

# TRIPLER 360

JANUARY 4, 2012



## TAMC honored with Hawaii's New Year's baby

Stephanie Bryant  
TAMC Public Affairs



Brig. Gen. Keith Gallagher, commander, Pacific Regional Medical Command and Tripler Army Medical Center, holds Faith Erin Fielden, the New Year's baby for the state of Hawaii, while parents Erin and Capt. Aaron Fielden look on. Faith was born Jan. 1 at 12:02 a.m. weighing 7 pounds, 2 ounces, and measuring 20 and a half inches long. (Photo by Jan Clark, TAMC Public Affairs)

### REMINDER:

- The WTB CSM CoR is being held Jan. 6 at 2 p.m. at Hamilton Field, Schofield Barracks. To view the flier, see page 7.
- The MLK Observance is being held Jan. 11 at noon in Kyser Auditorium.

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Each New Year, the hospitals in the state of Hawaii wait in anticipation to see where the first baby of the year will be born.

The friendly, informal competition adds a little bit more excitement to the night for the staff working at the facilities, said Capt. Suzanne Cobleigh, assistant clinical nurse officer-in-charge for Labor and Delivery, Tripler Army Medical Center.

This year Tripler was honored with delivering the first bundle of joy in Hawaii in 2012.

"Having the New Year's baby is a great reminder for our staff of why it is we do what we do," Cobleigh said. "We bring life into this world and who can think of a better way to ring in the New Year."

Faith Erin Fielden was born Jan. 1 at 12:02 a.m. weighing 7 pounds, 2 ounces and measuring 20 and a half inches long.

Her parents, Capt. Aaron Fielden, and wife, Erin, who had been anticipating her arrival, couldn't be more happy or proud.

"We were both very anx-

ious," said Aaron, who is originally from Knoxville, Tenn. "The timing worked out really well and the staff has been really great. They have taken good care of all of us."

Faith was due to arrive around Jan. 18, but Erin suffered from pre-eclampsia at 29 weeks and spent the rest of 2011 on bed rest. Pre-eclampsia, a medical condition that causes high-blood pressure and excess protein in the urine after 20 weeks of pregnancy in a woman who previously had normal blood pressure, can cause many complications for mother and baby before, during and after pregnancy,

but Faith and Erin are both "doing great."

"They scheduled the induction for Dec. 28," said Erin, who is originally from Galion, Ohio. "I spent three full days in labor and finally delivered (on Jan. 1)."

Aaron works at TAMC as an intern in a year-long transitional program. He said he recently received his acceptance to Brooke Army Medical Center in San Antonio, Texas, where he will complete his residency in the Obstetrics and Gynecology Department. They are set to leave the island in June.

Mother and baby are doing well and were released on schedule, Jan. 2.

# TRIPLER TROLLEY



The Tripler Trolley will be running specific regular routes around the TAMC campus; picking up and dropping off at designated areas. However, people wanting to utilize the trolley from external buildings will still need to call for a pick-up if a ride is needed. For more details about the routes, see page 6 or call 433-1200.

## Chaplain's Thought of the Week

Chaplain (Maj.) F. Wayne Garcia  
Chaplain Clinician, TAMC

**“Do you think there are any benefits to living life with a purpose?”**

*Reflection:* Today we will continue talking about the benefits to purpose driven living. Yesterday, I asked you to do some reflecting on your own life and ask yourself two questions: “What is my purpose in life?” and “Does it include God?” I hope it was meaningful to you and that you discovered some things about your own life, especially when it comes to having a purpose. Today we will talk about the first benefit of living life with purpose: Knowing your purpose gives meaning to your life. Rick Warren states, “Without God, life has no purpose and without purpose, life has no meaning.” The definition of purpose is, “The reason something exists.” (Dictionary.com) The definition of meaning is, “The significance of

something.” (Dictionary.com) Are you existing just to exist or are you existing for something significant? God purposed you to exist for something significant and that significant is what will bring meaning to your life. When you discover God’s purpose for your life, you will begin to also have meaning for living. We were made to have meaning in our lives and when we have meaning in our lives, we have hope. Hope is something we all need. It was sad when at a funeral I talked to a retired Colonel and his wife, who told me they missed active duty. When I asked them why, they responded with, “When we were active duty we felt like we were somebody and now we feel like we are a nobody.” I think they needed to find their purpose in life...

