



OMBUDSMAN NEWSLETTER

A NEWSLETTER FOR NMCS D

Naval Medical Center San Diego

November 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 follow the below links to find a few IA information links that will lead to further resources such as: MWR, Navy Knowledge Online, Armed Services YMCA, Services for children, Camp information and Free Space A flight!

IA Family Handbook (See Last pages for more great links) http://www.cnic.navy.mil/navycni/groups/public/@hq/@ffr/documents/document/cnicp_a193783.pdf

Individual Augmentee

WWW.IA.NAVY.MIL

Facebook: Naval Medical Center San Diego Ombudsman

Like us on FB to see events and resources!

Point of Contact Information For Command Ombudsman



Mrs. Linda Nicholson
619 248-0410
nmcscd_ombudsman3@yahoo.com



Mrs. Melissa Fangerow
(619) 807-8341
Nmcscd_ombdusman2@yahoo.com

Routine call hours are from 0800-1700 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!



SPouses of Deployed Staff Members!

- Please share your stories of inspiration during your spouse's deployment.
- Send an email of 250-300 words to either ombudsman's address, to be shared in the monthly newsletter.
- Let's remind each other that no one is ever alone!

Leadership Corner: Command Master Chief HMCM (FMF) Yen Duberek



Greetings Shipmates and families!

November has arrived and, with that, Flu season is in full swing! To keep NMCS D at its best, please remember to get your Influenza immunizations as soon as possible. These vaccines are designed to keep you and your service members healthy and at your full potential. The daily Flu Station is located in the courtyard by Patient Administration and is available for all beneficiaries.

November 11th is Veteran's Day! Originally called Armistice Day, it is a day to honor all those who have served in the Armed Forces and to remember those who have fallen defending our freedoms. Appropriately chosen, Veterans Day marks the day fighting ceased in WWI in 1918. As this day approaches, I ask all of us to remember the dedication of our deployed Sailors as well as the sacrifices of their families keeping the home front moving.

This year, Thanksgiving falls on the 22nd, it's a day for family, food, and fun! Whether it is the "traditional" turkey, cranberry sauce, and pumpkin pie, or some other delectable feast-of-choice to give thanks, take a moment to stop and think about all you have to be appreciative of this year. In the spirit of Thanksgiving, I ask that we be willing to share this holiday with our single Sailors and Staff by opening our homes to them during this holiday, remembering that many of them are far from their families.

As the holiday season approaches, please be mindful of alcohol awareness. Keep your 511 cards in hand and always remember to appoint a designated driver. If you drink, please do not drive. We are thankful to have you in our NMCS D family-and we would like to keep it that way.

I am thankful to have the distinct honor of serving as your CMC.

NMCS D Happenings



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 medicine.

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



Sand Dollar Collection Gift Shops- Purchase With a Purpose

Staffed entirely by volunteers, the Sand Dollar Gift Shops are a non-profit fundraising project for the Naval Officers' Spouses' Club of San Diego. All proceeds are donated to the San Diego military community in the form of grants to local charities and scholarships to military spouses and children.

You will find gifts for all occasions: Change of Command, Birthday, Welcome, Ombudsman Appreciation, New Baby, Selection, Promotion, Wetting Downs, Holidays, Showers, Hostess, and just for fun!

Shop hours are 10:30am-1:30pm.

There are two convenient locations:

Naval Medical Center San Diego, Bldg. 1, near the Quarterdeck
Phone: 619-702-7711
Email: sanddollarnmcscd@gmail.com

Naval Air Station North Island
Across from the NEX/Commissary complex
Phone: 619-437-7953
Email: sanddollar.nasni@gmail.com

Happy Veteran's Day!

On Sunday, November 11th
get a free meal with Military ID!

Applebee's—Free Meal

T.G.I. Friday's—free lunch for active or retired

Krispy Kreme—Free Doughnut and Coffee



Thank you for your service and sacrifices.

McCormick & Schmick—free lunch or dinner (reservations are recommended)

Hooters—Free Meal + 10 free boneless wings, but drink is required.

November 12th

Golden Corral—Free Dinner from 4pm—9pm

Little Caesar's—Free Crazy Bread

Resource Spotlight: TUTOR.COM for Military Families

WWW.TUTOR.COM/Military

Tutor.com is a great resource to help with the following:

- Homework Help
 - ~ Tutoring is for K-12 Students
- Online Tutoring
 - ~ Students can work one-on-one with a tutor in a secure, online classroom
- College Support
 - ~ Students can get help with writing and proofreading, studying for exams, and introductory-level college coursework
- Career Help & Back to School
 - ~ Tutor.com can help with academic and career questions
 - ~ Career tutors assist with writing resume and cover letters and help translate job experience
- Free, 24/7 Access



INTERESTED IN VOLUNTEERING AS AN OMBUDSMAN?

The Command is currently looking to add to the Ombudsman Team. If you are interested in becoming part of the NMCSO Command Ombudsman team, please email Melissa Fangerow at nmcsd_ombudsman2@yahoo.com with NMCSO TEAM in the subject line.

News You Can Use

- **Holiday Sports Week**



Monday-Friday, November 5-9 • Admiral Prout Field House • NBSD, Bldg. 3279 • 619-556-7444
Games played at 5:15, 6:15 & 7:15 pm. Rally your command to participate in softball, basketball, and flag football tournaments throughout the week! Deadline to register is October 31.

- **Veteran's Day Run/Walk**



November 14, 2012 • NBSD • Admiral Prout Field House Track (Bldg. 3279) • FREE Open to all ID Cardholders. Check-in begins at 9 am, run starts at 10 am. Free t-shirt for the first 500 to sign up and participate! Awards given to commands with the largest participation. For more information, call 619-556-7444. [Sign up here!](#)

- **Holiday Gift Bags for Sailors**

Presented by MWR and SeaWorld MWR and your base Liberty Center have Holiday Gift Bags for Sailors working or standing watch on Christmas Day to let them know you remembered them. For those interested in reserving Holiday Gift Bags, have your Command Recreation Representative complete the request blocks below by Friday, December 7. Requests are taken on a first-come, first-served basis. We do our best to honor each and every request. For more information please call 619-767-4689. It's fun, it's festive, and it's FREE!





IA Holiday Zoo Party

'Tis the season for Lincoln's 6th Annual IA Holiday Zoo event at the World Famous San Diego Zoo! Come early to enjoy some time roaming the Zoo before meeting at eleven in the Treetops party room for a delicious catered lunch, family photos with Santa, and gifts. It will be a festive holiday party with other families also missing their deployed family member over the holidays.



This event is for current IA families with a spouse deployed. If your spouse returns home before this event, you are ineligible to attend.

To enter this lottery, please provide us with your name (first and last), number of children attending (including children's ages and gender), cell phone number, home phone number, housing area for Lincoln families, address for non-Lincoln families, email address, and expected return date for your deployed spouse.

When: Sunday, December 9th

Time: 9:00 AM-2:00 PM

Where: San Diego Zoo

Lottery Begins: Monday, November 12th at 8:30 AM

Lottery Ends: Monday, November 26th at noon

To enter the Lottery: Please e-mail Alex Armenta at alexander.armenta.ctr@navy.mil with all of the information listed as necessary above

Contact: Alex at asadorf@lpsi.com with any questions.

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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 Chaplain is **CAPT Robert McClanahan Jr.** 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.
