



THE PIER



NAVAL HOSPITAL PENSACOLA

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Welcome

April is National Child Abuse Prevention Month. This annual event reminds us of the importance of maintaining the well-being and safety of children at home and within our community. Child abuse isn't a topic that many people like to discuss; it's awkward and uncomfortable, and we often assume that it won't happen to us or anyone that we know. Yet it does, and in many forms: physical, emotional, or verbal abuse, and often neglect.

The good news is that this month is dedicated to prevention. In supporting National Child Abuse Prevention Month, this issue will focus on tools and resources available to Navy families and children. By developing strong relationships and communication skills, families are taking the first step in promoting the well-being and safety of their children.

As always, if there are any events, or topics that you'd like to see included in upcoming newsletters, please let me know. If you require any assistance or have any questions, please don't hesitate to ask.

Stay safe, and keep an eye out for quarterly issues of The Pier!

Your Ombudsman,

Emily

Emily Jenkins
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We All Can Play a Part in Preventing Child Maltreatment and Promoting Well-Being

April is National Child Abuse Prevention Month

This month and throughout the year, the Fleet and Family Support Center encourages all individuals to play a role in making the Navy a better place for children and families. By ensuring that parents have the knowledge, skills, and resources they need to care for their children, we can help promote children's social and emotional well-being and prevent child maltreatment within families and communities.

Research shows that when parents possess six protective factors, the risk for neglect and abuse diminish and optimal outcomes for children, youth, and families are promoted. The six protective factors are:

- Nurturing and attachment
- Knowledge of parenting and of child and youth development
- Parental resilience
- Social connections
- Concrete supports for parents
- Social and emotional developmental well-being

As part of their year-round support for this issue, the FFSC is offering training for parents. Check out their upcoming offerings on the next page, and also visit their website at:

<https://www.cnmc.navy.mil/pensacola/FleetAndFamilyReadiness/SupportServices/index.htm>

Ten Ways to Help Prevent Child Abuse

- 1. Be a nurturing parent.**
Children need to know that they are special, loved, and capable of following their dreams.
- 2. Help a friend, neighbor or relative.**
Being a parent or caregiver isn't easy. Offer a helping hand or take care of the children so the parent(s) or caregivers can take a break.
- 3. Help yourself.**
When the big and little problems of your everyday life begin to overwhelm you, take a time out.
- 4. Never shake a baby.**
It can be frustrating to hear a baby cry. Learn what to do to if your baby is crying. Shaking a child may result in severe injury.
- 5. Get involved.**
Ask your community leaders, clergy, library and schools to develop services to meet the needs of healthy children and families.
- 6. Help to develop parenting resources at your local library.**
- 7. Promote programs in school.**
Teaching children, parents and teachers prevention strategies can keep children safe.
- 8. Monitor your child's television and video viewing.**
Watching violent films and TV programs can harm young children.
- 9. Volunteer at a local child abuse prevention program.**
Volunteer agencies can be found through a simple internet search, or by contacting your local law enforcement office.
- 10. Report suspected abuse or neglect.**
If you have reason to believe a child has been or may be harmed, call your local department of children and family services or police department.



Class is in session!

Fleet and Family Support Center upcoming class offerings:

Check www.cnic.navy.mil/pensacola for class dates and times.

First Time Dads
Stress Management
Blended Families
Positive Parenting
Smooth Move Workshop
Resume Writing



Home Alone

There comes a time when a child is deemed old enough to stay home unsupervised. It can be stressful for parents and exciting for the child to prepare for. It doesn't take much, but taking a few precautions can make the transition for both parent and child much easier:

Agree on ground rules for those times when you are not home, for example, rules for cooking, leaving the house, having friends over, etc.

Assign your children tasks to accomplish while you're gone. Try to keep them busy!

Be sure to have telephone numbers posted where you can be reached. Also, make sure you list numbers for fire and police, neighbors, and relatives.

If your children arrive home to an empty house, be sure to call and check in with them.

Enroll your children in a course on safety procedures. Their safety is related to their knowledge of how to protect themselves.

Talk to your children about their concerns when they are home alone. Make sure everyone understands each other.

Remember, with the proper guidelines, being home for limited periods of time can increase independence, responsibility, and confidence in your children!

AROUND TOWN

PENSACOLA BLUE WAHOOS

THEY'VE ARRIVED, AND PENSACOLA NOW HAS ITS VERY OWN AA BASEBALL TEAM! THE SEASON IS OFFICIALLY UNDERWAY AND TICKETS ARE ON SALE. VISIT WWW.BLUEWAHOOS.COM FOR GAME DATES AND TICKET INFORMATION.

GOOMBAY GULF COAST - FREE

APRIL 28TH – APRIL 29TH, 2:00 PM
HISTORIC BELMONT – DEVILLIERS, PENSACOLA

THE 2ND LARGEST GATHERING OF STEEL DRUM BANDS IN THE U.S.. FEEL THE RHYTHM OF SOME OF THE BEST LOCAL AND INTERNATIONAL REGGAE, CALYPSO, STEEL DRUM, AND CARIBBEAN MUSIC AROUND.

