



## Schofield Barracks Health Clinic celebrates APLSS Awareness Day!

**Lt. Col. Germaine Oliver  
and Tanisha Brown**  
*Schofield Barracks Health  
Clinic*

The Schofield Barracks Health Clinic celebrated its first Army Provider Level Satisfaction Survey or APLSS Awareness Day Oct. 3.

“The intent of the day was to increase patient knowledge of the satisfaction survey and

why it’s important. We wanted to bring this information to our patients in a fun way while letting them know that APLSS is a critical component of providing exceptional patient care, said Lt. Col. Germaine Oliver, officer in charge of the Optometry Clinic.

“This tells us what our beneficiaries love, where we succeed and where we



*Staff Sgt. Nan Shih and Philip Snell use a little comedy and a bit of precision while stacking APLSS apples during the awareness drive at Schofield Barrack Health Clinic, October 3. The event handed out an array of tokens to help customers remember the importance of the satisfaction feedback system. (Photo provided by Lt. Col. Germaine Oliver, SBHC)*

can stand to improve. Also, since it is tied to funding, returning these surveys is critical to SBHC being able to get the best equipment and services for our patients,” she said.

With staff members attired in red shirts, green hats and cool “Ask me about APLSS” buttons, the over 400 patients in attendance learned about the importance of APLSS and Tricare Online services by either visiting the apple-themed information booth or speaking with staff members. Other event highlights

included an apple-themed bake sale fundraiser sponsored by the C Company FRG and plenty of giveaways.

“It was fun,” said Cheryl Keopuhiwa, Tricare Health Benefits advisor. “Most people were familiar with Tricare Online Services, but they were really receptive and glad to learn about the APLSS survey. We’re thinking about having another APLSS Day around the holidays.”



*Members of the SBHC group together after a day of support showcasing the importance of the APLSS’s program. Workers passed out trinkets and information as they assisted over 400 patients throughout the day.*

## ***Chaplain Thought of the Week: Struggles within the Soul***

**Jon N. Hollenbeck**  
**Chap. (Lt Col.)**  
**Senior Clinician, TAMC**



### ***Reflection:***

“In the deeps are the violence and terror of which psychology has warned us. But if you ride these monsters down, if you drop with them farther over the world’s rim, you find what are science’s cannot locate or name, the substrate, the ocean, or matrix or ether which buoys the rest, which gives goodness its power for good, and evil its power for evil, the unified field: our complex and inexplicable caring for each other and our life together here. This is given. It is not learned.”

*Annie Dillard from Teaching a Stone to Talk*

### ***Prayer:***

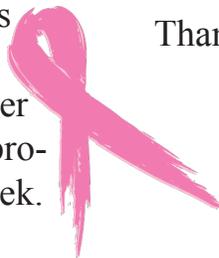
Grant that we may not so much seek to be consoled as to console; to be understood as to understand; to be loved as to love. For it is in giving that we receive; it is in pardoning that we are pardoned; and it is in dying that we are born to eternal life. Amen



## WHAT'S NEXT?

By Kim Bruce

This art work was supplied to the public by Mrs. Kim Bruce. The work was completed by Bruce during the 2011 Annual Tripler Oncology on Canvas event in June. As an ongoing support for Breast Cancer Awareness Month we will provide one work of art per week.



I am well and I feel great!

It's been six plus years since my initial breast cancer diagnosis and about five and a half years since the brain metastasis.

God has healed me and my medical team has been part of this ongoing miracle!

Thank You, Lord, for keeping me through all of this.

So now I'm wondering,  
 "What's Next?"  
 Do I follow my dreams?  
 You Betcha!

# Continued Selfless Service



Kicking off the 2012 fiscal year, 12 Pacific Regional Medical Command Soldiers with family, friends, and coworkers were administered the oath of re-enlistment by Brig. Gen. Keith Gallagher Oct. 3. The mass enlistment was held on the Commander's Lanai overlooking the hospital grounds; each Soldier was personally congratulated by the commanding general for continued commitment to military service.

## *Oath of Enlistment*

*I, \_\_\_\_\_, do solemnly swear (or affirm) that I will support and defend the Constitution of the United States against all enemies, foreign and domestic; that I will bear true faith and allegiance to the same; and that I will obey the orders of the President of the United States and the orders of the officers appointed over me, according to regulations and the Uniform Code of Military Justice. So help me God*

# GOOD MEDICINE

*Prescription Refill Options for Patients*

*Col. Marc L. Caouette, M.S., Pharm.D.*

*Chief, Department of Pharmacy & Pharmacy Residency Program*

*Director TAMC*

A new refill pick up location is available for patients who obtained new prescription fills at military medical treatment facilities (MTFs). Patients with authorized refills in CHCS who live on the Leeward side of Oahu can now request to pick up refills at the Warrior Ohana Medical Home (WOMH). To obtain refills at the WOMH, patients must order their refills either through the automated call-in refill system, also known as Audiocare (Telephone 808-433-6962) or through TRICARE On Line (TOL). Option #7 is the WOMH.



