

# Navy Medicine Education & Training Command

## Navy Medicine Education & Training Command



## Ombudsman Newsletter



August/September 2013

Volume 2, Issue 3

*From the Desk of Marité:*

*I hope this Newsletter finds you and your families in good spirits and especially good health.*

*I would like to take this opportunity to thank CAPT Hathaway and CAPT Smith for their constant encouragement. In addition to HMCM Bjornson for his continuous support to the Ombudsman Program. It's an honor to serve all of you as your Ombudsman.*

*One of my duties is to attend the monthly Assembly Meetings at the base. We receive news and updates from our base CO, XO and/or CMC and additional training and updates. During this month's meeting our guest speaker was the School Liaison Officer, Ms. Dawn Mills. You will have in this newsletter an overview of different services available to all our families for free that certainly will help during the school year.*

*Please remember that any contact with me as your Ombudsman will be treated as described in OPNAVINST 1750.1G- the Navy Family Ombudsman instruction. This instruction establishes very strict guidelines and a code of conduct that all Ombudsmen must follow. Therefore, with the exception of suspected domestic violence, child abuse, suicidal and homicidal situations and extreme money hardship, which require the Command's action to initiate immediate assistance to those involved, **all other situations, will be kept confidential between the family member and me.***

*Please contact me by phone **at NEW NUMBER (904) 238-8476 you can call or text me.** My "normal" phone hours (for referrals and non-emergency situations) are between 4:00 PM and 8:00 PM. **For emergency situations, I'm here 24 hours.** If you get the answering service, please leave a message and a phone number. I'll return your call as quickly as possible. Or you can reach me at [NMETCOmbudsman@yahoo.com](mailto:NMETCOmbudsman@yahoo.com)*

### **SOAR STUDENT ONLINE ACHIEVEMENT RESOURCES**

Students take an assessment aligned to state standards (it provides parents an idea where the child's proficiency scores compare to the new state or academic year), and SOAR directs them to individualized tutorials to improve skills where needed. Parents can monitor their children's progress from anywhere, and are provided with resource materials.

The website is designed for all military families worldwide and classmates of military dependents in schools serving military installations. Coast Guard, Reserve, and National Guard families are also eligible.

SOAR content is most appropriate for students in grades 3-11. There is limited material available for 2nd grade students. Younger students may need adult assistance to navigate the program.

For more information and to register please visit: [www.soarathome.org](http://www.soarathome.org)

### **TUTOR.COM FOR MILITARY FAMILIES**

Free homework help and online tutoring for Active Duty, National Guard and Reserve Families. It also provides you with College Support, FREE 24/7 access. Topics include Math, Calculus, Statistics, Trigonometry, Geometry, Algebra and Elementary level. Science, Chemistry and Physics. English, grammar, writing Center, Literature, Social Studies, Resume Help, Citizenship, GED Preparation, and Back to School.

More than 2000 tutors are available; all of them have passed a screening and background check. The site guarantees that the sessions are anonymous and that personal information cannot be shared between student and tutors.



## **IMPORTANT WEB SITES**

### **HEALTH**

- Tricare claim forms  
[www.tricare.osd.mil](http://www.tricare.osd.mil)
- Active Duty Family Member Dental Program Plan until April 30<sup>th</sup>, 2012  
[www.ucci.com](http://www.ucci.com)
- Active Duty Family Member Dental Program Plan after May 1<sup>st</sup>, 2012  
[www.mybenefits.metlife.com/tricare](http://www.mybenefits.metlife.com/tricare)

### **EMPLOYMENT**

- Florida Job Seekers  
[www.floridajobs.org](http://www.floridajobs.org)
- Federal employment  
[www.USAjobs.com](http://www.USAjobs.com)
- Military Spouse Job Assistance Programs  
[www.msepjobs.militaryonesource.mil](http://www.msepjobs.militaryonesource.mil)  
[www.whitehouse.gov/joiningforces](http://www.whitehouse.gov/joiningforces)  
[www.aiportal.acc.af.mil/mycaa](http://www.aiportal.acc.af.mil/mycaa)

### **HOUSING**

- Navy/Marine Corps housing/Rental Partnership Program  
[www.housing.navy.mil](http://www.housing.navy.mil)
- NE Florida Assn. of Realtors  
[www.nefar.com](http://www.nefar.com)

### **FINANCIAL MATTERS**

- Northeast Florida Chapter  
[www.nefloridarecross.org](http://www.nefloridarecross.org)
- Navy Marine Corps Relief Society  
[www.nmcrs.com](http://www.nmcrs.com)
- Operation Homefront Florida  
[www.operationhomefront.net/Florida](http://www.operationhomefront.net/Florida)

### **BABY SITTER**

[www.sittercity.com/DOD](http://www.sittercity.com/DOD)

### **RETURNING WARRIOR WORKSHOP**

[matthew.davis2@nany.mil](mailto:matthew.davis2@nany.mil)

[www.navyreserve.navy.mil/PHOP%20Documents/RW%202013-2014.pdf](http://www.navyreserve.navy.mil/PHOP%20Documents/RW%202013-2014.pdf)

### **VOLUNTEERING IN JACKSONVILLE, FL.**

[www.handsonjacksonville.org](http://www.handsonjacksonville.org)

[www.usovolunteer.org](http://www.usovolunteer.org)

## **SCHOOL AND LIBRARY RESOURCES**

- Interstate Children's Compact Commission  
[www.mic3.net](http://www.mic3.net)
- tutor.com for military families  
[www.tutor.com/mil](http://www.tutor.com/mil)
- navy knowledge online library  
[www.nko.navy.mil](http://www.nko.navy.mil)