



First Class Induction

Command Sgt. Maj. Timothy Sloan

PRMC Ops

July 8 marked the induction of Tripler Army Medical Center's Sgt. 1st Class Erin L. Trudden into the prestigious Sergeant Audie Murphy Club during a ceremony held in the Kyser Auditorium.

Hosted by the Pacific Regional Medical Command and TAMC Command Sgt. Major, William P. Franklin, the 30-minute ceremony was attended by non-commissioned officers, officers and civilians.

Guest Speaker, Sgt. Maj. Leon Johnson, 18th Medical Command, celebrated the heroic accomplishments of Sergeant Audie Murphy, provided a history of the club and culminated in the awarding of the club medallion to Trudden.

"Sgt. 1st Class Trudden is an exceptional NCO and a proven leader that always places the needs of her people above her own. "Trudden embodies all the traits of Sergeant Audie Murphy by being

active in her organization and within the local community. She is a consummate professional and she strives for excellence in every task she encounters," Johnson said. "Congratulations on her recent induction and well deserved. I would be honored to serve with this NCO anytime and anywhere."

Even Soldiers outside her clinic have experienced her selfless service.

"With some folks you get the impression that they do these sorts of things for recognition, or they are just going through the motions. Not Sgt. 1st Class Trudden - she is a genuine person. If she never got so much as a thank you



Honorary Sergeant Audie Murphy Club inductees, retired Command Sgt. Maj. Thomas Bookman, left, and David Vreeland, right, join Sgt. 1st Class Erin Trudden as she prepares to cut the cake following her SAMC induction at Tripler Army Medical Center July 8. (photo courtesy of SAMC)

I don't think she would mind," said Sgt. 1st Class Jaime Navarro, NCOIC, Department of Preventive Medicine.

Born in Queens, New York, Trudden faced what most young Americans who graduate high school face – an undecided and uncertain future. She juggled the usual options; college and the work force. She eventually found her calling when she enlisted in the United States Army to become a Soldier – a distinction held by only one-tenth of the U. S. population. After graduating Basic Combat Training at Fort Leonard Wood, Mo., she proceeded to the Advanced Individual Training as a Medical Lab Technician at Fort Sam Houston, Texas.

Her military assignments include a tour of duty at the 121st General Hospital and with the 168th Medical Battalion, Yongsan, South Korea. She was next selected as an Instructor/Writer for the Pathology Branch, U.S. Army Medical Department Center and School, Fort Sam Houston, Texas.

She deployed in support of Operation Iraqi Freedom as the NCOIC for the Deployed Combat Casualty Research Team, Baghdad, Iraq, working on a Coagulation Protocol which changed the procedures for blood products administered to casualties with gunshot wounds. She also created a program still used in both Iraq and Afghanistan to transport frozen research specimens from a combat zone to the Institute of Surgical Research, Fort Sam Houston, Texas.

Trudden is currently assigned as the NCOIC of the Core Lab, Department of Pathology,

TAMC. She serves as the Vice President of the Sergeant Audie Murphy Club, the treasurer for the Hawaii State Society of American Medical Technologist and the Assistant Treasurer for TAMC's non-commissioned officer Activity Fund.

She exemplifies the attributes that are associated with the SAMC. Those attributes were tested and proven during several oral boards designed to challenge her mettle. In the end Trudden's performance was proof that she is deserving of this prestigious honor. She is fully committed to the accomplishment of the mission and the welfare of her Soldiers.

Founded at Fort Hood, Texas in 1986 to symbolize the most decorated Soldier in United States Army history, members are those Soldiers who have demonstrated and continue to exemplify the values of Audie Murphy. They show leadership characterized by personal concern for the needs, training, development,

welfare of Soldiers, concern for their families and accomplishment of the mission.

"The Tripler Chapter of the SAMC is involved in developing tomorrow's leaders through coaching and mentorship programs," said Sgt. Maj. Timothy Sloan, PRMC operations sergeant major. "They also volunteer countless hours in the community to better other people's lives; whether it is with Habitat For Humanity, Hershey's Youth Annual Sports meet or doing fund raisers to help support a worthy cause. Trudden is no stranger to "selfless service," a core Army value. She embodies the Sergeant Audie Murphy Club values."





