



Army observes Warrior Care Month in November

Tripler Army Medical Center News Release

hear the term ‘warrior care’. “Taking care of our combat-injured is warrior care,” he said. “Warrior care is also preventing illnesses and keeping Soldiers healthy and ready to deploy. Warrior care is arming Soldiers with tourniquets that they can use with only one hand. It’s having the best trained medics in the world standing shoulder to shoulder with our combat Soldiers.”

Command Sgt. Maj. Robert Zavala, senior enlisted adviser to the Warrior Transition Battalion on Schofield Barracks, agrees with Williams that Warrior Care Month is not just limited to the Soldiers in transitions. He said all Soldiers serving in the Army must be cared for.

“Soldier’s and their Families are continuously sacrificing and Warrior Care Month is just one small way of supporting them and showing them we are

behind them,” Zavala said. “We appreciate them for what they have done and endured.”

Williams points out that Warrior care is an undertaking that encompasses a broad scope of efforts that extend beyond the battlefield including “understanding how to manage pain with medication and with complementary medicine such as acupuncture, massage, and yoga. Warrior care means building resilience and ensuring our men and women in uniform are strong in mind, body and spirit. Warrior care is our best researchers looking at how we can advance medicine, improve protective gear and deal with trauma and complex injuries. It’s having a battle buddy who looks after you and a leader you can count on,” Williams said.

Williams, speaking

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Oceanside Entrance Driveway Closure

The TAMC Oceanside Entrance Driveway at 1A will be closed this Saturday, Nov. 5, from 6 a.m.- 4 p.m. in order conduct crane operations in support of repairing hospital air conditioning units. The Oceanside Entrance will remain open. However, the public will not be able to drive up to the drop off area at 1A. For handicap access, the public will be directed to the D-Wing entrance. We apologize for any inconvenience this may cause. Thank-you for your support in our efforts to improve Tripler Army Medical Center. Point of contact for this announcement is Calvin Umeda at 433-3021.

HIGHLIGHTS

- Warrior Care Month-Cover Page
- CHEST 2011 - Page 3
- Veteran’s Day Message - Page 6
- Spider Sense - Page 7

In November, the Army will observe Warrior Care Month. The theme is “Healing the Mind, Body, and Spirit: Unlocking Unlimited Potential”.

“Taking care of Soldiers is something we do every day,” said Brig. Gen. Darryl Williams, Assistant Surgeon General for Warrior Care and Commander, Warrior Transition Command. “Observing Warrior Care Month allows us to highlight the significance of keeping Soldiers healthy and safe and taking care of them when they become wounded, ill or injured. At the Warrior Transition Command we are in the business of caring for the Army’s wounded, ill and injured Soldiers from the Active, Guard and Reserve.”

According to Williams, most people think of the combat injured when they

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specifically about his job and about Warrior Transition Units (WTUs), outlines his three priorities for the wounded, ill and injured he represents – education, training and employment. There are 29 Warrior Transition Units (WTUs) at Army installations and nine Community-Based Warrior Transition Units across the country. The WTU structure represents the way the Army supports Soldiers who require at least six months of complex medical care. Since 2007, through WTUs, the Army provides a standardized framework of care and support from medical appointments to adaptive or reconditioning sports programs and internships.

Zavala said the WTB has organized multiple functions it's

Soldiers in support of Warrior Care Month.

“A lot of times Soldiers are so focused on their recovery that they can become depressed,” Zavala said. “We want to show them and remind them that they are still Soldiers and we appreciate them.”

One event that the WTB has planned for the Soldiers in Transition is a Health Fair.

“We want Soldier's to have the information they need to know how to help themselves and care for themselves,” he explained.

Standing behind them through each stage of recovery and transition is the Triad of Care – a primary care manager, nurse case manager and squad leader – as well as an interdisciplinary team of medical and non-medical professionals who work with Soldiers and their

Families to ensure that they receive the support they deserve.

Williams said that while a WTU is a place for Soldiers to heal, it's also a place to plan for their future; a place to develop a good, solid way ahead for them and for their family. “Either way, when they leave these units my goals for them is that not only have they received the best medical care possible, but that they also have the education and training they need to succeed and that they have a job or career lined up. We owe them our best, and Warrior Care Month is a time to commemorate the importance of what we do throughout the year.”

