



OMBUDSMAN NEWSLETTER

A newsletter for NMCS D families

Naval Medical Center San Diego

October 2012

Ombudsman Corner



Greetings Families,

Save the date:

San Diego's 237th Navy Birthday Ball "A Star Spangled Celebration!"

This years' celebration will be held Saturday, October 13, 2012 from 1800-2400 at the Manchester Grand Hyatt San Diego.

Manchester Grand Hyatt San Diego
One Market Place, San Diego CA 92101
619 232 1234
Manchestergrand.hyatt.com

POINT OF CONTACT INFORMATION FOR COMMAND OMBUDSMAN-



Mrs. Alexandria Warren
(619) 921-1168
nmcsd_ombudsman1@yahoo.com

Mrs. Melissa Fangerow
(619) 807-8341
Nmcsd_ombudsman2@yahoo.com

Mrs. Linda Nicholson
(619) 248-0410
Nmcsd_ombudsman3@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!

DOMESTIC VIOLENCE AWARENESS MONTH

If you are fearful for your safety or if your relationship has become abusive, there are people who can help you get and stay safe. You can find a Department of Defense Victim Advocate by contacting [Military OneSource](http://MilitaryOneSource) at (800) 342-9647. You can also contact the [National Domestic Violence Hotline](http://NationalDomesticViolenceHotline) at (800) 799-SAFE (7233) or your command ombudsman for additional resources. Reach out for the support you need to keep your relationship healthy and safe.

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



Greetings, Shipmates and families!

Fall is here, and so is Flu season. Be sure to get your Flu Shots as soon as possible. These vaccines are provided to keep you healthy and in top shape, keeping NMCS D at our best. Keep an eye out for the daily Flu Station at our medical center's courtyard, and just within Patient Administration's entryway.

The USNS MERCY is finally home! It's been a long voyage and we're all happy to see our friends and family members safely home. For the past 5 months, they've spent their time tending to the families of the world and now they're back to yours! The Sailors of the USNS MERCY exemplify our highest standards of care and show the world what, we, the US Navy is all about. As we welcome back our Shipmates from deployment, please remember to celebrate safely. Always keeping watch for drunk driving and continue to make a stand against destructive decisions by appointing a designated driver, if alcohol is in your celebratory plan, and ensure you have your 511 cards with you. You are a valuable member to NMCS D family; please take care of yourself and your friends by not driving under the influence.

October is National Breast Cancer Awareness month! Breast cancer is one of the most common forms of cancer in the world, plaguing both men and women. As we strive to find a cure, we dedicate this month as a time to remember those that we've lost to breast cancer and to celebrate with those who have had victory over it. As an added countermeasure for breast cancer, NMCS D has created a program for Tricare Beneficiaries, "Mammo While You Wait": Between 0830 -1500, anyone who has had their most recent exam within the year, is asymptomatic for cancer, with no history of cancer can get a card while waiting at the Pharmacy, take it to the Breast Health Center and receive a screening while their prescription is being filled!

As always, it is my pleasure and distinct honor to be 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.

October is **Breast Cancer Awareness Month** and NMCS D is doing their part!

Join us in the fight against breast cancer by coming to our monthly Breast

Cancer Risk Assessment Awareness Class.

For more information contact (619)-532-5828

BE A PART OF THE NAVY BIRTHDAY CELEBRATION October 11-13!!



The public is invited to celebrate our great Navy's 237th year of service. We hope to see you all at our upcoming events and PLEASE bring a friend!!

Thursday, October 11th:

Navy "boot camp" work-out session

The public is invited, free-of-charge, to join Sailors in work-out sessions led by Navy command fitness leaders 7-8:30 a.m. on Midway's flight deck.

Navy Movie Night

The public is invited to an evening, public showing of the movie "Battleship" held in Midway's hangar bay 6:30-10 p.m. The movie's technical advisor, CAPT (ret) Rick Hoffman, will conduct a Q&A session with the audience prior to the start of the movie. Several San Diego Navy commands will have fun stuff on display between 4-8 p.m. Movie tickets are \$10/person.

Friday, October 12th:

Navy "boot camp" work-out session

Public invited, free-of-charge, to join metro-area Sailors in work-out sessions led by Navy command fitness leaders 7-8:30 a.m. on Midway's flight deck.

Saturday, October 13th:

Band Concert and Award Ceremony

The Navy Region Southwest Band will perform for the public 1-2:30 p.m. on the Midway's flight deck.

A group of community members will receive "Champion Awards" in recognition of their exceptional support to the Navy. Several San Diego Navy commands will have fun things on display 9 a.m. - 2 p.m.

For more information on the events and to register please visit
<http://www.midway.org/navy-birthday>.

[Nightmare on 32nd Street](#)



October 26-28 • Mariner Park • NBSD

Friday-Saturday, October 26-27 • 6-10 pm: Fright Alert: Not for the faint of heart!