Warrior Ohana Medical Home
91-1010 Shangrila Street, Suite 100
Kapolei, Hi 96707-2102
(808) 433-5401/5402

Now accepting enrollment for families of Active Duty Service Members!!

The Warrior Ohana Medical home is a patient centered community based primary care clinic located in Kapolei Southwest of Kapolei High school.

Clinic hours of operation: 8:00 am – 4:30 pm M-F, closed federal holidays

Services include: full scope family medicine, behavioral health, pharmacy, lab, immunizations (includes walk in immunizations)

To enroll visit your nearest TRICARE Service Center M-F 7:30 am – 4:30 pm. TRICARE Service Centers are located at:

Tripler AMC, 1st Floor Oceanside Entrance, Room 1C007
Schofield Barracks, AHC, Bldg 676, Room 217
NMCL Pearl Harbor (Makalapa), Bldg 1514
Hickam AFB, 755 Scott Circle, Room A238

For information regarding enrollment please call: 1-888-874-9378.

“Lokahi ka ‘ohana i ka hale o ke ola pono.”

The family is united in the house of good health.

To make an appointment or for any questions, family members or their sponsors may call the clinic front desk: (808) 433-5401/5402.

Construction Underway

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.

Army Medical Corps 236th Birthday

Message from the Commander

CSM Franklin and I want to take a minute out of the busy day to thank you as members of our Army Medical Department on its celebration of 236 years. Today is especially important as our Enlisted Corps and Medical Corps were born on this day, just 6 weeks following the birth of our Army. Happy Birthday/Anniversary to all our Physicians and to our Enlisted and Noncommissioned Officers. I am proud of your dedication, commitment to excellence and our TAMC Credo and the work you do everyday. Each of you inspires trust with those whom we serve because of the successes individually and as a team. Imua! One Team!

Keith W. Gallagher
Brigadier General, USA
Commanding



A special thanks to Navy Capt. Jose Acosta, deputy commander for clinical services, Tiffany Yoro, DCCS administrative assistant and Cpt. Zachary Spinuzzi, for arranging of the event and providing of the fare enjoyed by all. (Photo by Sgt. Terrance Bandy, TAMC PAO)



At the Army Medical Corps 236th birthday celebration, held at TAMC today, Navy Capt. Kenneth Kelly, acting deputy commander for clinical services, honored the Army Medical Corps with tales of his personal experiences. He spoke of being “extremely impressed”, by the support provided time and again and the speed with which members of the corps responded, the initiative to make things happen they possessed and the sacrifices they made when called upon. (Photo by Sgt. Terrance Bandy, TAMC PAO)

Walter Reed cases colors in July 27th ceremony

Walter Reed Army Medical Center Public Affairs Office

WASHINGTON, July 27, 2011 -- The Walter Reed Army Medical Center colors were cased today at 10 a.m. on the parade field in front of the Heaton Pavilion.

A flag casing ceremony is a formal event where the colors, or flag, of the unit are taken down and put into a protective covering (sometimes a glass case, sometimes rolled up, etc). The colors casing ceremony symbolically signifies the end of the unit.

The casing of the WRAMC colors marked the next step in WRAMC's transition to Walter Reed National Military Medical Center Bethesda in Maryland, and Fort Belvoir Community Hospital in Virginia. The ceremony will "celebrate the history of Walter Reed Army Medical Center, and the transition into the next century of warrior care," according to event organizer Natasha Hewlett.

Maj. Gen. Carla Hawley-Bowland, commanding general, Northern Regional Medical Command



The new Walter Reed National Military Medical Center, seen from the air, with Wisconsin Avenue in front still shows the original tower that Franklin Delano Roosevelt designed. But the growth around that tower has expanded to include portions of the old...

and WRAMC, hosted the ceremony, which also include a number of distinguished guest speakers. The ceremony included the uncasing of the new Army element colors for the Walter Reed National Military Medical Center Bethesda, or WRNMMC Bethesda, and Fort Belvoir Community Hospital facilities.

