



"We build Strong Kids, Strong Families and Strong Communities"

STORK'S NEST

PSC 482
FPO AP 96362

DSN: 643-5431
DSN: 643-7120

Commercial: 011-81-611-7+ last 6 digits of phone #

Purpose:

- The Stork's Nest provides free, temporary housing for off-island, high –risk pregnancy patients, parents of infants in the Neonatal Intensive Care Unit (NICU), or children in the Intensive Care Unit (ICU), family members of critical patients in the ICU are considered on a case-by-case basis.

Scope:

- The Stork's Nest consists of four cottages (Building 6051, 6052, 6062 and 6063) and four BOQ suites. The Stork's Nest cottages are located adjacent to the blood donor center behind the U.S. Naval Hospital, Okinawa (USNHO). Two couple's cottages (6051, 6062) are equipped with four bedrooms. Two family cottages (6052 and 6063) can house 4 families. Each cottage has a communal living room, kitchen, dining area, and laundry facilities with a washer and dryer. There is one bathroom for every two bedrooms. The BOQ also has two couple's suites that are equipped with one bedroom, one bathroom, a private living room, kitchen, and dining area. The BOQ also has two family suites that are equipped with two bedrooms, two bathrooms, a private living room, kitchen and a dining area. There is a BOQ laundry facility with washers and dryers located at the end of the suite's hallway.
- Due to limited space and health considerations, children are only allowed to reside in a designated family cottage, to be specified by the Stork's Nest manager; and only a maximum of two residents per room are allowed.
- Infants who are discharged from the hospital pending a flight date may stay with their parent(s) in their designated cottage for up to 8 days to meet follow-up appointments and travel requirements. All Japanese airlines require a child to be 8 days old to fly.
- Accommodations are available on a first-come, first-served basis; and reservations are required.
- Patients that are on bed rest must have a non-medical attendant or stay as an inpatient at the hospital.

Responsibilities of the non-medical attendant include:

- Transport the patient to and from appointments, as well as being available to provide immediate transport in case of an emergency. Bed rest outpatients should not be left alone.
- Non-medical attendants assist the patient by living with and accompanying the patient during all phases of stay, including: meal assistance, shopping, laundry, assisting the patient in taking prescribed medications, assisting the patient in monitoring body temperature for fevers, and possibly assisting the patient with operating medical equipment as an outpatient.
- Non-medical attendants also assist by maintaining the apartment as a clean and sanitary environment.
- Non-medical attendants provide emotional and psychological support, acting as a “coach” for the patient. Due to the stressful nature of the birthing process, emotional and psychological support is provided to all individuals involved in the process, on an “as needed” basis by the USNHO Staff. Please ask any staff member for a referral.

Arrival to Okinawa via Naha International Airport:

- **Normal working hours (0730-1630):**
 1. If a patient is coming via Naha International Airport, the patient will be picked up by the USNHO duty driver if prior arrangements have been made through the Aerovac office. The referring facility should provide USNHO with an itinerary prior to arrival. Please ask for specifics from the Aerovac office.
 2. If prior arrangements have not been made for pickup, the patient may take a taxi from the airport to USNHO (Approximately ¥5000).
 3. Upon arrival to the USNHO, you must check in at the Labor and Delivery Unit.

4. From Labor and Delivery, check in with the Aerovac office.
 5. Once checked in with Aerovac, contact the Stork's Nest Manager at 643-7120 (office), 643-5431 or cellular 080-2700-5397.
- **After working hours (1630-0730):**
 1. If a patient is coming in via Naha International Airport, the patient will be picked up by the USNHO duty driver if prior arrangements have been made through the Aerovac office. The referring facility should provide USNHO with an itinerary prior to arrival. Please ask for specifics from the Aerovac office.
 2. If prior arrangements have not been made for pick up, the patient may take a taxi from the airport to USNHO (Approximately ¥5000).
 3. Upon arrival to USNHO, you must check in at the Labor and Delivery Unit.
 4. From Labor and Delivery, go to the Quarterdeck (information desk in the front lobby). A sealed information packet will be available with the patient's name on it. In the envelope will be a list of important contact numbers, a check-in sheet, informational material, and two keys (one for the front door of your building and one for your bedroom). The Officer of the Day (OOD) will escort the patient to their cottage via duty driver and command vehicle.
 5. The following day, the Stork's Nest Manager will be able to assist you.

