



NMTSC /Fort Sam Houston, San Antonio, TX

OMBUDSMAN NEWSLETTER

May 2016



MILITARY APPRECIATION MONTH



Coffee with the Captain!

Join us 20 May @ 1300 in building 903 for Coffee with the Captain. Come to mingle, get to know us, or just grab some coffee! We would love to see you there!



Important Resources:

Family Advocacy Program (FAP):

FAP, provides clinical assessment, treatment and services for military members and their families involved in allegations of domestic abuse and child abuse. The goals of victim safety and well-being and offender accountability form the basis of the clinical provider's work in responding to allegations of domestic abuse and child abuse.

Command Contact: ETCS Phillips joshua.c.phillips.mil@mail.mil
National Domestic Violence Hotline at 1-800-799-SAFE
http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program/family_advocacy.html

Fleet and Family Support Programs:
http://www.cnic.navy.mil/ffr/family_readiness/fleet_and_family_support_program.html

Command Drug and Alcohol Program (DAPA) Contact:

DAPA phone: (210) 560-4647

May is military appreciation month. Please take the time to thank those who have served both past and present. The sacrifices that are made by their dedication to our country is something that should never be forgotten.

Here are some events and activities that are taking place during the month of May. We hope you are able to go out and enjoy some of the events. Thank you all for your service!

Armed forces parade at the riverwalk 21 May 2016 from 6:00pm to 7:00 pm for more details see: <http://www.thesanantonioriverwalk.com/events/americas-armed-forces-river-parade>

San Antonio Zoo: Free to active duty and half off for immediate family members (up to 4 tickets) for the month of May. <https://sazoo.org/sazoosalutes/>

Schlitterbahn: Free for active duty during Heroes week (May 30 to June 5) and half off for immediate family members for details see link: http://www.schlitterbahn.com/getmedia/02b785f2-774b-442d-acda-09298164bf9a/AHW_Poster_8-5x11_16.pdf.aspx

Possible freebies or discounts check military.com: <http://www.military.com/discounts/military-appreciation-month>

NATIONAL ASIAN AND PACIFIC AMERICAN HERITAGE MONTH

Experience Asian and Pacific Island cultures through various events around San Antonio.

For a listing of events taking place throughout San Antonio in awareness of Asian and Pacific American month please see: <https://www.sanantonio.gov/DepartmentNews/>

TabId/1439/ArtMID/6798/ArticleID/3340/Celebrate-Asian-Pacific-Heritage-Month-at-the-San-Antonio-Public-Library.aspx

Events at the San Antonio public library: <https://mysapl.wordpress.com/2016/04/27/may-is-national-asian-pacific-american-heritage-month/>

Memorial Day

Safety Tips



Fire

- Never leave a grill unattended.
- Have a fire extinguisher ready.
- Clean off any excess grease.

Food

- Keep hot food heated until served.
- Keep cold food on ice or refrigerated.
- Cover all dishes to keep insects away.

Sun

- Wear a hat and sunglasses.
- Use sunscreen with an appropriate SPF.
- Reapply sunscreen when swimming.

Travel

- Prepare your car for road trips.
- Plan your route ahead of time.
- Never drive after drinking.



First Annual Asian Pacific Islander Celebration May 14: <http://tradersvillage.com/san-antonio/events/asian-pacific-islander-celebration>



Ombudsman Questions or Concerns?

Contact Carrie Deza or Cynthia Fernandez (210) 413-6973 or nmtsc.ombudsman@gmail.com
 Join our Facebook group Ft Sam Houston - NMTSC Ombudsman