



## Tripler staff respond to Mass Casualty Exercise

**Nick Spinelli**  
*Signal Staff*

A massive hurricane has swept Oahu. Destruction is island wide and both the parking garage and the Veteran's Affairs (VA) Center for Aging on the Tripler Army Medical Center have collapsed. Rescue workers race to the scenes to assist. Meanwhile, medical personnel prepare the emergency room for an onrush of patients. Fortunately, everyone involved responds quickly and many lives are saved. Even more fortunately, all the death and destruction were part of a simulated Mass Casualty (MASCAL) Drill held June 2.

The exercise was a joint training event, and included participation by Tripler, Pacific Regional Medical Command, the VA Islands Health Care System, Pacific Regional Dental Command and Pacific Region Medical Command, United States Army Garrison Hawaii, Joint Task Force Homeland Defense, FEMA, the Federal Fire Department, the Hawaii National Guard Urban Search & Rescue Team, the Healthcare Association of Hawaii, and the United States Navy.

According to Thomas Bookman, the PRMC emergency management officer, "the number and variety of tasks provided new coaching mentoring and training opportunities."

The event was intended to test the abilities of the participants when dealing with an escalating series of disasters or crisis situations, since there's no way to know if practices and procedures work unless they are tested.

"If nothing else, it's a great opportunity for responders to practice their skills," Capt. Aaron Blanchard, operations officer for the Hawaii National Guard, said.

When it was all said and done, Bookman said he was pleased with the results.

"The overall objectives for the drill were met, meaning the concepts and procedures in the TAMC Emergency Operation Plan (EOP) are adequate and appropriate," Bookman, said. Of course, as with any emergency situation, there's always room for improvement. And Bookman has recommendations for how to do that.

"Department leaders can should review the EOP with their staff, practice recall procedures, and ensure everyone knows their roles prior to an event."



**Members of the Hawaii National Guard Urban Search & Rescue Team assist victims of a building collapse as part of a Mass Casualty exercise held at Tripler Army Medical Center June 2. Photo by Nick Spinelli.**



## SERGEANT AUDIE MURPHY CLUB

Are collecting Worn-Out **Shoes** for the HERSHEY'S Track & Field Games

**When:** 20 April 11 – 25 June 11

**Where:** Drop off to any **SAMC Member** or

Call 1SG Looper @ 433-1170 or SFC Trudden @ 433-1649

### SAMC MEMBERS

SGM Johnson, Leon – G3 18TH MEDCOM	MSG(P) Taylor, Amanda -18TH MEDCOM
2LT Franklin, Brandi - Troop Command	2LT Wiggins, Antonio - Troop Command
1SG Looper, Natasha - Delta Company	1SG Perez, Kim -Alpha Company WTB
MSG Day, Isaac – Product Line DOHET	MSG Johnson, Michael –Product Line Surgery
SFC English, Joe - NCOIC Logistics	SFC Henard, Willie - NCOIC DENTAC
SFC Martinez, Christine -18TH MEDCOM	SFC Navarro, Jaime - NCOIC Preventive Medicine
SFC Trudden, Erin - NCOIC Lab	SSG Schmidt-Velez, Niretzy – NCOIC CMS

**Athletic Shoes ONLY > Any brand OK**



### *Pacific Regional Medical Command's Sergeant Audie Murphy Chapter*

*Would like to cordially invite you to celebrate the  
birthday and life of the highest decorated Soldier in  
US Army History, Audie Leon Murphy.*

*Date: June 20, 2011*

*Time: 12:30 pm*

*Location: Kyser Auditorium, Tripler Army Medical Center*

*Agenda: A short brief of Audie Murphy's life service and the  
Club will be given followed by cake and the playing of his most  
famous movie depicting his life story. "To Hell and Back"*



# E Komo Mai



Survivor Outreach Services (SOS) and Operation Military Kids (OMK) cordially invite you to the 2011 SOS/OMK Family Camp. Our camp is for Families with children and teens (infants-age 19) who have lost a parent through Active Duty military service. It provides the opportunity for Families to participate in activities that rejuvenate the mind, body, and spirit in a relaxing, fun, and supportive environment. The camp will also provide Families the opportunity to meet other children and teens who have lost a parent through military service.



## Dates:

July 15-17, 2011

## Location:

Camp Erdman Wailua, HI

## Cost: Free

*\*We kindly ask that one parent/caregiver per family attend the camp.*

For more information or to RSVP please contact,  
Jenny Koranyi, SOS Coordinator, at 808.438.9285 or  
[Jennifer.Koranyi@us.army.mil](mailto:Jennifer.Koranyi@us.army.mil)

Please RSVP by June 10, 2011



**FOR MORE INFORMATION ON OPERATION MILITARY KIDS, PLEASE CALL 956-4125, OR EMAIL: [omk@october.hawaii.edu](mailto:omk@october.hawaii.edu)**



# Public Health Nursing Evening Clinic Pilot Program



**JUNE 22 & 29  
JULY 20 & 27**

Clinic will remain open until 2100.  
Patients will be seen by appointment only

Patients must complete Part I of PHA Assessment (via AKO) prior to coming to their appointment.

