



***NEW Mission:** TAMC Delivers Trusted, World-Class Care to Ensure the Optimal Readiness and Health of our Ohana.
***NEW Vision:** To be the Premier Healthcare System of Choice, Harmonizing Readiness and Healthcare Across the Pacific

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THE TAMC CADUCEAN

"Hawaii's Oldest Service Newspaper -since May 1945"

An authorized publication under AR360-1, prepared quarterly by and for military personnel, TAMC staff, under the direction of TAMC PAO. The views expressed and opinions expressed are not necessarily those of the U.S. Government, U.S. Army or DoD. The editor reserves the right to make editorial changes to any material submitted as deemed necessary.

Chief of Public Affairs - Jim Goose Guzior
TAMC Caducean Editor - Leanne Thomas
Graphic Artist - Chelsey Kaneshiro

Tripler Army Medical Center – Happy New Year!

As 2018 has come to a close, I am grateful to have rejoined the TAMC Ohana, working side by side with you to ensure our patients receive world-class care. With 'Ole Lang Syne,' a song about days gone by, we closed out 2018, and we are ready for great things that are coming to TAMC in 2019. It is going to be an exciting year of change both at TAMC and across military medicine.

In the coming year, please check out the 'Hall of Heroes' at the Oceanside entrance to our facility, an initiative to highlight TAMC staff recognized by the community for excellence. We will be publishing our campaign plan in January, undergoing verification for a Level II Trauma Center in February, and setting conditions for success for our upcoming Joint Commission survey (likely sometime this summer). These efforts are all focused on achieving TAMC's mission to deliver trusted, world-class care, ensuring the optimal readiness and health of our Ohana.

Our Campaign Plan expresses the broad actions that we must take over the next two years to fulfill our responsibilities to our beneficiaries, our fellow Service Members, Families, and Soldiers for Life. These actions are driven by our duties within the Regional Health Command-Pacific Campaign Plan, and the Army Medicine Campaign Plan. Our plan communicates how we will apply resources to achieve our mission and vision; describes how we will measure success; and informs all members of the Tripler Ohana how their daily contributions impact our patients, the hospital, the community, and our service partners.

Verification as a Level II Trauma Center will impact all aspects of operations at Tripler. Our preparation for this certification has increased both the quality of care and the level of collaboration between departments. Thank you for all the work you have put in to make this initiative a success. The increased capability to care for severely injured patients, and the opportunities to maintain the combat skills for the entire team is critical to the success of our readiness mission.

The Joint Commission survey is another highlight this year. Attention to detail on everything from the essential basics, such as hand washing to high-level disinfection will be keys to a successful survey. Other areas of focus are minimizing ligature risk throughout the facility, Patient Centered Medical Home, and dialysis operations. The surveyors will also evaluate how we communicate with each other, transfer care, and work together as a team. When it comes to the Joint Commission, let's demonstrate for the survey team the clear communication, teamwork, and readiness that makes Tripler world-class.

In closing, thank you for your outstanding work in 2018. You consistently perform at the highest levels, caring for our beneficiaries and each other. Good things are happening at Tripler Army Medical Center, and 2019 is going to be a great year for us. I am blessed and honored to continue to climb toward premier performance with all of you and look forward to setting the standard for quality and patient experience for a Medical Center as we integrate 'best practices' for the Region, the enhanced multiservice market, and Defense Health Agency.



COL MARY V. KRUEGER
Commander
Tripler Army Medical Center



CSM ABUOH E. NEUFVILLE
Command Sergeant Major
Tripler Army Medical Center



Creating healthy New Year's resolutions and finally sticking to them

By: 1LT Jessica Teachout, Registered Dietitian, TAMC Nutrition Care Division

Something we always associate with a New Year is resolutions. However, as exciting as they may be, resolutions are often like shooting stars: they fizzle out just as quickly as they started. Here are some tips on how to stick to your resolutions this year.

Add instead of subtract

An excellent place to start with New Year's resolutions are goals that add to your lifestyle rather than subtract. It is easier to form a new habit than to eliminate one. For example, adding a serving of vegetables to your lunch every day may be a less overwhelming practice than removing all sweets from your diet at once. Once you feel more comfortable with adding healthier habits or foods, then try reducing some of the less healthy ones.

Start slow

Use the SMART goal method to create goals. That is, make your goals Specific, Measurable, Attainable, Realistic, and Time-bound. These should be small goals that set you up for success and are clear. For example, if you walk your dog for 30 minutes seven days a week, make a goal to extend that to 40 minutes seven days a week for the rest of the month. That is only ten extra minutes out of the 1440 minutes in your day. However, it adds up to over an hour of extra exercise per week. Once you reach that goal, add on to it or create a new one.

Do not overdo it

Often when we get inspired, we set several goals and vow to make a full lifestyle change. Something like, "I'm going to get eight hours of sleep, stop eating meat, and go running 30 minutes every day." Piling up all of these goals at one time can seem exciting, but, vowing to make so many changes at once is setting you up for failure. Think about your current habits. You did not make these habits overnight; it took several years to develop them. Committing to new healthier habits also takes time. It takes a full 21 times of doing something for it to become a habit and this only applies to simple changes like hanging up your towel after you shower. Pick one thing you want to accomplish at a time and stick to it.

Make giving up on your resolution painful

Recruit a no-nonsense friend to hold you accountable. Plan to fork up money, do something completely embarrassing, or give up something you enjoy if you do not reach your goal. Make sure your friend holds you responsible. When there is a lot on the line, we somehow find a way to make it happen.

Do not give up

If you fall off the horse one day, do yourself a favor and jump back on tomorrow. Do not fall victim to the "all or nothing approach." Figure out one thing you can do every day that is a little bit better than yesterday. It does not have to be perfect, just better. After all, we are only human—be gracious with yourself.