Editor's Note: The above release contains information from the Warrior Transition Command and Tripler Army Medical Center.

Chaplain Thought of the Week: Doing your part matters

Ibraheem A. Raheem
Chap. (Maj.)
Chaplain Clinician, TAMC



Reflection:

One of the things that keeps many people from contributing their gifts to the world is a feeling of powerlessness, a feeling that whatever they do is somehow worthless and that it doesn't have any sort of effect on anyone else at all. Because they can't see an obvious result of their actions, they don't act at all. But the problem isn't one of our actions not having an effect; rather, the problem is our inability (or even unwillingness) to see the effects that our actions have. Sometimes we're afraid that the effects will be negative or that they won't live up to our own expectations, so we try not to see the results. Other times we're afraid of the criticism of others, so we disown our own thoughts or actions.

We are all an integral part of something much larger than ourselves. You can call it what you'd like but we are all

part of it. What we do in this healthcare setting has an effect that can be very significant, if we allow it. We are limited only by the limitations that we put on ourselves, and many of those are the result of protecting ourselves from disappointment. Once we do start to see contributions as part of something much larger, we start to see how everything we do here at TAMC has a collective effect no matter how modest this may be.

Prayer:

My Lord, fill me with your Spirit that I may grow in the knowledge of your great love and truth. Help me to conform my life to your will and find joy in knowing, loving, and serving you and others.

Note: Chaplain ministry is available 24 hours a day. Patients desiring to see a Chaplain should call 433-5727 or ask your nurse to contact the Chaplain for you. After duty hours a Chaplain may be contacted through the Information Desk at 433-6661. Pastoral care includes assistance with religious, personal, marriage and family problems. Chapels are located on D-Wing, 3rd floor.

TAMC supports 2011 CHEST Conference

*Stephanie Bryant
TAMC Public Affairs*

Tripler Army Medical Center played an active role in supporting the American College of Chest Physicians CHEST 2011 Conference that was held at the Hawaii Convention Center October 23-26.

The conference is an annual meeting for the ACCP, which is a national, professional medical society of international clinicians from areas such as Cardiology, Pulmonary, Cardiothoracic, Critical Care Medicine, and Sleep.

TAMC was involved in the conference in multiple ways, to include providing equipment for the ACCP Simulation Center; showcasing TAMC's air-transport teams; and hosting a mechanical ventilation post-graduate course.

"The ACCP Conference offers a simulation center that is world renowned," said Lt. Cmdr. Konrad Davis, Pulmonary and Critical Care Medicine director at TAMC. "Several days of the conference are dedicated to simulation training and this year about 10 different simulation stations were available, to include airway management, bronchoscopy skills, ultrasound training in critical care, and advanced mechanical ventilation."

"TAMC loaned the ACCP equipment to support the simulation center," he added.

TAMC's Simulation Center loaned out two high-fidelity human patient simulators, or SimMan 3Gs, which manifest vital signs, clinical signs and symptoms and are used in clinical training. Tripler's Respi-



Roy Ridgeway, Medical Simulation Center assistant, operates the SimMan3G mannequin for a difficult airway scenario at the American College of Chest Physicians Conference Monday, Oct. 24. The SimMan3G is a high-fidelity human patient simulator that manifests vital signs, clinical signs and symptoms. (Photo courtesy of TAMC Simulation Center)

ratory Therapy clinic provided four ventilators for use in the ACCP Simulation Center.

Lt. Col. Erik Osborn, a pulmonary critical care physician at TAMC, volunteered his time to teach adult extracorporeal membrane oxygenation, or ECMO, as part of the Advanced Mechanical Simulation Course during the conference.

ECMO is a technique that provides both cardiac- and respiratory-support oxygen to patients when their heart and lungs no longer function and is normally performed on infants. It has seen progress for adult-use in the past years due to advances in technology. In 2010, Osborn performed an ECMO procedure on an adult patient during a 4,051 miles medical transport.