**POC: SGT Allison Lindsay  
NCOIC Army Public Health Nursing  
433-1464**

**PURPOSE:** To better accommodate soldiers working "swing" shift and night shift hours, as well as those who cannot leave their place of duty during the day to come to their appointment.

## Interested in furthering your professional education?

Army Nurse Corps officers interested in furthering their professional education may apply for selection to attend Long Term Health Education and Training (LTHET) graduate programs.

If selected by the LTHET Board and qualified academically for admission, officers will be given the opportunity to be fully funded to attend graduate school

as full-time students.

All officers attending LTHET will receive all pay and benefits while in school, regardless of the program.

LTHET INFORMATIONAL SESSION WILL BE HELD June 16 at 8 am in room 5a026, OB/GYN Conference Room, 5th Floor, A Wing.

### **Mass School Physicals 2011**

The Department of Pediatrics will be conducting school physicals as follows:

**-Date: Saturdays on June 18<sup>th</sup>,  
July 16<sup>th</sup>, and  
August 6<sup>th</sup>**

**- Walk-in basis only**

**-Time: 0900-1400**

**-Location: Pediatrics  
Clinic (808-433-0000)**



## **Feds Feed Families 2011 Campaign**



**Feeding the  
Community**

**YOUR HELP IS NEEDED NOW MORE THAN EVER**

**When: June 1<sup>st</sup>, 2011 to August 31<sup>st</sup>, 2011**

**Where: All Hawaii Federal Agencies**

**What: Food Drive to collect food for the**

**Hawaii Food Bank, Oahu**

**Maui Food Bank**

**Kauai Food Bank**

**The Food Basket, Hawaii**



# NBS Sports television special to highlight 2011 Warrior Games

VERSUS (NBS Sports) will air a documentary-style feature about the 2011 Warrior Games, presented by Deloitte, at 8 AM (Hawaii Time) Saturday, June 18. The one-hour special will introduce viewers to Army athlete (WRAMC) Sgt. Robbie Laux and several other Warrior Games athletes. The program will provide viewers an inside look at how sport is changing the lives of these courageous men and women. VERSUS will re-air the program at 8 AM Tuesday, June 21.

## TAMC staffers help guide Hawaii Road Runners

**Terrance Bandy**

*TAMC Public Affairs*

Staff members from Tripler Army Medical Center currently support the Hawaii Road Runners, military youth track and field program, led by Joe and Jane Washington.

This team got started over 18 years ago with only 11 young athletes, and over the years has grown to more than 86 young athletes in 2009. Hawaii Road Runners is a USA Track & Field (USATF) sanctioned team in the USATF Hawaii Association, along with two other military youth track & field teams (Schofield Stallions of Schofield Barracks, Hawaii, and Tsunami of Pearl Harbor).

The team carries the philosophy, “when a child walks away from their event and truly believes that he or she has done the best that they can, then we as a team are teaching that child what we are suppose to.”

The team is comprised of Department of Defense children from all branches of the military located on the island of O’ahu. For many young athletes the USATF is the breeding ground for Olympic dreams. There have been countless youth runners to leave summer track to later return with world honors. The military child’s roll is challenging as they often find their lives uprooted and moved to new locations after becoming settled with routine and friends. Programs like the USATF and other

junior Olympic sporting teams give them a continuity they will be able to count on. The all volunteer coaching staff comprises of parents, family members, and local personnel that carry the shared goal to teach young athletes to win in life.

Hawaii Road Runners, a dedicated team of 50 youth athletes and coaching staff meet each Monday, Wednesday, and Thursday of each week through the end of July. The commitment of three months of training and competitions pays off event after event as young athletes compete around the island.

Joe Washington founded the track club over 18 years ago with hopes of challenging youth and sharing life tools that would prepare them for the world to come. His adamant support of the program stemmed for the stabbing of a Soldier’s child over 20 years ago and has never stopped.

Joe stated that he founded this program to give youth something to do instead of violence. Joe and the Hawaii Road Runners have carried on the track tradition by coaching and mentoring 60 to 120 runners a year.

The track club’s integration with USATF non-military was one of the harder tasks to accomplish years ago, but Joe, support by his wife Jane work side by side with island’s running clubs. With every step the children win in the long run.

# *Chaplain Thought of the Week: Making Difficult Decisions*

**Chaplain (Col.) Sherman Baker**  
*Command Chaplain, PRMC*

President McKinley was having a difficult time making decision between two qualified candidates for a key position in his cabinet. He labored long and hard knowing that his decision would affect the nation and the world.

