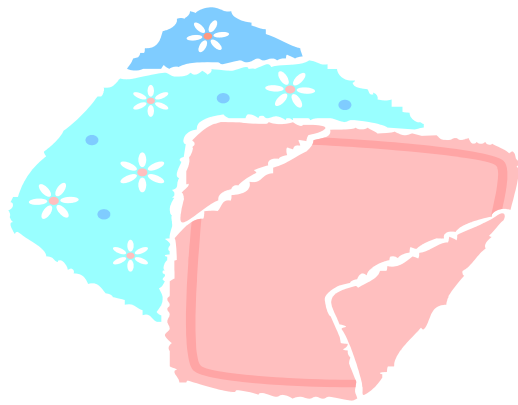


USNH Yokosuka



STORK'S NEST



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Stork's Nest Program

The mission of the Stork's Nest is to provide the mother-to-be temporary lodging, based on space-availability, in close proximity to U.S. Naval Hospital (USNH) Yokosuka for the labor & delivery of her baby. The USNH Stork's Nest is a free, temporary lodging option for obstetric beneficiaries who meet the program eligibility criteria and are within one to four weeks of expected due/delivery date. Located in Building 1407, the Stork's Nest overlooks the water and is adjacent to USNH Yokosuka. There are private rooms, each with a bathroom, queen bed, sofa, refrigerator/freezer, microwave, TV/VCR/DVD and dresser. In addition to the individual rooms, there is a lobby with a kitchenette, television and free laundry facilities. McDonald's and various other restaurants are within walking distance of the Stork's Nest. The Stork's Nest is equipped to provide basic temporary lodging accommodations for up to *3 people or a maximum of 2 adults*.

Stork's Nest residents can use the USNH dining room or patronize the various Yokosuka base restaurants. Residents may leave the base, but because it is so close to delivery time, it is recommended to stay in close proximity to the base. Siblings are welcome to the Stork's Nest, as long as there is another adult who can care for them when Mom goes into labor and for clinic appointments. **USNH does not provide childcare.** It is strongly recommended that a family care plan is ready to activate or alternate childcare arrangements are made for the siblings or other minors in the event of unforeseeable circumstances. *Ensure guest passes to Yokosuka Naval Base are requested through CFAY Security prior to your estimated arrival.*

Residents are responsible for the daily cleaning of their rooms, just as at home. We appreciate your cooperation in maintaining the general cleanliness of your room as well as the common areas (living/dinning room, kitchenette, bathrooms and laundry room) in consideration of other Stork's Nesters.

Feel free to sign up for the Stork's Nest option as soon as you are aware of your expected delivery date by completing an application at your clinic or by calling USNH Yokosuka's OB/Gyn Clinic at 243-8747. **Space-available priority is given to beneficiaries stationed in Iwakuni, Sasebo, and Misawa.** Atsugi and Camp Zama beneficiaries should make other lodging arrangements and consider the Stork's Nest only as a second option because of this limited availability. Availability can be determined as follows: (1) Iwakuni, Sasebo, and Misawa up to 30 days prior to expected delivery date; (2) Atsugi and Camp Zama 7-10 days prior to expected delivery date. **If you applied for a room, please call the USNH Quarterdeck at 243-7144 within these timeframes to check on availability.** If the active duty member's command is funding lodging and a room is not available at desired time, please request a letter of non-availability from the Stork's Nest Case Manager.

The **Stork's Nest Case Manager** at USNH is currently LT Aileen Sizemore who coordinates the beneficiary's transition from referring medical treatment facility to the Stork's Nest. She can be reached Monday-Friday, 0800-1600, at 243-8747.

CRITERIA FOR STORKS NEST ELIGIBILITY

- 1- Eligible OB beneficiaries (USNH Yokosuka) are active duty service members or their dependents who are able to care for themselves and are in a non-patient status. *The Stork's Nest is not a patient care facility*, but free, temporary military billeting/lodging.
- 2- Eligible beneficiary must live more than 45 minutes away from USNH Yokosuka.
- 3- The eligible beneficiary is responsible for having **a childcare provider to care for children during OB appointments, admission to the hospital for labor and delivery, and for anytime the beneficiary is not available.** The childcare provider may stay with you or be no more than 45 minutes away. **USNH Yokosuka does not provide childcare.**
- 4- If you meet criteria for eligibility, you are placed on a waiting list accessed by the USNH Quarterdeck and the Stork's Nest Case Manager with the following information:
 - a. The name of the mother to give birth
 - b. Home, work or cell phone numbers
 - c. Expected Date of Confinement (EDC) or delivery date and Expected Date of Arrival to Yokosuka
 - d. Current Duty Station or Medical Facility
 - e. How many adults and children will be accompanying you to the Stork's Nest.

