



REMINDERS:

- **Today is the 70th anniversary of the attack on Pearl Harbor. Please take a moment to remember those who lost their lives that day.**
- **Keiki Wonderland is Dec. 10 from 10 a.m.-2 p.m. at the TAMC Track. Entrance and all activities are free.**
- **Holiday Staff Appreciation Meal is Dec. 14 from 11 a.m.-2:30 p.m. at the Anuenue Café. See flier on page 5 for details.**

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WTB Soldiers donate to Toys for Tots



Sgt. Luke Harvey, Warrior Transition Battalion, helps load and organize a sleigh full of toys at the WTB headquarters, Schofield Barracks, Dec. 2. Soldiers from the unit came together with donations of toys to fill a sleigh created by one of their comrades, Master Sgt. Charles Owens.

*Story and Photo by
Stephanie Bryant
TAMC Public Affairs*

SCHOFIELD BARRACKS — Soldiers from the Warrior Transition Battalion gathered together Dec. 2 to collect toys to fill a sleigh.

Master Sgt. Charles Owens, Warrior Transition Battalion, originally built the sleigh that he tows behind his motorcycle in 2004. Every year since, except for last year when he was deployed, he has rounded up toys for Toys for Tots.

Owens, a Reservist from 9th Mission Support Command, was injured during his deployment

last year and is now serving in the WTB.

“This year is very special because I am in the WTB and it is the wounded warriors stationed in Hawaii who are donating and giving,” said Owens. “I think that is special. They are so used to having people take care of them; this is their opportunity to give back to the local community.”

The toys are being donated to children living in Hawaii and don’t go outside of the islands. The sleigh that Owens and wife, Joanie, have built this year is a renovated version of the original sleigh from 2004. This year’s sleigh has more than 500 lights on it and is decorated in honor of

the holidays.

Owens, who has been in the Army for 27 years, says when he drives down the road he gets a great response from others.

“People honk and wave at me as they drive by,” said Owens. “I think seeing the sleigh really gets people in the holiday spirit.”

However, more important are the toys that fill the sleigh. This year Owens asked for toys for teenagers. He explained that he feels like children age 12-15 years old can be overlooked and makes an cards measuring 4 feet by 8 feet have greeted residents, employees and makes an extra effort to buy gifts geared towards older children.

Sgt. Luke Harvey, WTB, donated money to Owens’ effort for the purchase of more toys.

“The holidays are very important to me. I come from a big family. I know what is like to go without and there is no greater gift than giving,” Harvey said. “Just to know that the money I donated will buy a toy that will put a smile on some child’s face makes it all worth it.”

The toys donated by WTB Soldiers filled Owens’ sleigh for his ride in the 37th Annual Street Bikers United Toy Run, Dec. 4 that ended at Kapiolani Community College where members of the U.S. Marine Corps and Toys for Tots Hawaii were collecting toys for the organization.

TRICARE Young Adult Prime option available Jan. 1

TRICARE
News Release

FALLS CHURCH, Va. – The TRICARE Young Adult (TYA) Prime option is available for Purchase, Dec. 1, with coverage beginning Jan. 1, 2012. TYA Prime will offer young adult beneficiaries TRICARE Prime coverage for monthly premiums of \$201.

To purchase TYA Prime, dependents must be under age 26, unmarried and not eligible for their own employer-sponsored health care coverage.

TYA Prime is a managed health care option with low out-of-pocket costs. Care is delivered through military clinics and hospitals and the TRICARE network of civilian providers.

Uniformed services dependents may qualify to purchase TYA Prime if they live in a designated Prime Service Area and their sponsor's status makes them eligible for Prime coverage.

In addition to TYA Prime, young adult dependents may also be eligible for TYA Standard, which has been available since May 2011.

With monthly premiums of \$186, Standard offers eligible dependents the flexibility to see TRICARE-authorized network and non-network providers of their choice, wherever they live or travel. The Standard monthly premium is dropping to \$176, Jan. 1, 2012.