One evening he boarded a crowded streetcar on his way home. After finding a seat, he noticed one of the men he was considering for the position seated near the entrance. At the next stop, an elderly lady with a large cumbersome package struggled to get onboard.

The candidate for the position turned his eyes, pretending that he did not see the lady who was having a difficult time. He kept his seat while he looked out the window. But the president not only helped her with package, he gave her his seat.

The next morning McKinley made his decision. The man's lack of kindness eliminated him from further consideration and the other man received the appointment. Every decision we make affects history because it reflects who we are and what is important to us. Paul said to "be kind, tenderhearted, forgiving one another."

## Surf's up for Warriors in Transition Battalion

Spc. Tyson Gadingan returns to the beach after receiving quality surf lessons geared to assist wounded service members find recreation through water activities.

Access Surf supported by Buttons Surf School participates in the Tripler Army Medical Center, Warrior Transition Battalion (WTB) Occupation Therapy (OT) wellness program twice a month.

Access Surf supports military wounded service member enjoy surfing and stand-up paddle boarding despite physical limitation.

Photo by Terrance Bandy



# FREE ALL DAY CIRCLE ISLAND TOUR

The Army Community Service (ACS) Shafter office conducts a free all-day circle island tour the third Saturday of each month for newly assigned Soldiers, civilian employees, and Family members who have PCS'd to Hawaii within the last six months prior to the tour dates.

The tour costs at least a \$75.00 if you sign up in Waikiki! The next tour is scheduled for June 18. Call 438-9285 by June 13 to sign up and obtain more information about the tour.

If you are interested in participating in the free tour, you can also send a message to michael.tanigawa@us.army.mil to request a tour brochure and directions to the pickup point at Shafter Flats.

# Virtual Career Fair for vets

Courtesy of the FEDS HIRE FEDS, there will be a Virtual Career Fair for Veterans being held June 23, 2011 sponsored by Milcruit, the Military Officers Association of America and partners.

The fair is designed to bring veteran friendly public and private employers, veterans and spouses together as if in person, but from the comfort and convenience

of their home or office.

Veterans/ Jobseekers can register and enter the environment to visit employer booths, chat with recruiters, view/apply for jobs, and chat with peers in the networking lounge.

Participation is free for jobseekers . Register at: <http://www.veteranscareerfair.com/>

# 2011 FLTCI Open Season ending soon

The 2011 Federal Long Term Care Insurance Program Open Season ends on June 24, 2011: Apply today! It is a great time to apply for coverage under the Federal Long Term Care Insurance Program (FLTCIP). The FLTCIP is administered by Long Term Care Partners. It is underwritten by John Hancock Life & Health Insurance Company

under a contract with the U.S. Office of Personnel Management.

Do not miss out on this abbreviated underwriting opportunity! This is the first abbreviated underwriting opportunity (applicants answer fewer health questions) for new applicants since 2002.

After June 24, 2011, you will generally need to undergo full un-

derwriting.

The 2011 FLTCIP Open Season offers abbreviated underwriting for certain eligible members of the Federal family.

Visit [www.LTCFEDS.com/eligibility/](http://www.LTCFEDS.com/eligibility/) to see if you are eligible to apply with abbreviated underwriting during the FLTCIP Open Season.

## GRADUATE PROFESSIONAL HEALTH EDUCATION COMMENCEMENT

*Class of 2011*

**US ARMY 236<sup>th</sup> BIRTHDAY  
RETREAT CEREMONY**

**Tripler Army Medical Center  
Main Flagpole**

**June 17, 2011**

**3:00 p.m.**





**PASSION FOR HOOPS  
BASKETBALL CAMPS & CLINICS**

**INCLUDES:**

**PASSION FOR HOOPS OFFERS A COMPLETE PLAYER BASKETBALL DAY CAMP, WITH EMPHASIS ON TOTAL SKILL DEVELOPMENT, AS WELL AS LEADERSHIP AND LIFE SKILLS TRAINING. THIS CAMP IS DESIGNED TO HELP YOU BE A COMPLETE PLAYER ON AND OFF THE COURT.**