Since that time, he has helped organize an Adult ECMO program

with training scheduled to start next spring.

The post-conference, post-graduate course offered to ACCP attendees was hosted in TAMC's Department of Health Education and Training classrooms. Approximately, 30 ACCP-attendees from the U.S., Canada, Britain, Japan, Portugal, India, Switzerland, Australia Peru and Jordan participated in the mechanical ventilation course.

Various ACCP members led instruction and offered hands-on clinical scenarios to highlight some of the things they can do with mechanical ventilation, both invasive and noninvasive, said Dominick Lyons, acting clinical educator for Respiratory Therapy.

"The idea is to present informa-

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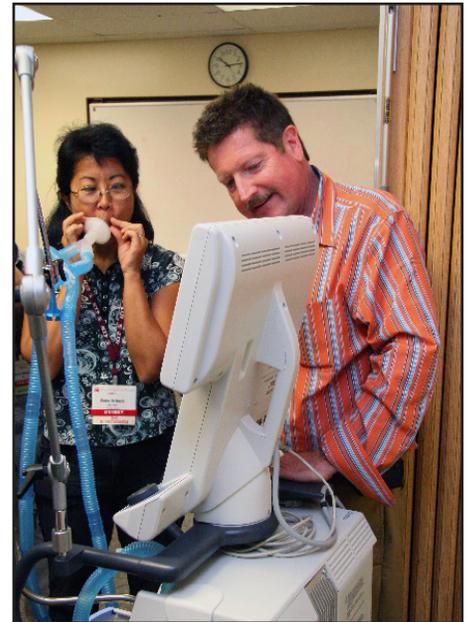
tion and then offer the opportunity to apply that knowledge and use it hands on,” Lyons said. “The information is better retained and bottom line, our mission, is to improve patient care.”

Another key component of the CHEST 2011 conference was the Centers of Excellence exhibit. Hospitals, non-hospital-based medical practices and companies were offered the opportunity to apply for a spot in the exhibit, which allows them the chance to showcase a unique program or practice.

TAMC held a spot in the Centers of Excellence for its critical care air transport in the Pacific.

Sgt. Brendan Beely, Company B, Troop Command and noncommissioned officer-in-charge of the Joint Medical Attendant Transport Team, acted as a representative for the team at the conference for two days to answer questions about

RIGHT: Elaine Imoto (left), a pulmonary and critical care physician at Straub Medical Center in Honolulu, breathes through a ventilator while John Davies (right), a registered respiratory therapist and clinical research coordinator from Duke University Medical Center, discusses patient-ventilator synchrony during a post graduate course in mechanical ventilation at Tripler Army Medical Center Oct. 27. Part of the course was aimed at getting the participants on the ventilators to experience what it feels like to be on the various modes. (Photo by Stephanie Bryant, TAMC Public Affairs)



JMATT critical care capabilities and missions.

The JMATT program uses Army, Air Force, Navy, Coast Guard and civilian assets to safely transport critically ill or injured patients within the Pacific theater.

“We work very closely with the (other services) to support all DOD beneficiary requests for medical

evacuation in the Pacific Rim,” Beely said. “With a program like JMATT, it is an honor to be recognized in an international forum. Clinicians from other countries were able to see our programs and can now take our ideas back to their countries and organizations where they can spur innovation worldwide.”



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>

TAMC Photo Fun



The Infection Control and Epidemiology Service along with the Public Health Nursing and Kupulau Medical Clinic held a health fair at the mountainside entrance on Oct. 26 to provide education to patients and visitors about infectious diseases prevention strategies. An interactive Jeopardy game was used with topics that included: Dirty Hands – Eek, Boo-To the flu, Creepy Crawlies, and Witch’s Pot(pourri). The day proved a fun way to interact with patients and visitors to promote wellness through education and influencing positive behavior change. (Photo courtesy of TAMC Public Affairs)

BOSS Sandbar Getaway 2011



LEFT: BOSS rented pontoon boats for the Sandbar Getaway 2011 . **RIGHT:** Sgt. Bryon Noletti, Brace Shop NCOIC, volunteered as a food handler at the BOSS Sandbar Getaway Oct. 22 at the Marine Corps Base Kaneohe sandbar. (Photos courtesy of BOSS)

program. All single Soldiers, geographic bachelors, single parents and civilian guests were invited.