Complete information and application forms are available at www.tricare.mil/tya.

Sponsors and their adult dependents are encouraged to explore both commercial and military

health care plan options and costs when choosing a plan that best meets their needs.

Young adults considering TYA should determine if they are eligible before completing and sending in an application. Eligible dependents may drop off the application and payment of three months of premiums at a TRICARE Service Center or send them by mail or fax to their regional health care contractor.

Once the initial payment is made, monthly premiums must be paid in advance through automated electronic payment.

TYA Prime enrollment will follow the TRICARE Prime "20th of the month rule." As long as the TYA enrollment application is received by the 20th of the month, coverage can begin on the first day of the next month.

For example, if an applicant wants TYA Prime to start Jan 1, 2012, the application and initial three-month payment must be received by Dec. 20, 2011. If it's received after Dec. 20, TYA Prime coverage begins Feb. 1, 2012.

Dependent eligibility for TRICARE previously ended at age 21, or age 23 for full-time students. Similar to provisions in the 2010 Patient Protection and Affordable Care Act, TYA offers eligible young adults up to age 26 the option to continue TRICARE Standard or Prime coverage, as long as their sponsor is still eligible for TRICARE. Unlike employer sponsored health plans, TYA is available only to unmarried young adult dependents.

To receive e-alerts on TYA and other TRICARE news, sign up at www.tricare.mil/subscriptions.



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. Chapels are located on D-Wing, 3rd floor.

Chaplain's Thought of the Week

Stacie Kervin
Chap. (Capt.)
Chaplain Clinician,
TAMC

"Hidden Motives"

Reflection: In a biography written about Hershey's founder, Milton Hershey,

one of his plant employees didn't have enough money to take the trolley home, so Mr. Hershey paid for his ride. When someone nearby commented about Mr. Hershey's generosity, he pointed out that he owned the trolley and he knew the money would come back to him.

Mr. Hershey seemed to realize the difference between giving a gift

out of a pure motive versus giving out of self interest.

The next time you're generous, ask yourself whether your motive was selfish or pure.

Prayer: Lord, remind us to help others and give with a pure heart. Show us areas in our life where our motives may have been selfish and give us wisdom to change our hearts.

DPW Sewer Line Project

The installation Directorate of Public Works will be repairing a main sewer line along Krukowski Road through 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 Kru-

kowski 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.



2011 HOLIDAY RECEPTION

This year's Holiday Reception is at Quarters 7, Dec. 10. Please RSVP by Dec. 7. For more information and to view the e-invitation, click on the following link:

<https://einvitations.afit.edu/HolidayReception2011803/index.cfm>

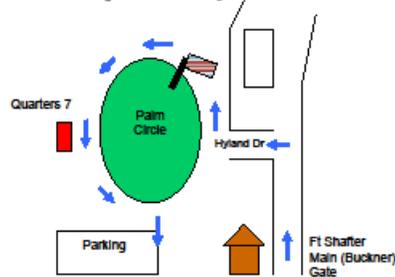
Please attend in accordance with the following schedule:

Last Name beginning with

A-J: 1:00 p.m.-2:00 p.m.

K-Z: 2:30 p.m.-3:30 p.m.

Please park at the end of Palm Circle.



TRICARE COMMITTEE MEETING

TRICARE Hawaii Regional Beneficiary Advisory Council & Healthcare Consumer Committee Meeting will be held Dec. 14. For more information, click the following link: <https://einvitations.afit.edu/HCCI21411/anim.cfm>.

RSVP deadline is Dec. 12.

TAMC Public Affairs

Room 3A016
3rd Floor Oceanside

Phone: (808) 433-5785



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Please send submissions for the TRIPLER 360 newsletter to TAMCPublicAffairsOffice@amedd.army.mil. All submissions must be received by Tuesday to be included in the Wednesday edition.

