



NMCRS Portsmouth

Together We Can Make A Difference

As you walk the halls of the Naval Medical Center, or the narrow passageways on a ship, you pass by many fellow service members or their families and share a simple greeting. But, unbeknown to you, some days you may have walked by somebody who was in need and received help from their local Navy Marine Corps Relief Society (NMCRS). The society staff and volunteers love to make a difference in the lives of service members and their dependents. Certainly, we made a difference in the young life of Addison Sanhueza, now 9 months old.

When she was only 7 months old Addison's parents, HM3 Diego and Jessica Sanhueza, were told that due to a medical condition she was in need of a cranial helmet. It is difficult for most of us to imagine how overwhelming this would be to these young first time parents. Diego and Jessica investigated the costs of obtaining this medical device for their

child and discovered that cranial helmets can range in price from \$1500-\$2500. For many hard-working families, this is a prohibitive out-of-pocket cost that many insurance companies don't cover. Thankfully, the

helmet, she needed to have it before she turned 12 months old. The Sanhuezas knew that they didn't have time to appeal this need with their insurance company – they needed to act fast if Addison was to get the



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HM3 Sanhueza

help she required. The Sanhueza family came into the Portsmouth office with their request, they completed their budget and paperwork and were approved for assistance for Addison's cranial helmet in a little over an hour. According to HM3 Sanhueza, his family's experience with

NMCRS Portsmouth was "awesome." Little Addison Sanhueza has had her cranial helmet for a couple of months now, and her father declared that it was "a blessing to get help. I would recommend NMCRS to anybody. This was the greatest experience for our family." Without the

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team at the Pediatric Development Clinic, and the team at NMCRS Portsmouth know how to partner to accomplish great things for the sake of our service members and dependents.

In order for young Addison to benefit from the

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team effort of the pediatric development clinic, NMCRS Portsmouth and the NMCRS visiting nurse program, perhaps the Sanhueza family would have walked away overwhelmed by their situation with no solution in sight. Thanks to Service members and their donations NMCRS is able to provide assistance to families such as these.

In 2007, during the annual Active Duty Fund Drive, Service members and their families in the Portsmouth sub-area, raised almost \$77,000 dollars. Although the Portsmouth office is in the hospital, our client base includes service members from a variety of duty stations. Any eligible service member and dependents are welcome to make a request at any of the Hampton Roads Area NMCRS offices. The Portsmouth office completed a total of 779 cases last year, distributing approximately \$417,000 in interest free loans and grants to military members. NMCRS is available to assist service members with emergency travel needs, car repairs, dental costs, basic living ex-

penses, medical assistance and various other needs.

Recently the Society launched the QAL (Quick Assist Loan) program, primarily to offer Service members another solution to payday lenders. Service members who are eligible can receive up to \$300 as an interest free loan, with up to a 10-month repay. NMCRS is available to assist with more than financial emergencies. Even if no financial assistance is needed, we are happy to help service members construct their own budget at any time. We also offer Budget for Baby classes twice a month to help families financially prepare for the arrival of their newest family member, and present them with babies first Seabag. We invite you to partner with us in making a difference. You are welcome to call the Portsmouth NMCRS office at (757) 953-9596 or log on to www.nmcres.org for more information.



"It was a blessing to get help."

HM3 Sanhueza

Written by Angela Nezat & Rosslyn Weigelt

Welcome Aboard Laura!



I would like to welcome our new Portsmouth NMCRS Visiting Nurse, LAURA TRAVIS. Laura is the wife of a retired 30-year career naval officer and has 2 grown children. Their son is at the United States Naval Academy in his final year and hopes to become a medical Physician. Their daughter will go off to college this year in hopes of becoming a history teacher.

Laura herself has a background in childbirth education, labor and delivery, medical-surgical, and home care. She has recently been volunteering for health-related charities to keep her nursing skills up while raising their children. Laura also has worked as a hospital nurse in the navy, prior to focusing on motherhood.