ORDERS

Orders to the Stork's Nest are issued by the sponsor's command, *NOT* USNH Yokosuka or the branch medical clinics. You will be staying at the Stork's Nest at no cost. If you are on "cost" TAD orders, or were paid advance TAD, it is the sponsor's responsibility to notify the command once you have been placed in the Stork's Nest. If the command is not notified, you must be prepared to pay back the portion that you received for your Stork's Nest stay.

APPLICATION FOR STORK'S NEST

It is the OB beneficiary's responsibility to apply for the Stork's Nest and for insuring that your application was received. You may sign up as soon as you find out that you are pregnant through your current OB clinic or by calling the Stork's Nest Case Manager. Please feel free to contact the Case Manager to confirm receipt of your application or to follow-up on its status.

*******IMPORTANT*******

It is the eligible OB beneficiary's responsibility to make lodging arrangements prior to arrival or delivery at USNH Yokosuka since Stork's Nest availability cannot be guaranteed. Lodging arrangements can be made at nearby off-base hotels or the following on-base facilities:

- Navy Lodge – 243-6708
- Navy Gateway Inns and Suites – 243-5685
- BEQ (enlisted)/BOQ (officer) – 243-5596

DETERMINATION OF AVAILABILITY

The eligible OB beneficiary is responsible for checking on availability of a Stork's Nest room. Iwakuni, Sasebo, and Misawa beneficiaries should call the Stork's Nest Case Manager at 243-8747 within 30 days of *expected arrival to Yokosuka* or as soon as TAD orders are available. Atsugi and Camp Zama beneficiaries can call within 7-10 days of *expected delivery date*. The USNH Quarterdeck could also call you to inform you of immediate room availability.

CHECK IN/OUT PROCEDURE

Please call the USNH Yokosuka Quarterdeck at 243-7144 with your estimated time of arrival. The best times for check-in/out are 0800-1600 every day. Check-in/out procedures will be initiated at the Quarterdeck (Information desk). Please bring your OB record to the OB/Gyn clinic on the 2nd deck the day you check in or the next working day.

Upon checkout, residents need to ensure that the coffee pot is clean, the refrigerator and microwave are cleaned inside and out, the beds are stripped and all linen and towels are placed into the linen bag provided in the room. **Residents must return the key cards to the Quarterdeck Duty Personnel at the time of check-out.**

RECOMMENDED WHAT TO BRING

- OB & medical records
- Passports, copies of orders, and family care plan
- Clothes and shoes appropriate for season and walking
- Personal hygiene items
- Clothing for baby
- Pack-n-Play or temporary bassinet for baby (limited availability)
- Favorite pillow and blanket (optional)
- Towels and wash cloths (optional)
- Car seat(s) (mandatory)
- Money major credit cards or ATM card

MEDICAL RECORDS

Please bring your OB records and any other forms regarding your pregnancy, including ultrasound reports or films. If you have medical problems, such as asthma, high blood pressure, etc., please bring your outpatient medical record as well.

PRENATAL APPOINTMENTS

If you are not currently being seen at one of USNH Yoksouka's clinics, it is your responsibility to stop by or call OB/GYN clinic to schedule your next prenatal appointment. We strongly recommend you contact the clinic to schedule an appointment after your arrival as well. Please let them know where you are residing and provide a phone number where you can be reached.

Hours of operation (M-F, excluding holidays) 0800-1600
OB/GYN Clinic ----- 243-8747/8741

*******IMPORTANT:** Please make childcare arrangements for your children during your OB appointments and admission to the hospital for labor & delivery. **FOR YOUR SAFETY**, children are not permitted in the exam rooms for OB appointments.



FREQUENTLY ASKED QUESTIONS (FAQs)

1. Where do I park?

Parking is conveniently available near the Stork's Nest.