**CAMPERS ARE TO BRING:**

**GYM SHOES, SHORTS, T-SHIRT, SACK LUNCH AND WATER BOTTLE.**

**LOCATION:**

**KALAEHO HIGH SCHOOL GYMNASIUM  
750 IULIANA STREET  
KAKUA, HI 96734**

**PRICE:**

**\$50.00 PER CAMPER (CHECK OR MONEY ORDER)**

**MAKE CHECK PAYABLE TO: DIONNE M. BROWN**

**MAIL TO: CAMP DIRECTOR, PASSION FOR HOOPS**

**1 JARRETT WHITE ROAD #234  
HONOLULU, HI 96859**

**DATES:**

**CAMP C: AUGUST 6<sup>TH</sup> AND 13<sup>TH</sup>**

**2<sup>ND</sup> - 6<sup>TH</sup> GRADERS (8YRS-12YRS)**

**CAMP D: AUGUST 20<sup>TH</sup> AND 27<sup>TH</sup>**

**7<sup>TH</sup> - 12<sup>TH</sup> GRADERS (13YRS-18YRS)**

**TIMER:**

**9AM TO 3PM**



# HERSHEY'S TRACK AND FIELD GAMES OAHU STATE FINAL

THE HERSHEY YOUTH PROGRAM IS DESIGNED FOR THE BEGINNER ATHLETE



Meet Date: June 25, 2011 (Saturday)  
Time: 8:00 a.m. – 1:30 p.m. (Approximate)  
Place: Mililani High School Track & Field

### REGULATIONS

**ELIGIBILITY:** Open to 9-14 year old girls and boys born between 1997-2002, who reside in Hawaii. Sex divisions based on gender and age as of December 31, 2011. All participants must compete in their gender and age group divisions.

**ENTRY DEADLINE:** **FRIDAY, JUNE 17, 2011 – 4:00 P.M.**  
Send or mail to: **HERA HERSHEY TRACK & FIELD GAMES**  
c/o Sharon Tamita **PHONE: 708-387 FAX: 708-382**  
1888 Ukauike St., Suite 300  
Kapoho, HI 96767 **email: gpc@hawaii.gov**

**EQUIPMENT:** Shorts, t-shirts (Hershey), and shoes are required. Participants may not wear shoes designated for spikes. In field events, any shoes designed for turf sports are not allowed. Starting blocks are not allowed.  
**PROOF OF AGE:** Ages and birthdates must be verified and initialed by sponsoring playground, club, school, coach or parent. Age is determined by the age the youth will be on December 31, 2011.

**GENDER:** Please check the appropriate box: **GIRL**  **BOY**

PLEASE TYPE OR PRINT IN BLACK INK

**NAME** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_ **UNIT** \_\_\_\_\_ **POW** \_\_\_\_\_ **PHONE NO.** \_\_\_\_\_

**DATE OF BIRTH:** **MONTH** \_\_\_\_\_ **DAY** \_\_\_\_\_ **YEAR (circle one)** 1997 / 1998 / 1999 / 2000 / 2001/2002

**PROGRAM:** \_\_\_\_\_ **COACH'S NAME:** \_\_\_\_\_ **PHONE #** \_\_\_\_\_  
(Name of Sponsor For Program, Institution, School, Etc., as the Undersigned)

**T- Shirt Size:** Youth Med \_\_\_ Youth Large \_\_\_ Adult Small \_\_\_ Adult Med \_\_\_ Adult Large \_\_\_ Adult Xlarge \_\_\_ Adult 2Xlarge \_\_\_

Circle participant's gender. Select up to three (3) events— not more than 2 running events.

GENDER	BIRTH YEAR	Select no more than 2 running events.					St. Long Jump* E: 4', B: 4'6"	Softball Throw* G: 50', B: 65"
		500M DASH	1000M DASH	2000M DASH	4000M DASH	4X100 RELAY**		
GIRL	2001/2002							
BOY								

GENDER	BIRTH YEAR	Select no more than 2 running events.					St. Long Jump* E: 4'6", B: 5'	Softball Throw* G: 75', B: 90'
		1000M DASH	2000M DASH	4000M DASH	800M RUN	4X100 RELAY**		
GIRL	1999/2000							
BOY								

GENDER	BIRTH YEAR	Select no more than 2 running events (the relay is a running event)					St. Long Jump* E: 5', B: 5'	Softball Throw* G: 100', B: 110'
		1000M DASH	2000M DASH	800M RUN	1000M RUN	4X100 RELAY		
GIRL	1997/1998							
BOY								

\*Note: Qualifying distance must be met to compete in the STANDING LONG JUMP AND SOFTBALL THROW EVENTS \*\* Does not advance to North American Final

4x100M RELAY – Limited to 2 teams per division per organization. If you are a member of a relay team, you must list the other members of your relay team. 1999/1999 and 2000/2001 relay teams do not advance to the North American Final.

