



Tripler celebrates Army Service Corps 94th Birthday



Brig. Gen. Keith Gallagher, Commanding General, Pacific Regional Medical Command and Tripler Army Medical Center joins 2nd Lt Matthew Tullia, Sgt Larissa Linton and over 30 Medical Service Corps Officers and enlisted Soldiers during the cake cutting ceremony in celebration of the Army Service Corps' 94th Birthday. The assisting Officer and Enlisted Soldiers were selected as the most junior in grade present during the celebration. Photo by Terrance Bandy

Evolution of the U.S. Army Medical Service Corps

-Andrew Craigie, appointed Apothecary of the Massachusetts Army by the Provincial Congress of Massachusetts Bay on 30 April 1775.

-US Army Medical Storekeepers, established 22 May 1862 as a means for officially commissioning medical procurement officers for the Union Army during the Civil War.

-The Ambulance Corps, established 11 March 1864. This was the outgrowth of Surgeon Jonathan Letterman's Civil War ambulance corps that was implemented in the Army of the Potomac on 2 August 1862.

-The U.S. Army Ambulance Service, established 23 June 1917 to federalize US volunteer ambulance units in France and Italy during World War I.

-The Sanitary Corps, established 30 June 1917. By the end of WWI it totaled nearly 3,000 officers serving in a wide variety of medical administrative and scientific specialties. It was nearly a mirror image of today's Medical Service Corps.

-The Medical Administrative Corps, established 4 June 1920 to provide a means for commissioning officers in medical administrative specialties. The MAC grew to nearly 20,000 officers in World War II, and was the third largest Army officer candidate school.

-The Pharmacy Corps, established 12 July 1943 to provide a Regular Army component for pharmacy officers.

-The Medical Service Corps, established 4 August 1947 to consolidate the Sanitary Corps, Medical Administrative Corps, and Pharmacy Corps as a permanent part of the Army.

Source: The History of the US Army Medical Service Corps, by Richard V. N. Ginn, COL, MSC (Ret), Washington, DC: Office of the Surgeon General and the Center of Military History, United States Army, 1997.

For Tomorrow's Leaders

Terrance Bandy
TAMC Public Affairs

Set atop the USS Missouri in Pearl Harbor Memorial Park, 43 senior officers gathered in honor as they graduated the Command and General Staff College. The multiple phased course carried senior leaders through challenging projects and presentations over several months filled with late nights. Among these senior leaders nine officers from the Tripler Army Medical Center stood proudly.

The ceremony key speaker, Brig. Gen. (Ret.) Dr. Wendell King spoke to the graduates and guest on his views of leadership and the importance of each graduate. Dr. King humored the attendants with

a varied amount of jokes and quotes as he left the graduating class with parting knowledge. He stated “you must prepare yourself for service and just as important – you must mentor and inspire those who you lead”. “I believe that we are best prepared Army in the world now and this remains our primary competitive advantage over the adversaries. This preparation has three lines of operation defined in the Army Leader Development Strategy of 2009. The sequential and progressive application of education, training, with experience will produce the leaders we need for the missions today and in the future”, Dr King remarked.



As Dr. King prepared to close his speech he stated, “As a field grade officer, you are now a member of the profession of arms, you have left journeyman or intern status and are now a partner in the firm, albeit and junior partner. You have earned rights and accepted responsibilities. Gen. Marty Dempsey, 37th Chief of Staff of the Army, summarized both with three words – trust, discipline, and fitness.” Holding up the Chief of Staff document, he stated “you need to study what he means because I cannot define what this means to you, it has to be personal to have a real meaning”.

Maj. Jerremie Siegfried, Army Nurse and assistant director of the OB/GYN course stated that the most important learning point of the course was the “5s” concept (Clarity, competence, confidence,



photos by Daniel Kawasaki

collaboration, and commitment. Explaining, "You have to have them to make effective change happen. During the whole course we learned different decision making model and procedures, how to

build teams. It all boils down to knowing what you know; knowing what you don't know, and trusting the people around you that everything will get done." Maj. Siegfried's graduation may have

been viewed by some to be a little more challenging than most, during the second day of the course second phase she gave birth to her daughter and yet still graduated with her class.

Public Health Nursing Evening Clinic Pilot Program



MAY 18 & 25
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.