*Prayer:* Dear God help me to find my purpose for living in you, so that my life will have meaning. Help me not to exist just to exist, but to exist for your purpose so that my life will be meaningful to live.



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.

## Diabetes Clinic offers self-management education, self-referrals

Stephanie Bryant  
TAMC Public Affairs

Patients with diabetes at Tripler Army Medical Center have the benefit of a clinic that is designed to teach them self-management.

Most beneficiaries go through the Internal Medicine Clinic without noticing the Diabetes Clinic is there, but to many of TAMC's patients with diabetes, it has come to play a vital role in their care.

Since 2005, the clinic has held the prestigious American Diabetes Association Education Recognition Certificate for a quality diabetes self-management education program.

Mona Kurashima, diabetes nurse practitioner, TAMC's Diabetes Clinic, said their focus is to keep TAMC's patients with diabetes from

"falling through the cracks."

"We want to make sure they are getting the education and care that they need to manage their diabetes," Kurashima said.

One of the special things about this specialty clinic is that a beneficiary with diabetes can refer themselves. One does not have to make a special appointment with their primary care manager to be referred.

Besides providing a caring support system for their beneficiaries, the clinic provides a monthly educational Diabetes Self Management class. The class is offered on the 1st, 2nd, and 3rd Wednesday of each month from 1-4 p.m.

For most of the patients who have been recently diagnosed, the class provides them with knowledge to manage their diabetes at

home.

For Elvira Kuehn, a Diabetes Clinic patient, the self-management class gave her a foundation on which to base her self-care.

"I do not feel as though I had many challenges," said Kuehn, who was diagnosed about eight months ago. "The class really helped and gave me so much information that I felt confident in caring for myself."

Kuehn believes the class helps keep her home and not in the doctor's office.

"Self-care and being able to manage my diabetes at home means I spend less time with my primary care doctor," she said.

And for those who face challenges, the Diabetes Clinic has five certified diabetes educators and routine appointments to help patients through the difficult

times.

Merlyn Colon, who is a vegetarian, found the transition to be more challenging.

"I needed that extra support," she said. "It was tough to try and relearn how to have meals in certain portions, as well as having to have a certain amount of protein each day. Being a vegetarian made it all the more difficult"

Colon took advantage of the self-management class and all the information the clinic provides and even calls them for questions whenever they arise.

"I only have this one body and a whole bunch of grandchildren," Colon said. "If I don't care for myself now, I won't be around to see them grow up."

For more information or for a self-referral, call 433-2730.

## 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.



### TAMC Public Affairs

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



## **2012 SONY OPEN IN HAWAII Military Appreciation Initiatives**

- Free admission for active duty and retired military service members (with valid military ID).
- Hospitality Tent
- Pasha Hawaii proudly presents the Birdies for the Brave Patriots' Outpost, located on the 18th fairway, open to active duty and retired military service members from Thursday – Sunday. Complimentary food and beverages are provided.
- Wounded Warriors Program  
Forty Wounded Warriors will be provided transportation from Tripler Army Medical Center to the Sony Open where they will watch 144 of the world's best professional golfers compete on Thursday and Friday from the Patriots' Outpost on the 18th fairway.
- Military Caddie Program  
Pasha Hawaii proudly presents the Birdies for the Brave Military Caddie Program giving 35 active duty military service members the opportunity to caddie for a PGA TOUR professional for one hole (hole #18) during the Wednesday Official Pro-Am. Caddies will be wearing camouflage caddie bibs and get to experience a PGA TOUR event "inside the ropes."