HALL of ★HEROES★



Dr. Craig Bottoni M.D.
Army Medicine Employee of the Year



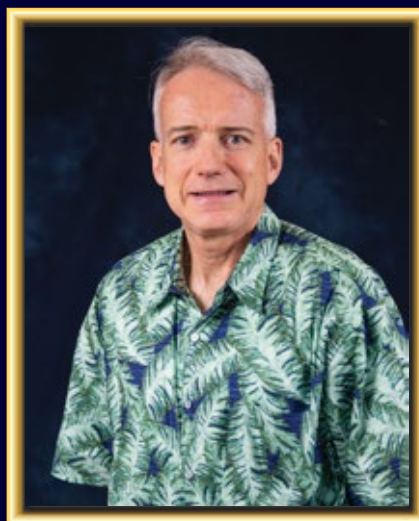
Dr. Jone Geimer-Flanders, DO, FACP, FACC
Hawai'i Medical Association – Physician of the Year



Lesley Yoshimori, RN
Hawai'i Healthcare Hero Awardee



SSG Gabriel Mejias
Honor Graduate 25th ID Jungle School



COL (Ret.) Carroll Diebold, MD
*Uniformed Services University
Lifetime Achievement Award Recipient*

Just past the oceanside information desk as you walk through what is now called the “Hall of Heroes,” you will encounter a unique display of TAMC’s best and brightest staff members.

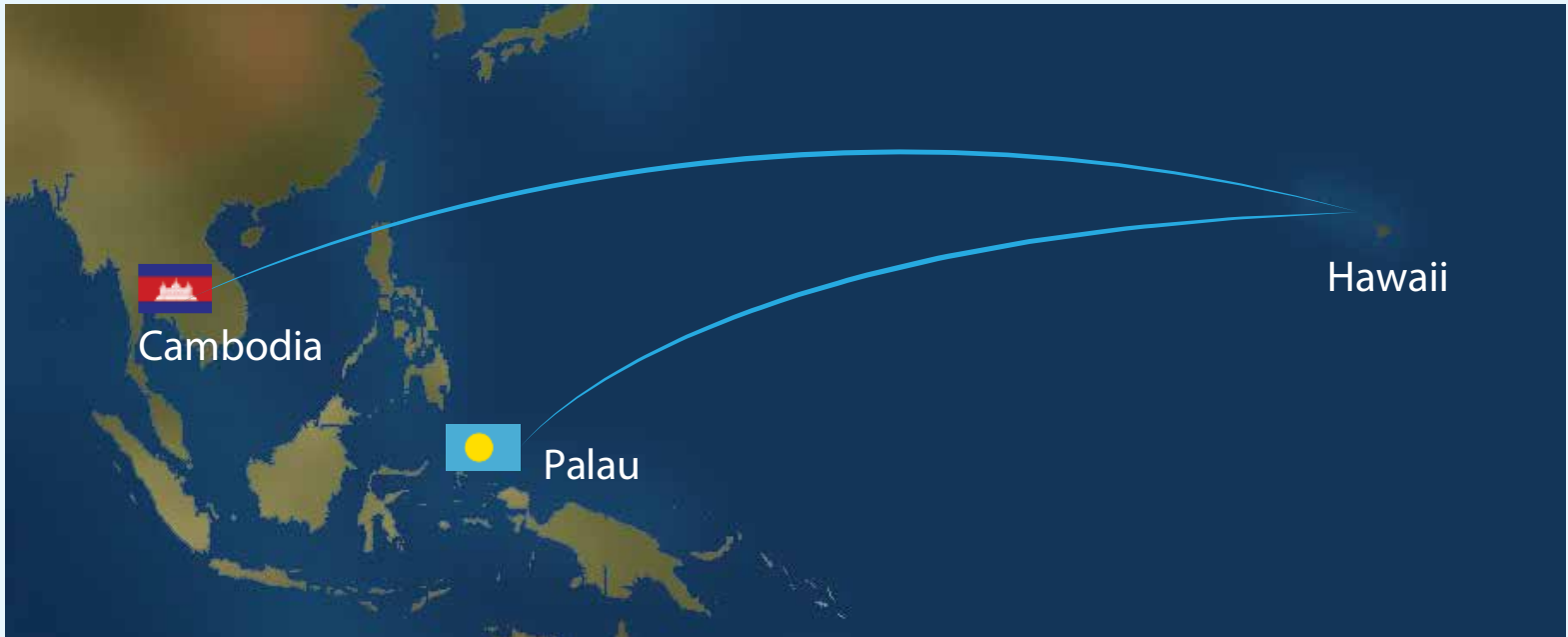
These individuals are distinguished leaders who have demonstrated selfless service and excellence beyond the walls of Tripler and have made a positive impact in the lives of others and throughout our military and civilian community.

We are proud to announce the first inductees into the TAMC “Hall of Heroes!”

Congratulations

Dr. Bottoni, Dr. Geimer-Flanders, Ms. Yoshimori, SSG Mejias, Dr. Diebold,
1LT Reynolds, and Dr. Pierce!

TAMC GLOBAL HEALTH ENGAGEMENTS



Tripler Army Medical Center, part of Regional Health Command Pacific's community of military treatment facilities, sent four team members from the urology and gynecology departments in support of a surgical mission in coordination with the Republic of Palau's Ministry of Health.

The December mission provided urology and gynecology support to the local population through an on-site clinic for patients requiring major surgical interventions, and to triage patients requiring more extensive surgical procedures for air-evacuations. During this most recent mission the team saw over 250 outpatients, performed over 24 procedures and 20 operative cases including a case of Fournier's gangrene.



(Top Col. (Dr. George Stackhouse, endourologist, Tripler Urology Department, Maj. (Dr. Katherine Carlisle, resident physician, Urology Department, Tripler, and David Fuller, Urology Technician, Tripler, pose with their Palau operating room team mates during a December 2018 global health engagement in Palau.