PALAFX MARKET

8 AM – 2 PM, EVERY SATURDAY BEGINNING MAY 5TH.
FRESH PRODUCE, LIVE PLANTS, BAKED GOODS, FINE ART, AND ANTIQUES ARE JUST A FEW OF THE ITEMS OFFERED BY VENDORS AT PALAFX MARKET IN DOWNTOWN PENSACOLA.

PENSACOLA CRAWFISH FESTIVAL

MAY 4TH-6TH
BARTRAM PARK, PENSACOLA

LET THE GOOD TIMES ROLL, AND BRING YOUR APPETITE! THIS FESTIVAL BRING CAJUN FARE TO PENSACOLA BAY, INCLUDING CRAWFISH POBOYS, CRAWFISH PIES, AND OF COURSE 16,000 POUNDS OF BOILED CRAWFISH.

VISIT WWW.FESTAOPFIVEFLAGS.ORG FOR MORE INFO.

FOR MORE INFORMATION ON LOCAL EVENTS VISIT:

WWW.VISITPENSACOLA.COM

WWW.PENSACOLAWITHKIDS.COM

WWW.NASPENSACOLA-MWR.COM

Operation Purple Summer Camps

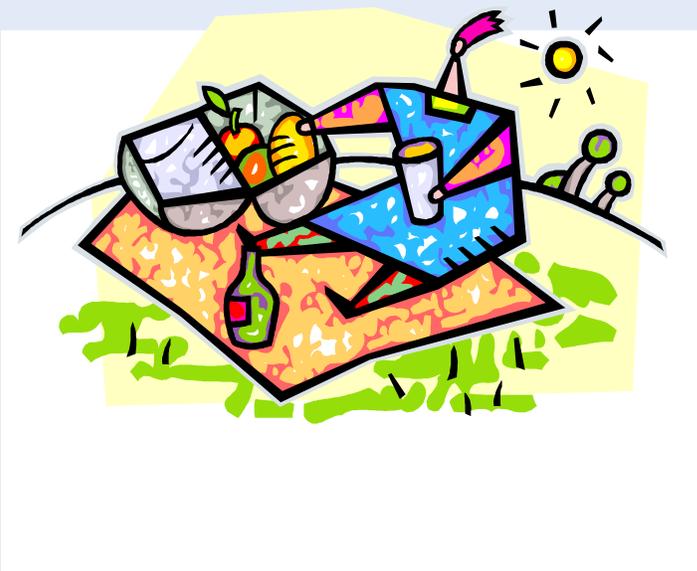
Get a head start on your summer fun by applying for the National Military Family Association's Operation Purple Summer Camp program. This nonprofit organization offers free camp programs for children, ages 7 to 17.

The weeklong camps are open to military children of all ranks and services, both active and reserve. Priority is given to children who meet the association's deployment criteria and have never attended an Operation Purple camp. Applications should be submitted by midnight EDT on April 19.

This summer 1,400 children are expected to attend an Operation Purple camp at one of 16 locations in 14 states: Alaska, California, Connecticut, Florida, Hawaii, Indiana, North Carolina, New York, Oregon, Pennsylvania, Tennessee, Texas, Washington and West Virginia.

For more information or to submit an application, visit the NMFA website at:

<http://www.militaryfamily.org/our-programs/operation-purple/>



Fun in the Sun

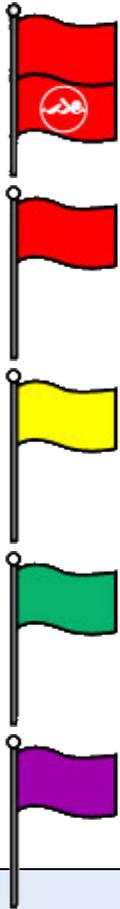
Double Red:
Water Closed to public

Red:
High hazard, high surf and/or strong currents

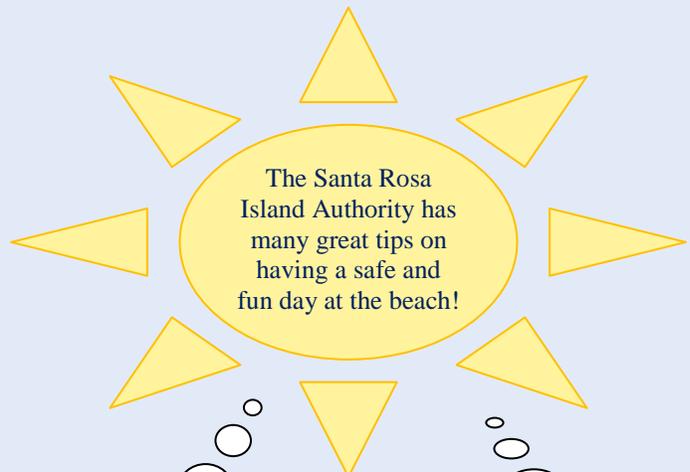
Yellow:
Medium hazard, moderate surf and/or currents

Green:
Low hazard, calm conditions, exercise caution

Purple:
Dangerous marine life



Spring is here, and that means the warm weather is making its way back to the Gulf Coast. Before making your inaugural trip to the beach, make sure you're in the know. Flags at local beaches are flown to alert beachgoers of current conditions.



