



WE MUST NEVER FORGET

The September 11 (often referred to as 9/11) attacks were a series of four coordinated suicide attacks by al-Qaeda upon the United States on Tuesday, September 11, 2001. On that morning, 19 al-Qaeda terrorists hijacked four commercial passenger jet airliners. The hijackers intentionally crashed two of the airliners into the Twin Towers of the World Trade Center in New York City, killing everyone on board and thousands of those working in the buildings. Both towers collapsed within two hours, destroying nearby buildings and damaging others. A third airliner was crashed into the Pentagon at 9:37 a.m. Hijackers had redirected the fourth plane toward Washington, D.C., targeting either the Capitol Building or the White House, but crashed it in a field near Shanksville in rural Pennsylvania after passengers attempted to retake control of the airliner. There were no survivors from any of the flights.

Nearly 3,000 victims and the 19 hijackers died in the attacks. Among the 2,753 victims who died in the attacks on the World Trade Center were 343 firefighters and 60 police officers from New York City and the Port Authority, and 8 private emergency medical technicians and paramedics. Another 184 people were killed in the attack on the Pentagon. The overwhelming majority of casualties were civilians, including nationals of over 70 countries

In the aftermath of the 9/11 attacks, an impromptu memorial was set up on a hill at the Navy Annex, overlooking the Pentagon. People came to pay respects and place tributes. One month after the attacks, 25,000 people attended a memorial service at the Pentagon for employees and family members; speakers included President George W. Bush and Secretary of Defense Donald Rumsfeld. Bush remarked, "The wound to this building will not be forgotten, but it will be repaired. Brick by brick, we will quickly rebuild the Pentagon." The American flag that hung on the Pentagon, near the damaged section, was lowered during the service. The Pentagon Memorial, located just southwest of The Pentagon in Arlington County, Virginia, is a permanent outdoor memorial to the 184 men and women who lost their lives as victims of the attack, killed both in the building and on American Airlines Flight 77 in the September 11, 2001 attacks.

On the morning of Sept. 12 members of the Tripler Army Medical Center assembled at the hospital's Oceanside entrance or turned their televisions to channel 53 - where they joined for the 9/11 Remembrance Ceremony – Never Forget.

Commanding General, Brig. Gen. Keith Gallagher's comments follow.

The 10th anniversary of 9/11 is a time to honor the victims of those attacks, to keep faith with their families, and to express our nation's appreciation to our troops and their families—the 9/11 Generation—who have now been at war for ten challenging years.

The 9/11 Generation includes more than 5 million Americans who have served in uniform, Active, Guard and Reserve, over the past decade. It includes those on duty on Sept. 11, 2001 who quickly transitioned to a war-footing, and the nearly 3 million Americans who have joined the military since, knowing they could be sent into harm's way. The service of today's enlisted personnel, on average just 27 years old, has been defined by 9/11 and its aftermath.

With a majority of today's military personnel married, the 9/11 Generation includes our inspiring military

families: more than 1 million spouses; 2 million children, most of whom have lived their whole lives with America at war; and the parents and relatives of service members, all of whom have borne heavy burdens while their loved ones have been deployed.

The 9/11 Generation has earned its place among the greatest of generations in U.S. history. Over the past decade, more than two million of our troops have served in the war zones, deploying more than 2.5 million times. Hundreds of thousands of troops have deployed multiple times. Our National Guardsmen and Reservists have completed an unprecedented number of deployments. More women have served in combat than ever before.

The accomplishments of the 9/11 Generation have been extraordinary—toppling the Taliban, pushing al Qaeda from its Afghan safe havens, training Afghan forces, delivering justice to Osama bin Laden and putting al Qaeda on the path to defeat, all of which has helped to prevent terrorist attacks and save American lives at home. Meanwhile, our troops in Iraq battled a brutal insurgency, have trained Iraqi forces and given the Iraqi people an opportunity to forge a better future.

On this 10th anniversary of 9/11 we honor all those who have made the ultimate sacrifice over the past decade—more than 1,600 who have given their lives in Afghanistan and more than [4,500] in Iraq, as well as tens of thousands of our wounded warriors, and the Gold Star families of our fallen heroes.

In an era when other institutions failed to meet their responsibilities, the 9/11 Generation has upheld the virtues of service, sacrifice and selflessness that have always been the source of America's strength. Coming from every corner of our country and reflecting all backgrounds and faiths, our military men and women—including many immigrants who have become American citizens while wearing the uniform—represent the unity

and diversity we need as our nation confronts urgent challenges at home and abroad.

Just as earlier generations of Americans overcame great tests and turmoil, the 9/11 Generation has risen to the challenges of our time, ensuring that America will emerge even stronger. Our Soldiers, Sailors, Airmen, Marines and Coast Guardsmen and their families have served with honor, kept us safe, and earned the eternal gratitude of all Americans. As a nation, we will move forward with the same strength, unity and resilience that our troops and their families display every day.

