

OMBUDSMAN NEWSLETTER

A NEWSLETTER FOR NMCS D FAMILIES



Naval Medical Center San Diego

December 2012

OMBUDSMAN CORNER

Greetings,

As the Command Ombudsman we are reaching out to all Individual Augmentee's and their families. To start things off, we want to make sure the families of IA's have all the available resources and information links at their fingertips. Please click the below links for more information on IA resource such as: MWR, Navy Knowledge Online, Armed Services YMCA, Services for children, Camp information and Free Space A flight!

IA Family Handbook

http://www.cnic.navy.mil/navycni/groups/public/@hq/@ffr/documents/document/cnicp_a193783.pdf

Individual Augmentee

WWW.IA.NAVY.MIL



Point of Contact Information For Command Ombudsman

INSIDE THIS ISSUE:

LEADERSHIP CORNER	2
LEADERSHIP SPOUSE CORNER	3
RESOURCE SPOTLIGHT	4
HOLIDAY RESOURCE GUIDE	5
FAQ—DIRECTORY AND INFORMATION	6
HOLIDAY WORD SEARCH	7
NMCS D GUIDE	8



Mrs. Melissa Fangerow

(619) 807-8341

Nmcsd_ombudsman1@yahoo.com



Mrs. Linda Nicholson

(619) 921-1168

Nmcsd_ombudsman3@yahoo.com

Routine call hours are from 8am—5pm and emergencies are taken at anytime! If we are not immediately available, please leave your name and contact information and we will contact you ASAP. We look forward to serving you!

LEADERSHIP CORNER:

COMMAND MASTER CHIEF HMCM (FMF) YEN DUBEREK



Greetings Shipmates and families!

December is here! And the Flu season is still at large across the San Diego Area. Please remember that, to keep NMCS D at its best, you need to get your Influenza immunizations as soon as possible. The daily Flu Station is located in the courtyard by Patient Administration and is available for all military and beneficiaries.

On December 7th, please join me in spending a day of remembrance of the attack at Pearl Harbor nearly 70 years ago. Over 2400 men died that day in service of their country, nearly 1200 of those were from the Arizona alone. We must remember and be thankful for the sacrifice they gave to ensure our freedoms.

December is Seasonal Depression Awareness Month. Especially around the Holidays, seasonal depression can take a heavy toll. Please be mindful of those around you and be on the lookout for signs of depression.

As both Christmas and New Year approach, please be mindful of alcohol awareness. Be sure to always appoint a designated driver and keep your 511 cards on you at all times. If you drink, please do so responsibly and do not drive.

Have a very merry Holiday! I am blessed to have the distinct honor of serving as your CMC.

NMCS D EVENTS:

NMCS D Tree Lighting Ceremony

Time: Dec 12th at 11 am—1pm

Where: NMCS D Courtyard



Call the NMCS D Flu Hotline at 619-532-5FLU for the latest information about availability of various flu vaccine types and vaccination hours at NMCS D clinics and NMCS D walk-in shot station.

The station provides for patients 12 years and older for injectable vaccine and Flumist for patients 2-49 years and healthy. The station is located in Building 1 across from Medical Records.



LEADERSHIP SPOUSE CORNER : MICHELLE FAISON



The Oakleaf Club of San Diego got its start in 1925. It is both a social and benevolent group open to both active duty and retired officers spouses in the Medical Corps, Medical Service Corps, Nurse Corps, and Dental Corps, as well as spouses of DoD employees GS-7 and above affiliated with military

While Oakleaf is a club committed to promoting friendship through social activities and interest groups, our main focus is supporting our military community through benevolence projects and our scholarships.

Please check out our Facebook page at *Oakleaf of San Diego* for more information about current activities, or email us at: oakleaf.NMCSD@gmail.com



Oakleaf Holiday Party

Oakleaf Club members are invited to bring their kids for a fun time of bowling and a visit with Santa!

DATE: Saturday Dec 15, 2012
TIME: 3pm—5pm
LOCATION: Admiral Robinson Rec Center at Naval Base San Diego.
COST: Bowling is \$1.75 per game & \$2.25 Shoe rental

Santa will be arriving at 4:30 to visit the kids! Also please bring a wrapped book for each who wants to visit Santa. We will have bags (baby/toddler (0-3), preschool (4-6), school age (6+).

We are also having a cookie exchange! Bring 1 dozen of your favorite treats to share!