(Left Maj. (Dr. Katherine Carlisle, resident physician, Urology Department, Tripler, and David Fuller, Urology Technician, Tripler, prepare for a transurethral resection of the prostate alongside Palau operating room staff during a December 2018 global health engagement.



Cambodia

Blood Safety Program
Humanitarian Assistance/Disaster Relief

The Armed Services Joint Blood Program at Tripler Army Medical Center shares knowledge and education around the world. In support of the U.S. Indo-Pacific Command's Blood Safety Program, the TAMC Department of Pathology has contributed to building a sustainable blood program in Cambodia for almost a decade by leveraging subject matter experts in blood product utilization.

Since 2015, the former TAMC Chief of Transfusion Medicine Service, Lt. Col. Teresa Terry, now Chief of Clinical Laboratory and Blood Operations at 18th Medical Command, has provided oversight for the blood safety global health engagement in the Kingdom of Cambodia, a humanitarian assistance and disaster relief health engagement.

"A focus of the blood safety program in Cambodia is to support vital lifesaving efforts through the improvement of blood product collection, manufacturing, and storage," said Terry.

In late September 2018 just before assuming duty at 18MEDCOM, Terry returned from Cambodia marking a significant milestone where blood was collected with the help of voluntary blood donors at the new facilities. The most recent mission in Cambodia also marked the grand opening of two blood donor centers and paved the way for the next step, which is the accreditation of the facilities.

"The highlight for this mission was the completion of the last two out of five U.S. Indo-PACOM funded

Blood Transfusion Centers in Cambodia," said Terry. "The completion of this phase of the project culminated with a ribbon cutting event which was attended by the Cambodia Ministry of Health and representatives from the U.S. Embassy in Cambodia," Terry added.

Providing a safe and secure blood supply while improving quality processes with Cambodian blood bank laboratory staff was also a key phase of this project.

"Lt. Col. Terry and I accomplished another phase of this project which included standardization and validation of equipment for new and relocated instruments used for blood collection," said Sgt. 1st Class Jason Timberlake, former NCOIC at Tripler Transfusion Medicine Service, now assigned to the Dept. of Pathology at Madigan Army Medical Center.

The overall effort from the entire team was a contribution to the international community and went towards building the host nation's biosecurity capacity as well as a sustainable blood program to support humanitarian assistance and disaster relief.

Although the team is no longer at Tripler, Terry and Timberlake will continue to assist the international and interagency community to build a sustainable blood program in Cambodia and support humanitarian assistance and disaster response efforts in the Pacific region at their new assignments until the program closes out in 2019.



(Above) Lt. Col. Teresa M. Terry, the chief of Transfusion Medicine Service in Tripler's Department of Pathology, works with Cambodia medical staff to help prepare the Cambodia National Blood Transfusion Center for accreditation processes, March 2017.



(Above) On Sept. 28, a new blood donation center opened in Takeo, Kingdom of Cambodia. Regional Health Command-Pacific in partnership with U.S. Indo-Pacific Command and the U.S. Army in the Pacific, recently supported a blood safety global health engagement in the Kingdom of Cambodia.



(Right) Laboratory equipment used in the blood collection process sits on a laboratory benchtop in the newly opened Blood Donation Center in Takeo, Kingdom of Cambodia, Sept. 28.



Media AWARENESS at TAMC



By: Jim Goose Guzior, TAMC Director of Communication / Chief of Public Affairs

Recently I was asked by a class of residents and a junior enlisted group to provide instruction on Media Awareness. It's always good to review what your department, section or clinic would do if they were confronted in the workplace by the media. So the U.S. Army created a Media Awareness class to teach Soldiers and civilians on how to deal with this subject.

There are different roles for commanders as well as MTF PAOs when dealing with the media, so it is important to review based on your position. Commanders set the tone during interviews, while PAOs provide the media rules for interviews. The commander's job is to inform and be transparent to the public. The PAO advises the commander about what stories would be most beneficial to the Army, MEDCOM and the command.

One thing to remember when dealing with the media is that you have a representative- the PAO! Public Affairs Officers are like attorneys that handle your case with the media. We will talk to the media for you as your representative, get their questions for you, develop truthful answers based on facts, develop themes or talking points, schedule your interview and most time be present for your interview.

Here are a few pointers for your interview, if you should ever have to talk to the media:

1. Stay in your lane.

Talk about things that you are directly in charge of or affect you directly. For instance, if you were asked about the President's transgender policy, you might say that in your job at Tripler, that policy does not affect you. Often the media asks about decisions made at higher levels; I always say something like, "That question is above my pay-grade," and if the media continues to persist – "Please talk to my PAO about that."

2. Relax and be yourself.

The biggest criticism of Soldiers in the media is that they look scared or very stiff. I tell most interviewees just think about something else until the interview. There's no reason to be nervous because – you can't fail! You always have a PAO that can correct any mistakes you make – so don't worry, enjoy your interview.

3. What kind of media is coming? There are TV, Radio and Print journalists

that can request interviews from Soldiers and staff. If you can, determine what type of media they are as this will help you prepare. For TV interviews, you should make sure your background compliments your story. For radio and print interviews, visuals are not that important, but sound and background noise can help your interview.

4. Stay away from specifics – numbers, types, equipment ...

Always use generalities – we had mostly burn patients, many injuries, plenty of supplies.

5. Remember Privacy Act & HIPAA

Always ask yourself, "Am I violating these policies?"

6. Always add a Command Message to whatever your response is to the media.

Command Messages are pre-written statements that help your responses to the media.