Dermatology nurse celebrates 50 years of federal service at TAMC



Inez Remigio, dermatology nurse, receives her 50-year federal service pin from Col. Wendell Holladay, chief, Department of Nursing, Nov. 30. (Photo by Stephanie Rush, Pacific Regional Medical Command and TAMC Public Affairs)

Story by
Sgt. Terrance Bandy
TAMC Public Affairs

HONOLULU — There aren't many people who have proof of their dedication with a track record of 50 years, but Inez Remigio, licensed practical nurse, does. Remigio celebrated her fiftieth year of federal service to the nation and Tripler Army Medical Center, Nov. 27. Born Jan. 29, 1940, Remigio started her medical career shortly after finishing school. After completing a 12-month training program, she started working for the State of Hawaii, eventually finding work at Tripler after following a friend's suggestion. "So much has changed," she said, pointing out a few major things she'd seen over the years. The biggest change she's seen? The advances in technology.

At one time the message system was with the use of tubes. If you had a message for another department you would place it in a tube with the department's number and the tube would be routed to them through vacuum piping. Laughing, she recalled how the tubes would get backed up and no messages would get to anyone.

Remigio's first assignment was with the female surgical ward. Single and working the midnight shift she soon decided that the hours were not for her. Asking for a change, she was given the chance to work in various wards. Remigio worked in the surgical clinic, adult medicine clinic, immunizations, the emergency room, podiatry, proctology, and finally dermatology, where Remigio stayed for more than 40 years.

"People ask me when I going to retire and I simply say, 'not yet'" she

explained. "At the age of 71, I (still) enjoy coming to work." Thinking back over the other changes of the hospital Remigio says one of the more interesting changes was the pharmacy robot. The robot would deliver medications after being programmed routes around the hospital. Other memorable changes were the locations of the wards and the moves they've made. The emergency room was once located where the VA clinic is. The patient would need to be wheeled up the hill to surgery each time. The command suite was the original library and the morgue used to be on the first floor. "Medicine, instruments, procedures and technology have helped so many patients over the past 20 to 25 years." Remigio explained. "The most memorable thing over the last 50 years (will) remain to be the staff and doctors".

Holland American Legion Band visits TAMC



The Holland American Legion Band performs The Star Spangled Banner in front of the Oceanside entrance, Dec. 6. The band, which is from Holland, Mich., is visiting the island of Oahu to participate in the commemoration for the 70th anniversary of the attack on Pearl Harbor. (Photo by Stephanie Bryant, TAMC Public Affairs)

Keiki
Winter Wonderland

December 10th
10:00am – 2:00pm
TAMC Track

Activities:
Pictures w/
Santa
Twister Ride
Trackless Train
Playzone
Carnival Games
Arts & Crafts
Snow

****Entrance and All activities are FREE**

Coupons will be sold to purchase food/ drink items**

POC: 1SG Looper 433-1170, SFC Trudden 433-1353
Volunteer Opportunity call or email SSG Carr 433-9160 or casey.carr@amedd.army.mil



Pictures with Santa

Santa is coming to Tripler AMC, on the 13th and 15th of December to the Mountainside Entrance from 9AM to 3PM. Everyone can have their picture taken with Santa. A 5x7 for \$5 photo will be printed on site.

All proceeds to benefit the 2012 Patriots Ball
POC: SSG Susan Goodman

Holiday Services
Tripler Army Medical Center

Immaculate Conception Mass (Holy Day)
08 Dec 0700 & 1200 hrs

Christmas Eve Mass
24 Dec 1700 hrs

*Protestant Christmas Eve
Candle Light Service*
24 Dec 1900 hrs

Protestant Service
25 Dec 0900 hrs

Christmas Day Mass
25 Dec 1100 hrs

New Year's Day Mass
1 Jan 1100 hrs

Department of Ministry and Pastoral Care
3rd Floor D Wing, 433-5727

**iWATCH
ARMY**

iREPORT iKEEP US SAFE

When the Threat of Terrorist
Activity Is Real-

**Leaders Make a
Difference**

Army leaders, do you know:

- Your role and responsibility?
- Your unit's responsibility?
- What to tell your soldiers, DA civilians and families?
- What individuals can do to prevent terrorist acts?
- How to report suspicious activity or behavior?
- The indicators of high-risk behavior?
- Where you can find antiterrorism information?