**TEAM NAME:**

1	2	3	4
ALT 1	ALT 2	ALT 3	

The undersigned participant, the participant's parent/legal guardian, and/or representative of the participant in the Hershey's Track & Field Games. In consideration of registration fee, the right of the participant to compete in the Hershey's Track & Field Games and the use by the participant of competing agency's facilities, and equipment, both the participant and the parent/guardian with acknowledgment that the participant will be competing in the Hershey's Track & Field Games and accepting agency's facilities of the participant's vehicle. The participant is liable and on behalf of his or her team, association, club, school, and organization shall indemnify, defend and hold harmless the Hershey's Games, National Recreation and Park Association, Mililani High School, Hawaii Recreation and Park Association, Hawaii Association of OHA Track and Field, and Departments of Parks and Recreation, City and County of Honolulu, Hawaii County, Maui County, Kauai County, State of Hawaii including State property damaged or fully injured which may be sustained by the participant in the eventuality. Written agency shall be the governing agency for the Hershey's Track & Field Games to accept approvals the participant's name under the program and for information regarding the participant and to develop the rules for any and all purposes in the manner. We understand that these participants who advance to the state level and competitors of this level do not automatically advance to the national level for the World/Junior Pan Am Meet.

Signed by Parent/Legal Guardian \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

In case of Emergency, Contact \_\_\_\_\_ @ \_\_\_\_\_ Relationship \_\_\_\_\_

Or \_\_\_\_\_ @ \_\_\_\_\_ Relationship \_\_\_\_\_

I have checked this application and confirm its accuracy (coach/parent/guardian's signature) \_\_\_\_\_

**ENTRY DEADLINE: FRIDAY, JUNE 17, 2011 - 4:00 P.M.**



# Hypertension: More Soldiers die from silent killer than from combat

**Patricia Deal**

*Army News Service*

Many people think that combat is the most life threatening event for Soldiers, when actually more Soldiers may die off the battlefield fighting a common enemy.

Heart disease is the leading cause of death in the United States. About every 25 seconds, an American will have a coronary event, and about one every minute will die from one, according to the Centers for Disease Control and Prevention.

Between 70 and 89 percent of sudden cardiac events occur in men, and as part of Men's Health Awareness Week June 13 through 17, 2011, the medical professionals at the Carl R. Darnall Army Medical Center want to make sure male beneficiaries know the best way to help reduce their risk.

There are several risk factors affecting heart disease. High blood pressure, also known as hypertension, is the leading cause of stroke, according to the American Heart Association.

Hypertension has been labeled "the silent killer" because there are no symptoms. It may remain unnoticed for many years.

A significant number of Soldiers are affected by hypertension, according to the Department of Defense's 2008 Survey of Health Related Behaviors. Approximately 17 percent of Soldiers have reported high blood pressure since they entered the Army.

Another 1.7 percent said they never had the condition checked, and 12.7 percent reported they didn't know or remember what their blood pressure was.

"Hypertension definitely affects the readiness of our troops. Once a Soldier is diagnosed

with hypertension, our goal is to get it under control and manageable so he can deploy," said Maj. (Dr.) Alcario Serros, chief of Internal Medicine at Darnall. "The majority of the time, cases can be controlled through intervention, either with medication and/or lifestyle changes."

The key is in the diagnosis, Serros said, and fortunately for Soldiers, they have a much better chance of detecting hypertension early as they have better access to care. Soldiers are required to have a physical every year, and blood pressure checks are done at every appointment and during the pre-deployment process.

Blood pressure is measured as systolic, when the heart beats while pumping blood, and diastolic, when the heart is at rest between beats.

A normal blood pressure level is less than 120/80 mmHg. Pre-hypertension is diagnosed with readings of 120-139/80-89 mmHg and hypertension is diagnosed with readings greater than 140/90 mmHg. Higher readings are more serious, and usually require immediate intervention.

There are a number of causes of hypertension, but in 90 percent of the cases, the causes are unknown. There are several medical conditions and lifestyle choices that are known to increase a person's risk to hypertension. Most risk factors are controllable, while factors such as age and genetics are not.

Risk factors that can be controlled include cigarette smoking, poor diet, unhealthy weight/obesity, lack of physical activity and excessive alcohol use. Sleep apnea (breathing stop during sleep) is also a known cause of hypertension.

Stress is another known risk factor, and unfortunately for Soldiers, combat stress has been linked to hypertension. According to research reported in the Journal of the American Heart Association, “combat exposure may exert long-term adverse effects on cardiovascular health.”

“The bad news is that the typical lifestyle of Soldiers puts them at a higher risk for hypertension and heart disease. Too often, Soldiers cope with the stress of Army life by smoking, drinking and eating unhealthy,” Serros said. “The good news is though, with lifestyle changes and/or medication, you can reduce your risk.”

There are a number of different types of medications that are effective in lowering blood pressure.

“It’s a matter of tailoring the medication to the individual, finding which type and what dose will help. Our goal is to give the smallest amount of medication and still get the most benefit,” said Michael Bergeron, clinical pharmacist at Darnall. “But medication alone is not enough to manage hypertension. You still have to make lifestyle changes to bring it under control.”