Please contact Theresa Cox at tmcox3577@gmail.com for more info.

See all you Oakleaf members there!

Holiday Recipe by Michelle Faison: Crab Meltaways

Makes 48 appetizer pieces

1LB crab meat	12 English muffins	1tsp garlic salt
2 sticks margarine	2-7oz jars Kraft Old English Sharp Cheese (in glass jars)	
4TBL mayonnaise	1tsp Old Bay Seasoning	

Let cheese and margarine warm to room temperature. Mix together in mixer. Fold in crab meat. Cut muffins in half and lay on cookie sheets. Spread on mixture, freeze for a few hours, then cut into quarters.

Broil 5 minutes until bubbly.

Can be kept in freezer in freezer bags prior to baking for up to a few weeks.

RESOURCE SPOTLIGHT



OUR ORGANIZATION

United Through Reading®, the nation's first nonprofit to promote the read aloud experience for separated military families, offers deployed parents the opportunity to be video-recorded reading storybooks to their children which creates positive emotional connections and cultivates a love of reading.

OUR SERVICE TO MILITARY FAMILIES

- Helps ease the stress of separation
- Helps build family resiliency
- Helps make homecomings easier
- Helps cultivate a love of reading

HOW TO PARTICIPATE

1. The deployed service member reads a book aloud while being recorded and sends the video home to the child.
2. The child at home watches the video and follows along with the book, if available.
3. While the child watches the video, the caregiver captures the child's reaction and relates it back to the service member.
4. The service member receives the feedback and is encouraged to record again.

Contact Information:

**11750 Sorrento Valley Road Suite 100 San
Diego CA 92121**

p 858.481.7323 f 858.481.9489

**military@unitedthroughreading.org or
www.unitedthroughreading.org**



HOLIDAY RESOURCE

GUIDE—2012



USO Santa Store

December 2012—USO Downtown Center

USO San Diego annual Santa Store is an opportunity for active duty children to come and receive a delicious meal, get a photo with Santa, a gift from Santa's sack, pick out a gift for mom and dad or guardians, and also have their special gift wrapped before they go home. This event gives a wonderful holiday memory to the children of active duty military, many whom are not only separated from their loved ones during the holidays, but who have experienced multiple deployments of their mother/father and in some cases, both parents.

Visit www.sandiego.org for more information.

San Diego Armed Services YMCA Holiday Programs Overview

A non-profit serving 6,000 San Diego military families a month with over 40 absolutely free family bonding and social networking programs. For more details visit: www.militaryymca.com.

Toys for Tots

Toys for Tots will collect new, unwrapped toys during month of December, and distribute these toys as Christmas gifts to needy children in the community. To request toys for your children or donate toys, visit their website at <http://san-diego-ca.toysfortots.org>

San Diego Military Outreach Ministries (SDMOM)

For assistance this holiday season check out Military Outreach Ministries. San Diego Military Outreach Ministries (SDMOM) is a community supported charity that reaches out to young enlisted military families in San Diego with a broad range of helping services. For more details, visit their website www.sandiegomom.org or call (619) 461-4164.

Operation Homefront

Are you a military family in San Diego in need of a little extra support? Visit their website, www.operationhomefront.net, for more information.

FAQ—DIRECTORY AND INFORMATION

NMCS D DIRECTORY

Main Hospital Number: 619-532-6400

Appointment Desk : 619-532-8225

Pharmacy : 619-532-8400

TOP WEBSITES TO KNOW!

211 www.211sandiego.org or www.211.org (Nat'l)

Fleet & Family Support www.cnrsw.navy.mil/fsc

GI Bill <http://gibill.va.gov>

Lincoln Military Housing: <http://lincolmmilitary.com/>

Military Child Education Coalition: www.militarychild.org

Military OneSource: www.militaryonesource.com

Navy Exchange: <https://www.mynavyexchange.com/>

Navy Legal: <http://www.jag.navy.mil>

Navy-Marine Corps Relief Society: www.nmcrs.org/sdiego-area

Thrift Savings Plan Information: www.tsp.com

TRICARE: <http://tricare.mil/mybenefit/>

TriWest: www.triwest.com

TRICARE Dental: www.tricaredentalprogram.com



DECEMBER CALENDAR

2nd—Advent Begins

7th—Pearl Harbor Day

8th—Hanukkah Begins

21st—Winter Solstice (shortest day of the year)

24th— Christmas Eve

25th—Christmas

26th- Kwanzaa

31st –New Years Eve (Welcoming 2013!)