Here are some examples of Command Messages:

- The ____ has some of the best and most highly trained people in the U.S. Military Health System ...
- People are our most important asset ... There is no substitute for excellence in caring for people ...
- We are proud to participate in this mission to save lives ...
- We are here because they need our help ...
- This exemplifies our ability to perform any mission ...
- Just like anything else, the more you practice talking to the media, the better you will be.

For more information, stop by the TAMC Public Affairs office at 3A016 to schedule a more in-depth media training for your department.

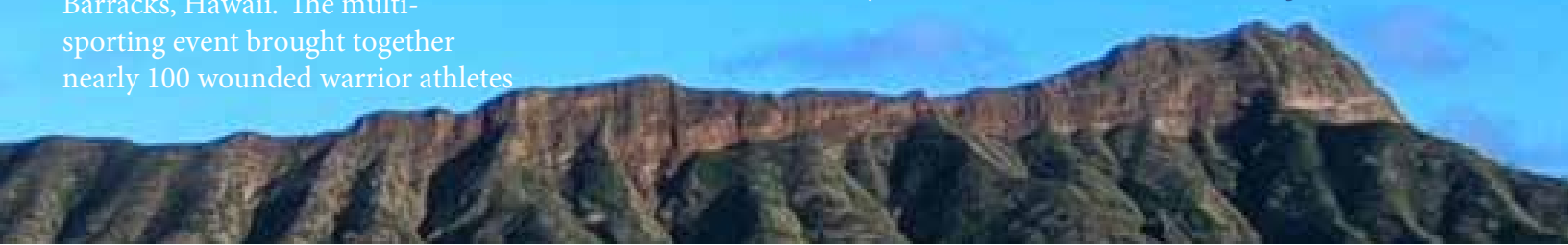
PACIFIC REGIONAL TRIALS

Tripler Army Medical Center's "Warrior Transition Battalion," known as WTB-Hawaii, was the host for the Pacific Regional Trials/Games 2018, a wounded warrior sports competition, Nov. 6-16, at Schofield Barracks, Hawaii. The multi-sporting event brought together nearly 100 wounded warrior athletes

representing 12 WTBs from across the Pacific, Atlantic, and Central regions, to participate in 11 sports: archery, cycling, shooting, swimming, track and field, wheelchair basketball, sitting volleyball, and new events this year, wheelchair tennis, indoor rowing, power-lifting, and golf. The Trials showcases the importance of participating in adaptive reconditioning sports which helps wounded warriors heal physically, emotionally, socially and psychologically while empowering the warriors to remain resilient. This competition coincided with the military observance

for November, "Warrior Care Month," which recognizes Soldiers undergoing rehabilitative care throughout the year. Warrior care is an enduring responsibility and military medical facilities such as Tripler Army Medical Center provide some of the most advanced medical care available to enable wounded warriors to live healthy, active lives.

For more coverage check out the Pacific Regional Trials 2018 feature page at <https://www.dvidshub.net/feature/PacificRegionalTrials2018>.



About 100 wounded warrior athletes and spectators gathered at Weyand Field, Nov. 6, for the Pacific Regional Trials 2018 opening ceremony. (U.S. Army photo by Jim Guziar)



Wounded warrior athletes compete in the wheelchair racing event during the 2018 Pacific Regional Trials track competition, Nov. 12, at Schofield Barracks, Hawaii. (U.S. Army photo by Leanne Thomas)



Maj. Kristina Carney, a wounded warrior athlete, competes in the 2018 Pacific Regional Trials wheelchair tennis finals, Nov. 6, representing Team Regional Health Command - Pacific. (U.S. Army photo by Leanne Thomas)



Spc. Taylor Ingle serves the volleyball during a sitting volleyball competition at the Pacific Regional Trials on Nov. 15 at Schofield Barracks Hawaii. (U.S. Army photo by Sgt. Dahnyce Baucom)



U.S. Army Staff Sgt. Samuel Daniels, left, assigned to the 3rd Brigade, 25th Infantry Division, competes in the standing 200 meter race during with wounded warrior athletes representing Central and Atlantic Regions during the 2018 Pacific Regional Trials track and field finals hosted by the Tripler Army Medical Center's Warrior Transition Battalion, Nov. 12, at Schofield Barracks, Hawaii. (U.S. Army photo by Sgt. 1st Class Luisito Brooks)



U.S. Army Veteran Sgt. Laumatalelei Pelesasa throws the discus during the 2018 Pacific Regional Trials standing discus field event, Nov. 12, at Schofield Barracks, Hawaii. (U.S. Army photo by Leanne Thomas)



Soldiers compete in an air rifle competition during the 2018 Pacific Regional Trials Nov. 14. (U.S. Navy photo by Mass Communication Specialist 2nd Class Kayla Cosby)



Above: Staff Sgt. David Trinidad competes in the 2018 Pacific Regional Trials rowing finals, Nov. 9, at the Family Gym. (U.S. Army photo by Leanne Thomas)



Left: Spc. Kaylor Ketron, a wounded warrior athlete from Warrior Transition Battalion - Hawaii, competes in the women's 50 meter freestyle event during Pacific Regional Trials 2018, Nov. 7. (U.S. Army photo by Leanne Thomas)



DMHRSi Compliance & Training TAMC Leads The Way! Keep moving...

DMHRSi TRAINING
Medical Expense & Performance Reporting System (MEPRS)



The TAMC Business Operations Division (BOD) would like to stress the importance of DMHRSi training and properly annotating personnel time. Improper coding (or even crazy eights) has cascading effects and/or consequences on your team, clinic, and department. Please feel free to send the MEPRS team any questions you have regarding proper DMHRSi annotation. If we receive enough interest, we can set up a group session to provide DMHRSi training to your personnel. For more DMHRSi resources and information visit us on the portal at <https://tamc-sp.med.ds.osd.mil/TroopCmd/dmhrsi/default.aspx>.