Unfortunately the WOMH is unable to provide initial fills of new prescriptions for patients who are not empanelled for care at that clinic. Only patients who are empanelled to receive care at the WOMH can obtain their initial fills of new prescriptions at that pharmacy. For all other patients WOMH can only be selected when requesting authorized refills for prescriptions.

The NEX Refill pick up site remains an easy and convenient location for obtaining refills. Patients select Option #6 when calling the Audiocare number or choose the NEX Pharmacy as the prescription pick up site when ordering through TOL.

Remember - refills within the military pharmacy system (i.e. the refill prescription information is found in CHCS) can be picked up at any Oahu MTF when ordered through either the Audiocare system or TOL. Here are all the pharmacy options that are available for picking up refills: NEX Refill site, Tripler Army Medical Center Refill Pharmacy, Schofield Barracks Health Clinic Refill Pharmacy, Makalapa Branch Health Clinic Pharmacy, Kaneohe Bay Health Clinic Pharmacy, Hickam Air Force Base Pharmacy, and the Warrior Ohana Medical Home Pharmacy.



# TBI/PTSD SPOUSE SUPPORT GROUP

- TAMC CONCUSSION CLINIC 9<sup>TH</sup> FLOOR CONFERENCE ROOM
- MEETINGS TO BE ARRANGED
- UNDERSTAND EFFECTS OF TBI/PTSD AND WHAT YOU CAN DO FOR YOURSELF , THE SERVICE MEMBER AND YOUR FAMILY
- GAIN SUPPORT AND KNOWLEDGE FROM OTHER GROUP MEMBERS WITH SIMILAR CHALLENGES
- HAVE FUN AND MEET NEW PEOPLE

**CONTACT:  
LCDR R. JANE DARNELL-  
MILLER 808-433-6405**



# DPW Sewer Line Project

The installation Department of Public works will be repairing a main sewer line along Krukowski Road beginning on 3 October 2011 and lasting until 3 April 2012.



This is a major line which needs to be replaced from the warehouse entrance road down to the front gate area and there will only be one-way outbound only traffic along Krukowski Road between 0900-1500 Monday-Friday between the dates listed. Prior to 0900 and after 1500 normal traffic lanes will be open.

This line has been a problem for some time and it's repair is required to prevent a major line failure.

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## Shaken and Baken: Seizures and Pregnancy

Tripler Army Medical Center is an approved provider of nursing by the Army Nurse Corps, an accredited approver by the American Nurse Credentialing Center's COA.

- By: 1LT Sandra Rodich;  
OB/GYN Nursing Course
- DATE: October 6, 2011
- 1200 hrs
- 10<sup>th</sup> Floor Conference Rm
- PRESENTER HAS NO VESTED INTEREST IN THIS TOPIC
- AWARD PERIOD:
- September 13, 2011 – September 13, 2013



# Flu 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

**Warrior Ohana Medical Home**  
 Monday - Friday, 8 a.m. to noon and 1 to 4 p.m.

## Mass Vaccinations at TAMC's Immunization/Allergy Clinic:

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

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



# HISPANIC AMERICAN HERITAGE MONTH

MANY  
*Backgrounds*  
MANY  
*Stories*

14 OCTOBER 2011

1300-1400

KYSER AUDITORIUM

ONE

AMERICAN

*Spirit*



**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**  
 Delivering Care. Inspiring Progress.



**iWATCH  
ARMY**

**iREPORT** **iKEEP US SAFE**

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



**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.

## 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, 10<sup>th</sup> floor conference room  
3 October 2011, Chapel  
4 October 2011, Chapel  
9 November 2011, 10<sup>th</sup> 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.



*If you have something - a story, a photo, an idea  
- for TRIPLER 360, send it to [jan.clark@us.army.mil](mailto:jan.clark@us.army.mil)  
or [terrance.bandy@us.army.mil](mailto:terrance.bandy@us.army.mil)*



Don't wait until a hospital visit or emergency is needed to discover the errors in registration to be seen. It is never too early to register family member not in the Deers registration and Tri Care systems.

<http://www.tricare.mil/mybenefit/home/overview/Enrollment>

#### UPCOMING EVENTS

[Ukulele Workshop](#)  
[Weekly Hula Classes](#)

[Join Our Mailing List!](#)



## UPCOMING FREE HAWAIIAN CULTURAL CLASSES!

The Office of the Native Hawaiian Liaison, USAG-HI, in partnership with the Island Palm Communities and ACS, welcomes all soldiers and families to participate in *free* Hawaiian cultural classes! This is a fun, unique way to learn about the Hawaiian culture, and meet other Army friends and family members!

### UKULELE WORKSHOP @ SCHOFIELD

You don't need any musical experience to attend this workshop! The Beginner's Ukulele is designed for the first timer, or for those who have some experience playing but have not played in some time. Join us for a 5-week workshop (held on Wednesdays) & have fun learning basic cord & strumming techniques with Mr. Steven Cup Choy! An ukulele will be made available for participants, but if you have one, bring it along!