We are happy to have Laura join the NMCRS Portsmouth team. Her happy face and her willingness to lend a hand are an asset to the Society & the Visiting Nurse Program.

Back to Sleep-Tummy to Play Better Heads-Stronger Bodies



The American Academy of Pediatrics recommends that all infants sleep on their backs to reduce the risk of Sudden Infant Death Syndrome (SIDS).

The number of infant deaths from SIDS has greatly decreased; HOWEVER, the incidence of plagiocephaly (misshapen head) and delays in gross motor skills has greatly increased.

Plagiocephaly can be managed, and even prevented, by changing an infant's position on a regular basis. When the child is awake, SUPERVISED tummy time is extremely important!! While the infant is awake on his/her stomach, he/she will move the head and vary the time and pressure that is placed on moldable skull bones.



Make sure the head faces in a different direction each time he/she is placed on their stomach.

Tummy time is also extremely important to a child's development. The infant will develop neck, back, and arm strength while lying on the stomach. Some infants will not like being on their tummy initially, but keep placing them on it for short, but frequent, periods of time. They will quickly adjust if this is started in the first few weeks of life.

If a baby's head shape is concerning to the parents or health care professionals, cranial technology can assist with an individualized helmet that can assist in reshaping a baby's head.



How It Works

The device usually consists of an outer plastic shell with a foam lining. Mild pressures are applied to capture the growth of an infant's head, holding growth in the prominent areas and encouraging it in the flat regions. Adjustments are made to the band weekly or bi-weekly. Length of treatment depends on the age of the infant and severity of the condition. Because no two heads are identical, each patient's treatment is customized.

Information obtained from the Naval Medical Center Portsmouth and www.cranialtech.com



Volunteer Awards Luncheon—May 2nd, 2008

This year we will gather at the **Nansemond River Golf Club** to honor all Portsmouth NMCRS Volunteers. Please mark your calendar and plan to be there—you won't want to miss it! **Friday May 2nd at 11:30 a.m. RSVP**

Deadline Friday 18 April

Casting Call for Awards Ceremony. It's your turn on the red carpet! If you volunteer for the Portsmouth office in any capacity, please come by the office during the **first week of April** to have your picture taken in the "Director's Chair".



Irish Cheddar and Stout Fondue

A meatless yet rich dish that would make a perfect appetizer for St. Patrick's Day dinner.



Prep: 30 min. **Total:** 45 min.

Servings: Makes 6 first-course servings.

Ingredients:

- 2 c red-skinned potatoes, halved
- 2 c cauliflower florets
- 2 c very small brussels sprouts
- 2 apples, cored, cut into wedges
- 1 lb Irish cheddar cheese, grated
- 2 1/2 tbsp all purpose flour 3/4 c (or more) Irish stout (such as Guinness)
- 6 tbs frozen apple juice concentrate, thawed
- 1 tbsp Dijon mustard

Steam all vegetables until tender, about 15 minutes. Arrange vegetables and apples around edge of large platter.

Meanwhile, toss cheese with flour in large bowl. Bring 3/4 cup stout, juice concentrate, and mustard to simmer in large saucepan over medium heat. Gradually add cheese mixture, stirring constantly, until cheese is melted and smooth, thinning with more stout, if desired. Season to taste with salt and pepper. Transfer fondue to bowl. Place in center of platter with vegetables.

Source: www.epicurious.com

Market tip

Sharp white cheddar is a great substitute for the Irish cheddar.