The Sandbar Getaway is an annual event organized by the Tripler AMC “Better Opportunities for Single Soldiers” (BOSS)

BOSS meetings are held every Wednesdays at 1500 (2A - Urology Conference Room). Soldiers interested in the BOSS program can get more information by contacting their company/department BOSS representative or by visiting our



REPLY TO
ATTENTION OF

DEPARTMENT OF THE ARMY
HEADQUARTERS, PACIFIC REGIONAL MEDICAL COMMAND
1 JARRETT WHITE ROAD
TRIPLER AMC, HAWAII 96859-5000

MCHK-SF

19 October 2011

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Veterans Day Safety Message

1. Initially called Armistice Day, November 11th was set aside by Congress to honor the veterans of World War I. In 1938, Congress replaced the word Armistice with Veterans to honor all our armed service members who once served our nation. During this holiday, take the time to honor our Soldiers and their Families for their enduring sacrifices and service to our country.
2. On Veterans Day, let us all remember the sacrifices made by our veterans by not overlooking the life and freedom represented in the red poppy flowers distributed by our veterans. The red petals represent the color of the blood that stained the battlefield called Flanders Field in Belgium during World War I. The yellow and black center represents the mud and desolation they faced. The green stem represents the forest and fields where generations of men have died to make the land free. The stem itself symbolizes the courage of the fallen soldiers.
3. I am proud of the dedication you have shown by serving our nation and the sacrifices many of you are undergoing by being away from family, friends and home. With the same willingness to serve as our veterans, you continue to provide peace, freedom and a safer place for people around the world. You can take pride in the fact that you will long be remembered and honored.
4. Join me in promoting safety this holiday weekend. Accidents and injuries can result in suffering, loss, and compromise our readiness capability. Be proactive, think safety and plan to ensure a safe holiday weekend. Remember, holiday weekends intensify the potential for vehicle accidents. If you drink, don't drive. There is no excuse for drunk driving. Call "TheCAB" at 422-2222 and be sure you have "TheCAB" card with you for a safe ride home.
5. As we reflect on and enjoy this Veterans Day, please remember to have safety as part of your plans. Be aware of the hazards and injuries associated with driving, swimming, diving, hiking and other recreational activities. **Have a Safe Veterans Day!**

A handwritten signature in black ink, appearing to read "Keith W. Gallagher".

KEITH W. GALLAGHER
Brigadier General, USA
Commanding

DISTRIBUTION: A

Developing your spider sense

Story and Photo by
Capt. Stefan Tonsberg,
Entomologist
USAPHC Region-West

For some, autumn triggers a sort of spider sense. The hair on the back of the neck rises in response to sightings of brazen spiders in the middle of a room, or the sensation of something crawling on your skin. Ultimately, this can conjure the belief that spiders have invaded dwellings and infested belongings. Contributing to the anxiety can be the knowledge of potentially dangerous species known to occur not just in the 20-state area supported by U.S. Army Public Health Command Region—West, but all over the country.

Entomologists at the USAPHC understand that most people are unable to distinguish between harmless and dangerous spiders. As result, these entomolo-



This giant house spider, also known as a *Tegenaria duellica*, is pictured above. Although, often feared and unwanted, spiders can in fact be beneficial.

gists receive an influx of spider questions, sightings, and identification requests. The most frequently asked questions include, “Is it venomous?” “What happens if it bites me?” and “What kind of bug spray should I use to kill it?”

First, almost all true spiders (order Araneae) are venomous. However, of the more than 40,000 species identified, few (around 25 species) are considered medically significant. Funnel-web weaving spiders like the hobo spider, the giant house spider and the barn funnel weaving spider are frequently encountered in the western United States, and often misidentified. Since these spiders are similar, people fear all of them because they resemble the hobo spider, which some scientists suggest may inflict a serious bite.