Serros said that it comes down to patients taking an active role in their health care.

“Some are motivated and some are not. I try to appeal to their emotional side. Often, they have to have a traumatic event or scare to motivate them,” he stated. “Even though they have high blood pressure, they aren’t feeling any pain or discomfort, so it’s harder for them to give up habits that they enjoy.”

While most lifestyle changes are difficult, Maj. Nicole Charbonneau, chief of Nutrition Services at CRDAMC, believes that patients struggle the most with dietary changes.

“But, proper diet and exercise can do wonders to help reduce blood pressure, allowing many patients to control it without medica-

tion,” she said. “We recommend the DASH (Dietary Approaches to Stop Hypertension) diet, which helps prevent or lower high blood pressure.”

It’s low in sodium, cholesterol and fat, and high in fruits, vegetables and low-fat dairy that provide essential minerals such as potassium, magnesium and calcium.

Getting more physical activity while on the DASH diet provides the best benefit, Charbonneau added. She suggests that even patients in the normal to pre-hypertension range follow the plan as it substantially reduces the risk of developing hypertension in the future.

“The hardest change for most people is reducing the salt in their diets. We have become so accustomed to adding salt to everything, even before tasting it. Many people believe that food just won’t taste as good without salt,” said Ms. Barbara Hughart, dietitian for Nutrition Services.

“You need to cut out the use of added salt to meet dietary guidelines,” she explained. “Try cutting back slowly by using ‘lite’ or sea salts with 25-30 percent reduced sodium, then move to saltless seasonings such as spice-herb blends. It may seem hard, but your taste buds will adapt.”

Current dietary guidelines for Americans recommend that adults in general should consume no more than 2,300 mg of sodium per day and adults in certain population groups should consume no more than 1,500 mg. The average American gets about 3,400 mg of sodium a day.

“It’s just not table salt that’s a concern,” Hughart explained. “People don’t realize most of our sodium intake comes from packaged foods and fast food and restaurant meals. Canned foods are especially high in sodium as are certain condiments such as soy sauce. It’s best just to eat foods as close to fresh as possible.”



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.

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## Volunteers Needed

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

*Are you between 18 and 70 years old?  
And in Good General Health?*

We are looking for volunteers who smoke more than 20 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.
- Participants will not receive monetary compensation.

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.

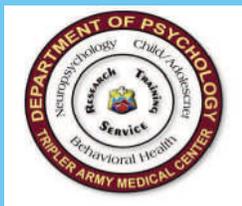
**TAMC  
Department of  
Psychology**

# Telebehavioral Health Bulletin

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## Special points of interest: TBHSS Branching Out



Created and Edited by :

Ebony Joy Winston, PhD, LMFT, Kelly O'Neil, MA and Tiffany Jones, MS, M.Ed

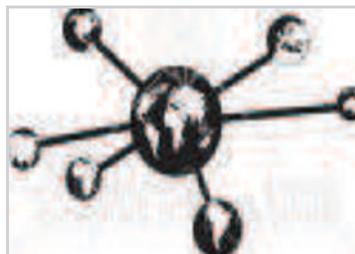
## TBHSS Branching Out

The TBHSS team continues to branch out in order to connect with more patients in remote locations. We successfully completed our first behavioral health (BH) encounter with Okinawa and their command has requested for additional providers to be credentialed in order to support more of their patients. Currently, we are making headway in setting up connections to Japan as well as throughout Oahu's neighboring islands to support our Army Reserve and National Guard members.

TBHSS has also made inroads with other military branches in order to provide more behavioral health services to active duty service members and their families. These branches include but are not limited to the Kaneohe Bay Marine Corps

Base and Pearl Harbor Naval Base.

Working with soldiers through the use of advanced communication technology takes a certain amount of f



ty. Which is why TBHSS providers have been attending specialized trainings to foster and promote their ability to work with soldiers in remote areas. LT. COL. Lim, head of the US Army Recruiting Command, trained our clinicians on behavioral health evaluation for the recruiters. This is a criti-

cal mission, because we evaluate soldiers' fitness for duty and in some cases soldiers are working in geographically isolated areas away from the support of a unit which can make things more difficult. Since the training, we have completed our first BH evaluation for the US Army Recruiting Command, (USAREC). We are working on a partnership to be able to perform their BH evaluations worldwide.

This advancement of technology has allowed us to reach those that use to be considered too remote for behavioral health. By making the telebehavioral health connection an option that is available for our military people and their families we have provided an avenue for healthy mental health and awareness.