Sunday, October 28 • 1-6 pm: Enjoy a not-so-spooky, family-friendly Ghost Ship

Are you brave enough to survive the maiden voyage of MWR's Ghost Ship? Test your nerves on the Haunted Trail and Ghost Ship Friday & Saturday night. Families are welcome Sunday when there'll be games, rides, and inflatables. Pick out your pumpkin at the Pumpkin Patch (while supplies last). Bring money for tasty treats. FREE to MWR Patrons • \$5 for General Public • Park at NBSD NEX parking lot

[Halloween Boot Camp Challenge](#)



Monday, October 31 • 11 am-1 pm • NBPL, NMAWC • Outdoor Basketball Court • 619-553-4259

Put on your costume and head over to NMAWC for two hours of heart-pounding Halloween fun! Participants wearing a costume get an extra “treat” plus the first 50 participants to register and complete the Boot Camp receive a T-shirt. You may also win a prize for best costume! Register here now!

[Halloween Moon Howling Hike](#)



Monday, October 29 • 6 pm • \$5 active • \$10 guest • Liberty Hall • NBPL, NMAWC

Let your inner werewolf howl! Experience one of San Diego's finest views at Mission Trails Regional Park. We're climbing to the top of Cowles Mountain at sunset. Trip open to active duty and a guest, 18+. For info call 619-524-6587.

CHECK OUT YOUR LOCAL MWR LINK FOR FUN ACTIVITIES AND EVENTS!



<http://mwrtoday.com/sandiego/about/nltw/>





What does Navy Auto Skills provide?

- Technical assistance available on site
- Pressure wash stall
- On base lock out service at a minimal fee
- Overnight or daily stalls available
- U-Perform routine maintenance, tune-ups and brake work
- Drive-on vehicle or tire/brake lifts
- Automotive diagnostic and code reading available.

For more details:

<http://navylifesw.com/sandiego/recreation/autohobbies/>

WHAT IS AUTO SKILLS?

Save money, get it done right and have the satisfaction of knowing you did it yourself at your base MWR Auto Skills Center. We specialize in all your automotive needs from changing/balancing tires and lift rental to steam cleaning, diagnostic and code reading. We supply the tools and the “know-how,” you provide the labor.

San Diego's largest Auto Hobby Shop is at Naval Base San Diego, with over 100 stalls including seven drive-on vehicle lifts, three tire/brake lifts and a Convenience Store which stocks approximately 3,000 line items for performing routine maintenance, tune ups and brake work. Special order parts are available on normally a same day basis. Complete re-manufactured engines available at jobber prices. Automotive Diagnostic, Code Reading and Emission Pre-Checks performed. Brake Drums and Rotors surfaced at a discount when pads or shoes are purchased in our convenience store. A wide variety of other automotive services performed on and off site. Lock Out Services available for a reasonable fee.

Leadership Spouse Corner: Michelle Faison



OAKLEAF CLUB OF SAN DIEGO

Serving the Spouses of the Officers in the Medical, Dental, Medical Service and Nurse Corps and the Spouses of other Officers attached to the Naval Medical Center who are Regular, Retired, or Reserve on full-time active duty, and widows of such Officers in the San Diego area. The Oakleaf Club carries on the banner of the oldest service club in the San Diego area.



We are a club that strives to nurture lasting friendships among members to promote esprit de corps within Navy Medicine by providing a forum for social activities, educational programs, and participation in charitable programs. Our monthly activities include gatherings for a variety of interests including children's playgroup, book clubs, Bunco, lunches out, as well as other new activities at the request of our members. We hold two fundraising bake sales a year to fund our scholarship, and also have other fundraising events to purchase items needed in clinics for patients comfort at the hospital that are not provided by the government (colorful Band-Aids for kids, toothbrushes, coloring books, toys for waiting rooms, etc.). Please check us out on Facebook under "Oakleaf Club of San Diego" for up-to-date information on activities and news!

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 one Ombudsman: **Mrs. Alex Warren** (619) 921-1168. 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 marital 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 branch 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 one 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 a great way to burn off stress. Typical recreational opportunities on include gymnasiums, intramural and youth sports, bowling, swimming pools, libraries, sports facilities, parks and picnic areas, outdoor recreation equipment check out, youth centers, theaters, and automotive and crafts shops. Our MWR program is located in Bldg. 26 and can be contacted at 619-532-7245. The website for the Navy Region Southwest MWR is: <http://mwrtoday.com/sandiego/>

Armed Services YMCA. The ASYMCA 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 in Bldg 1 on the Ground floor across from the barbershop. Their hours are 0800-1700, Monday-Friday, and their number is (619) 532-8156.

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 in Bldg 1 on the Ground floor across from the barbershop and their number is 619-532-8165.