Business Operations Division PEBAC: Presentations Now Quarterly

Manpower

The next PEPBAC is tentatively scheduled for Thursday, 07 February 2019. All ePMRTs must be submitted 2 weeks or more prior to the PEPBAC and contain all pertinent documents and correct information. If an ePMRT is returned and not received by the next PEPBAC deadline, your request will be delayed until the next quarter. (POC: Gayle Taylor)



Staff Judge Advocate Office



TAMC Staff Judge Advocate - Notary and Power of Attorney Hour Changes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1100-1200 1300-1400	1100-1200 1300-1400	0900-1500 open during lunch	1100-1200 1300-1400	1100-1200 1300-1400

Other legal assistant available 0900-1200,
1300-1500 Monday thru Friday



AIDET®

AIDET® is a tool for healthcare professionals to communicate with patients and each other in a way that decreases patient anxiety, increases patient compliance and customer satisfaction, and improves clinical outcomes.

The acronym AIDET® stands for five communication behaviors:

Acknowledge



Introduce yourself



Duration



Expectation



Thank you



Acknowledging the patient shows respect and establishes trust. When trust is established, patients are more engaged in their care.

Examples:

- Eye contact
- Shake their hands
- Greet everyone in the room with a smile and, if possible, use their name
- Stop what you are doing and make the patient most important, sit with them



Did you know?

The Human Resources Division Workforce Management SharePoint page offers the latest civilian training information on leadership development training opportunities for civilian employees?

<https://tamc-sp.med.ds.osd.mil/TroopCmd/HRD/wmb/civtrain/default.aspx>.

TAMC Spring Job Fair

The Human Resources Division Workforce Management team will host a TAMC Spring Job Fair on Friday March 29, 2019 from 10:00AM to 2:00PM at the Island Palms Community Center, Aliamanu Military Reservation (AMR). The Job Fair will target hiring for the following positions: Medical Support Assistants, Health Technicians and Nursing Assistants. Applicants will complete initial screenings and interviews at the Job Fair. The open positions will be posted on www.usajobs.gov ahead of the job fair for job seekers to apply for the openings.



The MEDCOM Mentorship Program is seeking mentors and mentees. For Mentees this is an opportunity to gain experience and knowledge from other MEDCOM civilians to help manage your career development. For mentors this is an opportunity to use your experience and knowledge to help other MEDCOM civilians develop themselves and their careers.

<https://hrcoe.amedd.army.mil/cl3/mentorship.aspx>

Civilian Evaluations - Defense Performance Management and Appraisal Program (DPMAP)

Hello Tripler Staff,

We have reached a CRITICAL IMPACT for our 2019 DPMAP evaluations, and we would like you to take note of the following important timelines affecting your performance evaluations.

- 2019 DPMAP Performance Plans should be Approved/ Re-Approved with the Higher Level Reviewer (HLR) Approval within the employees first 30 days of assignment to a new position.
- All employees must be on an Approved/Re-Approved plan NLT 31 DECEMBER 2018 for employees to be eligible for a 2019 appraisal.
- All plans must include at least one (1) Progress Review before the end of the rating cycle. Best practice is to complete a Progress Review once per quarter.
- Employees should NOT have an Annual Appraisal completed until after 31 Mar 2019. The only exception is for employees who qualify as a "Specially Situated Employee."

DATES for the 2019 APPRAISAL CYCLE SHOULD BE:

- Appraisal Period Start Date: 01 Apr 2018*
- Appraisal Period End Date: 31 Mar 2019
- Appraisal Effective Date: 01 June 2019

Exception to the standard Period Covered Start Date as listed below. (Employees who started new positions after 1 Jan 2018.)

It is extremely important that the Rating Officials, Higher Level Reviewers and Employees utilize the user guides posted on the TAMC DPMAP site linked below. There are a high number of errors being made due to not following the required steps.

<https://tamc-sp.med.ds.osd.mil/TroopCmd/HRD/wmb/DPMAP/default.aspx>

Please note that any Rating Officials who begin out-processing from TAMC on 1 Jan 2019 will be required to complete an Annual Appraisal as long as the employee has performed on an approved performance plan for at least 90 days. (POC: Ashley Varner, Tripler Human Resources Division lead for DPMAP)



What is the Tripler Fisher House?

Fisher Houses are comfortable homes that serve as a temporary residence near a military or VA medical facility where family members can eat, sleep, relax and find support from other families in similar situations. The Tripler Army Fisher House accommodates 19 military families. In FY 2018, we served 157 families at the Tripler Army Fisher House.

Who is eligible to stay at the Tripler Army Fisher House?

We are here to serve active duty, veterans, retirees, DoD civilians, and their families while actively receiving medical treatment at Tripler Army Medical Center (TAMC) or other local medical facilities.

Below are the eligibility requirements for staying at the Tripler Army Fisher House:

- Must be a patient at TAMC or a local Hawaiian hospital
- Patient must be a service member, retiree, veteran, DOD civilian, or a dependent of one
- Family must be traveling more than 50 miles one way
- Patient may stay at house under certain circumstances:
 - have a non-medical attendant stay in the room with patient
 - must not have any medical devices attached for administering meds or collection of bodily fluids
 - at manager's discretion
- Patient and/or family members must not be currently contagious or infectious

How do I make a reservation?

- Referrals to the Fisher House are generally conducted through a case manager, hospital staff, or the service members (SM) Unit or Squadron. However, patients may submit their own referral. A referral is not a reservation. Please complete the form and return back to us no earlier than five (5) days prior to the arrival.
- Once we have received the Fisher House Referral Form, we will confirm receipt. Families can expect a confirmation for the room request one (1) business day prior to arrival.
- We do suggest they have a backup reservation at billeting or one of the local hotels just in case we are unable to assist. Rooms are available on a medical priority basis; therefore, we recommend a backup plan for all lodging needs. Backup arrangements can be made through IHG or a local hotel. Each patient/family is limited to one room. Rooms vary in size (two to five people). When the house is at full-occupancy we will maintain a waiting list.