Spiders that are commonly found around barracks, homes and buildings in the eastern U.S. during the late summer and early fall include grass spiders, wolf spiders, ground spiders, jumping spiders, orb weaver spiders, cobweb spiders, cellar spiders, sac spiders and two less frequently encountered but medically important species, the black widow and brown recluse spider.

Why does it appear that there are more spiders now all across the country?

Even though it seems that the population has increased, spiders do not come inside for warmth as the temperature starts to drop. Most species found outside are adapted to the conditions and would probably not survive inside. The same can be said for species found inside. The truth is that the autumn time period often coincides with the time when select species reach maturity in their lifecycle. In addition male spiders can exhibit a wandering behavior while in search of a mate.

Although, often feared and unwanted, spiders can in fact be beneficial. Spiders prey on numerous insect pests, as well as other spiders. However, for safety, sanitation, and peace of mind their presence is unwanted inside our living or working environment.

The best prevention is through exclusion and cleaning. This means removing rocks, wood piles, compost piles and other sheltering sites adjacent to the home. Cracks and crevices around the foundation and windows should be sealed with caulk or sealant to avoid the entry of spiders. Furniture or other

items brought inside should be cleaned and free of egg sacs or spiders. Make sure all screens and doors to the exterior are sealed tight. Keep crawl spaces free of debris and limit other potential hiding places including basements and other dark storage areas.

Spiders may accumulate in large numbers especially around outdoor light sources, which attract their insect prey. Pesticide application is not recommended as egg sacs may survive initial treatment and residual pesticides are not very effective against returning spiders. Vacuuming can be an effective means of removal, but remember to remove or empty the vacuum cleaner bag. Finally, to ensure safety, wear gloves and use caution when handling boxes or firewood stored for long periods or in basements.

Spiders can also be found where Soldiers are deployed. USAPHC entomologists developed illustrated posters for deployed Soldiers to help identify arachnids of Afghanistan and Iraq and Kuwait. These posters are available to anyone with a military e-mail address at: <https://usaphcapps.amedd.army.mil/HIOShoppingCart/searchResults.aspx?c=0&s=0&f=0&l=0&t=arachnids>

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road beginning on Oct. 3, 2011 and lasting until April 3, 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 9 a.m.-3 p.m. Monday-Friday between the dates listed. Prior to 9 a.m. and after 3 p.m. 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.

Flu Vaccination Schedule:

<i>Navy Hale Keiki</i>	<i>Nov. 3</i>	<i>8:30 to 10:30 a.m.</i>	<i>Headquarters Clinic (Bldg 1750)</i>
<i>Solomon Elem</i>	<i>Nov. 3</i>	<i>8 a.m. to 1 p.m.</i>	<i>Monday to Friday, 7 a.m. to 3:30 p.m.</i>
<i>Hickam Elem</i>	<i>Nov. 15</i>	<i>8:30 to 11:30 a.m.</i>	<i>TAMC Immunization Clinic</i>
<i>Iroquois Elem</i>	<i>Nov. 15</i>	<i>8 a.m. to 12 p.m.</i>	<i>Tuesday, 1 to 3 p.m.</i>
<i>Wheeler Elem</i>	<i>Nov. 16</i>	<i>8:15 to 11:15 a.m.</i>	<i>Wednesday and Friday, 9 to 11:30 a.m.</i>
<i>Mokapu Elem</i>	<i>Nov. 17</i>	<i>8:30 a.m. to 12:30 p.m.</i>	<i>Schofield Barracks Health Clinic</i>
<i>Mokulele Elem</i>	<i>Nov. 17</i>	<i>8 a.m. to 12 p.m.</i>	<i>Monday to Thursday, 7:30 to 11:30 a.m.</i>
<i>Shafter Elem</i>	<i>Nov. 18</i>	<i>8 to 11 a.m.</i>	<i>Friday, 9 to 11:30 a.m.</i>
<i>Pear Harbor Kai</i>	<i>Dec. 1</i>	<i>8 a.m. to 12 p.m.</i>	<i>Monday, Wednesday and Friday, 1 to 3p.m.</i>
<i>Hale Kula Elem</i>	<i>Dec. 2</i>	<i>8 a.m. to 1 p.m.</i>	<i>Tuesday and Thursday, 1 to 2 p.m.</i>

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.