## Telebehavioral Health and Surge Support Team

The Telebehavioral Health and Surge Support Team is officially fully staffed. We would like to welcome three new staff members to our team. Dr. Giavanna Lau, Psychiatrist; Dr. Annie Nguyen, Psychologist;

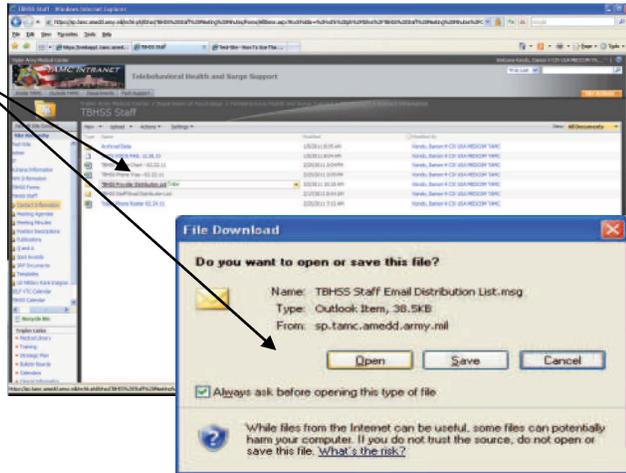
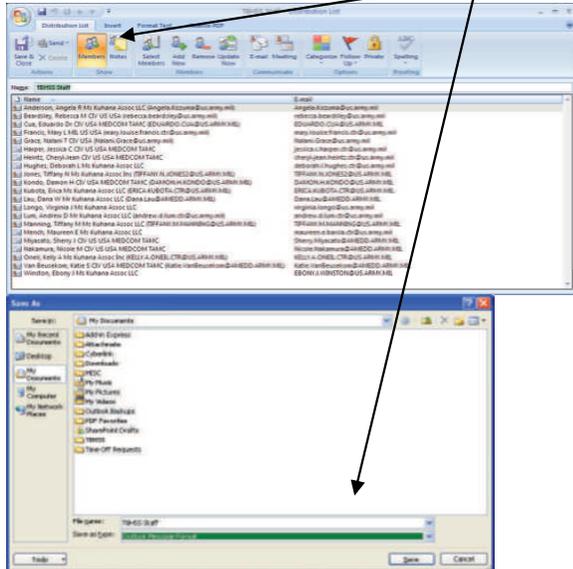
and Roslyn Cohen, Nurse Case Manager. Presently, the TBHSS team has a total of 23 members; 2 Medical Support Assistants, 1 Health Care Administrator, 2 IT Techs, 1 IT Systems Analyst, 3 Psychology

Technicians, 3 Nurse Case Managers, 1 Psychiatrist, and 10 Psychologists. Each department's unique contributions to the team allows the TBHSS program to flourish.

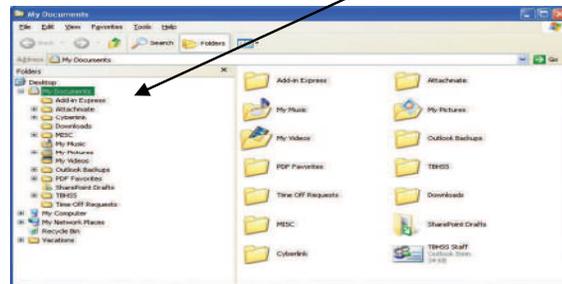
# IT Quick Fix Guide

## Importing Distribution Lists from SharePoint into Outlook

- 1) Open distribution list from SharePoint by clicking the link.
- 2) Click the 'Microsoft Office' button at the top right of the window and select 'Save As'. Change 'Save as type' to 'Outlook Message Format', and select a place to save the file where it will be easy to find, in this case it's the 'My Documents' Folder.



- 3) Close the distribution list, open Windows Explorer, and browse to the folder you saved the distribution list in.



- 4) Open Outlook and configure the Outlook and Windows Explorer windows so that you can see both.
- 5) Drag and Drop the distribution list onto the 'Contacts' button in Outlook.
- 6) You can now delete the distribution list in Windows Explorer.

## TBHSS goes HOLLYWOOD at Tripler

In order to appeal to our constituents, the TBHSS team put together a 45 second video clip introducing the telebehavioral health clinic. This clip will be aired in conjunction with other departments' infomercials at Tripler Army Medical Center

lobbies. The video provides an overview of the TBHSS programs and services as well as how to get in contact with us for an appointment. Service members and/or their family members can be referred to us by their healthcare provider

or as a self referral by calling (808) 655-9072.