Will there be Internet available?

- Yes, there is complimentary WIFI available to guests of the Fisher House.

What does it cost to stay at the Fisher House?

- Families do not pay to stay at a Fisher House. Fees at Army, Navy and Air Force Fisher Houses are covered by The Fisher House Foundation.

Want to take a tour of the Fisher House?

- Contact us to schedule a tour. Catch a ride on the Tripler Trolley and see the extension of the healing environment where your patients will eat, sleep, and relax. We hope to see you soon.

Call us today: 808.489.8261 or email TriplerFisherHouse@outlook.com.

Stay connected with us on Social Media



Tripler Fisher House @TriplerFH



FisherHouse_Tripler



Tripler Army Fisher House

Healthy Eating Plan FOR THE BIG GAME



- The Big Game is right around the corner...and you know what that means: hosting or attending a party and being tempted with a large number of “unhealthy” foods. This can be particularly hard if you have diabetes and are trying to make healthy choices.
- However, if you follow these strategies, you can maintain your blood sugar levels and enjoy the party along with everyone else.
- So let's get ready for the party by making a Healthy Eating Game Plan.



1 DON'T PLAY ON AN EMPTY STOMACH.

- » Eat a small, balanced meal or snack before you leave home for the game. If you arrive at a party hungry, you'll be more likely to overindulge.

2 EXAMINE THE PLAYING FIELD.

- » Study ALL of the selections, and think about what you are going to have before you put anything on your plate.
- » If you taste something that you don't enjoy, leave it on your plate—don't finish it!



3 FOCUS ON THE FUNDAMENTALS.

- » Choose raw vegetables first. Broccoli, baby carrots, cauliflower, and tomatoes are good choices that are usually on the buffet table. Take only a small spoonful of dip or skip it entirely.
- » Choose lean proteins that are not breaded or fried. Select chicken, veggie or turkey burgers, or baked beans.
- » Take only a small portion of cheese—1oz is approximately 5-7 small cubes.
- » Eat chips and crackers in moderation. Don't eat them straight from the bag—put some on a small plate and don't load them down with creamy mayo-based dips.

- » If you want to eat a high-fat or high-calorie item—like wings, pizza or nachos—take a small portion and put it on your plate last, after you've filled up the space with healthier options.

- » Remember to regularly check your blood sugar the day of the game.
- » Try not to hang out near the food to avoid grazing.



4 STAY HYDRATED.

- » Stick to calorie-free drinks so that you can eat your calories, instead of drinking them.

- » Drink only moderate amounts of alcohol (2 drinks for men, 1 drink for women).



5 GO FOR THE EXTRA POINT!

- » Before the game, play your own game of flag football, or participate in some other type of physical activity. Regular exercise is key to managing your diabetes.
- » If you ate more carbs or more food in general than you planned for during the game, shake it off. Don't replay the error; instead, make a plan to get back on track and stick to it.



SPINACH-ROASTED RED PEPPER DIP

SERVING SIZE: 1 TABLESPOON, SERVINGS PER RECIPE: 36



Ingredients:

- ½ cup shredded part-skim mozzarella cheese
- ½ cup plain low-fat or fat-free yogurt
- ½ cup light mayonnaise dressing or salad dressing
- ¼ cup grated Parmesan cheese
- 1 tablespoon all-purpose flour
- 1 teaspoon Dijon-style mustard
- 1 cup loosely packed fresh spinach leaves, coarsely chopped
- ¾ cup bottled roasted red sweet peppers, drained and chopped
- ¼ cup thinly sliced green onions
- 3 red and/or yellow sweet peppers, seeded and cut into strips, or desired dippers

1. In an airtight storage container or resealable plastic bag, combine celery, carrots, onion, garlic, chili powder, oil, cumin, salt, and pepper. Cover or seal and chill for up to 24 hours. Place beans in a separate airtight storage container or resealable plastic bag. Cover or seal and chill for up to 24 hours.

2. Stir in the spinach, roasted red peppers, and 2 tablespoons of the green onions. Spread the cheese vegetable mixture evenly into a 1-quart ovenproof shallow dish or a 9-inch pie plate. Sprinkle with the remaining 2 tablespoons grated Parmesan cheese.

3. Bake the dip, uncovered, for 15 to 20 minutes or until the edges are bubbly and the mixture is heated through. Sprinkle with the remaining 2 tablespoons green onions. Serve with red and/or yellow sweet pepper strips.

Makes 2 ¼ cups.

NUTRITION FACTS PER SERVING:

Calories: 386 Fat: 16g Carbohydrates: 53g
Fiber: 17g Protein: 13g Sodium: 330g

TURKEY AND BEAN CHILI

SERVING SIZE: 1 2/3 CUPS, SERVINGS PER RECIPE: 8



Ingredients:

- 2 stalks celery, thinly sliced
- 2 medium carrots, thinly sliced
- 1 medium onion, finely chopped
- 3 cloves garlic, minced
- 2 tablespoons chili powder
- 1 tablespoon olive oil
- 2 teaspoons ground cumin
- ½ teaspoon salt
- ½ teaspoon ground black pepper
- 2 15-ounce cans dark red kidney beans, rinsed and drained
- 1 pound uncooked ground turkey breast
- 5 14 ½-ounce cans no-salt-added diced tomatoes, undrained
- 1 4-ounce can diced green chile peppers (optional)
- ½ cup reduced-fat shredded cheddar cheese (optional)

1. In an airtight storage container or resealable plastic bag, combine celery, carrots, onion, garlic, chili powder, oil, cumin, salt, and pepper. Cover or seal and chill for up to 24 hours. Place beans in a separate airtight storage container or resealable plastic bag. Cover or seal and chill for up to 24 hours.