## **Tentative SCHEDULE OF EVENTS Waialae Country Club, Oahu, Hawaii**

### **Thursday, January 12**

7:00 a.m. – All Day First Round (Golf Channel Broadcast, 2:00 – 5:30 p.m. HST, LIVE)  
6:00 p.m. Official Pro-Am Awards Celebration, Hawaii Convention Center

### **Friday, January 13**

7:00 a.m. – All Day Second Round (Golf Channel Broadcast, 2:00 – 5:30 p.m. HST, LIVE)

### **Saturday, January 14**

8:00 a.m. – 5:30 p.m. Third Round (Golf Channel Broadcast, 2:00 – 5:30 p.m. HST, LIVE)

### **Sunday, January 15**

8:00 a.m. – 5:00 p.m. Final Round (Golf Channel Broadcast, 2:00 – 5:00 p.m. HST, LIVE)  
5:00 p.m. Awards Ceremony, 18th Green

**Continued on next page**

### Admissions Guidelines

- No minimum age requirement.
- Children 12 and under are allowed free admission when accompanied by an adult ticket holder.
- Active and retired military service members are allowed free admission with an official military ID.
- Drop off location for disabled/handicapped is at the Pro Shop parking lot adjacent to the main entrance.

### Notice to Spectators

- No video cameras.
- No cameras (or other device capable of taking a photograph) permitted after Wednesday.
- No radios, TVs, signs or banners.
- No coolers or beverages.
- No alcoholic beverages may enter or leave the tournament.
- No firearms.
- No large camera carrying cases, chair carry bags, backpacks, packages and other carry items larger than 6" x 6" x 6".
- Any of the above will be confiscated - leave them in your car.
- All items such as purses, camera cases and other small personal carry items will be subject to inspection (including metal detection) at the gate.
- All mobile phones, PDAs, etc. must be on silent and must be used in accordance with the posted Mobile Device Policy.
- Mobile phones may be used to make calls in designated areas only.
- Approaching players for autographs is prohibited unless they have completed their rounds Thursday through Sunday.

### Diabetes Tip: Local Tripler Support groups

If you need an extra push to stay on track with your diabetes management, go to the local monthly free diabetic support group meeting at Tripler. The meeting is held every 3rd Thurs-

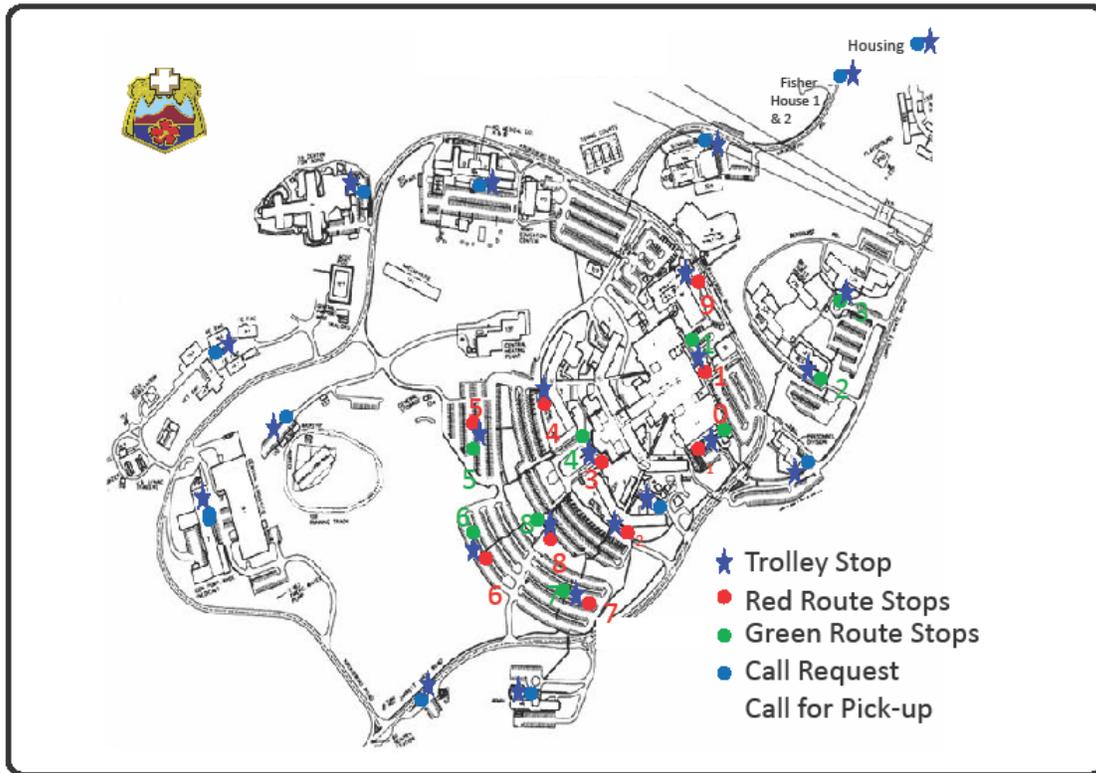
day from 11 a.m.-noon in the Internal Medicine Conference Room. Call Jan Takata, MSW, at 433-1916 for information or if you would like to attend.