Swim parallel to the shoreline if caught in a rip current.

Swim where there is a lifeguard.

Wear plenty of sunscreen.

Know how to swim before you go surfing.

Drink water to stay hydrated.

From the desk of the Voting Officer

Do I have to be registered to vote absentee?

Registration requirements vary from State to State. Most States and territories require registration to vote absentee. Voter registration and absentee ballot request can be done at the same time by submitting the [Federal Post Card Application \(FPCA\)](#) and can be easily and automatically completed by using the FPCA wizard at [FVAP.gov](#). If you are already registered to vote and only wish to request a ballot, you should submit your FPCA as soon as possible.

Where do I send my Voter Registration/Absentee Ballot Request?

Your request form must be completed, printed, signed, dated and mailed directly to your local election official. Some States allow your request to be faxed or email to election office. These officials will handle the processing and distribution of your absentee ballots and may need to contact you for further information or clarification. To facilitate this process, please provide a current email address, phone and fax number on your application.

When mailing election materials to my our local State or territory, do I have to pay postage?

When mailed from any U.S. post office, U.S. embassy or consulate, or APO/FPO mail facility, the hardcopy voter registration/absentee ballot form is postage-paid. In order to receive free postage, the online version of the form must be mailed in an envelope printed with our [postage-paid envelope template](#). You may mail the completed form in an envelope with proper postage affixed. Ensure that your form is postmarked (see postmarking instructions below) and sent to arrive before your State's specific deadline. You must pay postage if the U.S. postal facility.

It is recommended that voted ballots be mailed from your location outside the U.S. rather than be given to another individual to be placed in the U.S. postal system. If the ballot is materials are mailed from a non-

postmarked from any location inside the U.S. your local election official may not count your ballot.

For additional information or questions regarding absentee voting, please contact our Command Voting Assistance Officer at (850) 505-6546.





It's *your* Medical Home Port

An update from CDR Amy Branstetter

From secure messaging via Relay Health to creating team-based comprehensive care, Naval Hospital Pensacola is taking patient and family-centered care to a new level with the Medical Home Port.

Medical Home Port (MHP) emphasizes team-based care designed to meet the complete primary care health and wellness needs of patients. In this model, patients are assigned a team of health care professionals who support a complete health care plan in partnership with the patient.

Through Medical Home Port, patients receive improved care and experience better outcomes due to enhanced access and stability of relationships with their health care team. No matter whom the customer, MHP is founded in ensuring that patients see their assigned provider as often as possible and can access primary care easily, rather than seeking care in the emergency room for routine problems.

NHP Online or Relay Health is an additional way to access your healthcare team using secure e-mail. You can communicate personal medical history to your Home Port team; contact them to schedule appointments; request medication refills or simply seek advice and information without having to come to the hospital to for those services. NHP Online' is available, through our webpage, and patients can now sign up for an account. <http://www.med.navy.mil/sites/pcola/Pages/default.aspx>.

The Navy's Bureau of Medicine and Surgery selected eight initial commands to develop lessons learned and best practices with the goal of fully implementing Medical Home Port throughout Navy Medicine by 2012. The ultimate target was to achieve national recognition for Medical Home Port practices from NCQA.

Naval Hospital Pensacola and four branch health clinics across three states announced in January that the Medical Home Port program earned national recognition from the National Committee for Quality Assurance (NCQA) at the highest level a practice can be recognized for providing a well managed, patient centered delivery system of high quality health care.

NHP will continue to positively adjust this program in the areas of same day access to care and improved health care team relationships with a focus on wellness, disease prevention and health promotion.

We promise to partner with you to continually improve our performance!

Each month we will showcase some of the many resources available to you. There are so many wonderful resources that can help you in your daily lives. Please take advantage!

Have you heard of One Harvest?

One Harvest program is a non-profit, non-denominational, faith-based organization that provides quality, nutritious food at exceptionally affordable prices. When placing your order online, you can select from a variety of menus and select a local pick-up location. Online ordering for April will close on April 20th and food will be distributed and ready for pick-up on April 28th.

April menus include:

- The “Family” box
- The “More Than Enough” box
- The “Exclusive Southern Veggie” box
- The “Gourmet Express Meals” box
- The “Fresh Frozen Veggie” box
- The “Chicken Special” box
- The “Grilling Special” box

Boxes start at \$22.00. This is a wonderful program that helps support military families!

For more information on the offerings above and to learn more, check out One Harvest online at:
www.oneharvest.com

Do you have that number?

Navy-Marine Corps Relief Society

(850) 425-2300

Emergency Numbers

Poison Control Center: 1-800-222-1222

Naval Hospital Emergency Room: (850) 505-6199

Emergency Services / on base: (850) 452-3333

Naval Hospital / Appointments	(850) 505-7171
Naval Hospital Information	(850) 505-6601
Navy Legal Assistance	(850) 452-3733 / (850) 452-3734
New Parent Support	(850) 452-5990
TRICARE Office	(800) 444-5445