The ceremony concluded with a moment of reflection, the sound of three bells, the unfurling of the American Flag and a reminder that we must “never forget”.

Suicide Prevention Lifeline is: 1-800-273-TALK

Mitigating Re-Deployment Related Behavioral Health Risks

Date: 9 September 2011

Time: 11:30

Location: TAMC Chapel (3rd Floor D-Wing)

Guest Speaker:

COL Derrick F.K. Arincorayan, PhD, BCD, LCSW

Chief, Department of Social Work Services

* Lunch to follow on the Chapel Lanai



Shoulder to Shoulder: Finding Strength and Hope Together

The following products are available for your use in support of Suicide Prevention Month (Sept 2011).

Tri-Signed Army Proclamation Announcing Suicide Prevention Observance <http://www.armyg1.army.mil/hr/suicide/docs/ProclamationSept2011.pdf>

Suicide Awareness video aimed at first line supervisors http://www.army.mil/article/63934/Suicide_awareness_video_aimed_at_first_line_supervisors

Trainer Facilitation Guide, Shoulder to Shoulder: Finding Strength and Hope Together <http://www.armyg1.army.mil/hr/suicide/docs/S2S-2011FacilitationGuide.pdf>

Trainer Presentation, Shoulder to Shoulder: Finding Strength and Hope Together <http://www.armyg1.army.mil/hr/suicide/docs/S2S-2011Training.ppt>



NEWS RELEASE
TRICARE Management Activity
Communications and Customer Service
Office of Public Affairs
5111 Leesburg Pike, Suite 810 · Falls Church, VA 22041
(703) 681-1770
www.tricare.mil

TRICARE Reduces Pharmacy Home Delivery Co-Pays

FALLS CHURCH, Va. –

Copayments for some medications provided through TRICARE Pharmacy Home Delivery are being reduced to zero. As of Oct. 1, 2011, Home Delivery beneficiaries may fill generic prescriptions at no cost to themselves.

Generic formulary drugs purchased through Home Delivery currently cost \$3 for a 90-day supply, but as of Oct. 1 the copayment drops to zero.

“These new copays make using TRICARE Pharmacy Home Delivery more affordable than ever,” said Rear Adm. Christine Hunter, TRICARE Management Activity deputy director. “Home Delivery offers a great value for patients taking maintenance medications for chronic conditions.”

The following changes to the TRICARE pharmacy copayments are scheduled to go

into effect Oct. 1:

- Generic formulary drugs purchased at retail pharmacies will go from \$3 to \$5.
- Brand name formulary drugs from retail pharmacies will go from \$9 to \$12.
- Non-formulary medications will go from \$22 to \$25 in both retail and Home Delivery.

Brand name formulary drugs purchased through Home Delivery will have the same \$9 copayment. Copayments for prescriptions filled through Home Delivery cover a 90-day supply, but only a 30-day supply when purchased at a retail pharmacy.

“This is the first change to TRICARE pharmacy copays since 2002,” Hunter said. “Our goal is to keep costs as low as possible for our beneficiaries and DoD.”

Military, their families and retirees are increasingly using Home Delivery to get their maintenance medications conveniently delivered through U.S. mail – saving TRICARE about \$30 million in 2010. Use of Home Delivery has grown in 2011 by nearly 10 percent over 2010. More than 1 million prescriptions per month are filled through the service.

For more information about TRICARE pharmacy, the new copayment rates and Home Delivery, visit:

www.tricare.mil/pharmacy

Sign up for TRICARE e-mail updates at:

www.tricare.mil/subscriptions

Connect with TRICARE on Facebook and Twitter at:

www.facebook.com/tricare

and

www.twitter.com/tricare



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





INTRODUCING THE NEW WARRIOR OHANA MEDICAL HOME



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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



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

Flu Vaccination Schedule:

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

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:

Exchanges:

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

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

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





Breast Cancer Awareness Month

October is Breast Cancer Awareness Month

**Tripler Army
Medical Center
offers a mammography
walk-in clinic each
Wednesday 8 a.m. to noon
throughout October.**

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

www.focusproject.org

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

FOCUS Hawaii

Revised, November 25, 2010



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@hawaiiiredcross.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.



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.

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

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.



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.**

JEMS JOB FAIR

→ **2011** ←

Wednesday, September 21
9 am - 1 pm • Club Pearl
at Joint Base Pearl Harbor-Hickam

For more information visit www.JEMJobs.com or
call the Military and Family Support Center
Pearl Harbor: (808) 474-1999
Hickam: (808) 449-0300

MCCS Marine & Family Programs:
(808) 257-7790

Open to members of the military community with
base access. (No children or strollers admitted.)



**Come network
with more than
100 companies!**

Directions to Club Pearl:

From H-1 Take Hickam AFB/Naval Base Exit to Nimitz Gate. Parking allowed in Bachelor Quarters areas and Bloch Arena parking lot.