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.

Native American Indian Heritage Month

Service, Honor, Respect
Strengthening our Cultures
and Communities by Embracing Diversity

16 November 2011, 1400
Kyser Auditorium
Tripler Army Medical Center

Sponsored by
C. Co., TAMC





Native American Indian Heritage Month

**Service, Honor, Respect
Strengthening our Cultures
and Communities by Embracing Diversity**

Monthly Schedule of Events

4 Nov - 1100-1430

DFAC Native American Meal

(Anuenue Café)

4 Nov - 1100-1200

Native American Informational Table Setup

(Tripler Oceanside Welcome Desk)

8 Nov - 1100-1200

Native American Informational Table Setup

(Schofield Barracks Health Care Pharmacy)

16 Nov - 1100-1200

Native American Informational Table Setup

(Tripler Mountainside Welcome Desk)

29 Nov - 1100-1200

Native American Informational Table Setup

(Schofield Barracks Health Clinic Pharmacy)

NEW HOURS at the Anuenue Café



MONDAY-FRIDAY STARTING NOVEMBER 7th

Breakfast

Self Serve: 0600-0930

Grill: 0600-0815

Grab and Go: 0700-1030

Lunch

Grill: 1100-1300

Main line: 1100-1330

Self Serve: 1100-1430

Grab and Go: 1100-1300

Dinner

Main line: 1600-1730

Grab and Go: 1730-2230

Night meal: 2230-0200



Native American Heritage Meal

Nutrition Care Annuette Cafe

4 November 2011

1100-1430

Appetizers

Three Sisters Soup

Entrees

Beef Stew

Grilled Salmon

Accompaniments

Wild Long Grain Rice

Mashed Sweet Potatoes

Vegetables

Monaco Blend

Corn on the Cob

Breads

Corn Bread

Desserts

Berry Cobbler



Approved by EEO



**Nutrition Care Division
Welcomes TAMC Staff & Families to a
Thanksgiving Meal
Thursday, 24 November 2011, 1100-1330**

\$7.00 per person / \$5.95 for Family Members of E-4 & below

Appetizer

Shrimp Cocktail

Soup

Lobster Bisque

Entrée

**Roast Turkey with Giblet Gravy
Prime Rib with Au Jus**

Accompaniments

**Garlic Mashed Potato
Savory Bread Dressing
Sweet Potato Casserole
Steamed Rice
Assorted Dinner Rolls**

Vegetables

**Green Bean Casserole
Ginger Glazed Baby Carrots**

Desserts

Pumpkin Pie * Apple Pie * Pecan Pie

Grab n Go & Short Order Line Closed

Breakfast will close at 0800



**Tripler Army Medical Center
Organizational Day
14 November 2011
9:30 am - 4:00pm**

All TAMC Soldiers, Civilians and Family Members are invited to attend the 2011 TAMC Organizational day at Wet'n'Wild water park. Ticket prices are \$12 each (this includes a buffet style lunch). Ticket sales are limited to Tripler Employees and their immediate family members.



Organizational Day is a time to reflect on our past and learn so that we as an organization can continue to improve patient care. All Soldiers and Civilians are welcome and encouraged to attend so please adjust your patient templates for 14 NOV 11 to reflect where you will be; either celebrating our past accomplishments at Wet n Wild or taking care of our Soldiers and Families at Tripler and SBHC.

SCHOFIELD BARRACKS PEDIATRIC CLINIC NEW HOURS

Starting November 7, 2011

Monday, Wednesday- Friday Clinic Hours: 7:00am – 5:00pm

Tuesday 8:00 am – 5:00pm

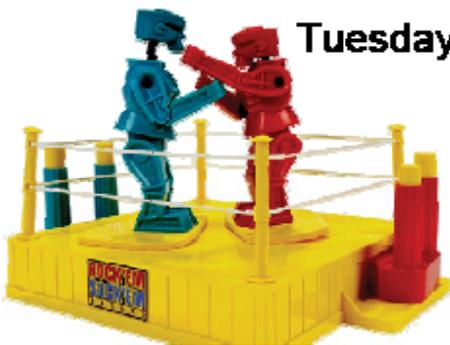
Closed Daily: 12:00pm to 1:00pm

Immunization Hours:

Monday, Wednesday, Thursday, Friday- 8:00 – 11:00am, 1:30- 3:30pm

Tuesdays: 9:00 – 11:00am, 1:30 – 3:30pm

Thursdays No PPD!