Chaplain Thought of the Week: Play

Chap. (CPT) Kelly Rinehart
Chaplain Clinician, Tripler Hawaii

I am always impressed at the giftedness some have to take a challenging situation and change it to something enjoyable. Soldiers have a knack for doing just that. It is amazing to see the games Soldiers will invent to play when removed from the usual sources of entertainment. Suddenly a piece of paper can become a football for a good thumb-thump. Any can or rock works well for kicking or throwing. I once saw two Rangers tie each end of a repelling rope to one another, stand back to back, and then run as fast as they could in opposite directions. (Not the brightest thing to do, but certainly entertaining to watch) Yes, Soldiers can come up with creative ways to entertain themselves with little supply.

Quote: If your office is the size of a broom closet, just add a disco ball!

Somehow, play has the ability to help brighten our perspective. It's not that our greater circumstances change, but the levity of play just seems to make the circumstances a bit more tolerable. So try skipping today! I dare you! I dare you to take four skips somewhere along your day, just four! Okay, if you're too embarrassed to pull off four skips, try two! You can't skip without feeling like a child again. It's intricately connected with the idea of play. Test it out. Or, just hang a disco ball from your office ceiling. I hear that works well too

Goal-setting app on iPhone, iPad: Coming soon to Droid

WASHINGTON (Army News Service, June 28, 2011) -- "A lot of times we push off getting back to stuff because we can't get to it. The goal-setting now is right there in your pocket," said Sam Rhodes, the action officer responsible for a mobile-phone app that sets resilience goals.

The free app for iPhones and iPads, developed by Rhodes and a team at the Maneuver Center of Excellence, Fort Benning, Ga., and the Signal Center of Excellence at Fort Gordon, Ga., was released one month ago. It is the i-version of the Resilience Goals Book under the Comprehensive Soldier Fitness program.

The app allows Apple users to set goals within their personal beliefs and then set up e-reminders to stay on top of them. It can be downloaded at <http://www.apple.com/itunes/affiliates/download/>.

Soldiers can also email what they tap out directly to first-line supervisors.

"It's the first thing a Soldier can help himself with," Rhodes said of the App and setting goals. "I think it provides a high degree of structure that everyone needs -- I found that I needed -- as we return from war and prepare to go to war."

Rhodes retired as a command sergeant major, with 30 months of a 32-month tour in combat, and was diagnosed with post-traumatic stress disorder, or PTSD, in 2005. Now he works for the Directorate of Training and Doctrine at Fort Benning.

He said goal-setting is the number one way to enhance Soldier performance, and people who know about the App have latched on to the approach. Downloads to iPhones and iPads doubled from the product's first to second week, from 196 downloads to 411. In just three weeks, 552 users downloaded the app.

The hard-copy goal book has been out for more than a year, and, since December, could be downloaded as a 44-page PDF too. Design and development of the mobile application started in January. Rhodes explained the point of going the I-Pad and mobile-phone route.

"I don't want to say we targeted younger Soldiers, but if younger Soldiers use something, the older generation of Soldiers -- (ask) guess what we have to do?



More iPhone and iPad users set goals on the Army's Resiliency App this month. Next month, a version for Droid debuts.

Just like email," he said.

The Resiliency App exhibits a trend toward the innovative use of existing resources to help Soldiers. At least, that is Rhodes' thinking. He only wishes goal-setting were emphasized when he returned from theater.

"I didn't have any of that," he said, but added that since the Army realized what was happening with post-traumatic stress, it has been great about helping Soldiers.

Rhodes specifically mentioned the App as a small way to combat increasing suicide rates in the Army, but was careful to emphasize it benefits the general population, not just PTSD sufferers.

A search in the App Store for "Goal Setting -- Comprehensive Soldier Fitness" will turn up the Resiliency App on iPhones and iPads. The genuine App is represented by the CSF logo, with "Goal Setting" in yellow letters backed by an Army star.

"I was in a classroom and talking to about 60 people the other day," Rhodes said, "and 50 percent of them had an iPhone and 50 percent of them had a Droid. The biggest question was 'when can I get this on the Droid?' My buddy's got it already."

An Android-compatible version will be released sometime in July, Rhodes said.

Mass School Physicals 2011

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

•Date: Saturdays on July 16 and August 6

• Walk-in basis only

•Time: 9 a.m. to 2 p.m.

