



NAVAL MEDICAL CENTER SAN DIEGO

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February 2013

OMBUDSMAN CORNER



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Nmcsd Website:

<http://www.med.navy.mil/sites/nmcsd/Pages.default.aspx>

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Ask An Ombudsman

Selected by the Commanding Officer (CO) your Navy Ombudsman is a spouse of a command member who voluntarily serves as the official liaison between the command and its families. The Ombudsman is a vital resource to assist the command in discharging the CO's responsibilities for the moral and welfare of the command families.

The Ombudsman is the link between the command and the Navy family. This is especially true in deploying command or Individual Augmentee (IA), where the Ombudsman is the primary point of contact between the families at home and command during deployment.

As a spouse, it is important to get acquainted with your local Ombudsman. The Ombudsman is not a counselor or a social worker but can show you a direct route to getting the assistance you need to find solutions and resources.

From: CNIC Family Connections 2-2011

Filing Your Taxes Without the Headache

Preparing ahead of time!

Start gathering all necessary documents and information you need ahead of time.

Documents such as:

- Social Security number and date of birth for you, your spouse and dependents,
 - Child care, education and adoption costs
 - W-2 from all employers
 - Real estate taxes
 - Receipts for any deductible expenses
 - Investment income forms
- Taking advantage of Military OneSource Tax Services!
- Military OneSource provides free access to the H&R Block At Home ® Basic online tax filing service.
- Military OneSource's Tax Services are available to:
- All active duty service members
 - Spouses and dependents children who are authorized in DEERS.
 - A family member who is taking care of the affairs of an eligible service when the service member is deployed.

Tips:

- Do not wait until the start minute to start your taxes.
- Be aware of special tax benefits you may qualify,
- Pay attention to tax scams. To avoid these scams, visit [IRS website](#).
- To learn more about Military OneSource Tax Services, call 1-800-342-9647 or go [online](#).

Provided by Military OneSource

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 medicine. While Oakleaf is a club committed to promoting friendship

through social activities and interest groups, our aim 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



Quick Tips for Keeping a Relationship Strong During Deployment

Here are some ways to nurture your love through the ups and downs of deployment:



Notable Quote:

"Distance does to love, what wind does to fire... extinguishes the weak, and feeds the STRONG."

- Unknown

- **Talk about upcoming separation.** Set aside some quiet time to talk about your feelings and plan how each of you will manage during your time apart,
- **Share daily happenings from home.** Hearing about your life (even the everyday routine) will help your deployed spouse feel closer to you.
- **Send care packages.** Be sure include special treats, funny notes, and items that have special meaning for the two of you.
- **Discuss how you will stay in touch.** Explore the available options such email, phone calls, video-chat and regular mail.
- **Learn about your spouse's job and other interests.** Learning what your spouse's life is like will help you better understand his or her experiences while
- **Record your thoughts in a journal to share with your spouse.** You may want to keep an online journal with pictures for your spouse to access over the Internet.
- **Be realistic about communication.** Keep in mind that your deployed spouse may be in an area with limited mail or email service or too busy to respond right away.



By: MilitaryOne Source

Important Dates for Exceptional Family Member Program (EFMP)



⇒ EFMP Family Connection

February 6th at 6:00pm - Couples Connect (Newlywed Game)

Where: San Diego Regional Center 4355 Ruffin Road, Suite 100 San Diego, CA 92123

Call 619-571-4781 for childcare options

⇒ Exceptional Family Member Program Monthly Meet-ups

February 20th at 9:00am to 1030am—Resources

Where: Gateway Village Community Center

2741 Mendonca Drive, San Diego, CA 92110

Children are welcome

⇒ EFMP Orientations

February 19th at 1:00pm to 2:00pm

Where: Naval Medical Center San Diego

34800 Bob Wilson Dr., Bldg. 2, Pediatric Conference Room

Questions? Call 619-726-5878

Children are welcome

February 2013 Calendar

- 2....Groundhog Day
- 3....Super Bowl
- 10...Chinese New Year
(Year of the Snake)
- 12...Mardi Gras
- 13...Ash Wednesday
- 14...Valentine's Day
- 18...President's Day
- 28...Purim

Observances or Events

- Black History Month
- American Heart Month

Easy OREO Truffles

Ingredients:

- 1 (16oz) package OREO Chocolate Sandwich Cookies, divided
- 1 (8oz) package cream cheese, soften
- 2 (8oz) package semi-sweetened chocolate, melted

Directions:

1. Crush 9 of the cookies to fine crumbs in food processor; reserve for later use. (Cookies can also be finely crushed in a resealable plastic bag using a rolling pin.) Crush remaining 36 cookies to fine crumbs; place in medium bowl. Add cream cheese; mix until well blended. Roll cookie mixture into 2 balls, about 1-inch in diameter.
2. Dip balls in chocolate; place on wax paper– covered baking sheet. (Any leftover chocolate can be stored at room temperature for another use.) Sprinkle with reserved cookie crumbs.
3. Refrigerate until firm, about 1 hour. Store leftover truffles, covered, in refrigerator.

By: allrecipes.com

Budget for Baby

NAVY-MARINE CORPS RELIEF SOCIETY



Click on Sign to add text and place signature on a PDF File.

2013 Class Schedule

To Register call: 858.577.1807
 All Classes held at LINKS House on MCAS
 Miramar Bldg 2273

Month	Date	Time
February	6 Feb, Wednesday	0900-1030
	20 Feb, Wednesday	0900-1030
March	6 March, Wednesday	0900-1030
	16 March, Saturday	1000-1130
	28 March, Thursday	0900-1030
April	10 April, Wednesday	0900-1030
	24 April, Wednesday	0900-1030
May	15 May, Wednesday	0900-1030
	29 May, Wednesday	0900-1030
June	12 June, Wednesday	0900-1030



Learn how a new baby can impact your family finances ...

Free 1½-hour workshop led by volunteers
Open to active duty Navy and Marine personnel of all ranks, couples, spouses, partners, and grandparents!

Learn about

- Variations in pay and increased expenses
- Common consumer pressures targeting new parents
- Entitlements available through government and private sources



P.O. Box 45339
 San Diego, CA 92145 - 0339
 BLDG. 2273 Elrod Avenue

Phone: 858-577-1807
 Fax: 858-549-2006
<http://www.nmcrcs.org/>
www.budget4baby.weebly.com

FREE
 Workshop graduates receive a free beautiful, coordinated layette of bedding, clothing, baby book, and a handmade blanket, all packed in a tote bag.

Workshops also held at:

Naval Base San Diego (619.238.1587/1589), Coronado (619.545.4477) and MCRD San Diego (619.524.5734)

The Navy-Marine Corps Relief Society (NMCRCRS) is a private non-profit charitable organization

Designed by: Jannah Romero

Resource Guide

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://giball.va.gov>

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

Military Child Education Coalition www.militarychild.org

Military OneSource www.militaryonesource.com

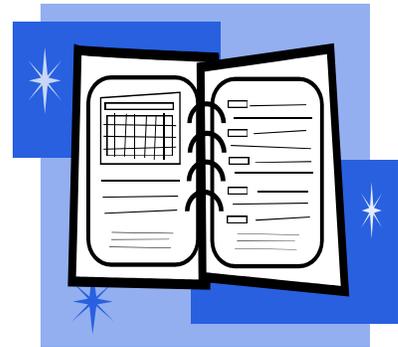
Navy Exchange <https://www.mynavyexchange.com/>

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/>



MOVIES

MWR movie theaters are open to all active duty, reservists, retirees, dependents, DoD civilians, contractors and their sponsors guests. Click on theater name for movie listings.

Facility	Contact Information
<u>Lowry Theater</u>	Bldg. 650 Address: McCain Blvd. Base: Naval Air Station North Island (NASNI) Phone: 619-545-8479 (Recording) FREE ADMISSION
<u>Naval Base Theater</u>	Bldg. 71 Address: Pier 2 Base: Naval Base San Diego (NBSD) Phone: 619-556-5568 (Movie Hotline) Fax: 619-556-6399 FREE ADMISSION
<u>Q-Zone (NAB)</u>	Bldg. 337 Base: Naval Amphibious Base (NAB) Phone: 619-437-5487 FREE ADMISSION

GUIDE

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**.

Our Command Pastoral Counselor is Walter Leverette. He can be reached at **(619) 532-9417** or by email walter.leverette@med.navy.mil

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.cnmc.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.