Arrival to Okinawa via Aerovac (Kadena Air Force Base):

- **Normal working hours (0730-1630):**
 1. The Medevac crew will escort you to USNHO to be seen by Labor and Delivery.
 2. From Labor and Delivery, check in with the Aerovac office.
 3. Once checked in with Aerovac, contact the Stork's Nest Manager at 643-7120 (office), 643-5431 or cellular 080-2700-5397.
- **After working hours (1630-0730):**
 1. The Medevac crew will escort you to USNHO to be seen by a Labor and Delivery doctor.
 2. From Labor and Delivery, go to the Quarterdeck (information desk in the front lobby). A sealed information packet will be available with the patient's name on it. In the envelope will be a list of important contact numbers, a check-in sheet, informational material, and two keys (one for the front door of your building, and one for your bedroom). The Officer of the Day (OOD) will escort the patient to the Stork's Nest via duty driver and command vehicle.
 3. The following day, the Stork's Nest Manager will be able to assist you.

Frequently Asked Questions:

What documentation must I bring with me?

Birth Registration and Passport Office:

1. Proof of parent(s) U.S. Citizenship (one of the following):
 - a. U.S. Passport
 - b. U.S. birth certificate (must be the original. A copy will not be accepted).
 - c. U.S. naturalization certificate
 - d. U.S. consular report of birth abroad, FS form 240
2. Marriage Certificate (Must be the original; A foreign marriage certificate must have an English translation)
3. Divorce/Annulment Decrees (Must be the original)
4. \$100 money order for birth registration (made payable to U.S. Embassy)
5. \$105 money order for U.S. Passport (made payable to U.S. Embassy) or a no-fee passport request (DD Form 1056) from your personnel office.
6. Passport photo (service offered by USNH birth registration office)
7. Affidavit of paternity (if needed)

Contact Information: DSN 643-7516, Commercial: 011-81-611-743-7616 or via email at NHOKiBirthReg@med.navy.mil

How much does it cost for lodging?

Lodging to Stork's Nest cottage is provided FREE of cost with a one-time deposit which will be returned via mail upon checkout completion and key return. Please note that if your check-out list is not completed, the deposit will not be returned. That includes disposing of all food. If you arrive without a reservation, and space is not available, you may be referred to a local base lodge until space becomes available. Costs for the lodge are reimbursable by the active duty funded TAD orders will be housed at BOQ Stork's Nest at Camp Lester.

A reservation for BOQ Stork's Nest lodging is required. Reservation can be coordinated through TBF reservation desk at the WESTPAC lodge, DSN: 645-2455 or through Stork's Nest manager. Rates vary; family room is \$40 per day; and room for a couple is \$30 per day.

What should I pack?

The weather in Okinawa is fairly tropical. Spring and summer are warm and humid. Summer clothes are recommended (shorts, t-shirts, short sleeves). Fall and winter are relatively cool. Long pants and a light sweater or jacket are encouraged. A washing machine and dryer are provided in each cottage for light packing. There is no charge for use of the laundry facilities.

What is provided in my quarters?

The living quarters include:

- A. For single adults:
 1. One private bedroom per single couple, which includes:
 - a. One full size bed
 - b. Small refrigerator
 - c. DVD player, VCR player
 - d. Telephone and answering machine
 - e. Towel and sheets
 - f. Two dressers
 2. Two bedrooms share one bathroom.
- B. For Families:
 1. Two private bedrooms per family
 2. One bathroom per family
 3. There is a communal living room area, which includes:
 - a. Sofa and loveseat
 - b. Television with cable service
 - c. Internet connection
 4. Dining Area
 5. Full kitchen which includes:
 - a. Stove and oven
 - b. Full-size refrigerator
 - c. Microwave and toaster
 - d. Coffee Maker, Blender
 - e. Silverware and cooking utensils
 - f. Pots and pans (also baking pans)
 6. Laundry Room, which includes:
 - a. Washer
 - b. Dryer

Household goods such as toilet paper, laundry detergent, and paper towels must be provided by the resident.

