



OMBUDSMAN NEWSLETTER

A newsletter for NMCS D families

Naval Medical Center San Diego

December 2011

Ombudsman Corner



Greetings!

As the holidays grace us this year, be reminded of the extended family you have within your command and other military families. If things seem overwhelming we are always a phone call away! We wish everyone a wonderful Christmas this year, and look forward to serving as your Command Ombudsman into the new year of 2012.

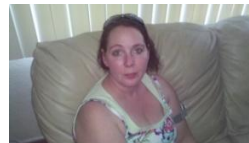
Take the time this year to reflect on your accomplishments and victories. The Navy life isn't an easy life, but it's a life we take in stride and have the unique ability as individuals and families to *ALWAYS* adapt and overcome. Be proud of your spouse and everyone's sacrifices, and remember that we are in this together.

POINT OF CONTACT INFORMATION FOR COMMAND OMBUDSMAN-



Mrs. Alexandria Warren
(619) 921-1168

Email: nmcsd_ombudsman1@yahoo.com



Mrs. Xandi Downing
(619) 602-9474

Email: nmcsd_ombudsman2@yahoo.com

Routine call hours are from 0800-1700 and emergencies are taken at anytime! Please leave your name and contact information if we are not immediately available and we will contact you ASAP. We look forward to serving you!

SPOUSES OF DEPLOYED STAFF MEMBERS!

- Please share your stories of inspiration during your spouse's deployment; or your most successful resource!
- Send an email of 250-300 words to either ombudsman's address, to be shared in the monthly newsletter.
- Let's remind each other that no one is ever alone!



Leadership Spouse Corner: Michelle Faison



The Oakleaf Club of San Diego got its start in 1925. It is both a social and benevolent group open to both active duty and retired officers spouses in the Medical Corps, Medical Service Corps, Nurse Corps, and Dental Corps, as well as spouses of DoD employees GS-7 and above affiliated with military medicine.

OAKLEAF CLUB OF SAN DIEGO

While Oakleaf is a club committed to promoting friendship through social activities and interest groups, our main focus is supporting our military community through benevolence projects and our scholarships.



Please check out our Facebook page at *Oakleaf of San Diego* for more information about current activities, or email us at: oakleaf.NMCSD@gmail.com


Children's Bowling Party

Oakleaf Club members are invited to bring their kids for a fun time of bowling and a visit with Santa!

DATE: Sunday Dec 11, 2011
TIME: 2-5pm
LOCATION: Admiral Robinson Rec Center at Naval Base San Diego.
COST: Bowling is \$2.25. Shoe rental for kids shoe size 9+; games are \$3.25 per game/per person. Active duty is free!

Bring a small wrapped gift for your child if you want them to receive it from Santa.

Please contact Julianne at 619-952-3128 or Shelby at 619-751-1164 for more info. See all you Oakleaf members there!




Pumpkin Dessert Michelle Faison

"This dessert is a favorite of our family. It's a nice change from the traditional pumpkin pie at the holidays."

1 (15 oz.) can pumpkin
1/2 tsp. salt
1/2 tsp. cinnamon
1 can sweetened condensed milk
3 eggs
1 cup sugar

Topping
1 pkg. yellow cake mix
2 sticks butter
1 cup nuts, chopped



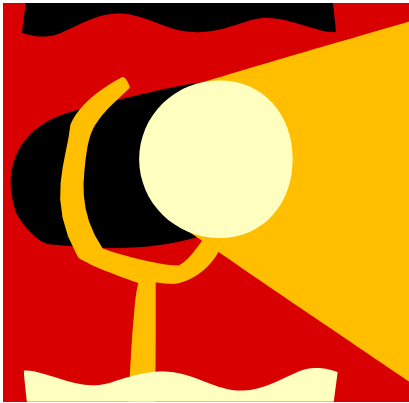
Mix pumpkin through sugar together and pour into a 9x13 pan. Crumble the cake mix over the top. Melt the butter and pour over the top, then sprinkle the nuts on top. Bake 50 minutes at 350. Best served warm with ice cream, whipped cream or Cool Whip.

CHILDRENS CHRISTMAS CARNIVAL

•Face Painting • Petting Zoo •Games •
Rides & More!!
For Military Families & DoD Civilians

Date: Saturday December 03, 2011
Time: 10am-2pm
Location: Bob Hope Theater
Info: www.mccsmiramar.com

Resource Spotlight



Fleet & Family Readiness

Community Support Programs on each of our Navy bases plays an integral role in the lives of our military and their families.

You will find information for special events at Naval Base San Diego, entertainment, fitness, sports, bowling, aquatics and marinas, golf, fleet & family support programs, child care, youth & teen programs, gear rental, single sailor activities, housing and recreational lodging, dining, and much more.

Visit often to stay up-to-date with the latest Naval Base San Diego base events, activities, facilities, publications, workshops and more!

<https://www.cnic.navy.mil/SanDiego/FleetAndFamilyReadiness/index.htm?ssSourceSiteId=CNRSW>

INDIVIDUAL AUGMENTEE (IA) SUPPORT

Call 619-553-4744 to register for Returned IA

Individual Augmentee (IA)

Family Connection Meeting

Dec 13, 6 PM - 8 PM, Orleck Community Center
10323 Orleck St, SD CA 92124

Individual Augmentee (IA)

Family Homecoming Workshop

Dec 14, 9:30 AM - 11:30 AM, FFSC NBSD

Returned Individual Augmentee (IA)

Workshop

Dec 15, 8 AM - 11:30 AM, FFSC NBSD

IA FAMILY HANDBOOK (See Last Pages for more great links!)

http://www.cnic.navy.mil/navycni/groups/public/@hq/@ffr/documents/document/cnicp_a193783.pdf

INDIVIDUAL AUGMENTEE

WWW.IA.NAVY.MIL

EVENTS:

- NMCS D Tree Lighting Ceremony *December 7th from 1200-1300.*
- North Island's Main Navy Exchange will be hosting our annual Giving Tree Lighting ceremony on Friday, *December 9th from 1700-1800* in the atrium area. This annual partnership with the Armed Services YMCA assists military families who have children with special needs. The Navy Band's brass quintet and refreshments will be served.
- Meet and Greet with R. Lee Ermey at the North Island Main Exchange atrium is scheduled on Thursday, *December 15th from 1100-1300* to support Toys for Tots.
- Breakfast and Shopping with Santa and Ronald McDonald is scheduled at the North Island food court on Saturday, *December 17th from 8:00am-11:00am.* The cost is \$5 and reservations can be made by calling Customer Service at 619-522-7222, ext.7222.

GUIDE

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 two Ombudsmen: **Mrs. Xandi Downing** (619) 602-9474 and **Mrs. Alex Warren** (619) 921-1168. They report directly to the Admiral he 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 targeted for patients.

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. (858) 309-1200.

The above list of services is just a small portion of the extensive resources available to you and your family during deployments. Please contact your command ombudsman, who can assist you with any issues you may encounter. You are part of our family and your health and well-being is our priority! Thank you for entrusting the healthcare needs of you and your family with us! NMCS D...Where Heroes and Their Families Heal.