# Behavioral Health Tip

## Self-Esteem and Daily Affirmations:

How you view yourself is key to how others will view you. Take a moment and think about the person that you want to be and how that person will be perceived in your daily life, world, and affairs. Here are 10 steps to affirm your self-esteem:

1. **Embrace your unique qualities:**  
There is no one in the world exactly like you. So celebrate your individuality!
2. **Look at yourself in the mirror:** Make eye contact with yourself and really look at the face that other people see each day and make a connection.
3. **Change the recording in your head:** Instead of being your worst critic give yourself an ego boost. "You are a

- wonderful person". "Success is my birth right".
4. **Maintain Happiness:** Being happy is a self declaration. So what are you waiting for? CLAIM it!
  5. **Smile:** Engage your muscles in your face and smile at people. It takes little effort but gives back a great reward.
  6. **Network:** Yes, I said network. Get out and test your skills, interact with people. Connect on a human level.
  7. **Laugh at yourself:** Humor is food for the soul and nurturing to a bruised ego.
  8. **Adjust your walk:** Stop looking at the ground when you walk. Put your head up and be proud.

9. **Trust your product:** You can reinvent yourself everyday if you like, but you must trust that your decision to be who you are is the right decision for you.
10. **Just Be:** Find comfort in the skin you are in and find a way to enjoy your life.



# TBHSS Employee Spotlight

TBHSS wants to shine the spotlight on Jessica Harper, Ph.D., a Clinical Psychologist with the TBHSS program. Dr. Harper specializes in Health Psychology to include weight loss, obesity, pain management,

*"I feel that using this method of therapy is on the cutting edge"*

smoking cessation, hypnosis, medication compliance and more.

Dr. Harper grew up in Pleasanton, CA and has been a resident of Hawaii for approximately 1 1/2 years. Her journey through the Psychology profession started at Pepperdine University in Malibu, CA, where she

earned a Bachelor of Arts degree in Psychology. Subsequently, she attended graduate school at Bowling Green State University in Ohio, receiving her Ph.D. in Clinical Psychology. While working on her Doctorate, she traveled to Phoenix, AZ to complete her internship at the Phoenix Veterans Affairs. She later completed a Postdoctoral Fellowship at the Veterans Affairs Pacific Islands Healthcare Systems in Hawaii. When asked, why did she want to become a psychologist, Dr. Harper responded "I was initially a Pre-med student and decided to change to Health Psychology and still be in the helping profession".

Dr. Harper stated that she enjoys working with the TBHSS program. She is incredibly fond of her coworkers, and she enjoys working with clients using VTC and Surge Support technology. She stated "I feel

that using this method of therapy is on the cutting edge".

In her free time, Dr. Harper enjoys learning how to surf, hiking, playing the harp and piano, and would like to learn to paint.

Dr. Harper brings a wealth of knowledge and expertise to the program and is a great asset to the TBHSS team.





## Telebehavioral Health and Surge Support

200 Duck Rd  
Bldg 2814 or 2816  
Schofield Barracks, HI 96857

Phone: 808-655-9072

Fax: 808-655-9345

“Getting connected using remote behavioral health care.”



## Resource List

### Abstinence/Relapse Dimension

1. Army Substance Abuse Program (ASAP)- 433-8700
2. Adolescent Substance Abuse Counseling– 655-9944
3. Alcoholics Anonymous (AA) Hawaii- 946-1438/www.hawaiiiaa.org
4. Narcotics Anonymous (NA) Hawaii– w .na-hawaii.org

### Mental/Emotional Health Dimension

1. Military One Source– 800-342-9647
2. Soldier and Family Asst CTR (SAFAC)- 655-6600
3. Tele Behavioral Health Support (TBHSS)- 655-9072
4. Marriage & Family Clinic– 433-8550
5. Soldier Assistance Center (SAC)/SELF– 433-8600/433-8880
6. Family Advocacy Program (FAP)- 433-8579

7. Suicide & Crisis Hotline (24hrs)- 832-3100

### Social/Cultural Family Dimensions

1. Army Community Service (ACS)- 655-4227
2. Military Family Life Consultants– 222-7088
3. Housing Office (Schofield)- 275-3700
4. Housing Office (Fort Shafter)- 275-3800
5. Women, Infants, & Children (WIC)- 586-8175
6. Domestic Violence Hotline– 624-SAFE
7. Child Protection Services (CPS)- 832-5300
8. Domestic Violence Clearing House– 531-3771
9. In-Transition- 800 424-7877

### Spiritual/Religious Dimensions

1. Family Life Chaplain (Schofield)- 655-9307



## Brain Teaser Time:

What do you see?



2. Family Life Chaplain (AMR)- 836-4599
3. After-hours Duty Chaplain– 655-8763

### Legal/Financial Dimension

1. Judge Advocate General (JAG)- 433-5311
2. Legal Assistance/Power of A – 655-8607
3. Army Emergency Relief (AER)- 655-4227

### Occupational/Educational Dimension

1. Army Education Center– 655-4341/9388
2. SB Education Center– 655-0800
3. SB Library– 655-8002

### Medical/Physical Dimension

1. TAMC Central Appt– 433-2778
2. TAMC ER– 433-6629
3. Acute Care Clinic– 433-8850
4. Poison Control– 800-222-1222