•Location: Pediatrics Clinic



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



The “ Federal Awards Luncheon ” scheduled to air on Wednesday, June 29th at 11:30 AM on channel 49 has been MOVED to air on Saturday, July 2nd at 8:30PM on channel 54. We sincerely apologize for the inconvenience and thank you, in advance, for your understanding and flexibility.



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.



Oncology On Canvas

If your life has been touched by cancer, come share what your cancer means to you as you express your journey through words and art.

22 July (4-8 pm) & 23 July

(9am-3pm)

Tripler AMC

10th Floor, Oceanside

All patients, families and staff invited!

Free art materials and refreshments.

Tell your cancer story with paint, crayons, collage and other art media.

Questions? Call "Dr. Pat" (Oncology Nurse) @ 433-4087



Tripler Army Medical Center's "Oncology on Canvas" is a way for those touched by cancer to express their emotions through art, according to Pat Nishimoto, adult oncology clinical nurse specialist and event coordinator. Courtesy photo by Jerry Quimby, 2008

The Oncology on Canvas Program provides those affected by cancer the opportunity to express the life-affirming changes that give their journey meaning. In its 5th year, the Tripler Oncology Team invites

those who have been diagnosed with cancer, their family members, friends, caregivers, and health care providers to share their cancer journeys through art and narrative form. Tripler had over 200 partici-

pants in their Oncology on Canvas workshop last year. There will be a statewide exhibition of island-wide paintings at Honolulu Hale on 22 August - 2 September.

In TAMC's continuing efforts to provide our patients the utmost level of service and state of the art facilities we will be repairing/renovating the 4th Floor Corridors in Wings A, F, G, &H including the bridges. Construction is scheduled to begin mid to late May. The renovation project will be done in phases and is expected to take approximately ten months.

To minimize inconvenience to patients and staff work will be performed after hours when feasible. During this time every effort will be made to maintain access to all 4th floor areas. We apologize in advance for any inconvenience this may cause and thank you for your patience and understanding. Contact Facility Management Branch 433-7921 for more information.



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HONOLULU, HI 96859**

DATES:

**CAMP C: AUGUST 6TH AND 13TH
2ND - 6TH GRADERS (8YRS-12YRS)**

**CAMP D: AUGUST 20TH AND 27TH
7TH - 12TH GRADERS (13YRS-18YRS)**

TIMER:

9AM TO 3PM

Volunteers Needed



participate in an exciting biofeedback study.

- **What's this about?** We now know that it is possible to control many aspects of our body's functions that were once thought to be beyond our reach. The purpose of this study is to compare different ways of displaying such biofeedback information in order to find out which display format allows a person to best control body functioning.
- **How much time will it take?** About one hour a day, one day a week, for 4 weeks. Then, just return two weeks later for a final follow-up session and you're all done.
- **What will I get out of it?** In addition to the satisfaction of learning better ways to provide certain treatments to patients, you will also receive a \$25 gift certificate good at any store in Ala Moana Center. Active duty military personnel must get Command permission, in writing, to participate (during off-duty hours or on leave only).

This study is sponsored by Tripler Army Medical Center and the Pacific Telehealth & Technology Hui, Dr. Raymond A. Folen, Principal Investigator.

The appearance of name-brand facilities in this flier does not constitute endorsement by Tripler Army Medical Center, Pacific Regional Medical Command, the Department of the Army, Department of Defense or the U.S. Government of the information, products, or services contained therein.

Call MAJ Stetz @ 433-1651 for more information

**I am on active duty status or a DOD beneficiary.
I am 18 – 65 years old.
I am overweight.
I am able to exercise on a stationary bicycle.**

If this describes you, you may be right for our new exercise study conducted at Tripler AMC!

Purpose of the Study

- To examine the effects of exercising while playing interactive video games versus exercising while watching television.

Length of Participation

- The exercise phase of the program is 4 months.

What is involved?

- We will do assessments (measurements and questionnaires) at the beginning, middle, and end of the 4-month period.
- The number of times you choose to exercise on the stationary bicycle during the 4 months is up to you.

Benefits

- Exercise while playing video games or watching television in a small, supervised environment.
- Research staff will show you how to use the equipment, track your progress, and stock your favorite video games.

Principal Investigator: MAJ Melba C. Stetz, Department of Psychology

Call 433-1651 for more information