Tripler Army Medical Center's
Commanding General
Cordially Invites TAMC
Staff and Family to attend the
Tripler Holiday Tree Lighting
Ceremony

29 November 2011 at 1730
TAMC, Oceanside
Entrance

**POC: ILT Rivera at 433-6002
or MSG Dubreuil at 433-4853**

Hosted by: Troop Command



TAMC Public Affairs

*If you have something - a story, a photo, an idea
for TRIPLER 360, send it to jan.clark@us.army.mil
or stephanie.a.bryant1@us.army.mil.*



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





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 a.m. – 4:30 p.m., Monday-Friday, 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 Monday-Friday 7:30 a.m. – 4:30 p.m. 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, 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.

BLOOD BATTLE

ALPHA, BRAVO, CHARLIE, & DELTA

24 Oct - 10 Nov



<p>Schofield Health Clinic 24 OCT 11 1000-1400 Nurse Training Room</p>	<p>Tripler Blood Donor Center 27 OCT 11 1200-1500</p>	<p>TAMC Radiology Department 02 NOV 11 1000-1400 Radiology Classroom</p>
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Donate Blood
A SIMPLE GIFT

<p>Tripler Blood Donor Center 04 NOV 11 0900-1200</p>	<p>TAMC Kyser 07 NOV 11 0900-1300</p>
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ASBP
Armed Services Blood Program
militaryblood.dod.mil
433-6148



Charlie Company, Tripler Army Medical Center



Company Commander Change of Command

Outgoing Commander: CPT Victor F. Sorano
Incoming Commander: CPT Daniel J. O'Neill

CPT Victor F. Sorano



CPT Daniel J. O'Neill



Date: Friday, 18 November 2011

Location: Schofield Barracks Health Clinic, Soldiers Pavilion

Time: 1300 HRS

"Company Commander is responsible for planning and executing collective training of the company towards full mission readiness in support of the Higher Headquarters combat and peacetime service support and state of emergency missions."



Troop Command wants to be your friend



Troop Command updated their page and lost many friends! If you received an unfriend message please disregard it and become our friend again.



Go to: www.facebook.com/triplertroopcommand

And become a friend

Our goal is 1,000 by the end of 2011

Synergy

Come join our Project Armor prevention group to be empowered by learning decision making skills, cultivating your strengths, and connecting oneself to healthy, drug-free, positive activities.

Where? Schofield ASACS Office~127 Lewis Street, Bldg.647

When? Thursday's from 1:30-2:30pm (Oct.27, Nov.3,10,17, Dec.1,&15)

Who can join? Adolescents from 6th to 8th grade

Who to contact? Ms. Sara Hill at 655-9944 or 655-5080

Each week's activities will include a group discussion, a group activity or team building experience, and reflection of individual successes and challenges.

To find out more about ASACS services, and/or this group, stop by our ASACS office on Schofield or call the ASACS office.

Services provided through ASACS are free, voluntary and confidential.

Hope you can come!



ADOLESCENT DEPLOYMENT SUPPORT GROUP

AVAILABLE AT WHEELER MIDDLE SCHOOL

Learn interesting ways to manage deployment issues that other adolescents have found helpful. The Deployment Support Group (DSG) will meet weekly at the ASACS office at Wheeler Middle School. We will be meeting during lunch on Thursdays. To find out more information, stop by my office (next to Mr. Koki) or ask any of your teachers to send a message to the ASACS counselor, Mr. Justin Fienhold, via school email.

You may also reach Mr. Justin at WMS at 622-6525 or at the Schofield Barracks ASACS office at 655-9944.

Services provided through ASACS are free,

voluntary and confidential.

