



NAVAL MEDICAL CENTER SAN DIEGO OMBUDSMAN CORNER

NMCSO Ombudsmen Team



Please join us in welcoming Julie & Kelly to the NMCSO Ombudsman Team!

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What is an Ombudsman?

Navy Family Ombudsmen are communication links, information and referral resources and advocates for command family members. Appointed by the commanding officer, Command Ombudsmen are volunteers and spouses of service members within the command.

As official command representatives, Ombudsmen are points of contact for all family members connected to the command, including spouses, parents and extended family members. The Ombudsmen Code of Ethics guarantees support of the mission, respect for the chain of command, professionalism and confidentiality, within program guidelines.

Routine call hours are from 8a.m. to 5p.m. and emergencies are taken at anytime! Please leave your name and contact information if we are not immediately available and we'll contact you ASAP. We look forward to serving you!

NAVAL MEDICAL CENTER SAN DIEGO

Check us out on Facebook:

*Naval Medical Center/
NAVMED West
Ombudsman*

PCS Season is here

Whether you are settling in or departing from a duty station, the following relocation services can help ease the associated stress and make the transition easier for you and your family:

- Exceptional Family Member Program
- Individual or Family Consultation
- Hospitality Kits and Loaner Items
- Relocation Workshops
- Welcome Aboard Information

Your school liaison and FFSC can be a great resource during this transition.

April is the month of the Military Child

April is the month to celebrate the children whose parents serve in our Armed Forces - our nation's youngest heroes. It is a time to remind ourselves that it is not just the service members who serve, it is also their families.

Military children face unique challenges. On average, they attend six to nine different school systems by the time they graduate from high school. Through each transition, they have to leave their home and friends, try out for new sports teams, make new friends and adjust to a new school and home. We cannot make all the challenges of being a military child disappear, but we can make sure they know we're standing beside them.



April is Sexual Assault Awareness Month

Each April, the entire U.S. Navy joins the worldwide campaign to raise public awareness about sexual violence. The campaign's goal is to stop the myths surrounding sexual assault and raise awareness that sexual assault affects us all.

Ways you can support SAAM this April:

Contact your Fleet & Family Support Center (FFSC), to learn about awareness events taking place. Bring a friend and wear a **teal ribbon** all month to show your support.

Utilize your active bystander training. If you see something, say something. When you take a stand against sexual assault and foster an environment of dignity and respect, you are demonstrating Navy core values of Honor, Courage, and Commitment.

If you're on active duty, become familiar with the SAPR (Sexual Assault Prevention & Response) program and SAPR team members both within your command and FFSC. The Navy has incorporated a team of civilian victim advocates at FFSC to complement the existing uniformed victim advocate team in an effort to provide even more options for victim support.

NAVAL MEDICAL CENTER SAN DIEGO

Spring Fling

Saturday April 12th
9am-1pm
NBSD Admiral Prout Fields

- FREE
- Egg Hunt
- Entertainment
- Arts and Crafts
- amusement rides
- food booth
- all hands car show
- resource fair
- Navy Armed Forces kids run

FREE Sea Life Aquarium tickets to all kids while supplies last



Residents Free Tuesdays

Free admission on a rotating basis on the first four Tuesdays of the month to San Diego City & County residents (with ID), active military & their dependents.

Please note: Some museums may offer complimentary admission to their permanent collections only and charge admission to special exhibitions or films.

Also note: Some museums may require ID for minors

First Tuesday

Reuben H. Fleet Science Center
Centro Cultural de la Raza
San Diego Model Railroad Museum
San Diego Natural History Museum (Not valid for 3-D films)
The Timken Museum of Art is always free.

Second Tuesday

Museum of Photographic Arts
San Diego History Center
Veterans' Museum and Memorial Center
The Timken Museum of Art is always free.

Third Tuesday

San Diego Art Institute
Mingei International Museum
San Diego Museum of Art
San Diego Museum of Man
Japanese Friendship Garden
The Timken Museum of Art is always free.

Fourth Tuesday

San Diego Air & Space Museum (Not valid for special exhibitions)
San Diego Automotive Museum (Last admission 3:45pm)
San Diego Hall of Champions
SELECT House of Pacific Relations International Cottages
The Timken Museum of Art is always free.

Fifth Tuesday

Normal museum prices in effect. The Timken Museum of Art is always free.

KEY RESOURCES	WEBSITE	PHONE NUMBER
Big Brothers /Big Sisters of San Diego County	www.sdbigs.org	(619)218-3335
Military One Source	www.militaryonesource.mil	(800) 342-9647
Lincoln Military Housing	www.lincolnmilitary.com	please check website for the local phone # in your area

NAVAL MEDICAL

Fitness & Healthy Living Expo

*Thursday, April 24 • 10 am-2 pm
Naval Base San Diego*

It's a morning of ZUMBA and NOFFS demonstrations, "Ask the Trainer," Aquatics resource tables, and more!

*For more details call
619-556-9509 or visit
www.navylifefsw.com*



Navy's Woof Walk

Saturday, March 22 • 9 am • Admiral Baker Picnic Area

Take a walk on the wild side! Grab a leash and your four-legged friend and join us for a dog-gone good time to help raise funds for Navy Quality of Life Programs, benefiting our local San Diego Sailors and their family members. After 10 years of an on base event, we've opened it to the public for all to enjoy!

From the Patient Relations Office

One of our top goals is to be the preferred hospital by our patients because we provide personalized service and compassionate care in a healing and welcoming environment to every patient every time. NMCSO leadership and staff continually look for ways to promote positive patient experiences from the first point of contact through the entire episode of care. Patients are our focus and success is judged by those we serve!

300 Customer Service Representatives (CSRs) are assigned throughout the command and at every clinic and department to provide information, assistance, and support. CSRs are there for you, to listen to your concerns, answer your questions, address special needs, and help resolve concerns or challenges. We are here to help you.

Translation Services. NMCSO recognizes the importance of focusing on cultural and language needs in order to improve healthcare services and is committed to ensuring equal access to all our patients. NMCSO staff will ensure patients with Limited English Proficiency or American Sign Language needs are offered medical interpretation and translations assistance while receiving care at NMCSO.

We serve our nation's heroes and their families and loved ones. It is a distinct honor to provide them the best service and healthcare available anywhere in the world. If you would like to provide feedback on our services, please contact the NMCSO Patient Relations Department at (619) 532-6418