TAMC, BSA partner to help students explore medical careers

Story and Photo by
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TAMC Public Affairs

TRIPLER ARMY MEDICAL CENTER — The first Medical Explorer Post on Oahu held its initial organizational meeting, here, Jan. 28.

Tripler Army Medical Center has partnered with the Boy Scouts of America using a Learning for Life Health Career Exploring program to bring real-world medical and health career experiences to young men and women on island.

Lt. Col. Lozay Foots, director, Medicine Nursing Services, TAMC, is the principal advisor for Post 1948. He said two high schools near TAMC were chosen to test out the program; Radford and Moanalua High Schools.

Foots and two representatives from BSA, Ryan Blangiardi and Keao Miller, went to both high schools and spoke with students about what the program has to offer.

“(The post mission) is about helping them explore their career paths and choices,” Foots said. “We want to put them in and provide them (medical and health) activities so they can see that they can aspire to be whatever they want to be.”

Participating students elected a student committee of leaders that will help the Adult Leader Explorers manage the post.

More than 40 students attended the meeting and Foots, who was a Boy Scout during his youth, said he has about a dozen members of Tripler’s staff and have volunteered to act as Adult Leader Explorers.

One of those volunteers is Lt. Col. Todd Briere, chief, Patient Administration Division, TAMC.

“(The post is an) excellent opportunity for these students to participate in,” said Briere, who also was a Boy Scout in his youth. “Explorer scouts make decisions on what they want to explore and we (volunteers) just guide them (along the way).”

Briere said when people initially think of PAD, paperwork and medical records come to mind, but he hopes the department will be able to offer more.

“In combat, (PAD) deals with movement of patients and evacuation for patients,” Briere said. “We hope to organize some (two-man carry and litter, or collapsible stretcher,) training and possibly an obstacle course for the students.”

Foots agreed and said the explorer leaders hope to “encapsulate the hospital environment” for the students. The post
MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Presidents' Day Safety Message

1. By combining the recognition of the birthdays of Presidents Washington and Lincoln in 1968, Congress set aside the third Monday in February to be celebrated as Presidents' Day. Effective in 1971, we now celebrate a single holiday to honor all U.S. Presidents.

2. As you and your families participate in the many activities over this long weekend break, please reflect upon Article II of the Constitution, which outlines the office of the President and empowers their many specific responsibilities. The President is not only the head of our nation, but is also the Commander-in-Chief of all our Armed Forces. The President’s strength in leadership over the years has protected the democracy, freedom, and prosperity that are cherished in this country. You, who serve with distinction and courage in order to guard and protect this way of life, exemplify this leadership.

3. To help make this a safe holiday weekend for you and your family, here are a few safety tips:
   a. Drinking and driving do not mix.
   b. Always use your seat belts. It is the law.
   c. Use the buddy system when swimming or hiking, and know your abilities.
   d. Stay aware of the weather conditions and additional hazards they create.

4. I ask that you continue to be proactive in safety to guard and protect against accidents to you, your family and friends. To all of our staff and families, I extend my best wishes for a safe, healthy and enjoyable holiday weekend.

KEITH W. GALLAGHER
Brigadier General, USA
Commanding

DISTRIBUTION: A
Chaplain’s Thought of the Week

Chaplain (Maj.) Ibraheem Raheem
Chaplain Clinician TAMC

“Renewal”

REFLECTION: I know, when we think of a snake we don’t immediately plan to learn a lesson on renewal but the message is loud and clear. We all need renewal. For instance, have you done anything new or different that you might have feared doing in the past? Have you read something that gives you a new perspective to consider? Have you ever confronted something that may be at odds with some of your deepest-held beliefs? Have you listened to a person with whom you do not really agree, or considered a newspaper editorial that expressed an opinion that does not sit well with your own? If you answered no to any or all of these questions, it is probably time for some renewal in your life. We need to regularly “shed old skin” in order to grow. We can do this by not assuming that the future will happen exactly the way we experienced the past. For me the most important lessons have come from sources that I least expected because they were completely in contrast to my own preferences. There is wisdom in understanding the simple message of the snake which is letting go of the old so that we can enjoy the new. Peace and blessings.

