



Keiki room opens at Warrior Ohana Medical Home

Jan Clark

TAMC Public Affairs Officer

The grand opening for the Keiki room at the Warrior Ohana Medical Home primary care clinic on Aug. 15 was celebrated as one more way of reaching out to patients and responding to a need voiced by those patients.

“Today we celebrated the ground opening of our Keiki waiting room, sponsored by the Armed Services YMCA of Honolulu. This is a no cost service for this service. The

YMCA provides the child care providers, the toys and supplies and all we do is provide the space,” said Mary Nilges, WOMH group practice manager.

“The nicest thing about this is that we turned a space that was being used to store four gurneys into this beautiful children’s waiting room. Our patients have expressed to me many times that this is a service they are accustomed to at both Schofield Barracks Health Clinic and Tripler

Army Medical Center. They (our patients) have told me they would really appreciate it if we could have a waiting room here also. From the day that we opened I have made it a mission of mine to make this happen. Of course, it wouldn’t have been possible without the help of Tammy Ray, (former) director, Wheeler/Schofield Branch, ASYMCA and the good folks up at Tripler who provided the safety inspections. I couldn’t be more pleased that we are

This half-view of the Warrior Ohana Medical Home’s Keiki room shows toys and more available to the children who will visit there following its grand opening ceremony held Aug 15.



opening this today. It is a much needed service,” she said.

Representing the Pacific Regional Medical Command, Chief of Staff Col. J. Anson Smith spoke of the importance of the new Army Medicine concept of Patient Centered Medical Home and the Keiki’s role in that concept.

“I consider myself fortunate to be a part of Army Medicine at a time when the medical home concept initiative took form. The program is designed to improve primary care access and quality, while bringing Army Medicine closer to home for our Army Families. The Warrior Ohana Medical Home primary

care clinic has done just that. And, building on that concept, today we opened this room, a place where children can come, play and be safe, while their parent or siblings are seeing a provider,” Smith said.

The WOMH opened its doors to patients April 21. As Smith stated, it is structured after the patient-centered medical home model. It is where your personal health care team knows you and where you know your personal health care team – an old-fashioned way of doing business with new-fashioned technology and expanded care options.

Every patient in the PCMH has a team of doctors and nurses who work with that

patient to promote a spirit of health and wellness, to ensure delivery of preventive screening and services, take care of new health concerns as they arise and to manage chronic health problems. This begins as soon as the patient enrolls.

With the addition of the Keiki room, the WOMH provides another convenience for patients. Clinic enrollment for active duty family members is ongoing. For information call (808) 433-5401/5402.

While longer hours are expected once the word gets out the Keiki room is open, current hours are Monday to Friday, from 8 a.m. to noon. For reservations call (808) 624-5645.



Stephen Siller Tunnel To Towers Run – Pearl Harbor Follow in the footsteps of a Hero

Event Date: 11 September 2011

Location: Ford Island Bridge 5K Run

Start Time: 7 a.m.

Register at :

www.active.com/running/honolulu-hi/stephen-siller-tunnel-to-towers-run-pearl-harbor-2011

Open to the public

****All volunteers and participants must register online.**

The Tunnel To Towers Foundation continues to follow Stephen’s footsteps to do good for those in need. Honoring his heroic life and death, the lives of his 342 firefighter brothers, all who perished on 9/11 and those Service Members who continue to fight.

Run, Jog or Walk in memory of those who gave their all...

Proceeds will benefit The Stephen Siller Foundation, USA Cares Hawaii Chapter and the Tripler Fisher House





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.



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.

Flu vaccinations underway

Jan Clark

TAMC Public Affairs Officer

Tripler Army Medical Center-Members of the Joint Vaccination Working Group, or JWVG, which consists of individuals from each service, began meeting several months ago to plan the influenza vaccination schedule for all Tricare-enrolled beneficiaries.

“Our goal again this year is 90 percent of all military Service Members and DoD Health Care Providers with direct patient care vaccinated by Dec 1,” said Lance Golder, military vaccine analyst, U.S. Pacific Command.

High-risk individuals include young children; pregnant women; those with chronic conditions like asthma, diabetes, heart or lung disease; and those 65 years of age or older. Healthcare workers and those who care for children less than 6 months of age should also be vaccinated.

“Flu can cause high fever, pneumonia, and make existing medical conditions worse. It can also cause diarrhea and seizures in children,” said Lance Golder, military vaccine analyst, U.S. Pacific Command. “And, due to Hawaii’s geographical location, we see influenza cases all year round, not just during your

typical flu season.

Vaccinations for deploying personnel (active duty or civilian) are underway. High-risk patients, health care providers with direct-patient care, Active duty personnel and mission-essential or mission-critical Department of Defense civilian and contract employees’ vaccinations will soon follow.