Easy Lemon Cake

INGREDIENTS

- 1 (18.25 ounce) package yellow cake mix
- 1 (3 ounce) package lemon flavored gelatin
- 3/4 cup vegetable oil
- 4 eggs
- 3/4 cup water
- 1/4 teaspoon lemon extract
- 1 cup confectioners' sugar
- 4 tablespoons lemon juice

DIRECTIONS

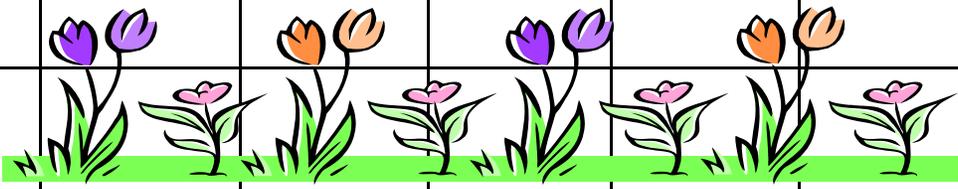
1. Combine gelatin mix and cake mix. Mix well.
2. Add next 4 ingredients - oil, eggs, water and lemon extract. Mix lightly.
3. Bake according to instructions on back of cake box.
4. To Make Frosting: Combine confectioners' sugar and lemon juice.

When cake is done, and while still hot, ice with frosting.

Source: www.allrecipes.com



March 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2			5	6	7	8 Daylight Savings Time begins
9	10	11	12	13	14	15
16	17 St. Patrick's Day	18	19 Laura's B-day	20 1st Day of Spring	21 Good Friday	22
23 	24	25	26	27	28	29
30	31					

April 2008

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 *11:30am NMCRS Office Potluck Lunch (Mexican dish)	2	CALLING ALL VOLUNTEERS Please visit the office to have your picture taken some time this week!		
6	7 Lettie's B-day	8	9 *Dessert Day NMCRS Office	10	11	12
13	14		16	17 *11:30am Dancing Goat Café lunch provided at NMCRS	18	19
20	21	22	23 St. Georges Day Sarah's B-day	24	25 *11:30am Heavy Hors'dou- vres at NMCRS office	26
27	28	29	30 	VOLUNTEER AWARD LUNCHEON... Nansemond River Golf Club 1002 Hillpoint Road, Suffolk Friday May 2nd at 11:30 a.m.		

NEWS ALERT: 2008 Active Duty Fund Drive

Kicks Off ~ March 1st

Did you know that . . .

The Active Duty Fund Drive to support the Navy-Marine Corps Relief Society is conducted in March? If a Shipmate was having bad luck, you'd treat him to a cup of coffee or cappuccino for \$1.25, wouldn't you? Would you do it once a week? An allotment of \$1.25 a week adds up to \$5.00 a month or \$60 a year. If every active duty Sailor and Marine made that commitment, it would generate \$31 million in funds to help Sailors and Marines and their families with emergency needs.

The 2007 Active Duty Fund Drive generated donations totaling \$10.1 million. Retired Sailors and Marines contributed an additional \$2.3 million to help Shipmates!

Support the Active Duty Fund Drive!

www.nmcrcs.org



QAL (Quick Assist Loan)

In January 2008, the Navy-Marine Corps Relief Society Quick Assist Loan (QAL) Program, which was under evaluation during 2007 at eight of the Society's offices, was expanded to all NMCRCs Full Service Offices. The program was launched Society wide to coincide with the 104th birthday of NMCRCs on January 23, 2008.

QAL's are intended to:

- ⇒ Be \$300 or less
- ⇒ Repayable within 10 months
- ⇒ Help with emergency needs for basic living expenses such as housing, utilities, food and clothing; medical and dental expenses; vehicle & transportation expenses; or to assist during family emergencies.
- ⇒ Be issued within 15 minutes

Since the launch date, the Portsmouth office has processed 37 QAL's for a total of \$9,870.

Did you know that



The Society has expanded its Visiting Nurse Program in order to provide greater services to Combat Casualties? These registered nurses work with entire families to identify and listen to needs and concerns, explain available resources, provide resource information both within and outside the government and provide long-term follow up as appropriate and desired. Financial assistance may also be available as an interest-free loan or grant, depending on need to help family members travel to the bedside of a wounded service member; cover living expenses while the family stays at the bedside of a wounded service member; reconfigure homes; purchase converted vans or vehicles; expand education programs and more.

100 Years Of Volunteer Service!

www.nmcrcs.org

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Web: www.nmcrcs.org OR <http://www-nmcrp.med.navy.mil> (nmcrs link)