PRAYER: Dear Lord, may I never cease to have hope in you and to trust in your promise of the future. Fill me with a renewed spirit that I may be willing to let go of the past as I recognize your presence in my life.
WASHINGTON--(ABOVE) Chief Warrant Officer 4 Keith Griffith, right, chief of the Healthcare Equipment Management Branch, Tripler Army Medical Center, and Robert Lumas, Standardization Program Manager, TAMC, inspect and inventory equipment from Walter Reed Army Medical Center, Jan. 24, before they transfer them to TAMC for use. (LEFT) Griffith inventories computers, Jan. 24, at WRAMC in Washington.

Griffith, Lumas and Sgt. Tal Wick, noncommissioned officer, Allergy/Immunology Clinic, TAMC, flew from Honolulu to Washington, Jan. 24, to acquire equipment from WRAMC. Their mission was to verify the viability of equipment to be transferred from the now closed WRAMC to Tripler. The transferring of viable equipment will save hundreds of thousands of dollars as opposed to buying new equipment.

At the final tally, TAMC gained more than $1.6 million of equipment from WRAMC. This will enable TAMC to use its available funds to acquire additional equipment from the CEEP list to continue to enhance patient care. The gained equipment is scheduled to be shipped to Hawaii in March.

WRAMC officially closed in September 2011 and moved to become what is now The Walter Reed National Military Medical Center.
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plans take the students to explore Tripler and other military clinics on island to observe a variety of health care providers in their work environments.

The idea for the post came from Brig. Gen. Keith Gallagher, commanding general, Pacific Regional Medical Command and TAMC, who had started an explorers’ post when he was stationed at Fort Campbell, Ky.

“The sky is the limit,” Foots said. “The (commanding general’s) vision is that (in future years) it will be open to all the high schools on island and that we will eventually be able to partner with all the different medical communities on the island.”

The Medical Explorer Post meets the 2nd and 4th Saturday of each month at 10 a.m. in Kyser Auditorium and the application fee is $10.

CEREMONIES

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garrison’s policy needs to disseminated down to the lowest level, (to both) military and civilian.”

However, the lack of adherence is not just from ignorance of USAG-HI’s policy, Williamson said. Technical problems are also involved. Another participant in the Face-

book town hall said the volume is too low on the mass broadcast system, and reveille and retreat cannot be heard all over post.

“I have touched base with the 30th Signal Battalion (516th Sig. Brigade, 311th Sig. Command), and they have already adjusted the volume on Wheeler Army Airfield,” Williamson said.

Williamson added that he has no knowledge of volume complaints on Schofield Barracks. He advises units to adhere to policies and proper protocol.

“Rendering honors during ceremonies, reveille and retreat is a part of common customs and courtesies,” Williamson emphasized, “which is tradition and a big part of being in the military.”

USAG-HI FACEBOOK TOWN HALL

DO YOU HAVE IDEAS ABOUT HOW TO MAKE THE U.S. ARMY GARRISON-HAWAII COMMUNITY BETTER? DO YOU HAVE QUESTIONS ABOUT USAG-HI SERVICES, FACILITIES OR SUPPORT? IF SO, GET READY FOR THE NEXT ONLINE FACEBOOK TOWN HALL, HOSTED BY COL. DOUGLAS MULBURY, COMMANDER, USAG-HI, FROM 6-7:30 P.M., WEDNESDAY, 29 FEB. 2012, AT WWW.FACEBOOK.COM/USAGHAWAII, UNDER THE "EVENTS" TAB.

ALL SOLDIERS, FAMILY MEMBERS, RETIREES AND CIVILIANS IN U.S. ARMY-HAWAII CAN ASK QUESTIONS, ADDRESS CONCERNS AND GET RESPONSES.

IF YOUR QUESTION DOES NOT PERTAIN TO THE PUBLIC AT LARGE, PLEASE EMAIL THE INTERACTIVE CUSTOMER EVALUATION SYSTEM, OR ICE, AT HTTP://ICE.DISASMIL, OR ASK THE GARRISON COMMANDER AT ASKTHECOMMANDER.USAGHI@US.ARMY.MIL, TO GET SUPPORT.

