involved.

Another participant in the Face-

book town hall said the volume is too low on the mass broadcast system, and reveille and retreat cannot be heard all over post.

"I have touched base with the 30th Signal Battalion (516th Sig. Brigade, 311th Sig. Command), and they have already adjusted the volume on Wheeler Army Airfield," Williamson said.

Williamson added that he has no

knowledge of volume complaints on Schofield Barracks. He advises units to adhere to policies and proper protocol.

"Rendering honors during ceremonies, reveille and retreat is a part of common customs and courtesies," Williamson emphasized, "which is tradition and a big part of being in the military."



USAG-HI FACEBOOK TOWN HALL

DO YOU HAVE IDEAS ABOUT HOW TO MAKE THE U.S. ARMY GARRISON-HAWAII COMMUNITY BETTER? DO YOU HAVE QUESTIONS ABOUT USAG-HI SERVICES, FACILITIES OR SUPPORT? IF SO, GET READY FOR THE NEXT ONLINE FACEBOOK TOWN HALL, HOSTED BY COL. DOUGLAS MULBURY, COMMANDER, USAG-HI, FROM 6-7:30 P.M., WEDNESDAY, 29 FEB. 2012, AT WWW.FACEBOOK.COM/USAGHAWAII, UNDER THE "EVENTS" TAB.

ALL SOLDIERS, FAMILY MEMBERS, RETIREES AND CIVILIANS IN U.S. ARMY-HAWAII CAN ASK QUESTIONS, ADDRESS CONCERNS AND GET RESPONSES. IF YOUR QUESTION DOES NOT PERTAIN TO THE PUBLIC AT LARGE, PLEASE EMAIL THE INTERACTIVE CUSTOMER EVALUATION SYSTEM, OR ICE, AT [HTTP://ICE.DISA.MIL](http://ICE.DISA.MIL), OR ASK THE GARRISON COMMANDER AT ASKTHECOMMANDER.USAGHI@US.ARMY.MIL, TO GET SUPPORT.

POINTS OF CONTACT AT USAG-HI PUBLIC AFFAIRS ARE LACEY JUSTINGER, DIGITAL MEDIA SPECIALIST, AT (808) 656-3153, LACEY.A.JUSTINGER.CIV@MAIL.MIL, OR AIKO BRUM, CHIEF, INTERNAL COMMUNICATION, AT (808) 656-3156, AIKO.M.BRUM.CIV@MAIL.MIL."

Diabetes Tip of the Week

A healthy approach to avoid stress-induced eating is to choose foods that increase the “happy hormones” serotonin and dopamine that decrease cortisol and adrenaline hormones linked to stress.

Dietitians recommend choosing tea over cof-

fee, as well as foods that contain omega-3 fatty acids, vitamin C and complex carbohydrates.

To learn more about managing your diabetes or to enroll in Tripler Army Medical Center’s Diabetes Self-Management Education Classes, ask your primary care manager or call 433-9657.

TAMC, VA reach out to local clergy, offer training

TAMC Department of Ministry and Pastoral Care News Release

HONOLULU—The Tripler Army Medical Center chaplains, in conjunction with the Veteran Administration Chaplaincy, sponsored a half-day training to assist civilian clergy, pastors, rabbis, deacons with ministering to service members, veterans and their families, Feb. 7, in the Chapel, here.

More than 150 members of the local clergy from churches across the Hawaiian Islands attended the training. The training was designed to assist local clergy on how to better minister veterans and families.

The training started off with greetings from Dr. James Hastings, Veterans Affairs Director; Tracy Betts, Veterans Benefits Administrator Director, and Navy Capt. Jose Acos-

ta, Deputy Commander for Clinical Services, Pacific Regional Medical Command and TAMC. The training consisted of briefings explaining to the clergy what Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) are and how they affect service members, veterans and families. There were also representatives from the VA shared information about programs and services they offer, such as Veteran Benefits, VA Homeless Programs, and Mental Health Services.

Returning veterans are suffering from PTSD and depression in very large numbers. For those who do seek care, research shows that a significantly larger percentage of individuals consult their clergy first rather than a psychiatrist or a primary care physician. However, many clergy may lack the training and knowledge



Tripler Army Medical Center chaplains partnered with the Veteran Administration Chaplaincy to provide local clergy training to assist them with minister service members, veterans and their families, Feb. 7, in the TAMC Chapel.

to understand the impact of combat on the behavioral health of returning service members or how to recognize service members and their Family who are in need of help.

Col. Sherman Baker, command chaplain, TAMC, and Chaplain Charles Card and Chaplain Susy Gaffney, VA Chaplains, both said the training was very successful and that local clergy

would like to see more training of this type.

During a survey provided to the attendees, one of the attending clergy said the training was a great presentation was thankful that TAMC and the VA made it available to local clergy.

“We appreciate all the help we can get and it’s an honor to serve those who serve,” local clergy member said.



Please send submissions for the TRIPLER 360 newsletter to TAMCPublicAffairsOffice@amedd.army.mil. All submissions must be received by Tuesday to be included in the Wednesday edition.



FLIERS



Ft Shafter Physical Fitness Center Zumba Fitness Winter/Spring Kickoff!

Thursday, February 23, 2012

1730-1830; 1830-1930; \$4 each class/per hr. (cash only)
for DoD civilians/retired military/Reservists/DoD contractors –
Active duty/family members w/ID free
(must present ID at sign in)

Instructors: Allison Nofzinger, Linda Pietsch,
Mercy Martin, Mary Anne Vea, Kris Young, Marsha DeLaney
Cumbia, Salsa, Hip Hop, Reggaeton/Merengue, Bollywood,
Hot Hula

Call 438-1152 for more info





 **TAMC National Prayer Breakfast** 

"Winning Warriors"

February 28th

Meal starts at 6:30 a.m., Program begins 7 a.m.

TAMC 10th Floor Conference Room

 *Breakfast Provided*

Guest Speaker:
Chaplain (COL) Mike Tarvin
MEDCOM Chaplain

Everyone Is Invited to Attend

For More Information,
please call 433-5727



Black History Month

Black women
in
American
culture
AND
History

24 FEB 2012

Schofield Barracks Health Clinic

Cobras Den

@ 1130 hrs



PHOTOGRAPH BY
Billie Holiday (1915-1959)