HOLIDAY FUN

Y S B Q S M M A Y F G S M N G
 M E Z T W T J E P D E F L N A
 K N R H G Q N M N I N I X T D
 T A Y O I T M E K O G A N W M
 H C A T N C R O S H R A C O U
 O K A P G V O E T E S A C M G
 V T N G E C U S E D R H H S Z
 H X Y Z R E K N D E R P N H X
 A E K X B I Q Y L I M A F S E
 K R W Z R L A R S Z V Z J E R
 K H A K E K G T C O C O D F E
 U I N S A G M F R I E N D S C
 N X Z J D A S L A V I T S E F
 A N A V S K Z M T I O E R R E
 H L A Y F C N N J E X S X M M



CANDY
 COCO
 FESTIVALS
 HANUKKAH
 LIGHTS
 SANTA

CANES
 COOKIES
 FRIENDS
 HOT
 MENORAH
 TREE

CHRISTMAS
 FAMILY
 GINGERBREAD
 KWANZAA
 PRESENTS



GUIDE

Ombudsman. Your ombudsmen serve as a direct link between you and the command. This position is staffed by volunteers, many of whom are military family members. In addition, to information, these individuals provide support for families of deployed service members and can provide assistance to families in coping with personal matters while service members are away. We have two Ombudsmen: **Mrs. Linda Nicholson (619) 248-0410** and **Mrs. Melissa Fangerow (619) 807-8341**. They report directly to me so I can quickly engage and help if needed.

Chaplains. NMCS D chaplains can help families to ensure that they are prepared and supported spiritually, emotionally, and socially. In times of personal, emotional and martial difficulties, chaplains can provide counseling to help service members and their families work through their problems. Chaplains have a deep understanding of the military lifestyle and the challenges that arise for families during a deployment. They also have a wealth of information regarding resources available to support service members and their families both on and off base.

Our Command Chaplain is Capt. John D. Denton. He can be reached at **(619)-532-6025**.

Fleet and Family Support Center. Family centers provide assistance to service members and their families to help support them in meeting the unique demands of the military lifestyle. Family centers provide assistance before, during and after a deployment through mobilization and deployment assistance, information and referral, personal financial management, employment assistance for spouses, the coordination of volunteer opportunities, relocation assistance, community outreach, family life education, and crisis assistance. Service members and families are eligible to receive services from any family center, regardless of Service or the branch of Service of the family center. The Fleet and Family Support Center is located at Naval Base San Diego. Their hours are 0730-1630. Monday-Friday, and they can be contacted at **(619) 556-7404**. Their website is: <https://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/index.htm?ssSourceSiteId=CNRSW>

Morale, Welfare, and Recreation. While your loved is deployed, it is important that you and your family take care of yourselves and take time to relax. Through the Morale, Welfare, and Recreation (MWR) programs, a number of recreational outlets for families are available that can be great way to burn off stress. Typical recreational opportunities on include gymnasiums, intramural and youth sports, bowling, swimming pools, libraries, sport facilities, parks and picnic areas, outdoor recreation equipment check out, youth centers, theaters and automotive and craft shops. Our MWR program is located in Bldg. 1 and can be contacted at **(619) 532-7245**. The Website for Navy Region Southwest MWR is: <http://mwrtoday.com/sandiego/>

Armed Services YMCA. The ASYMAC works with the Department of Defense (DoD) to provide a number of programs and services including home visit counseling and crisis counseling. They are located on the NMCS D campus Bldg. 1 on the Ground floor across from the barbershop. Their hours are 0800-1700, Monday-Friday. Their number is **(619) 532-8165**.

American Red Cross. The American Red Cross offers confidential counseling, guidance, information, referrals and other social services to all military personnel (Active Duty, National Guard and Reserves) and their families. They are located on the NMCS D campus Bldg. 1 on the Ground Floor across from the barbershop and their number is **(619) 532-8165**.

The above list of services is just a small portion of the extensive resources available to you and your family during deployment. Please contact your command ombudsman, who can assist you with any issues you may encounter. You are part of our family and health and we—being is our priority! Thank you for entrusting the healthcare needs of you and your family with us! NMCS D...Where Heroes and Their Families Heal.