POINTS OF CONTACT AT USAG-HI PUBLIC AFFAIRS ARE LACEY JUSTINGER, DIGITAL MEDIA SPECIALIST, AT (808) 656-3153, LACEY.A.JUSTINGER.CIV@MAIL.MIL, OR AIKO BRUM, CHIEF, INTERNAL COMMUNICATION, AT (808) 656-3156, AIKO.M.BRUM.CIV@MAIL.MIL.
Diabetes Tip of the Week

A healthy approach to avoid stress-induced eating is to choose foods that increase the “happy hormones” serotonin and dopamine that decrease cortisol and adrenaline hormones linked to stress.

Dietitians recommend choosing tea over coffee, as well as foods that contain omega-3 fatty acids, vitamin C and complex carbohydrates.

To learn more about managing your diabetes or to enroll in Tripler Army Medical Center’s Diabetes Self-Management Education Classes, ask your primary care manager or call 433-9657.

TAMC, VA reach out to local clergy, offer training

TAMC Department of Ministry and Pastoral Care News Release

HONOLULU—The Tripler Army Medical Center chaplains, in conjunction with the Veteran Administration Chaplaincy, sponsored a half-day training to assist civilian clergy, pastors, rabbis, deacons with ministering to service members, veterans and their families, Feb. 7, in the Chapel, here.

More than 150 members of the local clergy from churches across the Hawaiian Islands attended the training. The training was designed to assist local clergy on how to better minister veterans and families.

The training started off with greetings from Dr. James Hastings, Veterans Affairs Director; Tracy Betts, Veterans Benefits Administrator Director, and Navy Capt. Jose Accosta, Deputy Commander for Clinical Services, Pacific Regional Medical Command and TAMC. The training consisted of briefings explaining to the clergy what Post-Traumatic Stress Disorder (PTSD) and Traumatic Brain Injury (TBI) are and how they affect service members, veterans and families. There were also representatives from the VA shared information about programs and services they offer, such as Veteran Benefits, VA Homeless Programs, and Mental Health Services.

Returning veterans are suffering from PTSD and depression in very large numbers. For those who do seek care, research shows that a significantly larger percentage of individuals consult their clergy first rather than a psychiatrist or a primary care physician. However, many clergy may lack the training and knowledge to understand the impact of combat on the behavioral health of returning service members or how to recognize service members and their family who are in need of help.

Col. Sherman Baker, command chaplain, TAMC, and Chaplain Charles Card and Chaplain Susy Gaffney, VA Chaplains, both said the training was very successful and that local clergy would like to see more training of this type.

During a survey provided to the attendees, one of the attending clergy said the training was a great presentation was thankful that TAMC and the VA made it available to local clergy.

“We appreciate all the help we can get and it’s an honor to serve those who serve,” local clergy member said.
Ft Shafter Physical Fitness Center
Zumba Fitness
Winter/Spring Kickoff!

Thursday, February 23, 2012
1730-1830; 1830-1930; $4 each class/per hr. (cash only)
for DoD civilians/retired military/Reservists/DoD contractors –
Active duty/family members w/ID free
(must present ID at sign in)
Instructors: Allison Nofzinger, Linda Pietsch,
Mercy Martin, Mary Anne Vea, Kris Young, Marsha DeLaney
Cumbia, Salsa, Hip Hop, Reggaeton/Merengue, Bollywood,
Hot Hula
Call 438-1152 for more info

TAMC National Prayer Breakfast
"Winning Warriors"
February 28th
Meal starts at 6:30 a.m., Program begins 7 a.m.
TAMC 10th Floor Conference Room

Breakfast Provided

Guest Speaker:
Chaplain (COL) Mike Tarvin
MEDCOM Chaplain

Everyone Is Invited to Attend

For More Information, please call 433-5727

Black History Month
Black women in American culture and history

24 FEB 2012
Schofield Barracks Health Clinic
Cobras Den
at 1130 hrs