### Appreciation for a job well done



Emerida Paras, access control specialist, Provost Marshal's Office, Tripler Army Medical Center, receives a Certificate of Appreciation from Maj. Maurice Hill, deputy chief of Reserve Affairs, Pacific Regional Medical Command, for her outstanding support to Reserve Affairs and the Reserve mission, Dec. 21, 2011 in the chapel. (Photo by Stephanie Bryant, TAMC Public Affairs)

# TRIPLER TROLLEY ROUTES



## Red Route 0615 to 1400 hours

- 1 -- ER
- 2 -- E-Wing
- 3 -- Oceanside Entrance
- 4 -- D-Wing
- 5 -- Lower D Lot (D5)
- 6 -- Lower A Lot (A7)
- 7 -- Lower E Lot (E6)
- 8 -- Lower A Lot (A4)
- 9 -- ACC
- 10 -- Mountainside Entrance

● + Call Requests

## Green Route 0615 to 1400 hours

- 1 -- Mountainside Entrance
- 2 -- Army Hotel Bldg 220
- 3 -- Army Hotel Parking Lot
- 4 -- Oceanside Entrance
- 5 -- Lower D Lot (D5)
- 6 -- Lower A Lot (A7)
- 7 -- Lower E Lot (E6)
- 8 -- Lower A Lot (A4)
- 9 -- ER

## BLUE ★ ROUTE 1400 to 1830 hours

**RED & GREEN  
ROUTES COMBINED PLUS  
ALL CALL REQUESTS**

The Officers, Noncommissioned Officers, and Soldiers of  
 Warrior Transition Battalion, Tripler Army Medical Center,  
 Pacific Regional Medical Command  
 Invite you to the Change of Responsibility Ceremony at which  
 Responsibility will pass from  
**CSM Robert R. Zavala**  
 to  
**CSM Joshua T. Amano**  
 At 1400 hours on the 6<sup>th</sup> Day of January 2012  
 The Ceremony will take place on Hamilton Field, Schofield Barracks  
 Reception will immediately follow the Ceremony.

**TAMC Presents**

The January 2012 Observation Of  
 Dr. Martin Luther King

Held At The Kyser Auditorium  
 11 January 2012  
 1200 Hours

**Alpha and Delta Company  
 Tripler Army Medical Center  
 Company Commander Change of Command**

Outgoing Commander: CPT Marie P. Cabel  
 A Company Incoming Commander: CPT Randy D. Perry  
 D Company Incoming Commander: CPT Vanessa N. Mayo-Aquino

**Date: Thursday, 12 January 2012  
 Location: Soldiers Pavilion  
 Time: 1300 HRS**

**WE NEED YOUR BLOOD TYPE...**  
*Please Donate!*

Tripler Blood Donor Center  
 Oceanside 2<sup>nd</sup> 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](mailto: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

**NEW HOURS at the Anuenue Café**



**MONDAY-FRIDAY STARTING NOVEMBER 7<sup>th</sup>**

**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**

**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.