2. Can my family stay with me in my room? Can I bring a pet?

Family members are encouraged to visit. For fire and safety reasons, only 3 people (or 2 adults and the newborn) may stay in the room with you. No pets are allowed. For all OB appointments and admission to the hospital for labor and delivery, you will need to have another adult or child care provider take care of your children. **Call CFAY Security concerning guest passes in advance.**

3. How can I get to the Storks Nest from Atsugi if I do not have a car?

The medical shuttle leaves from Atsugi at Cinema 77 at 0715, Monday through Friday. Call the transportation office at 264-5363 to reserve a seat. All beneficiaries should check with their base medical clinic (BMC) OB nurse to coordinate transportation. Upon arrival, the base offers a free shuttle bus around the base. Taxis are available on and off base for a fee. Taxi services phone numbers are on base 243-4444 or to go off base 046-825-4444.

4. I didn't stay at the Stork's Nest during my last delivery at USNH Yokosuka. Do I have to now?

The Stork's Nest provides a safe and comfortable option for pregnant beneficiaries to ensure they are in close proximity to USNH Yokosuka before their expected due dates. Beneficiaries are not required to stay at the Stork's Nest.

5. How will I know who my new doctor will be and when my remaining prenatal appointments will be?

As soon as you have a confirmed room reservation or once you have checked into the Stork's Nest, please schedule your next prenatal appointment by calling the USNH OB/Gyn Clinic at 243-8747. You can also come by the clinic to schedule your next prenatal appointment. Please let the clerk know that you are residing in the Stork's Nest.

6. What costs are involved in Stork Nesting?

The Stork's Nest is a no-cost *alternative* lodging option provided by the USNH Yokosuka. Parent commands issue TAD orders.

7. Will I have email capability while I am Stork Nesting?

Yes, if you have your own laptop, Bldg 1407 has Wi-Fi in the common area. If you do not own a laptop computer, the base library has computer and internet access. Hours of operation are daily from 1030 to 1930.

8. Am I responsible for cleaning my own room?

Yes, however we have a cleaning service provided from 0800-1200 which includes:

- vacuum floors
- clean bathrooms
- wipe down sinks

If you would like to use this service please hang the "Requesting Room Service" sign on your door.

9. Can my kids go to school at Yokosuka while I'm Stork Nesting?

DoDDS recommends keeping your child/children enrolled at their present school to prevent disruption of their education.

10. Will the CDC on the base transfer my child's enrollment to the CDC at Yokosuka?

Each CDC is run independently and enrollment cannot be transferred between centers. Hourly CDC is available once your child is registered at Yokosuka CDC. Please call for 243-5964 for availability or for registration information.



DINING FACILITIES

*For more information call 113 (base operator) to ask for the phone number.

Hospital Galley

Officer's Club- across the street from the hospital

Chief's Club – Near front gate

McDonalds – Next to PSD (One minute walk from Stork's Nest)

Taco Bell – Behind NEX video store

Starbucks – Next to Taco Bell

Sbarro – Next to Main Street USA

Chilis – Next to Navy Lodge

Club Alliance

Sharkey's Pub

Italian Gardens

Main Street

Popeye's Chicken

Subway

Seattles Best

A&W

Manchu Wok

NEX food court

Anthony's Pizza

Dunkin Donuts/Baskin Robbins

American Grill

Bowling Alley

Mean Gene's

Stork's Nest

Emergency Numbers

Maternity Infant Unit (MIU)/Labor & Delivery	-----243-5311
Emergency Room	-----243-7141
USNH Quarterdeck	-----243-7144
OB/GYN Clinic	-----243-8747/8741
Family Practice (B Desk)	-----243-8721
Stork's Nest Case Manager	-----243-8747

How to call room from cell: 046-816-last four of number

How to call room from states: 011-81-468-16-last four of number

If you need the door to the hospital to be opened after working hours, please call the Quarterdeck and ask them to open the door for you. Pregnant residents - please go to MIU/Labor & Delivery for any emergencies.

Stork's Nest Mailing Address

U S Naval Hospital Yokosuka
OB/GYN Department-Stork's Nest
Attn: *Your Name Room #*
PSC 475 Box 1 Code 111A
FPO AP 96350-1600

If you plan on receiving mail, it is your responsibility to check on its status. If you have any questions you may ask the post office in the hospital. Please remember that shipping times vary.