What about transportation?

On-base taxi service is available 24-7

- From base: 637-5900
- Local dial: (098)946-5477

The Green Line is a free weekly bus service that offers transportation from Camp Lester to Camp Foster, Marine Corps Base. A bus schedule is located in front of the UNSHO, beside the Pharmacy/ATM entrance. Waiting area for the green line bus is located outside the hospital emergency side by the gazebo area.

Will meals be provided?

Meals are **NOT** provided daily. Dinners are prepared and delivered to the Stork's Nest residents occasionally through volunteer organizations. Meals should be prepared by the individual residing at the Stork's Nest. Residents are encouraged to utilize the galley at the USNHO or prepare their own meals in the cottage.

Will I be able to contact my family?

Phones are available in each room. Residents may make local base to base phone calls at no cost; however, in order to make a call off base or long distance, you must use a calling card. Calling cards are available at the BX, PX and/or Shoppette.

Is Internet service available?

YES, each cottage has internet in the living room for all the residents to share.

Once I have my baby, when can I return home?

Once a resident has her baby, the baby **MUST** be 8 days old before he/she can fly. The resident and her child can stay at the Stork's Nest, awaiting their departure date.

Can I receive mail?

The Stork's Nest Manager picks up the mail daily. Packages and cards can be sent to:

Stork's Nest

c/o (your name)

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Also, if a resident would like to send packages or letters home, you can take your items to the Post Office. Shipping to and from mainland Japan via MPS (Military Postal Service) is free of charge.

How will I get back home?

- Upon discharge from the USNHO, the resident will check-out with the aerovac office to get flight information. 643-7605 or 643-7608.
- **Departure from Okinawa via Naha International Airport:**
Upon departure from the Stork's Nest, the resident should be prepared to use a taxi to be transported to the airport. The fee is approximately ¥5000. Ask for a receipt.
- **Alternate Transportation:**
Westpac Shuttle to Naha: 645-7516, no reservation required, arrive 15 min early:
Individual \$10.00
Family of three or more \$25.00
Runs every day except Sundays at 6, 8, 10am and 12pm

Shogun Inn (Kadena) shuttle to Naha 632-1010: Free
Runs every day except holidays, please call for show time.

ANY SHUTTLE RESERVATIONS NEEDED FOR LATER THAN 1200 NOON NEED TO BE MADE 48 HOURS IN ADVANCE BY CALLING 645-7516. SCHEDULE MAY CHANGE BASED UPON RIDERSHIP AND TRAFFIC.

What child care services are available if I bring my children with me?

This is a list of child care services in the area. The non-medical attendant is responsible to provide the child's transportation to and from the facilities. Please call ahead to make sure that space is available, as openings may be limited.

Lester Preschool (Camp Lester)	645-8419
Before and After School Program (Kadena)	634-0202
Child Development Center (Camp Foster)	645-3846 or www.mccsokinawa.com
Family Child Care Services (Kadena)	634-3464 or www.18services.com
Niko Niko (Kadena)	634-5263 or www.18services.com
Shima Noko Preschool (Kadena)	632-0265 or www.18services.com
Wakaba Child Care (Kadena)	632-7420 or www.18services.com

Stork's Nest Cottage Rules:

- 1. Alcohol, smoking and pets are prohibited in the cottages.**
2. Children are allowed to reside at the Stork's Nest in designated cottages only. The non-medical attendant will assume full responsibility for children staying in the Stork's Nest. If the non-medical attendant cannot provide child care, alternate arrangements must be made. If the non-medical attendant must return to their homeport, the children will not be allowed to remain in the Stork's Nest.
3. A one-time deposit is as follows: E1-E3 (\$20); E4-E6 (\$30); E7 & above (\$50). Please note that if your check-out list is not completed, the deposit will not be returned. That includes disposing of all the food.
4. Cleanliness of the room, bathroom, living room, and kitchen areas are the responsibility of the residents.
5. Laundry facilities are provided for the resident's use. Laundry service is not provided.
6. Residents must prepare their own meals. Clean dishes, stove, table, microwave and kitchen thoroughly after each use. **DO NOT LEAVE DIRTY DISHES IN SINK OVERNIGHT.** Volunteers donate prepared meals when available. Residents should be prepared to purchase their own food and ALL other necessary supplies, including toiletries, kitchen napkins, etc. Residents may also eat at the hospital cafeteria. Daily cleaning is important due to age of the cottages; this will help prevent insect or rodent habitation.
7. *Each resident is responsible* for their own transportation to and from the hospital, Commissary, Exchange, etc.
8. The Stork's Nest Manager will make weekly visits to the building to provide assistance and assess conditions. Other personnel on official business may visit the buildings occasionally. Every attempt will be made to call and notify residents prior to visits. All personnel will knock before entering buildings or use their key to enter.
9. Proper attire must be worn in the common areas at all times. Residents should be prepared for visitors while in the common areas.
10. Quiet hours are from 2100-0730. Radios and televisions must be kept at a low level volume.
11. Please familiarize yourself with the cottage rules and typhoon procedures posted in the cottage.

12. Violation of rules will result in a warning. Residents will be required to find alternative billeting if they commit 3 violations.
13. In order to check out of billeting, you MUST notify Stork's Nest Manager of departure date.
14. Dispose of ALL food in the refrigerator and cabinets.
15. Vacuum and clean bedroom and bathroom.
16. On the day prior to your departure, you must wash all towels.
17. DO NOT FORGET TO RETURN ISSUED KEYS
18. Any of the above not done will result in the loss of your deposit.
19. Report general maintenance to the Stork's Nest Manager, on weekdays from 0730-1630 at 643-5431 or 643-7120. For maintenance emergencies after hours or on weekends, contact the Chief of the Day (COD) or Officer of the Day (OOD) at 643-7555.
20. Residents may also contact the Stork's Nest Manager at cellular phone (080) 2700-5397 if there are any questions or concerns.
21. The resident is responsible to replace any items that a family member breaks, or the sponsor's command will be contacted for repayment.
22. A/C units are to remain on at all times. They are pre-set at 21c degrees; the temperature is not to be adjusted for any reason. This is to help prevent mold and mildew from collecting in the cottages. Any adjustments will be considered a violation leading to a warning.
23. Dehumidifiers are to run at all times. If the water tank is full, it should be emptied.
24. Bug spray, abrasive cleaning products or burning of any incense, and candles are prohibited in the Stork's Nest. This is for the safety of all residents, pregnant mothers, and babies/children staying in the cottages.
25. All residents must provide a copy of their TAD/TDY orders upon arrival to the Stork's Nest Manager.
26. Mold: If you see mold in your cottage, please contact the Stork's Nest Manager. After contacting the manager, please clean the mold off with soap and water. Make sure that you wipe up the area well after cleaning.

There are no exceptions to the above stated rules. This is for the health and safety of residents and their babies. Residents will be notified of any violations.

Important Phone Numbers:

USNHO:

Quarterdeck:	643-7555
Obstetrics & Gynecology	643-7267
Labor & Delivery	643-7597
Neonatal Intensive Care Unit	643-7520
Postpartum/Recovery	643-7469
Aerovac	643-7608
Birth Registration	643-7516
Pediatric Clinic	643-7561
Case Managers:	643-7691
	643-7582

Stork's Nest: M-F 0730-1630

Office: 643-5431

Office: 643-7120

Cellular: (080)2700-5397

All numbers are DSN, unless otherwise noted

To call on-base from off-base: dial 098-911-5111 and then dial the DSN number

To dial off base you must use a calling card: 99 + number

For on-base Emergencies, please dial 911

For off-base emergencies, or if dialing from a cell phone, please dial: 098-911-1911