“All services will once again offer both the intranasal and injectable types of vaccines. We will have available for use both FluMist and injectable. This enables us to cover our entire population and offer the best possible vaccine for each person,” said Capt. Joycelyn Constantino, Army Public Health Nursing.

For those individuals who choose to receive their vaccinations from a Tricare-authorized provider or through one of the network pharmacies that participate in the vaccination program, there is no cost,” Golder said, “Tricare is once again offering that option.”

Visit www.express-scripts.com/TRICARE or call (877) 363-1303 for more details on the vaccination program. Call the Multi-Service Flu hotline for additional flu season information at 433-1FLU (1358).



Vaccination schedule:

Barbers Point Elem Oct. 21 8 a.m. to 12 p.m.
Moanalua Middle Oct. 25 8 a.m. to 12 p.m.
Kailua Inter Oct. 28 8:45 a.m. to 12:45 p.m.
Navy Hale Keiki Nov. 3 8:30 to 10:30 a.m.
Solomon Elem Nov. 3 8 a.m. to 1 p.m.
Hickam Elem Nov. 15 8:30 to 11:30 a.m.
Iroquois Elem Nov. 15 8 a.m. to 12 p.m.
Wheeler Elem Nov. 16 8:15 to 11:15 a.m.
Mokapu Elem Nov. 17 8:30 a.m. to 12:30 p.m.
Mokulele Elem Nov. 17 8 a.m. to 12 p.m.
Shafter Elem Nov. 18 8 to 11 a.m.
Pear Harbor Kai Dec. 1 8 a.m. to 12 p.m.
Hale Kula Elem Dec. 2 8 a.m. to 1 p.m.

Exchanges:

Pearl Harbor NEX Oct. 14 9 a.m. to 2 p.m.
Hickam BX Oct. 15 9 a.m. to 2 p.m.
Pearl Harbor NEX Oct. 15 9 a.m. to 2 p.m.
Schofield PX Oct. 22 9 a.m. to 2 p.m.
Fort Shafter Oct. 28 9 a.m. to 2 p.m.
K Bay MCX Oct. 29 9 a.m. to 2 p.m.

Beneficiary Locations:

Navy Branch Clinic, Kaneohe Bay

Monday, Tuesday, Wednesday and Friday,
 7:30 to 11:30 a.m., 1 to 3 p.m.
 Thursday, 7:30 to 11:30 a.m., 1 to 2 p.m.

Makalapa Clinic

Monday to Friday, 7:30 a.m. to 5 p.m.
 1st Saturday of each month, 8 a.m. to 4:30 p.m.

Headquarters Clinic (Bldg 1750)

Monday to Friday, 7 a.m. to 3:30 p.m.

TAMC Immunization Clinic

Tuesday, 1 to 3 p.m.
 Wednesday and Friday, 9 to 11:30 a.m.

Schofield Barracks Health Clinic

Monday to Thursday, 7:30 to 11:30 a.m.
 Friday, 9 to 11:30 a.m.
 Monday, Wednesday and Friday, 1 to 3p.m.
 Tuesday and Thursday, 1 to 2 p.m.

Hickam Immunization Clinic

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

Mass Vaccinations at TAMC's Immunization/Allergy Clinic:

General Population	Sept. 9
TAMC Staff/DoD Civilians	Sept. 16
General Population	Sept. 23
TAMC Staff/DoD Civilians	Sept. 30
TAMC Staff/DoD Civilians	Oct. 14
General Population	Oct. 21
TAMC Staff/DoD Civilians	Oct. 28

(These will be all day events, 7:30 a.m. to 3 p.m.)



Chaplain Thought of the Week: Timing



Chap. (CPT) Kelly Rinehart
Chaplain Clinician

Oh what a world of convenience we live. And as such, I see myself becoming more and more inept at waiting! I grumble when I'm stopped at a traffic light that is not run by sensor and therefore has no idea that I am THE ONLY vehicle sitting at its intersection at 3 in the morning.

I tap my fingers on the countertop with increasing haste as the timer on my popcorn counts down in the microwave. Heaven forbid there's a line at the commissary (which yesterday at the NEX literally wrapped around the entire store). I am used to instant coffee (that no longer tastes like instant coffee), instant food, instant messaging, instant movie selection, instant email access!

In all these blessings of instants I have sadly lost the art of patience. Some things just take time. And oh yeah, the best things in life are still worth

Quote: "Time discovered truth." Seneca

waiting for.

The familiarity of a best friend, slow-smoked ribs, a priceless piece of art, a well-worn pinewood floor, a hand-written letter, wisdom ... Yes, the finest things in life do not come without waiting. Perhaps it will benefit me and others, to take steps to rediscover the value of those things that require time. I recommend starting with that handwritten letter.