Hawley-Bowland passed Maj. Walter Reed's saber, used at many Walter Reed ceremonies, to Rear Adm. Matthew Nathan, commander of the National Naval Medical Center in Bethesda, future home to the new Walter Reed.

Walter Reed General Hospital was named in honor of Army physician Maj. Walter Reed, noted for his efforts in

helping to discover that mosquitoes transmit yellow fever. Walter Reed opened its doors to its first 10 patients May 1, 1909. It was founded on the principles that would integrate patient care, teaching and research.

Lt. Col. William C. Borden, a friend and colleague of Reed, was a key planner behind the formation of the hospital, with a vision it would become a world-renowned medical center for exceptional health care, teaching and research.

In September 1951, the 100th anniversary of the birth of Maj. Walter Reed, Walter Reed General Hospital was re-named Walter Reed Army Medical Center. The years between its opening and renaming witnessed

the increase in patients, staff and facilities on the campus.

Through the years, WRAMC added tenant institutions and facilities to its roster, including Walter Reed Army Institute of Research, Armed Forces Institute of Pathology, Army Physical Disability Agency, and several smaller units, but it never lost focus of its primary mission of providing every patient with the finest health care.

May 13, 2005, it was announced WRAMC's resources and staff would be realigned to help form WRNMMC and Fort Belvoir Community Hospital by Sept. 15, 2011, as part of the 2005 Base Realignment and Closure law. Patients will be moved in August 2011.

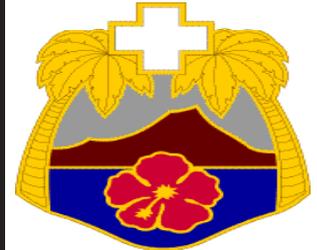
Mass School Physicals 2011

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

- Date: Saturdays on 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



<http://freedomcare.com/>

The Freedom Care team specializes in combat PTSD, addiction, PTSD/addiction dual diagnosis, general psychiatric diagnoses, and woman's issues, including military sexual trauma and eating disorders.

Inpatient, residential, and partial hospital programs also welcome military spouses and children; in addition, we offer a specialized inpatient program developed exclusively for military youth.



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.

Chaplain Thought of the Week: Missed opportunities

Chap. (Maj.) Ibraheem A. Raheem
Chaplain Clinician TAMC
Tri-Service Addiction Recovery Facility

Quote: "The best place to be is right where you are."

Awareness is the key to all change. As we become more self aware, we begin to realize that there is a purpose to everything that happens in life.

Sometimes this is difficult when things happen that we do not like or understand. However, if we can take the position that somehow this happened for a greater purpose in our lives we can begin to accept challenges in life and become more open to experience life as it unfolds.

If we are able to pay attention to what's happening during our moments of despair, we will

discover that life continually brings us people and new circumstances that help heal our past wounds.

As painful memories surface, we can take the time to acknowledge them, but then allow the positive blessings in our life to replace them. As we deal with the past by using the present, we free ourselves to connect with life as a whole.

As we begin to trust this process more, we uncover new dimensions of who we are and embrace our lives just the way they are.



**Stop Flu
at School
consent
forms due
9/9/2011**

Vaccination is a child's best protection against influenza (flu). The Department of Health will conduct its annual school-based flu vaccination program, Protect Hawaii's Keiki: Stop Flu at School, this fall. All students, kindergarten through eighth grade, attending participating schools statewide are able to receive a free flu vaccination at school. Visit http://flu.hawaii.gov/SFAS_schedule.html for the list of participating schools and their clinic dates.

Consent forms and additional information about the Stop Flu at School program will be distributed through participating schools in August.

Participating is easy! Just read the information packet, choose the type of flu vaccine (nasal spray or shot) that you want your child to receive, complete the appropriate consent form, sign, date, and return the consent form to your child's teacher by September 9, 2011.

For more information about the Stop Flu at School program, visit <http://flu.hawaii.gov/SFAS.html> or call 2-1-1.