**When:** Wednesdays, Oct. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup> & Nov 2<sup>nd</sup>  
5:30 pm - 6:30 pm

**Where:** Army Community Services (2091 Kolekole Ave)

Seats are limited! To register or for more information, contact the Native Hawaiian Liaison Office at (808) 655-9694 or email [nhliaison@gmail.com](mailto:nhliaison@gmail.com).

### WEEKLY HULA CLASSES

#### Weekly Hula Classes

Mondays @ Schofield;

**Tuesdays @ Aliamanu \*\*\*NEW!\*\*\***

Kumuhula (hula teacher) Ladd Heleloa will present different types of hula: kahiko (ancient) and auwana (modern). Learn some basic hula steps and walk away with a better understanding of the rich tradition of hula in Hawaii. No prior hula experience needed!



**Where:** Schofield Barracks - Kalakaua Community Center  
(2535 Waianae Uka Avenue)

**When:** Every Monday

**Time:** Beginners: 5pm - 6pm; Advanced: 6pm - 7 pm

# READY, SET, GO! **FREE** TRAINING

PLEASE JOIN US! This RSG! training is to give participants an understanding and appreciation of the unique stressors that military youth and their families may face during a deployment. Participants will gain insight to military culture and the deployment cycle and will be provided with the tools and resources to help build community support networks that help foster resiliency in military youth.



## Who

All adults who have children or work with children that are affected by deployment are welcome (DOE, private schools, preschools, day care or after school programs, youth organizations, churches, sports coaches, etc..)

## Where

**29th Infantry Brigade  
Combat Team**  
91-1227 Enterprise Avenue  
Bldg. 1898  
Kapolei, Hawaii 96707-2150

## RSVP by

**October 10, 2011**

Please email your name, title, school/organization, and phone number to:  
[omk@ctahr.hawaii.edu](mailto:omk@ctahr.hawaii.edu) or  
call: (808) 956-4125

*\*Seating is limited and light refreshments will be provided.*



## When

**October 21, 2011**  
@ 9:00am-Noon

Registration opens @ 8:15



## Contact

For inquiries about OMK, please visit our website at [www.ctahr.hawaii.edu/4h/OMK](http://www.ctahr.hawaii.edu/4h/OMK)

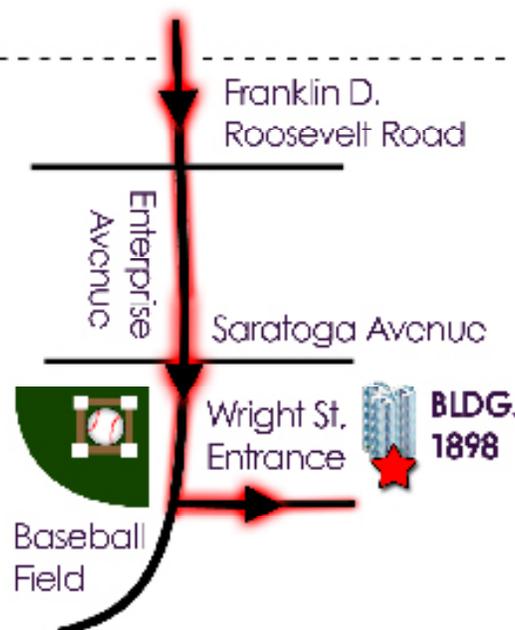
## Training Content

Military Culture, Effects of Deployment on Children & Youth, Coping Strategies, Parent Panel, and Resource Tables.

## Map Entering Kalaeloa

### Directions

1. Take H1 Freeway West towards Kapolei.
2. Take EXIT 2 towards Kapolei/Kalaeloa.
3. Turn left on Makakilo Dr., Makakilo Dr. becomes Fort Barrette Rd.
4. Proceed into Kalaeloa, Fort Barrette Rd. becomes Enterprise Ave.
5. Turn left into Wright Street Entrance



# MASTER RESILIENCE TRAINING (MRT) @ The Chapel

Army Community Service (ACS) Hawaii will offer MRT training at Family Night. Spouses, Couples, and Civilians are all welcome to enjoy us as we learn skills that have been shown through research to promote strong relationships, healthy communication, and stress management.

Wednesdays, 5 October - 30 November 1815-1930  
Dinner at 1730; childcare provided

## What is MRT?

**Resilience is not only the ability to bounce back from adversity - but also to GROW and THRIVE from those challenging experiences. We can enhance our resilience, effectiveness, and well being by using skills that build competence and contribute to resilience. MRT classes allow Spouses and Couples to learn those skills and then to apply those skills to their daily life. Learn resilience. Live resilience.**

For more information about MRT or to coordinate an MRT event for your organization, contact Dr. Brandi Chew at 808.655.0562