Particular behaviors and activities to report via iWATCH are:

- * People drawing or measuring important buildings
- * People asking questions about military movements
- * Vehicles left in no parking zones/vehicles without registration or license plates
- * Suspicious packages left unattended or out of place
- * People asking questions about law enforcement, security forces, security measures, or sensitive information
- * People in restricted areas where they are not supposed to be



**“WOMEN’S EQUALITY DAY”
 CELEBRATING WOMEN’S RIGHT
 WHEN: 25 AUGUST 2011, 1:30 pm
 WHERE: KYSER AUDITORIUM**

GUEST SPEAKER:

Brigadier General Martha N. Wong,
 Hawaii Army National Guard
 Mobility Assistant to the Director for
 Logistics, Engineering and Security
 Assistance, J-4
 United States Pacific Command

**INTRODUCING THE NEW
 WARRIOR OHANA
 MEDICAL HOME
 NOW ENROLLING!**

Conveniently located off post, where you and your families live
Appointments when you want them, including the same day
Personal healthcare team where you are an **Active**, decision-making partner
Lab and Pharmacy services on site
E-Communication with your team
Open to family members of active duty

We are located at :
 91-1010 Shangrila Street, Suite 100
 Kapolei, Hawaii 96707-2102
 (808) 433-5401/5402

ARMY MEDICINE
 Advancing Culture... Integrating Teams

The F*O*C*U*S Program

FOCUS presents Deployment Club for Military Youth:



Deployments affect both the service member and the family as routines and roles are disrupted. Children may experience challenges before, during and after a parent's deployment.

The FOCUS Program

FOCUS (Families OverComing Under Stress) is a resiliency-building program designed for military families and children facing the multiple challenges of combat operational stress during wartime. FOCUS promotes family strengths and supports parents to help manage the challenges of military life. FOCUS was developed at the UCLA Semel Institute for Neuroscience and Human Behavior in collaboration with the National Center for Child Traumatic Stress and Children's Hospital Boston/Harvard Medical School.



FOCUS

Deployment Club!

For school-aged children (Ages 5-12)

In This Four Part Workshop Your Child Will Learn:

- Skills to cope with separation from a deployed parent
- Strategies for thinking before acting
- To develop emotional awareness & regulation
- Stress reduction techniques
- Tools for the challenges of living in a military family

PLUS they will:

- Meet and share with other children who are going through similar experiences
- Create a hands-on "toolbox" to send to or save for their deployed parent.

Thursdays, September 8th-29th

3:30 to 5:00 PM

Location:
Kalakaua Community Center -Schofield Barracks
2535 Waianae Uka, Wahiawa HI 96786

To register: Call or e-mail by September 1, 2011
808-257-7774 / Hawaii@focusproject.org

www.focusproject.org

FOCUS Hawaii

Revised: November 25, 2010



*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*



Due to unforeseen circumstances, the Tripler Red Cross office will be manned minimally by volunteers from August 20th to September 26th. For all questions, please email us at tripler@hawaiiredcross.org or call and leave a message at 433-6631. Emails and messages will be checked on a regular basis by volunteers.

<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.

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

Tripler's Annual Diabetes Awareness Fair

All Diabetic Beneficiaries Are Invited

- Health fair offering diabetes information, free samples, glucose meter checks and prize drawings
- Speakers presenting diabetes updates and information to help you better manage your diabetes
- Your chance to speak with Tripler's diabetes experts to include pharmacists, diabetes educators, physical therapists, dietitians and nurses.
- Special lunch menu designed by Tripler nutrition care department
- Blood pressure monitoring, foot checks, exercise testing and cooking demonstrations

DATE: AUGUST 27, 2011

Time: 10:00AM-2:00PM



Tripler's OCEANSIDE
ENTRANCE

**Hosted By: The Tripler
Diabetes Treatment Team**

Phone: Nutrition Care 808-433-4950

**Check out the TAMC home page for more
information.**

On 27 August, 2011 Tripler Army Medical Center will be hosting a Diabetes Awareness Day. The purpose of the event is to provide education and put our over 2000 diabetic patients in touch with resources that will help them control their blood sugars and improve their long-term health. As part of the goal of improving patient's long-term health, medical professionals taking part in this event will order labs and collect data to support compliance with HEDIS (Health-care Effectiveness Data and Information Set) measures.



Are you a cartoonist willing to provide our Tripler 360 with images that tell a story? If you're interested please contact us at jan.clark@us.army.mil or terrance.bandy@amedd.army.mil or call (808) 433-2809/5785.

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.



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

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.

DATES AND LOCATION

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:

- 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, LTC Rebekah Sarsfield, Chief Army Public Health Nursing at 433-6834 or SGT Allison Lindsay, NCOIC at 433-1602.



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 Keolu will be exhibited at this show.