Volunteers Needed



**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

Volunteers Needed!

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

We are looking for volunteers who smoke more than 10 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.

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.



The Need for Blood Never Takes a Vacation

Michelle Lele
TAMC, ASBP Blood Donor Recruiter

Summer is here, and the Armed Services Blood Program wants to remind you that we still need you! A decline in blood donations is typical during the summer as donors become busy with seasonal activities and sometimes overlook donating blood. The summer heat doesn't stop the need for the blood, the Tripler Blood Donor Center, Hawaii, is asking everyone who is eligible to donate to giving blood before going away.

One in seven people will need a blood transfusion sometime in their life. Blood donations are used every day for service members, veterans and their families around the globe.

Like all the Armed Services Blood Program blood donor centers, the Tripler Blood Donor

Center collects all blood types, but Type O Negative is always in high demand because it can be transfused to patients with any blood type, especially in emergency situations. Type O Negative donors can make the difference between an

bring a mobile team to your location and will work with you to help coordinate, recruit and schedule a successful blood drive.

Illness, accidents and diseases don't take a holiday and neither can blood donations. Tripler Blood Donor Center operates three to four mobile blood drives on different military installation each week. We try to make it most convenient for anyone that wants to donate. Your donation will truly make a lifesaving difference.



To learn more about the Armed Services Blood Program, to make an appointment or to organize a blood drive, please call

808-433-6148, or visit us online: www.militaryblood.dod.mil. To interact directly with some of our staff or to get the latest news, visit us here: www.facebook.com/militaryblood.

adequate blood supply and a summer shortage.

Can't donate? That's okay; we can still use your help. Try organizing a blood drive—the Tripler Blood Donor Center will gladly

DATES AND LOCATION

July 29 Schofield EX (1100-1500)
Aug 9 NEX (1100-1500)
Aug 10 205th MI Battalion (1000-1400) Fort Shafter Bldg. 520
Aug 15 Schofield Health Clinic (1000-1500)
Aug 16 Camp Smith (0800-1300) Pollock Theater
Aug 17 TAMC Radiology Department (0900-1300) 3rd FL
Aug 23 Kunia Tunnel (0830-1500)

Aug 24 Schofield EX (1100-1500)
Aug 29 UH ROTC Army (0630-0930) 1311 Lower Campus Rd
Aug 30 Tropics Schofield (1030-1400)
Aug 31 Kaneohe Bay Chapel (0900-1300)
Sep 12 UH ROTC Air Force (0630-0930) 1311 Lower Campus Rd
Sep 13 NEX (1100-1500)

Pregnancy Post partum Physical Training Program



Are you an active duty pregnant soldier or a soldier within the 180 day post partum period and assigned to TAMC, Fort Shafter, Pearl Harbor, Camp Smith or Hickam?

If so, you are eligible to participate in the PPPT program educational classes! The classes cover common pregnancy and postpartum related issues such as birthing, prenatal testing, contraception, breastfeeding, birth plans, newborn care, career planning, car seat safety, appropriate exercises while pregnant and during the postpartum period, the blues, nutrition, community services and resources and more! The education classes are full day (0700-1600) classes and have been scheduled for the following days with their respective locations:

- 9 August 2011, Chapel
- 31 August 2011, 10th floor conference room
- 3 October 2011, Chapel
- 4 October 2011, Chapel
- 9 November 2011, 10th floor conference room
- 8 November 2011, Chapel

If you have any questions about the classes, please contact Army Public Health Nursing at 433-6834.



Oncology on Canvas Art Shows



1 - 5 August 2011 (8am - 4pm)

Tripler Army Medical Center
Medical Library, 11th Floor

(It is a library - so remember to whisper when you go to view the work) @

And

22 - 30 August 2011 (9am - 3pm weekdays only)

Honolulu Hale (City Hall on King Street)

There will be a reception for the artists and their guests on Tuesday, 23 August (8 - 4pm). There will be a short program at 5pm at the reception. Network from Tripler AMC, Keeser, Queen's and Keptelani will be exhibited at this show.