2. In a 6- to 8-quart Dutch oven, combine vegetable mixture and turkey. Cook until turkey is no longer pink and vegetables are tender, stirring occasionally to break up turkey. Stir in beans, undrained tomatoes, and, if desired, chile peppers. Bring to boiling; reduce heat. Cover and simmer for 20 minutes, stirring occasionally.

3. If desired, sprinkle individual servings with cheese.

NUTRITION FACTS PER SERVING:

Calories: 232 Total Fat: 3g (1g sat. fat)
Cholesterol: 23mg Sodium: 502mg
Carbohydrates: 34g Fiber: 12g Protein: 23g

BLACK BEAN SWEET POTATO CHILI

SERVING SIZE: 2 CUPS, SERVINGS PER RECIPE: 6



Chili Ingredients:

- 1 large onion, diced
- 1 medium sweet potato, cubed
- 2 Tablespoons olive oil
- 5 cloves garlic, diced
- 2½ Tablespoons chili powder
- 1 Teaspoon cumin
- ½ Teaspoon cayenne pepper
- 4 cups low sodium vegetable broth
- 1 14.5oz can of tomatoes
- 2 15oz cans of reduced sodium black beans or 1 cup dried beans, cooked
- ½ cup uncooked quinoa

Garnish Ingredients:

- 2 limes, sliced into wedges
- 2 avocados, cubed
- 1 bunch fresh cilantro, chopped

1. Sauté onions and sweet potatoes with oil in a large pot until onion is softened and semi-translucent, about 5 minutes.
2. Add garlic and spices to onion mixture, mix well.
3. Rinse and drain beans. Add beans with the remaining ingredients and stir well.
4. Bring pot to a boil and then reduce to a simmer. Cook for 30 minutes or until the sweet potatoes are soft and it has thickened slightly.
5. Garnish with fresh cilantro, lime wedges, and avocado just before serving.

Notes:

- This recipe doubles and freezes nicely.
- A dollop of plain Greek yogurt can tame the heat if it is too spicy for some.

Nutrition Facts Per Serving:

Calories: 386 Fat: 16g Carbohydrate: 53g Fiber: 17g
Protein: 13g Sodium: 330g

BAKED CHICKEN TENDERS

SERVING SIZE: 3 TENDERS, SERVINGS PER RECIPE: 4



Ingredients:

- 4 skinless, boneless chicken breast halves (1 to 1¼ pounds total)
- 2 egg whites, lightly beaten
- 1 teaspoon finely shredded lemon peel
- ½ cup seasoned fine dry bread crumbs
- ¼ cup finely shredded Parmesan cheese
- ¼ cup low-calorie barbecue sauce (optional)

1. Preheat oven to 400°F. Lightly coat a large baking sheet with nonstick cooking spray; set aside. Cut each chicken breast half lengthwise into three strips.
2. In a bowl, beat together egg whites, 1 tablespoon water, and lemon peel. In another bowl, stir together bread crumbs and cheese. Dip chicken in egg mixture, then in crumb mixture, turning to coat. Arrange strips on baking sheet. Lightly coat strips with cooking spray.
3. Bake 15 minutes or until chicken is no longer pink (170°F), turning once halfway through baking.

Nutrition Facts Per Serving:

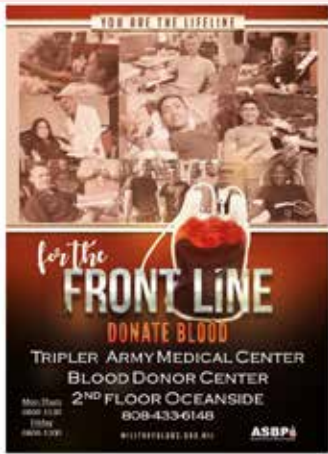
Calories: 207, Total Fat: 3g (1g sat. fat),
Cholesterol: 70mg, Sodium: 534mg

CHICKPEA COOKIE DOUGH DIP

- 1 can chickpeas
- ⅓ cup creamy peanut butter
- 2 tablespoons maple syrup
- ¼ teaspoon vanilla
- 1 tablespoons almond milk
- 2 tablespoons chocolate chips

Add all ingredients (except almond milk and chocolate chips) to a food processor and process until smooth. Scrape down sides as needed. Use almond milk to thin out mixture as needed. Fold in chocolate chips and store in refrigerator. Serve chilled with pretzels or graham crackers.

UPCOMING OBSERVANCES



January is Blood Donor Month

Since 1962, the Armed Services Blood Program has served as the sole provider of blood for the United States military. As a tri-service organization, the Armed Services Blood Program collects, processes, stores and distributes blood and blood products to Soldiers, Sailors, Airmen, Marines and their Families worldwide.

As one of four national blood collection organizations trusted to ensure the nation has a safe and potent blood supply, the Armed Services Blood Program also works closely with our civilian counterparts by sharing donors on military installations and blood products in times of need to maximize the availability of this national treasure.

During the holiday season, the Armed Services Blood Program faces blood collection challenges due to deployments and holiday block leave. Many medical conditions, medications and travel destinations also prevent people from donating blood on a temporary or indefinite basis.

To help meet holiday storages, donate today at the Tripler Blood Donor Center, 2nd floor Oceanside entrance, Monday through Thursday, 8 a.m. – 3:30 p.m. and Fridays 8 a.m. to 12 p.m. All blood types are needed, especially O-negative. For more information or to schedule an appointment to donate, please visit www.militaryblood.dod.mil or call the Tripler Blood Donor Center at 808-433-6148.