Always Ready, Always Alert
Because someone is depending on you

<https://www.us.army.mil/suite/page/605757>

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

Tripler Army Medical Center
Holiday Staff Appreciation Meal
Wednesday, 14 December 2011

1100-1430 hours Anuenue Café

*\$7.00 per person \$5.95 for Family Members
of E4 and Below*

Entree
*Steamship Round
Fried Shrimp
Italian Broccoli Pasta*

Accompaniments
*Baked Potato
Rice Pilaf
Assorted Rolls*

Vegetables
*Sesame Green Bean
Carrots Almondine*

Desserts
*Caramelized Custard Pie
Haupia Cake*

*Grab 'n Go Closed*Short Order Line Closed*Grill Line Closed*

WE NEED YOUR BLOOD TYPE...
Please Donate!

Tripler Blood Donor Center
 Oceanside 2nd floor
 Room 2A207
 433 - 6148

Donate Blood
A SIMPLE GIFT
ASBP
ARMY SUPPORT BLOOD PROGRAM
 militaryblood.dod.mil



Sponsored by the 205th MI BN Coffee Group

Formal events are in the near future for many teens on the island and each teen deserves to feel like a princess!

Donate your ready to be worn dress, shoes and accessories.

Drop off deadline will be Jan. 25, 2012

All dresses and accessories will then be sold for rock bottom prices!

Dresses—\$20
 Accessories—\$5

If you'd like to get involved or have any questions, contact Jessica Bode at jessicabode@yahoo.com or 210-862-1055.

DONATE LAST YEAR'S BALL OR PROM DRESS

Worn it? Then Give it!

Proceeds to Benefit

FISHER HOUSE

Event Date:
 January 28th
 2117A Eluwene Street
 Honolulu, HI 96819
 Current Drop off points:
 Fisher House

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.1,8,15)

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!



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

Hickam Family Health Clinic Active Duty Acute Care

Beginning Jan. 1, 2012 the 15th Medical Group at Joint Base Pearl Harbor Hickam will institute a new active duty appointment program, replacing the walk-in system known as Sick Call.

As of Jan. 1, 2012, walk-in services will cease in the Family Health Clinic. All Active Duty Sick Call in the Family Health clinic will be by appointment only. Please call 448-6000 between hours of 7:15-8 a.m. to schedule a sick call appointment. Closure of walk-in Sick Call ensures that active duty members will no longer have to wait in the clinic to receive an appointment.

Service members who feel they are too sick to call for an appointment or feel their illness is an emergency can seek medical attention at Tripler Army Medical Center's Emergency Department.

Active Duty supervisors: Prior to having your Airmen seek medical attention, supervisors can exercise the option of allowing personnel to stay home for up to 24 hours. In accordance with AFI 41-210, *Patient Administrative Functions*, Paragraph 3.6.4 states that, *'Unit commanders and supervisors have the authority to grant up to 24 hours of sick status at their discretion if a member's illness/injury does not require medical treatment facility intervention. If the illness/injury persists beyond 24 hours, then the commander or supervisor must refer the member to the MTF for treatment and subsequent quarters authorization.'* Some examples of non-emergent illnesses for adults are colds, cough, stomach ache, or nausea and vomiting for less than 24 hours.

The 15th Medical Group at Joint Base Pearl Harbor Hickam is committed to delivering the ultimate health care experience. Please partner with us to manage your health care needs.