February is Heart Health Month

Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Clinicians, here's your go-to guide for talking to patients about self-measured blood pressure monitoring:

<https://millionhearts.hhs.gov/tools-protocols/smbp.html>



March is National Nutrition Month

Did you know that nutrition plays a major role in brain health? A growing body of evidence links foods, such as those in the Mediterranean diet, with better cognitive function, memory and alertness. www.eatright.org/health/wellness/healthy-aging/memory-boosting-foods

- Vegetables, especially cruciferous ones including broccoli, cabbage and dark leafy greens, may help improve memory. Berries also are a rich source of anthocyanins and other flavonoids that may boost memory function.
- Omega-3 essential fatty acids may help improve memory in young adults. You can get this type of fat through seafood, especially fatty fish such as salmon, bluefin tuna, sardines and herring as well as from fish oil, seaweed or microalgae supplements.
- Walnuts also are high in omega-3 essential fatty acids. They are known to positively impact heart health and may also improve cognitive function.



Visit the TAMC 360 on the intranet for the latest announcements by staff:
<https://tamc-sp.med.ds.osd.mil>



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TAMC on DVIDS <https://www.dvidshub.net/unit/TRIPLER-AMC>



Looking to get the word out?

Check out the "PAO 101" on the PA Portal here,
<https://sp.tamc.amedd.army.mil/mchk-cg/mchk-pao/default.aspx>



VA Office of Small and Disadvantaged Business Utilization

DIRECT ACCESS

PROGRAM EVENT

Providing VA and DoD Facilities Direct Access to Products and Services that Enhance Patient Care

ALL STAFF INVITED!

Hosted by the

Tripler Army Medical Center

And

VA Pacific Islands Healthcare System

Honolulu, HI

Wednesday, February 20, 2019

3F Lanai Breezeway

9:30AM-1:30PM

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For more information please contact:

Andrew Freeman / andrew.freeman2@va.gov and LTC Ronald Acquino / Ronald.Aacquino2.mil@mail.mil



GOVERNMENT EXPO - Logistics Support Team to VAMC Direct Access Program
305-357-7449

FREE

Prenatal Yoga Class

for pregnant women of any gestation

Hosted by the Department of OB/GYN

Starting January 2019

1000-1100

5th Floor Classroom 5A-025

Every 2nd Monday of the month
(except Federal holidays)

No cost | No sign-up/appointment needed

Please wear comfortable clothes
and bring a yoga mat and water



TRIPLER ARMY MEDICAL CENTER

EDISON MEDICAL DESIGNER SCRUBS

RETAIL STORE

NEW! SCRUB AIR

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NEW!!
SCRUB AIR
\$39.00 PER SET
XXS - 3XLG ONLY

3 or 4 Pocket V-neck top, pants are
1/2 elastic/drawstring on the front
with cargo pockets. 65%poly/35%cotton

15 COLORS to choose from: sizes XXS - 3XLG

Tripler Army Medical Center

(LOCATED) 1st floor Mauka Side, E-Wing
Honolulu, Hawaii

MONDAY-THURSDAY 10-4 FRIDAY 7-1

BLACK HISTORY MONTH

FEBRUARY 2019



BLACK MIGRATIONS





Tripler Year-in-Review 2018



In January, TAMC primary care clinics offered "Mumps Outbreak Vaccines" to staff and patients meeting criteria due to an increasing amount of mumps cases across the state.



The Tripler Labor & Delivery Unit hosted the 1st TAMC Baby Expo for families to learn more about the many resources available at Tripler, Jan. 13.



On Jan. 26, the TAMC Army Nurse Corps was recognized by the state during a proclamation signing.



Guest Wi-Fi went operational at TAMC on Mar. 15, one of the very first military treatment facilities to get an approved solution in place.



On Mar. 29, TAMC officially opened the doors to its new pediatric specialties clinic.



The TAMC Simulation Center offered the first specialized 'operational medicine' course to residents, interns in April.



On Apr. 5, CSM Neufville assumed responsibilities as Tripler's most senior enlisted advisor.



The Oncology Department hosted the 12th annual "Oncology on Canvas" event for patients and families to create works of art along with narratives to help express their cancer journeys on Apr. 20.



On May 9, DOHET graduated 10 Health Occupation Students of America from Waianae High School.



(Left) At closing time on May 9 outside the Tripler Blood Donor Center there were people standing in line, sitting in the hallways, and calling for information to find out how to donate blood to help a mother in need of blood following childbirth. We had such an overwhelming response of support from our military community that we extended the blood drive for two days and were able to collect over 170 whole blood units to not only save the lives of other patients at Tripler but to support warfighters in contingency operations around the world.



TAMC honored the 2018 graduating class of health care professionals during the Graduate Professional Health Education Commencement, June 15.



Tripler welcomed the Army Surgeon General, June 19.



COL Krueger assumed command, July 10.



Tripler conducted a MASCAL exercise, July 12, as part of a statewide coordinated response to a humanitarian and disaster relief event during the 2018 Rim of the Pacific exercise.



On Sept. 21 the Army gained 17 EFMB special-skills Soldiers in the Pacific, five from Tripler.



An NCO Induction Ceremony was held on Oct. 11 to recognize 20 newly promoted NCOs, as part of the Enlisted Professional Development Week hosted by CSM Neufville.



In Nov. the TAMC Warrior Transition Battalion hosted the 2nd annual adaptive sports competition for wounded warriors.



TAMC chaplains led a memorial service for staff to honor former Pres. George H.W. Bush on the National Day of Mourning, Dec. 5.



In December, the TAMC Simulation Training Center earned its reaccreditation from the American College of Surgeons as a comprehensive education institute, as well as, a re-endorsement to serve as a simulation education network site by the American Society of Anesthesiologists.



On Dec. 14 the TAMC Troop Battalion selected the NCO and Soldier of the Year to best represent Tripler and the Army Warrior Ethos. Congrats to SGT Ryan Jackson and to the Soldier of the Year, SPC Vanessa Ocampo!!